

HEARTBEAT

Newsletter of the Heartland Women of Today

July 2017



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Susan Barnes
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Hello members,

I hope everyone enjoyed our Founder's Day celebration at the eCreamery. It was so delicious. Mark your calendars for Thursday July 27th. Susan and Angela are planning a Membership night (Spa Night) Please invite your prospective members to a relaxing night. Details are in this newsletter.

Remember to bring your Effective Writing papers to the next meeting
The topic is (Tell us your Super Power)
Remember to send youth certifications to Maxine by July 25th.

Summer meeting is this weekend in Nebraska City I'm looking forward seeing many chapter members attending .

Also for our August meeting we will be having a speaker for Domestic Violence Awareness, more details will come out before meeting on the donation that we will be contributing. Don't forget about your homework that I gave you. Please bring some new ideas on projects for this year.

The first success system will be due on August 1st and was wondering if there are any chapter members who could fill out any certification forms at this time. If so, please let me know.

Any Questions or concerns please notify me please



Looking forward to a great year
Cindy Urlacher

VICE PRESIDENT

Hi Ladies,
First of all I want to say thank you to Susan Barnes for bringing her friend, Diana Rodriguez, to the last meeting we had at the Dundee Dell and eCreamery. I found it very yummy, so much so, I took my husband for ice cream this weekend while our daughter was away. The pineapple sorbet is phenomenal!!!! I look forward to seeing everyone at the ice cream social on August 6th. There is a flyer in this newsletter. I really want to make a push at getting some new members. We know how much we value the friendships we have made in Women of Today. We recognize that we feel a sense of accomplishment with the volunteer activities that we do. Just imagine how wonderful it will feel to share these things with other women. We need to spread the word and get the good news out there about this wonderful organization. Now I am guilty of being lazy in this department!! I have several people that have expressed an interest in Women of Today, but I have failed to contact them in a timely fashion about upcoming fun things and meetings. I know I need to fix that. But we all "know" people that are just looking for an outlet for their own creativity and desire to help others. We need to spread the word and get new members! New members mean new ideas, more hands, and more friendships!!!!

Hillari

PROGRAMMING

Thanks to everyone for your cooperation in helping me in my role as Programming Chair to track the chapter's efforts for each project. So far we have accumulated the following data this year:

April

For National Volunteer Week we celebrated with recognition of volunteers at Josie Harper House;
19 service hours and \$83.29 in-kind donation

May

In May, we prepared a taco bar dinner for expecting mothers at Bethlehem House 8 service hours and \$87.36 in kind donation The chapter members also purchased water to donate to Open Door Mission. A total of 374 bottles of water was collected. There were two service hours and \$46.06 in kind donations.

June

Our fundraiser at Pizza Ranch raised \$98.58 in tips for the chapter. We realized 25 services hours, which included driving time to and from Pizza Ranch. 155 total miles were driven by members to and from Pizza Ranch resulting in an in kind donation of \$83.70.

July

In July, for Friendship Day the chapter members went to the fundraiser for Aid to Foster Children at e-Creamery. Members spent a total of \$64.63.

Totals for the year so far are
54 service hours,
In-kind donation: \$300.41
Money Raised: \$98.58

Tracking this data will help our group celebrate our successes as well as provide a tool to help recruit new members. Thanks again to everyone. Please remember to record the time spent preparing and performing an activity, miles driven to and from the event as well as any of your own funds spent.

Nicolette

TODAY'S YOUTH



Fellow Members,

August 6 is **Friendship Day**, so let our youth plan a day to celebrate with their friends. Please let me know at our meeting if your youth participates.

We celebrate **Kid's Week** during August 20 -26, so I have come up with the following:

- Sunday – Attend Church with your family

- Monday – Read a book
- Tuesday – Go out for Ice Cream with a friend
- Wednesday – Help mom and dad around the house
- Thursday – No television
- Friday – Spend a day with friends
- Saturday – Plan a Family Activity

Please let me know if your child or grandchild participates in Kid’s Week at our September meeting.

I can’t believe it is about time for school to start, please sit down with your child and talk to them about bike safety and walking to school safety. This needs to be fifteen minute and here again please let me know that your child participated in this safety activity.

Maxine

EDITOR

Ladies,
Thank you for all of your prayers and kind words when my Mom passed away. I’m also so grateful that you excused the lack of a June issue of this newsletter. This is the greatest organization and you are wonderful friends!! This issue has both the June and July meeting minutes for approval at the August meeting.
Thanks again for your support!
Angela





SECRETARY

Angela Moody

Heartland Women of Today
Minutes of the General Membership
June 22, 2017
Bank of the West

The meeting was called to order by President Cindy Urlacher at 6:29 pm. The Pledge of Allegiance was led by Susan Barnes. There were no guests.

The roll call question was “What is your 4th of July plans” Members present were Susan Barnes, Sandy Rowland, Hillari Zweibohmer, Janet Behrends, Maxine Turner, Julie Fogleman, Angela Moody and Cindy Urlacher. Not present Nicolette Amundson, Linda Lenser, Kelley Rosburg and Joyce Harpster.

Julie gave the Chaplains Thought

The minutes of the May meeting were approved as printed in the Newsletter.

Sandy handed out the Treasurers report and asked for any bills. Our ending balance is \$2,199.63. Cindy reported that we made \$97.58 in tips at the Pizza Ranch, they need the W9 form and then the % money will be sent in 3-4 weeks. Cindy will take the form tomorrow. Pennies were collected for Aid to Foster Children. (The Aid to Foster Children bag was accidentally left at the Pinnacle Bank, Sandy will see they still have it)

Hillari reported that she is due 1st Trimester and will be sent. 2nd Trimester due is; Janet and Cindy she asked that their dues be paid by August so she can get the early bird renewal to the State Membership VP.

Maxine reported that Founders Day forms for the kids group are to be sent to her.

Susan asked that we follow Parliamentary Procedures and stay on task and keep to the business during the meeting.

UNFINISHED BUSINESS

The Summer State Meeting will be in Nebraska City July 21-22 registration is due July 10th info and the schedule are on the state website.

Cindy and Julie reported that at the National Annual Convention there is discussion about raising the national dues from \$5 to \$10. The possible vote change won't happen until at least Annual National next June (2018) Mid-Year meeting will be in Des Moines and Annual will probably be in MN.

Hillari reported that the Melodrama hosted by the Lincoln Chapter for Founder's Day was a lot of fun. She even interacted with the villain...

Pizza Ranch Fundraiser went well. Susan made table tents and \$97.58 was raised in tips

Cindy requested pictures for our Facebook page.

Angela reported that the website has been updated but is still being worked on and she also requested pictures. All Heartbeat issues from this year are on the website too.

NEW BUSINESS

Angela asked that after the July Meeting we go to eCreamery because it is a fundraiser or Nebraska Friends of Foster Children. Susan suggested that we meet somewhere in Dundee so we'd be closer. Cindy and Angela will check on a private room at the Dundee Dell for our meeting. Info will be emailed out to members. We will also use this as our Founders Day celebration.

Cindy asked the members write or prepare a speech for the July meeting because the ES/EW emphasis month is July. The topic is "What is your Super Power?"

The deadline for the Newsletter is June 29th

Meeting was adjourned at 7:08

Respectfully Submitted by

Angela Moody

HWT Secretary



Heartland Women of Today
Minutes of the General Membership
July 10, 2017
Dundee Dell

The meeting was called to order by President Cindy Urlacher at 6:29 pm. The Pledge of Allegiance was led by Nicolette Amundson. Diana Rodriguez was a guest brought by Susan Barnes.

The roll call question was "What are your vacation plans?" Members present were Susan Barnes, Sandy Rowland, Hillari Zweibohmer, Janet Behrends, Julie Fogleman, Nicolette Amundson, Linda Lenser, Kelley Rosburg, Angela Moody and Cindy Urlacher. Not present, and Joyce Harpster. Linda gave the Chaplains Thought, Strong Women

Angela apologized that the June Newsletter was not published due to the death of her mother so the minutes of the June meeting will be approved at the August meeting.
Sandy handed out the Treasurers report and asked for any bills. Our ending balance is \$2,314.67
Angela explained our program Aid to Foster Children and Sandy passed around the bag (recovered from Pinnacle Bank) for Pennies from Heaven.
Hillary reported that dues for 1st Trimester were sent to the State Vice President.
Maxine reported that certifications for the Today's Youth are due July 25th
Susan asked that we keep to the business during the meeting.

UNFINISHED BUSINESS

Susan reported that the M-Nite will be July 27th at the Bank of the West at 7pm. It'll be a Spa night. Angela will co-chair.
Cindy asked the members at the last meeting to write or prepare a speech for the July meeting the topic is "What is your Super Power?" She extended it to the end of the month still in the emphasis month for ES/EW because only one member remembered.
The Summer State Meeting will be in Nebraska City July 21-22 registration is due today.

NEW BUSINESS

Hillari will host an Ice Cream Social on August 6th at the Freddy's on 74th and Dodge at 3pm to celebrate Friendship Day.
Sandy will arrange a speaker for our August Meeting on Domestic Violence Awareness.
Also at our August meeting Hillari will have a team building program
Members were asked to bring new project ideas to Cindy at the next meeting.
Cindy is getting business cards for members with information about our website and Facebook page, Kelley suggested there be a space for everyone to add a personal contact if they'd like to add something.
The board will discuss Archives at the next board meeting.

The deadline for the Newsletter is June 17th
Meeting was adjourned at 7:02
The August Hostess will be Linda

Respectfully Submitted by
Angela Moody
HWT Secretary



TREASURER
Sandy Rowland

HEARTLAND WOMEN OF TODAY
2017 JULY TREASURY REPORT for JUNE 2017
ACTIVITY
Submitted: JULY, 10 2017

Expenses

Check #	Date	Payee	Expense	Amount
1393	23-Jun	US WOT BUCKET of SUNSHINE	MEMBER DONATION	\$25.00
1394	22-Jun	NE WOT	Hillary Z's dues to state	\$20.00
1395	22-Jun	NE WOT	Chapter Mailing Fees	\$30.00
TOTAL				\$75.00

Receipts

From	Deposit Date	Receipt	Amount
J Harper	23-Jun	HWOT DUES	10.00
Hillary Z	23-Jun	HWOT DUES	25.00
J Behrens	23-Jun	HWOT DUES	25.00
Members	23-Jun	PIZZA RANCH TIPS - Comm Proj	98.58
Members	23-Jun	AFC pennies	5.72
Members	23-Jun	MAY AFC PENNIES	9.32
TOTAL			\$173.62

Bank Statement Balance forward as of 05-31-2017 **\$2,244.86**

Receipts **\$173.62**

Subtotal **\$2,418.48**

Expenses **\$75.00**

BANK BALANCE AS OF 05-31-17 **\$2,393.48**

1387 - Angela Moody - folders **\$5.81**

1394 -NE WOT HILLARY DUES **\$20.00**

1395 - CHAPTER MAILING FEES **\$30.00**

Check Book Balance 05-31-17 **\$2,314.67**

COMMENTS: Waiting on Pizza Ranch for percent of take

Prepared: Sandy Rowland, Treasurer 07-10-2017



YOU ARE INVITED TO

A RELAXING EVENING WITH

THE HEARTLAND WOMEN OF TODAY

THURSDAY, JULY 27, 2017

6:30 PM



BANK OF THE WEST

13505 CALIFORNIA ST

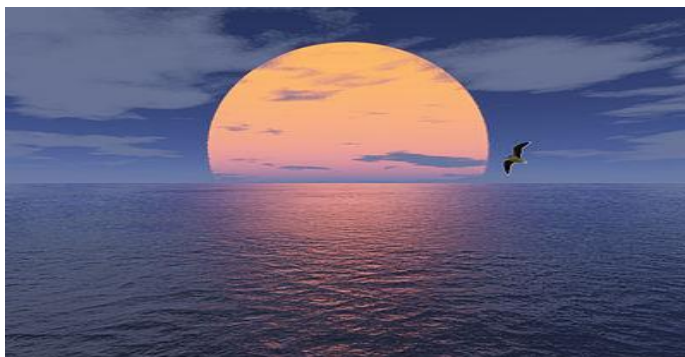


(enter through the south doors)

We have planned a fun evening of relaxation, meditation, information!

Please plan to attend and find out about this wonderful organization
focusing on

Personal Enrichment and Community Service



FRIENDSHIP DAY SUNDAE SOCIAL

Sunday, August 6th

3:00 pm

Freddy's Frozen Custard & Steakburgers

7419 Dodge St

******Bring your friends and family******





2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Independence Day	5	6	7	8
9	10 HWT Meeting eCreamery	11	12	13	14	15
16	17	18	19	20	21 NWT Summer Meeting Nebraska City	22 NWT Summer Meeting
23	23 30	23 31	26	27 M-Nite @Bank/Spa	28	29

Hello,
AUGUST
make me happy ..

2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6 Friendship Day @ 3 pm Freddy's on 72nd St	7 HWT Meeting	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	1	2
3	4 Labor Day	5	6	7	8	9
10 Grandparents Day	11 HWT Meeting	12	13	14	15	16
17	18	19	20	21 Autumn Begins	22	23
24 Women of Today Week Begins	25	26	27	28	29	30 Women of Today Week Ends

Volunteering leads to Health

There's plenty of science to back up the idea that volunteering is a "two-fer": that is, while you're helping your community, the environment or other causes, you're also helping your own physical and mental health. In one study, people with chronic pain who volunteered as peer counselors found that their pain, disability and feelings of depression all lessened from volunteering.

Other research looked at more than 7,500 older US residents and showed that those who were frequent volunteers had a significantly lower death rate than non-volunteers – even after adjusting for health problems. And on college campuses where students gave above average amounts of time to volunteer projects, students also had 26% less risk of binge drinking.

Of course, most women don't get into volunteering for the health benefits. They volunteer because they care about a cause or want to improve their communities or world. But health rewards may be part of why many women stay dedicated to volunteerism, giving their hard to spare time and energy.

Volunteer jobs rev up your body, mind and spirit. "The volunteer role provides physical, cognitive and social activity that's added on to the daily routine," says Nancy Morrow-Howell, PhD, a professor of social work and research on volunteerism at Washington University of St Louis.

It's been shown that volunteer work enhances well-being (defined by measurements of happiness, life satisfaction, Self-esteem, sense of control over life, physical health and depression). Since people with a greater sense of well-being give more hours to volunteering, the process actually helps increase volunteer dedication.

"I'm too busy" – maybe not

Women consistently volunteer at higher rates than men do. Those numbers don't have much to do with available time, as any woman can attest. Indeed, gender comparisons show that unemployment decreases men's volunteerism, but not women's. More evidence that time isn't as big a factor as many think. Younger adults (age 35-54) volunteer at a higher rate than retirees. Dr. Morrow-Howell believes that may be because younger adults have more opportunities through their children's activities or work initiatives.

Although older people may have more barriers to volunteering, they appear to gain bigger benefits from giving their time. "The less healthy they are when they come in to volunteer, the more room there is to go up" says Dr. Morrow-Howell.

Volunteering has been shown to protect against problems linked to aging, such as lowering physical activity, depression and the loss of feelings of purposefulness. How much time does it take to benefit from volunteering? Helping in a soup kitchen on one holiday might give you some positive feelings, but repeat volunteer efforts produce the best results. Some research shows that investing 100 volunteer hours per year is the threshold you need to reach to experience health benefits. If you have less time to give, just get started volunteering, doing a little may interest you in doing more.

Physically active volunteering

Tutoring, answering a telephone hotline or stuffing envelopes are all important volunteer jobs, but some organizations have volunteer needs that will give you more physical activity. For example, many groups hold roadside or park clean-up days. If you don't want to be outdoors, try your local library. As a volunteer shelving books, you'll do lots of stretching, lifting, squatting and walking. In addition, hospitals and nursing homes, schools and youth groups all have volunteer positions that can give you a workout while you're doing good works.