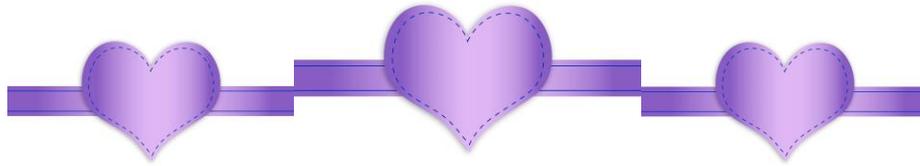


HEARTBEAT

Newsletter of the Heartland Women of Today

July 2018



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Hello members,

We had a great meeting and for the members that were not able to attend I have attached the survey that we went over at the meeting. Thank you, Susan for compiling all this information. This was great information and we will be doing things differently and putting some of these into action. With all this information we will be having more speakers at our meeting as well as more socials to get to know each other more. We appreciate all the feedback.

If you have Pop tabs or any food bank Donations Please let Linda Lenser know so she can collect them.

Alex England will be coming to our August meeting telling us about her missionary trip. Thank you, Maxine Turner for setting this up.

I have sent an email and I want to thank Nicolette Amundson for setting up our speaker for September, we will be going to Open Door Mission for our September meeting, they have offered their community room and have their chef cook for us and also we will get a tour. This is so awesome I can't wait.

Thank you to everyone who has stepped up to be chairman's of many projects that we have coming up in the next months.

I hope many of our members can attend the summer convention in Fremont on July 20-21. We will also be having a 31 bag fundraiser. If you have bags to show bring them with you. Please bring new ideas to meetings and if you would like them to be added to the agenda, please let me know and I will add you.

If you need anything please don't hesitate to call or email.

Cindy

CHAPLAIN

Hello everyone,
I was unable to attend the June meeting and missed all of you! Here are some thoughts about setting goals in your life.

Set a goal to make time just for you, to read, reflect and renew, to exercise your mind and body so that your health will stay strong, your creativity high and your spirit alive. Set a goal to be thankful for the smallest pleasures and open to the greatest miracles, to step outside yourself to make someone's day a little brighter and the world a little kinder.

Linda

VICE PRESIDENT

Hi Ladies,

I hope everyone is having a great summer. Time is flying by. Our first trimester is almost over, and we need to really recruit new members. But I also want you to think about our group dynamics while you recruit. We want to make sure that we recruit new members that are able to commit to our organization and our objectives. We need willing volunteers that are able to attend meetings and state conferences, as well as, helping out with projects and the fun social activities. I hear people say that they don't feel like they belong once they join a group like ours. That feeling of belonging comes when people get to know one another and forge those bonds of friendship and community that Women of Today has to offer. I learned the hard way that the more I put into this organization, the more I enjoyed myself. The members of Women of Today have so much to offer others, but in doing so, you need to be able to give of yourself. That road goes both ways. I look forward to meeting your friends and new members because I know that my life will be made better by getting to know them.

Hillari

PROGRAMMING

Let's keep up the great effort in tracking the chapter's in kind contributions for each project. We request this data for many reasons. The following are just a few. Tracking this data provides important information that can be used to support future grant applications for funds to carry out a desired project. The statistics are critical to completing the Community Connections report that we submit to State each trimester. The accumulated figures and record of chapter participation will also serve as supplement documentation for the project chair to include in a project folder.

June

For June, chapter members purchased water to donate to Open Door Mission. A total of 510 bottles (each 1/2 liter) of water was collected at the member meeting in June amounting to a total value of \$55.28. This is an increase over last year's donation of 136 bottles of water and \$17.51 in value. We also had 4.75 hours of services with 30 miles driven to support the project (with mileage value of donation increases to \$71.63!). Thanks to everyone for making this project another success for the chapter!!

July

Chapter members, Kelley, Angela and Nicolette made Food Bank donations at the July meeting. Items donated included canned vegetables, canned tuna, canned chicken, canned sausage, peanut butter, canned baked beans, mac and cheese, oatmeal, crackers, brownie and cookie mixes, bacon, pasta, and cereal. Fifty pounds of food items were delivered to the Omaha Food Bank on July 3, 2018. Total value of food donated was \$72.44. We also had 5.5 hours of services with 31 miles driven to support the project (with mileage value of in kind donation increases to \$89.03!).

September

As a follow up to our Hope Totes project at the Open Door Mission, we have requested a presentation from the Open Door Mission to include ways the Chapter can participate in various service projects at the Mission. Candace Gregory, CEO and President of Open Door Mission, has offered to do her

presentation in conjunction with hosting our September 10, 2018 meeting in the Community Room at the Open Door Mission. Following her presentation and our business meeting, she will provide a tour of Open Door Mission.

Nicolette

TODAY'S YOUTH



At our June meeting, I had passed out **certification forms** for your child/grandchild. These forms were: Governmental Affairs; Personal Development Certification; Youth In General and Chaplain. I asked that each child complete the forms themselves. For example: the older youth (7 +) can complete their forms themselves. And the younger ones will need their parents/grandparents guidance (sit down with the younger ones and ask the questions as you complete the form). I feel that our youth need to be involved when they are completing these forms

The **Governmental Affairs** certification is self-explanatory. I do want you to turn these in even though they do not complete all areas. I just would like to see what steps our youth can complete on this form in different age groups.

Personal Development is an area that I will try to touch in each of my articles and through handouts at the meetings. Remember if your child happens to do something outside of our groups activities, you can still count it. EX: Personal Building of Future Leaders – the Fremont School system has something in play with the Chamber of Commerce.

Youth In General certification is self-explanatory. If you do need some suggestions to complete this form, please contact me.

The **Chaplain** certification is self-explanatory. I will be covering some of these items in my monthly newsletter articles.

My **goal** is to have every child/grandchild certify in all these areas this year. Whenever your child/grandchild work on any project with you please let me know as there are other forms to complete.

As members we have brain stormed on projects that our chapter could do. Now, let's **brainstorm** on what our youth can do in their community. Our grandchildren are spread out, but I know there is something they could do with their parents/grandparents help. Example: Clean up a Park nearby; Pick up Litter in their neighborhood, etc. In my June newsletter article I had asked for **ideas** to get our youth involved and did not receive any. Please bring an idea to our next meeting.

Can you believe our first trimester is completed July 31st, in my June article I had mentioned that each of our youth could get a flannel blanket kit to tie, and then we could donate to the Lydia House in August for Domestic Violence Awareness? If your child/grandchild completes this project, please bring blanket to the August meeting.

Since we are in the mid-summer, I thought it would be good to put some safety rules out for swimming. As many of our youth is out in their pools or neighborhood pools and we want them all to be safe



Swimming Rules

1. Always **swim** with a buddy.
2. **Swim** only in areas that have a lifeguard.
3. Stay out of the water when you are very tired, very cold, or overheated.
4. Follow all **swimming rules** posted at the **swimming** area.
5. Obey the lifeguard's instruction.

Maxine

EDITOR

Ladies,

There were several members who were unable to be at the meeting so make sure to check out the calendar and read the minutes to keep current. It's also nice to read the

minutes so they can be corrected if necessary and approve at the next meeting. Thank you to all the officers who sent articles.

This newsletter will also be on our website www.heartlandwt.org

Angela

GET TO KNOW ME BETTER

This month we are getting to know Julie better. Julie recently changed to a new position with Baker’s Grocery Store, she is a

Click List Clerk which means she is the personal shopper for customers who want to shop online and pick up their groceries. She is in fact someone who helps people with time management! She is the middle child in her family with an older brother and a younger sister. She is also active in Fraternal Order of Eagles. Some of you may know she has a home in Minnesota where she enjoys spending time. She loves camping and spending time with friends. One goal is to travel to all 50 states. Since she loves spending time with friends maybe some of us can go with her to some of those states!



SECRETARY

Angela Moody

Heartland Women of Today
Minutes of the General Membership
July 2, 2018
Bank of the West

The meeting was called to order by President Cindy Urlacher at 6:31 pm. The Pledge of Allegiance was led by Nicolette Amundson.

The roll call question was “What are your 4th of July plans?”

Members present were; Maxine Turner, Kelley Rosburg, Nicolette Amundson, Sandy Rowland, Angela Moody, Cindy Urlacher, Julie Fogleman and Janet Behrends.

Not present; Susan Barnes, Hillari Zweibohmer, Linda Lenser, Dina Bellamy, Diana Rodriguez, and Joyce Harpster.

Chaplain’s thought was given by Julie, “I may be a slow walker but I never go backwards” by Abe Lincoln.

Additions to the Agenda, Under Unfinished Business we added; Bethlehem House and Open Door Mission. Under New Business we added; Panera Bread and Guest Speaker.

Minutes of the June Meeting were approved with changes of \$304.32 as in Kind donations and 60 miles in the Programming Chair report. There was no correspondence.

Angela told members that the new additions to the Heartbeat include birthday and anniversaries as well as the “Get to Know You” section. Cindy was the 1st and Julie will be featured in the July issue. This section will NOT be included in the Heartbeat posted on the website.

Treasurer Sandy passed out the treasurers report there was very little activity this month. The ending balance is \$2,249.75. There were no bills. Pennies were collected for Aid to Foster Children. A check for the Chapter mailing fee was given to Cindy.

Vice President Hillari sent a report to Cindy, dues for first trimester is Hillari, (and Kelley pays her associate dues) second trimester are; Cindy and Janet.

Today's Youth Maxine handed out certification forms to parents and grandparents but asked that the kids fill them out themselves.

Programming chair Nicolette asked for any completed certification forms. She reported that we donated 510 bottles of water to the Open Door Mission valued at \$55.28 with 30 miles - \$71.63 in Kind and 4 ¾ total hours.

Nicolette will be collecting Pop Tabs and Food Pantry item for Linda.

Cindy reviewed the Survey that Susan collected. There was a lot of discussion and plans to take positives steps to move our chapter forward.

Angela will be bringing the OP's Manuals to the August Meeting to add to the notebooks.

UNFINISHED BUSINESS

National Convention was June in Mankato, MN Janet reported that members received training, did a service project and new officers were elected. The proposed dues increase did not pass but will be studied further and will probably come up again.

Kelley reported that the Melodrama at Mahoney State Park will be July 10th at 7:30 pm. Prior to the Melodrama will be a Pot-Luck Picnic at 6 pm. If you want to have her pre-buy your tickets get her the money tonight. Or you can buy tickets the show. Members going are; Nicolette, Cindy, Julie, Sandy, Hillari and Janet. Maxine and Angela are not sure yet.

Summer State Meeting will be in Fremont on July 21-22. Friday night will be at Maxine's House and Saturday will be at the Nye Wellness Center. Make Hotel reservations at the Super 8. The complete schedule is on the website www.newwomenoftoday.org

Angela will organize a Dinner/Movie Social. We will to the Mama Mia sequel.

Sandy will send out the menu for Bethlehem House so members can sign up for donations. The plan is for a Hoagie Meal. We will be providing the meal on July 18th. She will see how much the \$25 in the budget will get.

Nicolette is working on having a guest speaker from Open Door Mission at the September meeting.

NEW BUSINESS

M/S/P (Julie/Nicolette) to permanently move the September Meeting to the 2nd Monday of September. This will avoid Labor Day.

Maxine and Janet will co-host Friendship Day.

Hillari will be organizing a Team Building event at an Escape Room.

Nicolette will set a tour of the new Women's Center for Advancement location for Domestic Violence Awareness.

Project Chairman are encouraged to do the Project Folders as they do the projects throughout the year.

Panera Bread offers fundraising events Nicolette will have more details at the August Meeting. Maxine's granddaughter just returned from India on a mission trip and could come and speak at one of our meetings. Maxine will see what can be set up.

Deadline for the Heartbeat will be July 11th

Linda will be the August Hostess.

Members shared Good and Welfare.

Meeting was adjourned at 8:32 pm.

Respectfully Submitted by

Angela Moody

HWT Secretary

TREASURER

Sandy Rowland

HEARTLAND WOMEN OF TODAY

2018 JULY TREASURER REPORT for JUNE 2018

ACTIVITY

Submitted: JULY 2, 2018

Expenses

Check #	Date	Payee	Expense
1408	19-Jun	US WOMEN OF TODAY	Buckets of Sunshine - Donation

TOTAL

Receipts

From	Deposit Date	Receipt	Amount
Members	29-Jun	AFC - PENNIES	12.70

TOTAL

Bank Statement Balance forward as of 05-31-2018 **\$2,315.55**

Receipts * **\$12.70**

Subtotal **\$2,328.25**

Expenses **\$25.00**

BANK BALANCE AS OF 06-30-2018 **\$2,303.25**

Outstanding Checks

1406 Cindy Urlacher A/C AWARDS **\$53.50**

Check Book Balance 06-30-18 **\$2,249.75**

Comments: None

Prepared: Sandy Rowland, Treasurer 07-02-18



The Founder's Day Celebration at the Melodrama! Looks like all had FUN!



2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 HWT Meeting	3	4 Independence Day	5	6	7
8	9	10 Founder's Day Melodrama	11	12	13	14
15	16	17	18	19	20 Summer Meeting Fremont	21 Summer Meeting Fremont
22	23	24	25	26	27	28
29	30	31				

Hello,
AUGUST
make me happy ..

2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 Friendship Day	6 HWT Mtg.  Nicolette	7	8	9	10	11
12	13	14  Angela	15	16	17	18
19  Cindy	20	21	22	23	24	25
26  Linda	27	28	29	30	31	



2017

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

WOMEN IN GENERAL

11 Facts About Domestic And Dating Violence

If you witness or know of anyone who is a victim **Do Something!**

1. Domestic/dating violence is a pattern of controlling behaviors that one partner uses to get power over the other. Including: physical violence or threat of physical violence to get control, emotional or mental abuse and sexual abuse.
2. 85% of domestic violence victims are women.
3. 1/4 of women worldwide will experience domestic/dating violence in their lifetime. Women between the ages of 20 to 24 are at greatest risk of becoming victims of domestic violence.
4. Domestic violence is most likely to take place between 6 pm and 6 am.
5. The costs of domestic violence amount to more than \$37 billion a year in law enforcement involvement, legal work, medical and mental health treatment, and lost productivity at companies.



6. As many as 324,000 women each year experience intimate partner violence during their pregnancy.
7. Boys who witness domestic violence are 2 times as likely to abuse their own partners and children when they become adults.
8. Domestic violence is the leading cause of injury to women – more than car accidents, muggings, and rapes combined.
9. 1/2 of all homeless women and children in the U.S. are fleeing from domestic violence.
10. Every 9 seconds in the US a woman is assaulted or beaten.
11. In 60% to 80% of intimate partner homicides, no matter which partner was killed, the man physically abused the woman before the murder.