

HEARTBEAT

Newsletter of the Heartland Women of Today

March 2018



PRESIDENT
Cindy Urlacher
curlacher66@msn.com

VICE PRESIDENT
Hillary Zweibohmer
zweihill2010@hotmail.com

SECRETARY
Angela Moody
angela.moody@dactm.com

TREASURER
Sandy Rowland
sandykrowland@gmail.com

CHAIRMAN OF THE BOARD
Susan Barnes
sbarnes958@cox.net

www.heartlandwt.org

Hello members,

As of today I still haven't heard from two places for our year End Banquet, so as soon as I hear from both I will let you know what we will be doing. I want to say that we have had a great year and we have more to celebrate.

Starting April 1st our officers will be taking on the second year of our two-year terms for the 2018-2019 year. I am looking forward working with the same officers. I would like to sit down with each officer at our meeting on April 2nd. If you are unable to attend please let me know, so I can arrange another time with you.

Reminder that our March Madness M night is on March 22nd at 7 P.M. Please let Hillary know that you will be having a guest. If we don't have any guests that night we may have to cancel this event. So please bring your prospective members to avoid having a fizzle. It would be awesome if we could grow this year and bring in new ideas.

Also, I would like each of you to bring any ideas on what we could do this next year to help achieve our goals this year. We have the plan of Action and the Budget ready to go.

So let's continue on having another successful year.



Cindy

CHAPLAIN

Hi Everyone,

Just a last minute reminder, get your Chaplain Certification done this month. Here is something I found called "Act as You Feel"

When you feel in the mood to do something, this is the best time to do it.
If you feel happy, smile.
If you feel daring, act.
If you receive good service, compliment.
If you feel energetic, do something positive.
If you know a good joke, tell it.
If you feel generous, give.
If you are interested in becoming wealthy, save and invest.
If someone needs help, lend them your strong hands or soft voice.
If you give your word, keep it.
If you want to make things better, vote.

Linda

VICE PRESIDENT

Hi Ladies,

It is hard to believe that I have been such a bad Vice President. I had planned on attending more meetings than I have. I have to apologize for not being a better representative. I **WILL** do better as we move forward.

We have several members that are up for renewal in the 3rd trimester. Please make sure to get your dues paid if you have not already done so. Cindy, Janet, Dina, Diana, and I are the only members that fall out of the 3rd Trimester.

I have included the flyer for the M-night in March. Please let me know how many guests we might be having so we can have enough food and prizes.

Thanks again for allowing me to be a part of the organization!

Hillari

PROGRAMMING

I appreciate everyone's cooperation in tracking the chapter's efforts for the past year. We have documented the following data for the third trimester:

January

The White Elephant Sale was held as a fundraiser for AFC at the Holiday Party at Platte River State Park and part two at February's meeting. So far, members Kelley, Angela and Linda have provided time and funds spent to provide gifts for the fundraiser. I need this basic information from the remainder of the members who participated by donating gifts. Thank you.

March

We collected food bank donations at the March meeting. Linda, Susan and myself brought food items including soup, park and beans, spaghettios, macaroni and cheese, peanut butter, cereal and fruit cups. The value of food donated in March by Chapter members to the Omaha Food Bank is \$50.27. Total for this year is \$196.97

Aid to Foster Children

The donations collected at monthly meetings for the Pennies from Heaven effort for April 2017 thru February 2018 amounts to \$80.81. So far the Chapter has collected \$26.68 for the 3rd trimester.

Certifications

Let's make an effort to complete as many as we can to close out the year. The binder containing certificates will be brought to the March 18 work session. Please plan to attend meeting to complete your forms. If you cannot attend, you can e-mail me (nicolette.amundson@gmail.com) if you need a blank form or if you would like to know your status.

Next Year

Cindy has asked me to serve as Program Chair for the upcoming 2018-2019 year. I have agreed however I will need the support of EVERY member to fully execute this office. 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. I need the information in a timely fashion so the newsletter and Community Connections report can be accurately completed and submitted to State.

Thanks again for your support,
Nicolette

TODAY'S YOUTH



BUILDING OUR FUTURE LEADERS

Cindy has asked me to serve you as your program manager for the youth area. This program has always been dear to my heart.

This year, I would like to invite each member to become involved in this area. I do realize that we have children and grandchildren that we can help build into our future leaders.

At our April meeting I will be sending a sheet around for our members to list if they would like a booklet for their children or grandchildren. Remember, this program is only for children under eighteen years old.

I would like to leave you with the following poem that I received from Prevent Child Abuse North Dakota. I believe we as adults need to express these words to our children so that they believe in themselves.

CHILDREN LEARN WHAT THEY LIVE

If children live with **tolerance**,
they learn to be **patient**.

If children live with **encouragement**,
they learn **confidence**.

If children live with **praise**,
they learn to **appreciate**.

If children live with **fairness**,
they learn **justice**.

If children live with **security**,
they learn to have **faith**.

If children live with **approval**,
they learn to **like themselves**.

If children live with **acceptance** and
friendship,
they learn to find **love** in the world.

Maxine

VOLUNTEER WEEK

For Volunteer Week this year the Heartland Women of Today has chosen to recognize the Board of Nebraska Friends of Foster Children.

We will be sending a "Give a Tree" card that is produced by Arbor Day Foundation to each Board member.

OPEN DOOR MISSION-HOPE TOTE PROJECT

When homeless men, women, and children come through Open Door Mission's doors, they are lacking the most basic of toiletries.

Receiving a Hope Tote filled with these items inspires HOPE for lasting change. It helps restore their dignity, to feel like a person again. The Heartland Women of Today will be hosting a drive to fill Hope Tote bags with personal care items for homeless men, women, and children during the month of April. I will bring purple bags to next meeting on April 2 for each member to participate. Members will be asked to fill the bags with the following items.



- Toothbrush and Toothpaste
- Shampoo and Conditioner
- Disposable Razors
- Deodorant
- Lip Balm
- Body Wash
- Body Lotion

Once you have filled the bag please let me know and I will collect your bag for donation to Open Door Mission.

EDITOR

Ladies,

I will again be the Heartbeat Editor and look forward to another year. I so appreciate the help of the membership not just officers for input into this publication. I hope you all

find it informative and enjoyable to read.
Please do not hesitate to let me know what
you would like to see in The Heartbeat!
Remember this will also be on the website
www.heartlandwt.org



Angela



SECRETARY

Hey everyone,

As those of you at the meeting are aware it was kind of a crazy night... I hope that I got all the details correct, I certainly tried. But I have a favor of all of you as you read these minutes can you please let me know if there are correction prior to the meeting so we can vote on correct minutes.

Thanks!

Angela Moody

Heartland Women of Today
Minutes of the General Membership
March 5, 2018
Bank of the West

The meeting was called to order by President Cindy Urlacher at 6:39 pm. The Pledge of Allegiance was led by Dina Bellamy. There were no guests.

The roll call question was "What are your plans for Easter?"

Members present were; Susan Barnes, Dina Bellamy, Sandy Rowland, Nicolette Amundson, Linda Lenser, Kelley Rosburg, Angela Moody, Julie Fogleman and Cindy Urlacher. Not present; Hillari Zweibohmer, Janet Behrends, Maxine Turner, Diana Rodriguez, and Joyce Harpster.

Chaplain Linda read a poem from "Words Every Woman Should Live By" Shirley Vanderpol.
Additions to the Agenda – Under Unfinished Business – Banquet and Habitat for Humanity Power lunch.

Minutes from the February Meeting were approved as printed in the Heartbeat.

Treasurer Sandy handed out the Treasurer's report. Our ending balance is \$2307.26. There were no bills. Pennies were collected for Aid to Foster Children.

Vice President – Cindy reported for Hillari that the M-Nite is March 22nd at 7pm here at the Bank of the West. Members should let Hillari know if they have guests, if no guests are coming it will probably be cancelled.

Membership discussed 3rd trimester renewals and collected from members who know they are due 3rd trimester.

Programming chair Nicolette asked members to get her their info about time spent and monetary value of white elephant items ASAP so she can get the Community Connections Report sent in by the deadline at the end of March. Hillari has the auction sheet from the Cabin so we need to get that to Sandy and Nicolette. She also sent the ReStore info around for participants to verify the accuracy.

Today's Youth – Angela reported for Maxine that she needs any activity or certification sent to her by the end of March. Maxine wanted to remind members that since Hillari is the state contact for Today's Youth we still need to give the info to Maxine 1st and she will sent on the Hillari.

Chairman of the Board Susan handed out registration forms for both the upcoming Annual State Convention in Lincoln and the Annual National Convention in MN.

UNFINISHED BUSINESS

Linda reported that 7 members worked the Habitat for Humanity ReStore project painting. The manager was very happy with our group and would welcome out help anytime. Even as individuals. There was discussion about finding another date to go again.

There will be more info in the Heartbeat about the M-Nite on March 22nd.

M/S/P (Susan/Julie) to approve the Plan of Action for 2018-2019 as modified. The modifications included moving the Pizza Ranch fundraiser from June to September during WT Week, deleting Ronald McDonald House in August, replacing Baby Diaper Drive with Open Door Mission Baby Shower Project in February and deleting Finalize Budget and Plan of Action 2018-2019.

M/S/P (Susan/Julie) to approve the 2018-2019 budget.

M/S/P (Susan/Angela) to add item xii to standing Rule 2, section b to state “be responsible to notify members of upcoming general membership meetings four days prior to the meeting”.

M/S/P (Susan/Julie) to add to Standing Rule 2, section c, item V: “unless the thank you is warranted by results of a project. Then the Project Chairman is responsible for issuing the Thank You note.”

M/S/P (Susan/Julie) to delete Standing Rule 3, section a, item ii and renumber accordingly.

M/S/P (Susan/Julie) to add parents to Standing Rule 3, section b, item iii. And add “a card will be sent to the Heartland Women of Today member if a death occurs in the extended family (siblings, grandparents, parent-in-law).”

Dina reported that Habitat for Humanity has a Power Lunch May 4th, info in the Heartbeat.

There will be a Certification Work day on Sunday March 18th @1 pm at Cindy's house and a Work day for project folders at Cindy's house on March 24th @ 3 pm.

Information about an April Board Meeting will be in the Heartbeat.

Cindy is working on the date/location of the Banquet and will have info in the newsletter.

NEW BUSINESS

Susan reviewed bylaw changes proposed for vote at Annual state convention in April and Annual National convention in June.

Volunteer Week in April will be chaired by Nicolette. She will have a chair planted for the volunteer board of Nebraska Friends of Foster Children and we will provide Hope Totes for the Open Door Mission.

Julie will be reserving the Bob White Cabin for our annual Holiday Party the 4th Weekend in January.

Deadline for the Heartbeat will be March 12th

The hostess for the April meeting will be Susan

Meeting was adjourned at 7:43

Respectfully Submitted by
Angela Moody
HWT Secretary

March M-night

“Springing into Women of Today”

March 22, 2018

7 pm

@

Bank of the West Meeting Location



Bring your friends and families!



2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 HWT Meeting	6	7	8	9	10
11 Start of Daylight Savings Time	12	13	14	15	16	17 St Patrick's Day
18 Certification Day @ Cindy's at 1 pm	19	20	21	22	23	24 Project Folder Work Day @ Cindy's at 3 pm
25	26	27	28	29	30	31



2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter	2 HWT Meeting	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 Annual State Convention Lincoln	21 Annual State Convention Lincoln
22 Annual State Convention Lincoln	23	24	25	26	27	28
29	30					



2018

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

Easter

This Christian holiday celebrates the resurrection of Jesus Christ. The date of celebration varies from March to April, depending on the date of the March equinox. Christians worldwide gather for this major holiday for the religion to feast, attend church services, and hunt Easter eggs. Easter Sunday marks the end of Lent, which is a 40-day period of fasting and reflection. It follows Maundy Thursday and Good Friday.

Biblical Background

The story of Easter makes up a fundamental aspect of Christian theology. While Good Friday marks Jesus's crucifixion, Easter Sunday is a day for Christians to celebrate his resurrection. Following Jesus's arrest and crucifixion, he was buried in a tomb. While the next part of the story varies according to different accounts, most follow the theme of female followers of Jesus going to visit the tomb and finding the stone rolled away from the opening with Jesus's body missing. Jesus went on to appear to his followers several times before his ascension into heaven. The resurrection of Christ is an important part of Christian belief because of its association with salvation.

Christians started celebrating the tradition of Easter with a feast soon after the time period of the resurrection, which is believed to have occurred around 33 AD. The time of year was chosen for the celebration since Jesus celebrated the Passover shortly before his crucifixion and so the time is believed to be around the time of Jesus's actual crucifixion. In medieval celebrations, congregations would walk in a procession after mass, following a priest holding a crucifix or candle.

Traditions

Many Christians begin the celebration with an Easter Vigil the night before, sometimes called Easter Eve or Holy Saturday. Church services on Sunday typically follow regular church service tradition with a sermon or songs concerning the Easter story. Some churches hold mass or other services at sunrise. Other common traditions include:

- **The Easter egg hunt is a tradition that originated with pagan spring festivals that celebrated fertility. Like many pagan traditions, Christians intertwined the practice with religious significance. Easter egg hunts feature eggs hidden by the mythical Easter bunny, which may contain candy or other prizes. Hard-boiled eggs may also be used. The children will go looking for eggs to put in their Easter egg basket. On the day before Easter, many families decorate hard-boiled eggs with paint to use for the hunt. Eggs are also part of the tradition because of the ban on eggs during lent in Medieval Europe, meaning they were often included in the Sunday feast.**
- **Churches are often decorated with flowers. A significant theme for Easter is rebirth, which flowers can emulate and symbolize. Traditional Easter flowers include Easter Lilies, which are believed to have grown in the Garden of Gethsemane, the site of Jesus's arrest. Other Easter flowers include pussy willows, daffodils, narcissuses, and red tulips, which symbolize Jesus's shed blood.**
- **Including the candy hidden inside of Easter eggs, many children are given a basket of goodies at the day's beginning. A common gift is a chocolate bunny.**

Countries all over the world celebrate the holiday differently. Italy holds reenactments of the Easter story held in the public squares. Cyprus holds bonfires in the yards of schools and churches. In Germany, eggs are set in trees, called Easter egg trees, similar to the Christmas tree.

The Czech Republic and Slovakia have several unique Easter traditions. One features the males of a family spanking females with a homemade whip decorated with ribbons. The spanking is lighthearted and is believed to bring health over the next year. The men may also dump cold water on them in some areas. It is also a day for men to pay visits to objects of their affection.

In the United Kingdom, observers participate by rolling eggs downhill and in some areas by performing the Pace Egg play, a traditional local event. A big part of Jamaican celebration is to eat a spiced bun that may contain raisins with cheese. In Scandinavian countries like Norway, celebrators ski and relax at cabins in the mountains. Some areas may feature children in costumes going door to door for candy or flowers. Many Nordic countries include salmon or another type of fish with the feast.

In Australia, the Easter Bilby delivers eggs rather than the Easter Bunny, as bunnies are viewed as an agricultural pest. The city of Haux, France, make an omelet big enough to feed 1000. The dish is often has about a 10 inch diameter. Easter is an important holiday in Greece, where on the island of Corfu, residents toss pots of water out of windows, following the Venetian tradition of breaking pots in celebration. They also bake cakes in the shape of doves, called kolompines. Guyana flies homemade kites, a tradition often participated in by citizens of all religions.

Pagan Origins

In pagan celebrations, Easter was typically a celebration of fertility, and many cultures associated the celebration with the Germanic goddess of fertility, Eostre, which is where the holiday's name came from. Some cultures called the holiday Ishtar, which celebrates the resurrection of the Tammuz, another pagan god.

The Easter Bunny is a result of folkloric tradition. Their association with the holiday comes from their ability to procreate, making them symbols of fertility. German settlers brought the Easter Bunny tradition to America in the 1700s.