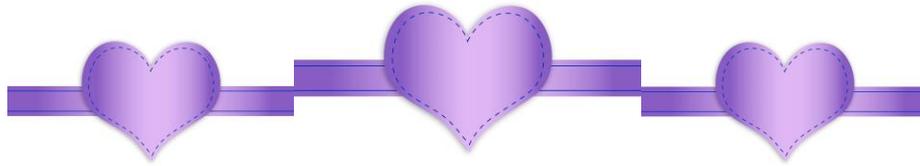


HEARTBEAT

Newsletter of the Heartland Women of Today

May 2017



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Hello Members,

The New Year has started out strong. I am so proud of what our chapter has been able to do and keep on continuing to volunteer our time when needed. Our membership night on May 18th will be rescheduled, this gives everyone a chance to think of prospective members to invite and show them what a great organization we have. One of my goals is to promote Public Relations for our chapter and let people know who we are. I was brainstorming on what we can do with this and need your opinion. Would we be able to make flyers and put all around town looking for prospective members utilizing our web site and Facebook page? Bring ideas to the next meeting. I am sure Hillari would like some help with this. We would like to grow this year and also would like to keep our retention going as well. To make this chapter successful, Susan has done so much in these last two years and we need to continue what has been started. Let's work together as a team. By team, it's not just the officers; it's all of us as a chapter.

Fund raising is very important as well. Our first fundraiser of this year is our Pizza Ranch. Details are in this newsletter. I would like us to wear our Heartland shirts so we can be recognized by the customers. If you don't have a Heartland shirt, wear a purple shirt and we should wear our name tags. Our meeting has changed to June 19th because of our fund raiser on our meeting night.

When we are at our projects please take pictures and we can put them on the web site as well as the Facebook page. This helps out with our Public Relations as well. Remember to please bring your membership books to all meetings, if you don't have one please let me know. I am looking at our Plan of Action, so please bring Food Bank items and Pop tabs to our next meeting in June.



Looking forward to a great year
Cindy Urlacher

CHAPLAIN'S CORNER

Hi Everyone,
I know this is still early in our year but just a reminder that when you get your certifications done for Chaplain or Health and Wellness, you can send them to me. I hope you're enjoying this beautiful weather! Here is a chaplain's thought for this month:

Every day, be full of awareness of the beauty around you. Be full of gratitude for friends and family, for the goodness you find in others, for your health and all you're capable of.

Have a great month!

Linda

TODAY'S YOUTH



Fellow Members,

At our meeting I had mentioned that the month of May is Founder's Month for the youth group on state level. I would like to see each parent and grandparent be involved with their child/grandchild. Please take time as a family unit and go out and clean up a park in your area. Please report back to me at the June meeting what you have done for this event.

As our school days come to the end, I thought it would be good to cover Bicycle Safety. Please take time to sit down and go over the following safety rules with your child/grandchild.



There are so many great reasons to ride your bike: It offers fun, freedom and exercise, and it's good for the environment. We want kids and families to ride their bikes as much as possible. Here are a few tips so that you'll be safe while you do so.

The Hard Facts

More children ages 5 to 14 are seen in emergency rooms for injuries related to biking than any other sport. Helmets can reduce the risk of severe brain

injuries by 88 percent – yet only 45 percent of children 14 and under usually wear a bike helmet.

Top Tips

- We have a simple saying: "Use your head, wear a helmet." It is the single most effective safety device available to reduce head injury and death from bicycle crashes.
- Tell your kids to ride on the right side of the road, with traffic, not against it. Stay as far to the right as possible. Use appropriate hand signals and respect traffic signals, stopping at all stop signs and stoplights.
- Teach your kids to make eye contact with drivers. Bikers should make sure drivers are paying attention and are going to stop before they cross the street.
- When riding at dusk, dawn or in the evening, be bright and use lights – and make sure your bike has reflectors as well. It's also smart to wear clothes and accessories that have retro-reflective materials to improve biker visibility to motorists.
- Actively supervise children until you're comfortable that they are responsible to ride on their own.

Maxine

CHAIRMAN OF THE BOARD

Angela and Linda have done a great job with Parliamentary Procedure over the last few years that it's hard to come up with something new. But I did find something on member responsibilities:

(This is from the "Simplified Handbook of Parliamentary Procedure" revised and updated by Bobby Hall, program associate – Community and Economic Development, University of Arkansas)

When a member joins an organization, one enters into a "contract of membership" with the organization. Membership carries with it responsibilities as well as privileges. Here are some important ones that we all should abide by:

1. Attend meetings regularly and arrive on time

2. Speak up during the meeting, bringing out important points and contributing from one's own experiences
3. Learn to be brief, because brevity wins the goodwill of other members
Refrain from being technical or more strict than is absolutely necessary for the good of the meeting
4. Participate with good humor; brighten the meeting and make way for differing viewpoints
5. Face opposition without taking offense or feeling there was personal criticism where none was intended
6. Service willingly to the best of your ability, thus gaining experience with each added duty
7. Confine oneself to the question before the assembly and avoid personalities

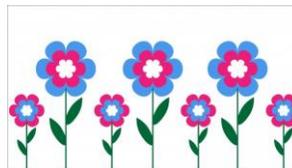
8. Practice correct parliamentary procedures

I will refer to this handbook throughout the year.

Thanks
Susan Barnes

EDITOR

Ladies,
Thanks to all the officers for your articles. It's a team effort making a great newsletter! This Newsletter is also on our website so if you know of someone who has trouble opening it, please let me know and/or refer them to the website heartlandwt.org Enjoy this issue and have a wonderful weekend!
Angela





NATIONAL VOLUNTEER WEEK

For National Volunteer Week the Heartland Women of Today recognized the volunteers at the Josie Harper House Hospice Center on April 17, 2017.

The chapter budget of \$10 for Volunteer Week was used purchase “thank you” balloons and a card from the chapter. Heartland Chapter members helped by baking twelve dozen cookies to present to the volunteers. Members who participated are Kelley Rosburg (project chair), Hillari Zweibohmer, Cindy Urlacher, Janet Behrends, Linda Lenser, Sandy Rowland and Nicolette Amundson. The team greatly appreciates their effort on the holiday weekend to successfully pull this together. Total in kind donation of time amounted to nineteen hours. In kind monetary donation was \$47.44. Including an additional \$35.85 for the 67 miles driven for this project, we have a total in kind donation of \$83.29!!

The Hospice center is an outstanding example of volunteerism with 60 volunteers and logging 500 volunteer hours a month. They have a wide range of volunteer opportunities, including “Hospitality Volunteers, Resident Assistant Volunteers and Specialized Resident Assistants,” who do everything from helping with arts and crafts to fingernail care/painting, assisting residents to the dining room, helping them write letters, read and answer phones. The wonderful grounds are cared for entirely by volunteers who are Master Gardeners. They also have a rotating art exhibit in their lounge that is completely facilitated through volunteer efforts. Their most remarkable volunteer is Ardis Bergquist

The minutes of the April meeting were approved as printed in the Newsletter. Correspondence for donations from The Bethlehem House and Food Bank were passed around.

Sandy handed out the Treasurers report and asked for any bills. Our ending balance is \$2,534.70. Pennies were collected for Aid to Foster Children.

Hillari reported that only she is due 1st Trimester but the dues billing isn't out yet. Maxine encouraged the entire chapter to always check the roster at the beginning of the year for errors and the following trimesters to make sure the new member adds and drops are recorded correctly.

Maxine reported that there will be information in the Heartbeat about Founders Day for Today's Youth.

Nicolette reported that she will be tracking donations both In-Kind as well as Monetary, plus all hours we work on projects.

UNFINISHED BUSINESS

Hillari reported that we will hold an M-Nite on May 18th from 7-8:30 pm at The Bank of the West, she passed out flyers to give to prospective members. The theme will "Making Memories with Heartland Women of Today" using Red, White and Blue. She asked for a co-chair.

Nicolette and Kelley chaired the Volunteer Week, information and a picture will be in the Heartbeat. Nicolette thanked all who donated cookies. She also passed around the Josie Harper Residence Annual Report.

Susan handed out the awards from Annual State Convention and reported that we elected new officers including Maxine as State President, Hillari as Programming Vice President and Cindy as Treasurer. Also serving will be Angela as Parli and Susan as PA.

Sandy reported that we will be doing a Taco Bar for the Bethlehem House, she will prepare the food that members brought tonight, then she and Nicolette will drop off on Wednesday May 3rd 5pm.

Susan asked members who brought water to load it into her car after the meeting and she will take it to the Open Door Mission tomorrow.

Members were asked to get their receipts or dollar amounts to Nicolette for the food and water. Cindy sent out requests to like our Facebook page but several members didn't get it so she will resend them. She is requesting that everyone take pictures at events and send them to her.

Angela reported that the website has been updated and Susan pulled it up on the big screen so members could see it. She requested that pictures be sent to the webmaster by clicking on the webmaster on the home page. The Heartbeat is also being added each month. The address is HeartlandWT.org

Cindy reviewed the Plan of Action

Sandy reported that the only date available for the Pizza Ranch Fundraiser is June 5 which is our meeting night. M/S/P (Susan/Julie) that we move our meeting to June 19th so we can do the fundraiser on June 5th.

Cindy suggested that we have business cards and will bring some options to the next meeting.

NEW BUSINESS

Nebraska Summer State Meeting will be in Nebraska City on July 21- 22 Maxine reported that the schedule will be available after the Board Retreat on May 20th.

USWT Annual Convention is on June 15-18 in Las Vegas.

The deadline for the Newsletter is May 8th.

Hillari will be the Hostess for the June meeting.

Meeting was adjourned at 7:34

Respectfully Submitted by
Angela Moody
HWT Secretary

TREASURER
Sandy Rowland

HEARTLAND WOMEN OF TODAY
2017 MAY TREASURY REPORT for APRIL 2017 ACTIVITY
Submitted: May 1, 2017

Expenses			
Check #	Date	Payee	Expense
1388	5-Apr	HILLARI - APRIL M NIGHT	FOOD & GIFTS
TOTAL			

Receipts			
From	Deposit Date	Receipt	Amount
MEMBERS	3-Apr	MARCH - PENNIES AFC	14.51
MEMBERS	8-Apr	APRIL - PENNIES AFC	\$9.80
JANET B.	8-Apr	DUES -	\$25.00
TOTAL			\$49.31

Bank Statement Balance forward as of 03-31-2017	\$2,611.05
Receipts	\$49.31
Subtotal	\$2,660.36
Expenses	\$14.42
BANK BALANCE AS OF 04-30-17	\$2,645.94
Outstanding Checks	
1387 - Angela Moody - folder	\$5.81
1389 - NWOT Hillary Z - essay	\$5.00
1390 - NWOT-AFC DONATION	\$100.43
Check Book Balance 03-30-17	\$2,534.70

COMMENTS:

Prepared: Sandy Rowland, Treasurer 05-01-2017



2017

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



2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Pizza Ranch Fundraiser	6	7	8 USWT Annual Convention Las Vegas	9 USWT Annual Convention	10 USWT Annual Convention
11 USWT Annual Convention	12	13	14	15	16	17
18 Father's Day	19 HWT Meeting	20 Summer Begins	21	22	23	24
25	26	27	28	29	30	



2016

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

Mother's Day in the United States

Mother's Day in the United States is annually held on the second Sunday of May. It celebrates motherhood and it is a time to appreciate mothers and mother figures. Many people give gifts, cards, flowers, candy, a meal in a restaurant or other treats to their mother and mother figures, including grandmothers, great-grandmothers, stepmothers, and foster mothers.

What Do People Do?

Many people send cards or gifts to their mother or mother figure or make a special effort to visit her. Common Mother's Day gifts are flowers, chocolate, candy, clothing, jewelry and treats, such as a beauty treatment or trip to a spa. Some families organize an outing for all of their members or hold a special meal at home or in a restaurant. In the days and weeks before Mother's Day, many schools help their pupils to prepare a handmade card or small gift for their mothers.

Public Life

Mother's Day is not a federal holiday. Organizations, businesses and stores are open or closed, just as they are on any other Sunday in the year. Public transit systems run to their normal Sunday schedules. Restaurants may be busier than usual, as some people take their mothers out for a treat.

Background

The origins of Mother's Day are attributed to different people. Many believe that two women, Julia Ward Howe and Anna Jarvis were important in establishing the tradition of Mother's Day in the United States. Other sources say that Juliet Calhoun Blakely initiated Mother's Day in Albion, Michigan, in the late 1800s. Her sons paid tribute to her each year and urged others to honor their mothers.

Around 1870, Julia Ward Howe called for Mother's Day to be celebrated each year to encourage pacifism and disarmament amongst women. It continued to be held in Boston for about ten years under her sponsorship, but died out after that.

In 1907, Anna Jarvis held a private Mother's Day celebration in memory of her mother, Ann Jarvis, in Grafton, West Virginia. Ann Jarvis had organized "Mother's Day Work Clubs" to improve health and cleanliness in the area where she lived. Anna Jarvis launched a quest for Mother's Day to be more widely recognized. Her campaign was later financially supported by John Wanamaker, clothing merchant from Philadelphia.

In 1908, she was instrumental in arranging a service in the Andrew's Methodist Episcopal Church in Grafton, West Virginia, which was attended by 407 children and their mothers. The church has now become the International Mother's Day Shrine. It is a tribute to all mothers and has been designated as a National Historic Landmark.

Mother's Day has become a day that focuses on generally recognizing mothers' and mother figures' roles. Mother's Day has also become an increasingly important event for businesses in recent years. This is particularly true of restaurants and businesses manufacturing and selling cards and gift items.