



THE GAVEL

Newsletter of
The Nebraska Women of Today
February 2010

www.nbwt.org
www.uswt.org



Hello ladies,

Are you ready for Spring? I'm so tired of this snow. Well, we are in our last trimester for the year and we still have lots of work to do. We have many goals to achieve and with everyone's help we can do it. One of my goals this year and also for our Membership Vice President Joyce Harpster, we would like to see Nebraska grow and with everyone's help we can do it. Emphasis month for March is MEMBERSHIP. Now is the time to start planning your guest nights for March madness and please let me know when you are hosting one. I would like to visit as much as I can. If I haven't visited your chapter I plan on visiting this trimester, so please send me your activities that you will be having or I could visit at a meeting. I would like to visit all chapters before my year ends. I have 3 more months left.

Another one of my goals is that I visit all chapters.



All paperwork needs to be sent April 1st. So if you haven't certified in Effective Writing/ Effective speaking, Step, Governmental Affairs, and Focus On Women you need to fill out the forms and send in. If you certify in all areas you can qualify for Outstanding Achievement in Programming and on the National Level this is a real big deal. I would love to see many members achieve this. And I know we all can do this. If you have recruited a member already you can do it. You also have to do some competition. This can be on State or National, or you can write a project folder. I plan on achieving this so I need to get going on this.

Calling all past State Presidents as you know we will be celebrating our 20 years at our Annual Convention in Kearney and the Past State Presidents will be hosting and the planning has just begun. If you would like to help please let Maxine Turner know because she would be happy to have you assist. Details will be coming soon but mark your calendars now for a fun weekend on April 16 through the 18th. Our national President Sue Dionne and her staff will be visiting that weekend.

Please send Roberta your pictures for this year she is having lots of fun putting Presidents Cindy's scrapbook together. Also now is the time to take on an office on local, State or National. I would love to see a full board coming into year end and I know there are members thinking about it. If you have any questions please call Maxine as she is in charge of the elections this year. She would be happy to answer any questions.

Thanks for the newsletters. I enjoy reading and it also helps me to know when your activities happen. If you do have a newsletter and don't have me on the list please add my name.

Let's Spread our Wings across Nebraska

Cindy Urlacher
State President

"Wind Beneath My Wings"



Membership VP

Happy February – one month closer to spring!!!

By the time you are reading this article your chapter's membership contacts will have received the 3rd Trimester Dues Billing. If your dues are due in this trimester please be sure and have that renewal check ready. Dues will be due back to me April 1st. With our convention in April it is really important that everything is in on time.



Nebraska has 42 members due this trimester. Our retention has been awesome so let's go for the Gold with 100% retention in every chapter!

March Madness is just around the corner. This has always been a fun time to hold an M-Night. Nebraska Women of Today has 9 teams. Let's see who wins the Madness with the most new members in March!!

Hands of Friendship
Joyce Harpster
Membership Vice President
chefsmom2000@yahoo.com



Programming VP

Hello everyone! I hope this finds everyone well and surviving our wonderful Nebraska weather! I'm sure all the children across the state are enjoying all the snow days that they have had!

We are in our final trimester with only 2 months to go and it is time to buckle down and get our "affairs in order" so to speak! I have only received Trimester donation summaries from 3 chapters and community development forms from 2 so far this year. We really need to have these so that the state and National organization can have an accurate accounting of all the hours, monies and goods donated. This will help with the IRS paperwork and to get our non-profit status verified with them.

I am also promoting the Project folder competition for Annual convention. It's never too early to get started on filling out the paperwork for this and it also relieves that last minute rush & the stress that goes with it! And we could ALL use a little less stress in our lives! I have some information from National that I will pass on to you in an email.

We also have a good competition for the Road Runner miles this year! Keep them coming either by snail mail or email. I know our travels have tapered off due to the weather but we still are getting out there for our local meetings and projects! And if any chapter has had a Fizzle due to the weather or any other reason – don't forget to send that to me too!! We all have them and its fun to share!

Remember to keep making
"Jump Into Programming!"



Laura Wachter PVP
Programming VP
"Jump into Programming"
Laura.Wachter@americanmeter.com

STEP

Our S.T.E.P. certifications have been slow coming in. I hope that everyone is working on their forms. Just get that new member signed and you'll be in great shape.

There is competition in the S.T.E.P. area for annual convention. Information is available in the Guide for Action or on our web page. Let me know if you have any questions.

Step Right Up!

Joyce Harpster
MVP/S.T.E.P. PM
chefsmom2000@yahoo.com



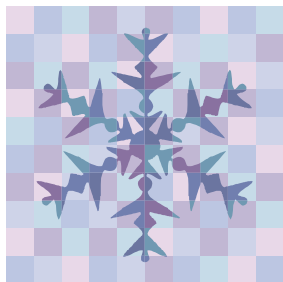
Memory Book

Hello everyone,
Hope you all had a great Christmas and a Happy New year. I really would like every chapter to send me something for Cindy's memory book. I know you have been busy doing lots of things. I know Cindy has visited most of the chapters across the state. If you have any pictures or articles you would like to share with her I would be more than happy to put them in her book. I really want this to be a very memorable book for her. I also would like to thank everyone who has sent things to me for her.

Roberta Smith
bertas1951@yahoo.com

Hall of Fame

The new "Hall of Fame" pins have arrived and will be available to Hall of Fame members for \$5.00, at annual convention. They turned out great, and I hope you like them! We are still looking forward to receiving a Hall of Fame nomination, so please get your applications in as soon as possible. Surely someone in your chapter is a deserving member, so please review the guidelines and let me know if you have any questions about the application process. The nomination deadline for annual convention is March 1st. Speaking of annual convention-the Hall of Fame will be holding another basket auction at Annual, so if Hall of Fame members could please bring items to donate to our "Summer Fun" basket, it would be appreciated. I know it's hard to believe summer will ever come again to Nebraska (or anywhere according to the news), but I think it eventually will...



Kelley Rosburg
Hall of Fame President

Local President's Association President

Hello Ladies!
I hope you had a wonderful holiday season and your New Year is off to a good start. Thanks to those who completed the Fast Start and Success System. Only one more trimester to go for this year, can you believe it? If there is anything I can do to help, please let me know.

I would like to make another appeal for pictures. I am still hoping to do my presentation on Women of Today. Please, please send me pictures! I would like to have every chapter represented!

Heart disease is the #1 killer of women so I thought it would be appropriate to pass along this information since February is all about the heart. I think everyone knows to eat less fat; eat more fruits and vegetables and keep blood pressure and blood cholesterol levels in check but below is additional information about heart health.



Hidden Ways to Help Your HEART:

Don't skip breakfast: Most heart attacks occur between 7 am and noon – possible because the cells that help blood to clot, called platelets, are stickiest then. Eating breakfast appears to make platelets less sticky....and less likely to clump together and block a vital artery.

Lighten up: People who overreact to stressful situations are more likely to have heart trouble. In one study, people whose blood pressure and heart rate jumped the most during frustrating tests were also the ones most likely to have reduced blood flow to the heart.

Meet the A's: You may have heard about the antioxidants – vitamins A, C and E, and beta-

carotene – that appear to slow plaque formation in the arteries.

Kick tobacco if you are using it: Smoking affects more than your lungs. Fact is, within a few years of quitting, you'll cut your risk of heart attack by at least half, similar to those who never smoked.

Get off the couch: Sedentary living – not high cholesterol is one of the greatest risk factors in heart attack deaths. Just a half hour of moderate physical activity most days of the week can deliver fitness benefits similar to traditional exercise routines. So walk briskly. Take the stairs. Play actively with the kids.

Live Longer!

Thanks for all you do!

Kim Hermann
LPA President
khermann@horizonholding.com

EXTERNAL AREA

February is emphasis month for External Programming Domestic Violence Awareness, hold an educational, fundraiser or both and submit a transmittal form to me for recognition at year end convention!!

Chris Rice
External Program Manager

Chapter Chatter

Nebraska City

We hosted a Valentine table at the Ambassador Care Center where we hold our meetings, had an excellent meeting with 5 guests present!! Speakers for our external programming emphasis month! We look forward to hosting an M-night at our local Pizza Hut, March 2nd, at 6:30p.m. we would love to have visitors, come join the fun!!

Chris Rice, President

Lincoln

The Lincoln chapter had a great time at our Christmas Party in December, finished our Husker concessions for the season, worked at the “Women’s Expo” and are looking forward to the Region 3 Meeting/PEP Day in February. We are also planning a Girl’s Night Out and a Membership Social in March. We have set a goal to get an “in-chapter” extension before April 1st, so please send us any contact names you have in Lincoln!

Kelley Rosburg

Heartland

Heartland has been busy this past month. We delivered some food to the food pantry. We gave a box full of Valentine's to the Children's Hospital. We also helped Monarch with their Valentine's project. We also had a few of our members help out at the Women's Expo in Lincoln. We have a pep day coming up on February 28th. I hope that you can all attend!

Jessica Urlacher

