



# THE GAVEL

Newsletter of  
The Nebraska Women of Today

September 2024



[www.newwomenoftoday.org](http://www.newwomenoftoday.org)

[www.uswomenoftoday.org](http://www.uswomenoftoday.org)

**Team Building** is part of the August Emphasis month with Nebraska Women of Today. So, I would like to cover this in my article this month.

All our members need to be team players for us to succeed. Teamwork and personal rigidity just don't mix. If you want to work well with others and be a good team player, you must be willing to adapt yourself to your team.

Team players who exhibit adaptability have certain characteristics. Adaptable people are...

✚ **Teachable**

"Adaptable people always place a high priority on breaking new ground. They are highly teachable.

✚ **Emotionally Secure**

Another characteristic of adaptable people is security. People who are not emotionally secure see almost everything as a challenge or a threat. But secure people aren't made nervous by change itself. They evaluate a new situation or a change in their responsibilities based on its merit.

✚ **Creative**

Creativity is another quality you find in adaptable people. When difficult times come, they find a way.

✚ **Service Minded**

People who are focused on themselves are less likely to make changes for the team than people focused on serving others. If your goal is to serve the team, adapting to accomplish that goal isn't difficult.

The first key to being a team player is being willing to adapt yourself to the team—not an expectation that the team will adapt you!

Now, let's bring this article Home

*To become more adaptable*

- **Get into the habit of learning** Each day when I think of something new, I write down on a slip of paper. By the end of the day, I would think about sharing it and filing it for future use. It got me in the habit of looking for things to learn. Try it for a week and see what happens. (This is how my thinking outside of the box began)
- **Reevaluate your role** Spend some time looking at your current role on your team. (member, board, etc.) Then try to discover whether there is another role you could fulfill as well or better than you do your current one. That process may prompt you to make a transition, but even if it doesn't the mental exercise will increase your flexibility.



- **Think outside the lines** Let's face it: many people aren't adaptable because they get into negative ruts. If you tend to be prone to ruts, then write down this phrase and keep it where you can see it every day: "Not why it *can't* be done but how it *can* be done." Look for unconventional solutions every time you meet a challenge.

This year I am here to serve you, and I am always thinking outside of the box about offering new ideas to our members. This past week, we held a webinar on **Team Building**, thank you Angela for doing this. I received good feedback that night and afterwards. So, we will be offering a webinar each month.

With this new adventure, we will be holding a webinar on September 23<sup>rd</sup> @ 7 pm, our topic is **ORIENTATION**.

In the month of October, we will be holding a webinar on **ORGANIZATION**. This webinar will be held October 16<sup>th</sup> @ 7 pm. Joyce our Chaplain/PD Program Manager will be chairing this webinar.

Both webinar links will be sent out by our Gavel editor a week before the date.

If your chapter has a **Facebook or chapter website**, please send the **link** to our Webmaster. She will be able to set it up so that a visitor can link to a chapter from our state website.

**US Women of Today Mid-year** is going to be held in Omaha, Nebraska October 11-12, 2024. Your chapter presidents have received the registration forms in their chapter newsletter, the registrations are due to Fremont Area chapter postmarked September 7th. If you have never been to a Mid-year meeting or convention, it is time for you to go since it is in your backyard. Thank you to Fremont Area and Lincoln chapters for hosting this meeting.

Don't forget to mark November 2<sup>nd</sup> on your calendar for the **Fall Conference** in Nebraska City. This registration form was also included in your chapter president's newsletter.

To see far is one thing; going there is another.

- Constantin Brancusi



Maxine Turner, President

**'Cherish Our Dreams'**

[Maxine.turner.3@outlook.com](mailto:Maxine.turner.3@outlook.com)

*Cherish Our Dreams*

### **Chaplain's Thought**

*"There are two ways of spreading the light: to be the candle or the mirror that reflects it."*

----- Edith Wharton



## Membership

Hello Nebraska Women of Today!

Thanks to everyone for getting their renewals submitted. We had 100% retention for the 1<sup>st</sup> Trimester, congratulations! It is exciting that these members have committed to another year of being part of our group. Every chapter does so many wonderful things to help their communities!



I am hoping to visit more chapters during 2<sup>nd</sup> Trimester. Please send me your events/meeting dates so I can come visit. It's always fun to see what other groups are doing and share ideas.

Every month has different topics of Emphasis. For September, the Membership area has Public Relations as an Emphasis. I know this is hard to get free Public Relations when you are in a larger city but you can do simple, free things with your Facebook page. Let's make a goal of increasing our followers on our Facebook pages. Please have all your members invite their friends to follow your page. This is simple to do and FREE! We are a great group and we need to get the word out!

Also in September is Women of Today Week. I hope your chapter has something fun planned. This would be a great week to have a Membership/Guest event. Just a reminder, if you need ideas visit the USWT website for these. Click on the Awards & Resources tab on the home page, then scroll down to Membership Resources, then Membership Events and Membership Games & Ideas.

Thanks for all you do!

Kim Hermann, Membership Vice President

***'Join Us in Making A Difference!'***

[mvpstep@newwomenoftoday.org](mailto:mvpstep@newwomenoftoday.org)

## Prayer Corner

***Continued prayers for the Fogleman family.***



## Fall Convention November 2, 2024



**Nebraska City**  
(Registration form is on the website)

## Chaplain/Personal Enrichment

Nebraska Women of Today:  
Effective Speaking/Writing  
competition will be held at our Fall  
Conference in November. The topic is  
"What brings me joy". Your  
submission along with \$5 needs to be  
postmarked to me by October 1<sup>st</sup>.



Our prayer chain is available. If you have a prayer chain request – please let me know. I will also have a "prayer corner" in each issue of the Gavel if you would like me to add a prayer request.

The Wellness/PD form has been completed by a few of our members. Be sure that you send your completed form to me. The one that is available on the USWT website is the old form although that one will still be accepted. It is my responsibility to forward this on to National.

September is Emphasis Month for Wellness/PDPM as well as Effective Speaking/Writing in Nebraska. September would be an awesome month to certify in any of these!

I am offering a 2<sup>nd</sup> Trimester Fast Start and this will be due on December 1<sup>st</sup>. It was in the chapter mailing that sent out by our State Secretary Nicolette Amundson.

On October 16<sup>th</sup> I will be leading a course on "Organization". Be sure and attend this ZOOM meeting. I will try to make it fun and I know that I can always be reminded of some tips.

Til next time, keep choosing joy!

Joyce Harpster, Chaplain / Personal Development

***'Choosing Joy!'***

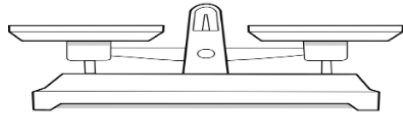
[chaplain@NEwomenoftoday.org](mailto:chaplain@NEwomenoftoday.org)



## Parliamentarian

Wow! Second trimester is upon us, and life is really getting busy. This article is going to address the order of

business. We have many new members that may be unfamiliar with parliamentary procedure and how our chapters run their meetings like they do.



Organizations using parliamentary procedure follow a fixed order of business. A typical meeting uses the following example:

- I. **Call to Order.** The chairperson says, “The meeting will please come to order.”
- II. **Roll Call.** Members respond “present” when their name is called.
- III. **Minutes.** The secretary read a record of the last meeting or provides copies of the minutes for the members to read. Most chapters include the meeting minutes in their monthly newsletter so they can be read prior to the next meeting.
- IV. **Officers’ Report.** These are often limited to a report from the treasurer, but others may report at this time.
- V. **Committee Reports.** First are reports from “standing” or permanent committees; then reports from “ad hoc” (special) committees are presented.
- VI. **Special Orders.** Important business previously designated for consideration at this meeting is discussed.
- VII. **Unfinished Business.** Business left over from previous meetings is reviewed.
- VIII. **New Business.** Introduction of new topics can be made.
- IX. **Announcements.** Informing the assembly of other subjects and events is appropriate at this point in the meeting.
- X. **Adjournment.** The meeting ends by a vote or by general consent.

I encourage you to compare your next chapter meeting agenda to the order of business discussed in this article. See what’s the same and what’s different in how your chapter meetings are run.

Chapters be aware that the emphasis for November on the National Level is for parliamentarian. The third trimester starts in December. There may be an item on

the third trimester fast start about how your chapter emphasized the office of parliamentarian.

Please reach out to me if you have any questions!

Hillari Zweibohmer, Programming Vice President

[PARLI@Newwomenoftoday.org](mailto:PARLI@Newwomenoftoday.org)

*‘Balancing Procedures of Life’*

## Programming

Hello Members,



Wow this year is going so fast.

Presidents, please share all the information that was sent in the second trimester chapter packets. I will be emphasizing our Emphasis months this year. The emphasis month for September is our wellness and Personal Development area. Please send those certifications to Joyce. For October emphasis month is Governmental Affairs that will be sent to me. I just wanted to say thank you to the members who have participated in the programming areas for first trimester. Cannot wait to celebrate the successes at our fall conference. Remember chapters, there is an award for programming chapter, will it be you. Also do not forget the fast starts to fill out. The Second trimester fast start has been sent to all the chapter presidents and is also located on the website under Programming Vice President.

If anyone is needing assistant with anything or if you would like me to do a program for your chapter, please reach out. I would like to get everyone excited for the programming area and the only way we can make it fun is getting ideas on what chapters would like to see. I would like to change it up this year and the only way to do this is getting ideas from chapter members. I am willing to try new things. My theme this year is Making a Difference in Programming. Our State President Maxine has asked us to step out of the box.

Looking forward working with all and looking forward to a great second trimester.

Cindy Urlacher, Programming Vice President

[PVP@Newwomenoftoday.org](mailto:PVP@Newwomenoftoday.org)

*‘Making a Difference in Programming’*



## Chairman of the Board

Happy September Members!  
We've somewhat come to the end of Summer, and wonderful beginning of Fall. Let's hope for a reprieve from the melting hot weather, to a more comfortable Fall-like weather that allows for being outdoors and actually enjoying it!



Consider joining Fremont and Lincoln Chapters, who are hosting the US Mid-Year Convention October 11-12 at Comfort Inn in Omaha, NE. The theme for this convention is "Bushels of Fun". Registration deadline is September 7, 2024, mailed to Maxine Turner, with checks made payable to Fremont Area Women of Today.

Nebraska Fall Conference is on Saturday, November 2nd from 10 AM – 3 PM in Nebraska City, with the theme "Bountiful Successes". Our convention will be held at the Ambassador Health, 1800 14<sup>th</sup> Ave, NE City. Registration deadline is October 19th, please send registrations to Joyce Harpster, with checks payable to Nebraska City Women of Today.

<https://img1.wsimg.com/blobby/go/43396ad3-c359-47dd-8485-5f4a159571c1/downloads/Fall%20Conference%20Registration%20form%20November%202020.doc?ver=1723462720843>

I know it seems early to be mentioning the 25-26 Board, but it's really not. So be thinking of elected and appointed positions that you might be interested in. If you are considering a state position, please contact me for information that might help you decide. Also, take a look at the filing form to get an idea of what will be required to file for an office position.

<https://img1.wsimg.com/blobby/go/43396ad3-c359-47dd-8485-5f4a159571c1/downloads/NWOT%20Elections%20%26%20Credentials%20Filing%20Form.docx?ver=1723462721652>

I am here any time you have any questions or concerns. Look forward to seeing you soon at some Women of Today Week events, or conventions/conferences. We are Better Together!

Shellie Haun, Chairman of the Board  
*'Better together'* [COB@NEwomenoftoday.org](mailto:COB@NEwomenoftoday.org)

## Treasurer / Domestic Violence

October Emphasis Month has Domestic Violence program listed. Please have it on your agenda for September and make a plan for a speaker or maybe hold a fundraiser for a shelter in your community. If nothing else you may use the document that I have on my web page and copy and hand out at your meeting.



**Domestic violence** is a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain control over another intimate partner. It is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. Domestic violence is when one person behaves in a way that controls or dominates another person and causes fear for their safety and wellbeing. It can occur between partners, relatives, and even divorcees and ex-partners. Domestic violence can take many forms, including emotional, sexual and physical abuse and threats of abuse.

Domestic violence symptoms can include

- Feeling scared, anxious, isolated, or low self-confidence
- Having trouble sleeping or concentrating
- Being called names, insulted, or put down by your partner
- Being prevented or discouraged from working, studying, or seeing friends or family
- Being controlled or monitored by your partner in terms of money, activities, medicine, or clothing
- Being threatened, hit, or forced to have sex by your partner
- Seeing signs of jealousy, possessiveness, unpredictability, or bad temper in your partner

Terri Sherman, Treasurer

*'As Good as Gold'*

[Treasurer@NEwomenoftoday.org](mailto:Treasurer@NEwomenoftoday.org)

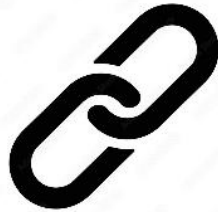




## Secretary

Greetings Nebraska Women of Today:

I hope members are enjoying their summer and staying cool. I sure am grateful for my AC this summer!



I have submitted a request to the office of Nebraska Governor, Jim Pillen, to recognize the many activities of the dedicated Women of Today in Nebraska by proclaiming the week of September 22-28, 2024 as Women of Today Week. The signing ceremony will be at 9:00 AM on September 10, 2024 (this could change).

One of the “Emphasis Months” area of focus for National for July is Founder’s Day. And for August it is Friendship Day. My second trimester Secretary Fast Start acknowledges this by asking members to submit what their chapter did to celebrate these events and to submit the activity to the National Website for recognition of those activities. Founders Day activities will also be recognized by National if Chapters submit the Shout Out with Public Relations.

I encourage Chapters to plan events for Women of Today Week, celebrated during the last full week in September, September 22-28 this year and for Make a Difference Day celebrated on October 26 this year.

I wish to thank Chapter secretaries Linda Lenser and Joyce Harpster who participated in the first semester Fast Start that was posted on the Nebraska Women of Today website. Next semester’s fast start has been posted on the website and was included in the Chapter Packet sent to Chapter Presidents. Second trimester Fast Starts are due via e-mail by December 1, 2024 (the start of third trimester). Thanks also to Kearney, Lincoln, Heartland, Nebraska City and Fremont Area Chapters for sending me their Chapter newsletters.

Summer is historically a time of renewal and abundance. However you're planning to spend your summer, take a moment to soak in all that the season has to offer. Lazy summer days may feel like they last forever, but autumn

soon puts an end to balmy trips to the beach. (Excerpt from Sophie Caldwell.)

Nicolette Amundson, Secretary  
*‘Communication’*  
[secretary@NEwomenoftoday.org](mailto:secretary@NEwomenoftoday.org)

## State Program – Sex Trafficking Awareness

My fellow members,  
The first trimester your chapter president received flyers that you can use to take to hotels when talking to managers. In my second trimester mailing, your chapter president received a brochure that you also can hand out when visiting the hotels in your community. Currently, I am working on brochures in Spanish to help with the hotel training.

ENOUGH is ENOUGH



Fremont Area visited their six motels in their community in August. The hotel front desk managers and managers were very accommodating with us. We also found out that Holiday Inn and Marriott hotels offer training when they hire new employees. But we will still be making visits each trimester.

I hope everyone is educating their community on this topic, as it keeps growing each year.

### FACTS taken from Human Trafficking Nebraska Website

Around the world, an estimated 24.9 million people are victims of sex and labor trafficking. Although human trafficking is illegal in every country, traffickers operate with impunity in places where these laws are not enforced.

### FACTS taken from Human Trafficking Institute Website

- From 2000 through 2022 there have been
- 2,929 Human Trafficking Prosecutions Filed
- 10,775 Victims in Human Trafficking Cases
- 4,477 Convicted Human Trafficking Defendants

Mariah Swanson, Program Manager  
*‘Enough is Enough’*



## CHAPTER CHATTER

### Lincoln

The Lincoln chapter has been busy this summer. In June a couple members toured the Fresh Start Home. Several members went to The Ambassador and played Bingo with the residents. In July we helped the Fremont Area chapter by working concessions at John C. Fremont Days. We celebrated Founder's Day with dinner and melodrama at Mahoney State Park. Also, we hosted a Bunco/Guest Day. In August we celebrated Friendship Day at James Arthur Vineyard and we helped the Peoples City Mission hand out backpacks for the Back to School Bash. Football season is starting so we will be busy the next few months working concessions which is our chapter fundraiser  
Kim Herman, President

### Fremont

Our chapter was fortunate to celebrate Founder's Day and Friendship Day with Heartland and Lincoln chapter members. We attended Fremont's "Nite Out" at John C Fremont Park in Fremont promoting Neighborhood Watch program. Our members helped Fremont Area Art Association with their Gala, by clearing tables, bank and auction. During the month of September, we will be serving lunch to the volunteers at the Habitat Humanity store, plus the builders of the homes this year. Our Fremont Youth Power will be serving lunch at the Habitat Humanity store a different weekend. We are also planning a social event for both groups in the month of September.

### Kearney

Kearney Women of Today started out the summer with a fun night playing Bingo at the Upper Room Brewery. Then we got busy supporting several local organizations in the Kearney community. Once again, the Relay for Life of Central Nebraska was rained out, but we were still excited to donate over \$7,000 to the event.



In July we focused on foster care. We donated dresses and accessories to Royal Family Kids Camp for their Royal Banquet. Royal Family Kids Camp is a camp for

central Nebraska kids in foster care. The Royal Banquet gives the girls a chance to dress up and feel beautiful, while the boys are given the opportunity to be chivalrous by opening doors and pulling out chairs. Then they all enjoy a plated and served meal. It is a great final evening of their week long camp. We also donated approximately \$250 in supplies to Compass for Placement Packs. The packs include items (toiletries, nightlights, gum, chapstick, baby wipes, etc.) that kids or families may not have on hand when they enter the foster care system.



We continue to support our local Stuff the Bus campaign led by a local Rotary organization. The funds raised provide necessary supplies required by Kearney Public Schools to those in need.

In August, we had the pleasure of serving a meal to the volunteers of Habitat for Humanity who are currently in the process of building three new homes in Kearney.

Some other ongoing projects we support include shoe donations to Kearney Rescue Cats and pop tops for Ronald McDonald House.

Checkout the Kearney Women of Today Facebook page for other fun activities and photos.  
Kim Troutdt, President

### Heartland

The Heartland Chapter celebrated **M Night** at Blondo Bingo on July 17, 2024. We had a great turnout with Kelley, Linda, Janet, Nicolette and Cindy. President Julie was able to make an appearance but did not stay to play. We also had six Lincoln members join us. It was great fun-Shellie's Haun's daughter hit BINGO! Hurray for her.

Heartland joined Lincoln and Fremont Area Chapters to watch the Melodrama held at Mahoney Park in recognition of "Founder's Day". Thanks Kelley Rosburg for organizing.

Angela presented an informative team building exercise at our monthly August meeting. We learned the 5 "C's"



of a good team, which are communication, camaraderie, commitment, confidence and coachability.

Heartland members feasted at Chili's on Friday, August 23 for Friendship Day. We had a great turnout with ten Heartland Chapter members able to participate. We followed dinner by going to Angela's home for wine, snacks and games. We played "Cowgirls" and learned some fascinating and at times hilarious facts about each other. Thanks to Maxine for chairing this event and to Angela for generously opening her home.

Cindy has started our 31 Bag fundraiser. Check it out on our Facebook page.

Nicolette Amundson  
For Julie Fogelman  
Heartland Chapter President



Maxine would like to thank everyone that attended our Team Building webinar on August 21<sup>st</sup>. We had eleven (11) members attend from four (4) chapters and Mary Hansen our national Secretary.

After talking to several members that attended, we will be offering a webinar each month, if participation is there.

We will be holding a webinar on September 23<sup>rd</sup> @ 7 pm, our topic is **ORIENTATION**. Our State Secretary felt that we all need some type of orientation about our organization. If you have any questions or topics that you would like cover, please send them to our state president.

In the month of October, we will be holding a webinar on **ORGANIZATION**. This webinar will be held October 16<sup>th</sup> @ 7 pm. Joyce our Chaplain/PD Program Manager has graciously accepted the challenge of doing a webinar.

## FALL IS ALMOST HERE TIME FOR SOME SOCCER

