

**HEARTLAND NEWS**



**NEBRASKA HEARTLAND FEW CHAPTER  
(FEDERALLY EMPLOYED WOMEN)**



**NEWSLETTER**

**P. O. Box 83373  
Lincoln, Nebraska 68501-3373**

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Spring 2008**

**[www.geocities.com/neheartlandfew](http://www.geocities.com/neheartlandfew)**

**PRESIDENT'S MESSAGE**



It seems as if things were fairly quiet with our chapter over the winter and now things are picking up again this spring. We have been taking care of some very important business these last couple months.

Membership renewals are almost completed. We just need to collect from a couple more members and that task will be finished for another year. Next year will be a completely different process as the national office goes to on-line renewals. Your dues will be increasing to \$45 next year but the chapter will get \$20 instead of \$15 per member. We need to decide as a chapter what we want to do with that extra \$5 per member.

I learned about the changes in dues and renewals at the Mid-Continent Region's board meeting in Topeka, Kansas April 26. I have sent out my notes to the chapter for everyone to read. I think it is important for more of our chapter members to

learn about the region's activities, so I volunteered to host the fall regional meeting in Lincoln. More information will be coming out on that this fall.

We all owe Pam Makovicka a pat on the back for organizing the Spring Training Event this past April 24. This event was organized by the Federal Women's Council in the past and this year FEW took over most of the tasks. It was a very successful event and I wish I could have been there.

I am sad to report that we have lost the services of both of our Secretaries. Stacy Mattson and Marcy Michel did not renew their memberships and will not be finishing their duties this fiscal year. We have been asking for volunteer Recording Secretaries at meetings and I will submit our final quarterly report by May 10. We had quite a few members that did not renew this year, but we also picked up a couple new members. Thank you to everyone that renewed and I hope you are looking forward to another great year with FEW.

As I write this, we are going through the Nominations and Elections process. Jenny Pfeiffer is doing a wonderful job taking care of this for the chapter. This means that this will possibly be my last President's Article. It's been a great two years, but it's time for new leadership and I want that person to know that even though I'm not taking an office in the next term, I will be here to support in whatever way(s) I can.

**Happy Spring Everyone!!!**

## WALKING WORKS

Walking works — in a lot of ways. A brisk-paced walk can help you and your family look and feel better, increase energy, and pick up your spirits.

Walking can work to improve your health, too. A regular routine of brisk-paced walking daily can help you lose weight, lower cholesterol, strengthen your heart, and reduce the likelihood of serious health problems down the road. And with America spending more than ever on preventable health problems like heart disease, osteoporosis, type 2 diabetes, and conditions associated with obesity such as arthritis, every step counts.

While any increase in walking will help promote good health, the President's Council on Physical Fitness and Sports recommends 30 minutes a day, on five or more days a week, or 10,000 steps daily, to produce the best, long-term health benefits for most individuals. That is why Blue Cross and Blue Shield Plans have launched WalkingWorks, the Blue Program for a Healthier America.

*Submitted by Pam Makovicka*

## HEART HEALTHY RECIPE

### Heart-e-Recipe: Apple Coffee Cake

*Apples and raisins keep this cake delectably moist-which means less oil and more heart health.*

5 c tart apples, cored, peeled, chopped

1 c sugar

1 c dark raisins

1/2 c pecans, chopped

1/4 c canola oil

2 tsp vanilla

1 egg, beaten

2 c all-purpose flour, sifted

1 tsp baking soda

2 tsp ground cinnamon

1. Preheat oven to 350° F. Lightly oil 13- x 9- x 2-inch pan.
2. In large mixing bowl, combine apples with sugar, raisins, and pecans. Mix well and let stand for 30 minutes.

3. Stir in oil, vanilla, and egg.
4. Sift together flour, soda, and cinnamon, and stir into apple mixture about 1/3 at a time-just enough to moisten dry ingredients.
5. Turn batter into pan. Bake for 35-40 minutes. Cool cake slightly before serving.

#### Each serving provides:

Calories: 196

Saturated fat: 1 g

Sodium: 67 mg

Protein: 3 g

Potassium: 136 mg

Total fat: 8 g

Cholesterol: 11 mg

Total fiber: 2 g

Carbohydrates: 31 g

*Submitted by Pam Makovicka*

## CALL FOR COOKBOOKS



If you still have any cookbooks left to be sold, please contact Stacy Modelski.

## TRAINING DAY

### Recap of Federally Employed Women & Federal Women's Council Training Day 24 April 2008

The University of Nebraska-Lincoln Agricultural Research and Development Center (ARDC) was a wonderful setting for a day of soaking in the training provided. This is a world class facility equipped with state of the art data and computer equipment. The auditorium provides a comfortable and efficient work area. I highly recommend the use of this facility for training.

This year's training day was co-sponsored by the Federally Employed Women & Federal Women's Council. The goals of the day is provide affordable training, networking, as well as earning money for scholarships given to federally employed women that are actively pursuing

furthering their education. This group has awarded more than 30 scholarships. Blue Cross representatives Pam Battle-King and Kim Hauptman provided information on changes and answered questions. We also wish to thank them for their continued support of FEW.

The first presenter was Nebraska Military Department's Graphic Art Specialist, Mary Schmidt-Rodriguez on the topic of "Starting a Newsletter". Mary has a vast knowledge on this subject as creative director for two newsletters at the Nebraska Military Department. She dazzled the group with all the behind the scenes preparation that is required to publish a newsletter of high quality.

The next presenter was another Nebraska Military Employee, Auditor, Denise Wald on Nifty Tips and Tricks Computer Training. Denise is dynamic presenter and very knowledgeable in Word and Excel and everyone left with an enhanced understanding of each.

During our lunch break we watched the video "The Joy of Stress", by Loretta Laroche. You can find a series of videos by Loretta Laroche in the public library and I highly recommend them. This particular topic was about "hardening of the attitude" and she is great at bringing humor into her message. In fact the attendees were laughing so hard that many were crying.

The presentation on "Who Gets Grandma's Pie Plate" was given by Debbie Way. She explained the importance of planning for the future. Providing your family with a will and detailed list of all your wishes could assist your family during a very difficult time.

Our final speaker of the day was Dr. Jean Krejci, who presently works at Lincoln-Lancaster County Health Department, in the Healthy Homes Program as the Community Health and Diversity Educator. Jean has conducted over 700 workshops with over 16,000 participants. Her message on a healthy and happy workplace was filled with humor and numerous practical ideas to improve your workplace settings.

The Silent Auction was a great success thanks to the following business's and people who donated items:

Manheim Steamroller basket – Donated by Gramophones INC  
Ceramic pots, insect pot hanger, gardening gloves, & flower seeds - Donated by Heartland FEW  
Ceramic pots, insect pot hanger, gardening gloves, & flower seeds – Donated by Heartland FEW  
Tupperware chip and dip set and bowls – Donated by Doris Carpenter  
Watkins basket – Donated by Joyce Latrom  
Longaberger basket– Donated by Linda Laird  
Longaberger cup– Donated by Linda Laird  
Flower arrangement – Donated by Pam Makovicka  
Arbonne Nutri MinC Re9 Set – Donated by Sharon Kluck  
Fleece nylon picnic blanket – Donated by Blue Cross/Blue Shield  
Travel reading set – Donated by Blue Cross/Blue Shield  
Travel reading set – Donated by Blue Cross/Blue Shield  
Family wall hanging – Donated by Sue Petracek  
Mary Kay products – Donated by Joan Chopp  
Heritage Makers – Donated by Joan Chopp  
Pastel pearl necklace – Donated by Goldworks  
Silver bracelet – Judy O'Sullivan  
Silver bracelet – Judy O'Sullivan

Thank you to all, we could not do this without you.

*Submitted by Pam Makovicka*

## **REGIONAL MEETING REPORT**

Regional meeting held at Inn at Grand Glaize in Osage Beach, Missouri on Friday and Saturday, October 5 and October 6th of 2007.

I served as the Nebraska Heartland proxy representative for Stacy Modelski.

I thought that I would start with the fact that all of you should take advantage of the opportunity to go to our Regional meetings. I picked up Joyce Latrom to head for Osage Beach and we were soon on a road trip.

Joyce had made sandwiches and we had beverages in a cooler so we were on our way. The countryside was beautiful and we were looking for the colors of the trees to show signs of the changing seasons. As we continued to go south, the scenes changed and we were in a totally different land. Soon, the hills and valleys were taking us on the winding drive to Osage Beach. We listened to Elvis and Lips and Joyce served as the navigator.

The highway finally opened up to a huge dam, lots of cars, boats and excitement, oh my. Right beyond the dam, we found the Inn at Grand Glaize. The view from the rooms of the lake is spectacular. It is true that we only got to spend a week-end, really less than, at Osage Beach but the beauty and people that you meet make it well worth the effort. Never let an opportunity to see another part of the country pass you by.

Joan Chopp chaired the Regional meeting and I gave our report (which you will find a copy of attached). I told our fellow members about our April letter writing campaign, our May Mother's Day dinner, our retreat in Mahoney State Park with training from Marion Stevens, our recognition of Joan at our June meeting, that 8 members went to the NTP and that we received 3 national awards, our August night at the Lake with Pat, and our BBQ with Bonnie.

I finished with the fact that we completed our revision of our bylaws and our goal is to revise our Policy and Procedures manual next.

*Submitted by Linda Laird*

### **YOUR NAME IN PRINT**

If you haven't been highlighted in our Member Highlight section, please complete and return the attached Interesting Facts Form at the end of this newsletter. If you'd like to include a photo of yourself, your family, your pets, etc., we'll include that in upcoming newsletters as well.

Completed forms can be returned to Jenny Pfeiffer at [jennylcarlson@hotmail.com](mailto:jennylcarlson@hotmail.com) or Mary Brown,

Membership Chair at  
[no\\_3\\_8\\_gmbud@yahoo.com](mailto:no_3_8_gmbud@yahoo.com).

### **LEGISLATIVE UPDATES**

Check the FEW Website for Legislative Updates:  
<http://www.few.org/legislative-focus.asp>

### **NEBRASKA HEARTLAND FEW ELECTED OFFICERS**

**PRESIDENT:** STACY MODELSKI  
**VICE PRESIDENT:** PAM MAKOVICKA  
**RECORDING SECRETARY:** VACANT  
**CORRESPONDING SECRETARY:**  
VACANT  
**TREASURER:** JULIE BREUER  
**NOMINATIONS & ELECTIONS CHAIR:**  
JENNY PFEIFFER

### **NEBRASKA HEARTLAND FEW COMMITTEE CHAIRS**

**AWARDS:** JOAN CHOPP  
**COMPLIANCE:** PAM MAKOVICKA  
**DIVERSITY:** VACANT  
**FUND RAISING:** DENISE WALD  
**LEGISLATIVE:** BONNIE NITSCH-DEMUTH  
**MEMBERSHIP:** MARY BROWN  
**NEWSLETTER EDITOR:** JENNY PFEIFFER  
**PROGRAM:** SUE PETRACEK  
**PUBLIC RELATIONS:** VACANT  
**RETREAT:** JOYCE LATROM  
**WEBMASTER:** STACY MODELSKI

**REGIONAL FEW WEBSITE:**  
[www.geocities.com/few\\_midcont\\_region](http://www.geocities.com/few_midcont_region)

Please send any comments or news items for future newsletters to Jenny Pfeiffer at [jenny.pfeiffer@hotmail.com](mailto:jenny.pfeiffer@hotmail.com) or call 402-525-2219.

### **NATIONAL FEW WEBSITE:**

[www.few.org](http://www.few.org)  
National FEW Office:  
1666 K Street, N.W. Suite 440  
Washington, DC 20006  
Phone: (202) 898-0994



## PRORATED NEBRASKA HEARTLAND CHAPTER DUES

<input type="checkbox"/> March	\$15.00
<input type="checkbox"/> April	\$14.00
<input type="checkbox"/> May	\$13.00
<input type="checkbox"/> June	\$12.00
<input type="checkbox"/> July	\$11.00
<input type="checkbox"/> August	\$10.00
<input type="checkbox"/> September	\$9.00
<input type="checkbox"/> October	\$8.00
<input type="checkbox"/> November	\$7.00
<input type="checkbox"/> December	\$6.00
<input type="checkbox"/> January	\$5.00
<input type="checkbox"/> February	\$4.00

Please check the appropriate month and transfer this fee to the front page.

There are no Mid-Continent Region dues.

INTERESTING FACTS ABOUT NEBRASKA HEARTLAND  
CHAPTER MEMBERS

NAME:

FAMILY INFORMATION:

BIRTHDATE:

BIRTHPLACE:

HOBBIES/SPECIAL INTERESTS:

CAREER:

FAVORITES:

TALENTS:

WHAT CAN YOU CONTRIBUTE TO NEBRASKA HEARTLAND CHAPTER?

SOMETHING SPECIAL YOU WANT EVERYONE TO KNOW ABOUT YOU:

# NEBRASKA HEARTLAND FEW CHAPTER

*The Nebraska Heartland FEW Chapter  
Cordially Invites All Members and Their Guests  
To Attend the  
Annual Mother's Day Dinner Celebration!*



*The Celebration Is Thursday, May 15, 2008  
Social Hour at 6:00 Pm  
Buffet Dinner at 6:30 PM  
At the Holiday Inn Downtown (9<sup>th</sup> & P Street)*

*Adult Buffet \$18.95 (Including Gratuity)  
Children's Menu \$9.95 (Including Gratuity)*



*A presentation Titled, "Celebrate Your Life Everyday"  
Will be Given by Debbie Way  
Inspiration and thoughts on how to create happiness and joy in your life*

*Please RSVP by May 12, 2008  
to Pam Makovicka @  
309-7511 or pam.makovicka@us.army.mil*

