



MID CONTINENT REGIONAL BOARD NEWSLETTER APRIL 2015



Regional Manager Report – Spring Issue
Joan L Chopp

To All Mid-Continent Region Members,

It has been a very busy winter and I am so ready for Spring!

I am looking forward to our Regional Board Meeting to be held in St. Joseph, Missouri on April 25, 2015. Linda Wallace-Wood has sent out the Draft Agenda, latest Board Roster and needed information for the meeting. Please be sure to submit your reports to Linda by April 10, 2015. Also, room reservations at Stoney Creek Hotel must be made by April 10th as well. After that date the rooms in our block for both April 24th and April 25th will be released.

We need to hold a Regional Training Program this fall. I hope that chapters will consider hosting the RTP in their area. Please let me know if you will be able to host and we will need a proposal of what and where it will be held – Thank you!

We were all saddened by the death of our beloved Marion Stevens. She meant so much to all of us and she will be greatly missed!

I want to thank Gloria Sherman for serving as temporary treasurer after Marion's death and thanks to Julia Mason for volunteering to serve as our new regional treasurer! We will be finalizing the changeover of the records to Julia at the regional board meeting.

Another change on the regional board will be that Gloria Sherman will now be the regional Finance Chair and Joyce Latrom will continue to serve as the Awards Chair and will now also be the Regional Scholarship Chair. Thank you all for stepping up! I really appreciate it!

We will be distributing a new Regional Roster soon!

I have been attending most of the monthly Regional Manager calls. I missed a couple of them due to scheduling. The next call is scheduled for Thursday, April 9th. I plan to attend that call as scheduled.

Sadly we are down to seven chapters in our region now with the dissolution of the Ft. Leonard Wood Chapter. We did get all of their members transferred to other chapters in our region. We really need to work on starting a new chapter in the St. Louis area. I have asked their members to please assist us with that effort since they live in the area. That remains a very important goal for our region this year!

Enjoy your Spring and keep up the hard work that makes our region GREAT!

Thank you all!

Joan



Learning at all Ages

What I want to share - Joyce Latrom

I've learned that I like my teacher because she cries when we sing "Silent Night."

Age 5

I've learned that our dog doesn't want to eat my broccoli either.

Age 7

I've learned that when I wave to people in the country, they stop what they are doing and wave back.

Age 9

I've learned that just when I get my room the way I like it, Mom makes me clean it up again.

Age 12

I've learned that if you want to cheer yourself up, you should try cheering someone else up.

Age 14

I've learned that although it's hard to admit it, I'm secretly glad my parents are strict with me.

Age 15

I've learned that silent company is often more healing than words of advice.

Age 24

I've learned that brushing my child's hair is one of life's great pleasures.

Age 26

I've learned that wherever I go, the world's worst drivers have followed me there.

Age 29

I've learned that if someone says something unkind about me, I must live so that no one will believe it.

Age 30

I've learned that there are people who love you dearly but just don't know how to show it.

Age 42

I've learned that you can make someone's day by simply sending them a little note.

Age 44

I've learned that the greater a person's sense of guilt, the greater his or her need to cast blame on others.

Age 46

I've learned that children and grandparents are natural allies.

Age 47

I've learned that no matter what happens, or how bad it seems today, life does go on and it will be better tomorrow.

Age 48

I've learned that singing "Amazing Grace" can lift my spirits for hours.

Age 49

I've learned that motel mattresses are better on the side away from the phone.

Age 50

I've learned that you can tell a lot about a man by the way he handles these three things: a rainy day, lost luggage, and tangled Christmas

tree lights.

Age 51

I've learned that keeping a vegetable garden is worth a medicine cabinet full of pills.

Age 52

I've learned that regardless of your relationship with your parents, you miss them terribly after they die.

Age 53

I've learned that making a living is not the same thing as making a life.

Age 58

I've learned that if you want to do something positive for your children, work to improve your marriage.

Age 61

I've learned that life sometimes gives you a second chance.

Age 62

I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back.

Age 64

I've learned that if you pursue happiness, it will elude you. But if you focus on your family, the needs of others, your work, meeting new people, and doing the very best you can, happiness will find you.

Age 65

I've learned that whenever I decide something with kindness, I usually make the right decision.

Age 66

I've learned that everyone can use a prayer.

Age 72

I've learned that even when I have pains, I don't have to be one.

Age 82

I've learned that every day you should reach out and touch someone.
People love that human touch - holding hands, a warm hug, or just a
friendly pat on the back.
Age 90

I've learned that I still have a lot to learn.
Age 92

Good Timing



**Do you manage your time at work or does it manage you?
Check the items that apply to you:**

- I'm busy all the time, yet most days I feel as if I've made little progress.
- I always feel as if I'm trying to catch up.
- I often miss deadlines that I've set for myself.
- I get irritated when I must let go of work I feel isn't perfect.
- I tend to take on more even when my plate is full.
- I'm not sure where my time goes or how I'm using it.
- I shortchange myself on sleep, healthy meals and/or leisure activities so I can get "more" done.

If you checked more than 2 items, especially the last one, you will benefit from the following time management strategies on the job.

Find a paper or electronic planner that works for you. Schedule virtually every project and obligation in it and use it to manage your day.

Create routines, such as when you'll check email, address difficult tasks most efficiently, and take breaks for meals or exercise.

Plan tasks each week according to high, medium or low priority.

Be selective about information. Reduce the unnecessary email, Internet browsing, reading and meetings.

Derail interruptions when you're working. Let others know when you shouldn't be interrupted.

Tidy your workspace to avoid wasted time hunting for stuff.

Cut the chatter. Gabfests are part of the workplace, but be aware of what they cost you in time.

Avoid striving for "perfection" when "good" will suffice, and the results are effective.

Here are 2 tips that can save you hours of unexpected delays and frustration: 1) Don't forget that the typical day is filled with decisions that can easily consume your time. Be flexible and stay cool. 2) Always allow time weekly for planning – how and when you will complete the tasks ahead.

SOURCE:

"21 Ways to Save Time." Oakstone Publishing, LLC, dba Personal Best. 2008



FEW AND THE IRS

Part I

A non-profit organization is required to file IRS Form 990 – Return for Organizations Exempt from Income Tax with the IRS if its gross receipts are more than \$25,000 in a tax year. Form 990-EZ, a shortened version of the Form 990, may be used by organizations with gross receipts of less than \$100,000 for the year **and** total assets of less than \$250,000 at the end of the year. These smaller organizations will find Form 990-EZ easier to complete than Form 990.

File Form 990 by the 15th day of the 5th month after the organization's accounting period ends (Feb 15th for a Sep end-of-year filer). It can be filed any time after the end of the fiscal year. If the due date falls on a Saturday, Sunday, or legal holiday, file on the next business day. A business day is any day that is not a Saturday, Sunday, or legal holiday.

State filing requirements may differ; therefore, an organization may still be required to file, Form 990 or Form 990-EZ, with one or more states even though it is not required to file with the IRS.

An organization must make its Form 990 or Form 990-EZ, and its exemption application, available for public inspection, including all attachments and schedules, but excluding the organization's schedule of contributors. Banks and other potential creditors may ask for copies of the organization's Form 990 from past years before extending credit.

The IRS will assess penalties for failure to file, an incomplete form, or incorrect return. Organizations that do not file a complete return will receive a letter requesting the missing information. If missing or correct information is not furnished or reasonable cause is not established, the organization will be assessed a penalty of \$20/day. Organizations with annual gross receipts exceeding \$1 million are subject to a penalty of \$100/day for each day the failure continues. Accordingly, the IRS cautions organizations to make certain that returns are complete and correct and urges responding promptly to any letter requests for missing information.

The IRS is concerned about and requires reporting on how money is earned and used. If this is not done properly, the organization could lose its non-profit status.

The mission of a non-profit organization is not to build cash reserves. If reserves are being built, one might question whether the organization's services are sufficient. The organization should consider expanding services or new ventures.

The IRS does not have general guidelines on how much in cash reserves are permitted. Consequently, the IRS most likely would review each organization individually, considering such things as:

- Whether it is a National, Regional, State, or local organization.
- Amount of annual income and expenditures.
- Long range plans.

An organization is exempt from income taxes only if its primary purpose is to engage in the type of activity for which it claims exemption. An exempt organization is subject to a tax on unrelated business taxable income if such income is from a trade or business that is regularly carried on by the organization and is not substantially related to the organization's performance of its exempt purpose or function. Generally, a tax-exempt organization with gross income of \$1000 or more for the year from an unrelated trade or business must file Form 990-T and pay any tax due.



Compliance and Women's lives
Pam Makovicka

In doing some research on women's issues I found many interesting articles on facts about women's lives. Nowadays, women and men are treated the same, right? Isn't the gender gap a myth? Don't women have equal rights already just like men? Aren't equal rights guaranteed in the constitution? The answer to every single question above is NO.

The following facts about women reveal, women's issues continue to matter because of a huge gender gap exists in the U.S.:

- 1) Women earn 78 cents for every dollar a man makes.
- 2) Only 17% of seats in Congress are held by women.
- 3) One out of every four women will experience domestic violence in her lifetime.
- 4) One out of every six women will be sexually assaulted or raped in her lifetime.
- 5) Although 48% of law school graduates and 45% of law firm associates are female, women make up on 22% of federal-level and 26% of state-level judgeships.
- 6) Even in the 10 top paying jobs for women, females earn less than men: only once career, speech pathology pays the same regardless of gender.
- 7) It's not any better at the top. America's top female CEO's earn on an average 33 cents for every dollar earned by a male CEO.

- 8) There is nothing the U.S. constitution that guarantees women the same right as a man. Despite attempts to add an equal rights amendment there is no guarantee of equal rights for women in any legal document or any piece of legislation.
- 9) Despite previous attempts to ratify a UN treaty guaranteeing the elimination of all forms of discrimination against women, the U.S. refuses to support an international bill of rights for women signed by nearly every other nation.
- 10) The world Economic Forum ranked 134 countries in gender parity and the US was ranked 31st.

I found some of these facts to be shocking. #8 was the most amazing. The 19th amendment gave us the right to vote and Title VII of the civil Rights Act of 1964 protects us from gender discrimination in the workplace, but there's no legal document in the constitution that says women and men have equal rights. I don't understand the hypocrisy of the United States pushing other nations such as Afghanistan to protect women in their constitutions while not doing so here at home. Please write your congressmen and women to ratify an Equal Rights Amendment to the Constitution. Tell them it is hard to vote to people that will not vote for equal rights.



French Onion Crescent Squares

- 8 oz. can refrigerated quick crescent dinner rolls
- 1 (3oz.) can French fried onions
- 1 ½ cups (6oz.) Swiss or Monterey Jack cheese (I use 2 cups of Monterey Jack when I can find it. If not I use 2 cups of Monterey Jack and Colby cheese. This is what I used for the casserole that you ate.)
- 4 eggs, slightly beaten
- ½ tsp. salt
- 1/8 tsp cayenne or black pepper
- 1 can condensed cream of onion soup

Heat oven to 350 degrees. Separate crescent dough into two rectangles. Place in ungreased 13 x 9 pan. Press over bottom and ½ inch up the sides to form crust, sealing perforations. Sprinkle 1 cup onions and 1 cup cheese over dough. Combine eggs, salt, pepper and soup. Pour evenly over cheese. Sprinkle with remaining cheese. Bake for 25 to 30 minutes or until crust is golden brown. 5 minutes before completion add the balance of the onions to the top.

Tip: To make ahead, prepare, cover and refrigerate up to 2 hours. Bake as directed.

This recipe won a trip for Jean Sanderson to New Orleans to compete I the 28th Pillsbury Bake Off.

Check the website for membership and membership renewal

<http://www.few.org/>

Check under the “about us” tab for a “join now” tab.

If you have problems with this membership tab send an email to me at pamela.a.makovicka.civ@mail.mil

I will assist you or find help for you.

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