



AUGUST 2026 PULSE

LEAD: Leadership Education and Development

Each year the presidents and organizers for the states/provinces/districts meet at the P.E.O. Headquarters in Des Moines, Iowa. This is a time preparing each of us for our duties in our new office and how International can and will support us. The workshop models the LEAD framework (detailed below).

LEADERSHIP: The executive officers led sessions on best practices of leadership: Sharing your vision to encourage member engagement; modeling strong leadership qualities and enabling others to do the same; and showing your convictions, being humble, and having integrity and credibility.

EDUCATION: The executive officers again discussed different facets of our role: Using all available resources (e.g., CVCs, International Board Representatives, media, and technology) and educating and encouraging the sisters in our state. Each state has set a Wildly Important Goal in alignment with International Chapter's Goal by pursuing the vision to increase member involvement, share the joy and spread the love of P.E.O.

AND: We were able to learn so much from all the state officers, and we were also able to have fun and laugh a lot. We toured the executive office and saw the Nebraska chandelier!

DEVELOPMENT: We received more information on how to use all the tools on [the Hub](#) and which ones were available to the state board. We were then charged to make sure to empower our sisters about how to use all available resources. We also learned about the new P.E.O. app that will be coming out in Spring 2027, available for ALL sisters.



*Pictured from L to R: Beth Anderson, NSC President |
Alix Smith, IC President | Capri McGuire, NSC
Organizer | Jennifer Mitchell, IC 2nd Vice President*

Monthly Check-Up:

✔ Nebraska has a Wildly Important Goal (see July's Pulse). Did your chapter make a wildly important goal?



Meet your Board

Beth Anderson's Vitals:

♥ **Years in P.E.O.:** 58

♥ **Hometown:**

Omaha

♥ **Family:** BIL – Don,
Daughter – Eden,
Son – Carl
(Daughter-in-law -
Natalie,
Grandchildren –
Lainey, Halle, CJ, Ivy)

♥ **Favorite Dessert:**
Caramel Apple Pie



Omaha is hosting Convention of International Chapter in 2031! Would you like to help with the planning? Do you have excellent organizational skills? Are you a good leader? We are currently looking to identify our CIC executive committee by selecting the following core committee members: Secretary, Treasurer and 3-4 Members at Large. If you have an interest, please let us know at omahacic2031@gmail.com. Please respond with your name and a short bio on your experience with your background and skills that would benefit Nebraska P.E.O. when planning and hosting CIC in 2031! We are excited to welcome all P.E.O.s to Omaha in 2031!





P.E.O. Scholar Awards (PSA)

Local chapters may begin the nomination procedure for the P.E.O. Scholar Awards August 20, 2026. The last day for submitting an application is November 20, 2026. This merit-based award is given to women who have at least one full academic year towards their doctoral level degree and must be within two years of completing the degree. Look on the International P.E.O. website for all the specifics of the award, the local chapter application procedure and chapters responsibilities. The nomination form is completed online on the website, www.peointernational.org.

Delve into your communities' resources and you may find a candidate for the award. One candidate has come forward via the International website and has connected with a Nebraska chapter.

Please let me know if I can be of any help to your chapter,

Carol Sorensen | PSA Chair | casrnsn@gmail.com | 402-321-6109

Program for Continuing Education (PCE)

YOU CAN DO IT!

Let's set a goal of sponsoring a deserving woman for the Program of Continuing Education grant!

Last year we had nine women receive grants for a total of \$50,200. Can we help more women reach their educational goals? Would a grant of up to \$4000 help your candidate to complete their program?

WHERE DO WE START?

- Educate yourself and your chapter about PCE policies and eligibility criteria. (PCE Policy Guidelines and Procedures)
 - Citizen of the US or Canada
 - Enrolled in accredited certification or degree program
 - Has had 24 consecutive months as a non-student sometime in her adult life.
 - If the student's course of study is more than one term, ensure she has already begun her educational program.
 - Is within 18 consecutive months of completing her program that will lead to employment or job advancement.
 - Needs to be no more than 10 weeks or less than 4 weeks prior to the beginning of her term.
- GO FIND YOUR APPLICANT!!
 - Learn the candidate's story and why she needs to return to school at this time.
 - Determine financial need for the grant.
 - Remember that PCE grants can be used for
 - What are her employment goals?

NOW YOU CAN GET STARTED AND FIND A PCE CANDIDATE!!! STAY TUNED TO THE NEBRASKA STATE NEWSLETTER FOR GETTING YOUR CHAPTER A PCE CANDIDATE FOR THIS YEAR!!!!

PEGGY BRENDEL | PCE Chair | PEGBPEO@GMAIL.COM | 402-672-2800.



AUGUST TECH TIDBIT

We will soon be approaching the three-year anniversary of moving to single sign on for our state website. Many members, both long-standing and new to the Sisterhood, continue to struggle to gain access to the site. Hoping to alleviate the ongoing struggle, having the instructions available to each member just makes sense! An amendment passed at convention requires chapters to include the current instructions for accessing the website in their yearbook. Such a simple solution that will benefit all members!

The handout distributed at convention provides the necessary wording for the yearbook. Click [here](#) to find it in the Resource Library, Local Chapter Toolbox, under the General Information heading.

Be thinking ahead to yearbook preparation time to find the perfect spot for the instructions!

Any questions—ask Leann at leanndrullinger@gmail.com

Lovingly,

Leann



ORGANIZER'S HEART TO HEART

Take Photos and share on Facebook with a description of your chapter's activities. Plan a social and share on your personal page as well as the different P.E.O. websites (your chapter, Nebraska P.E.O. and P.E.O. Positivity, etc.) If a non-P.E.O. comments on your post, reach out to her. She might just be interested in more information about being a P.E.O.!

Official Chapter Visits are coming up starting in August through November. If you are scheduled for a visitation, please return your information sheets to your visiting officer ASAP. Also, remember that your visiting officer is coming to be helpful and answer questions.

Capri McGuire, State Organizer

UPDATES:

✓ Please update Membership Committee Region 6 to:

Chris Chilcoat, DF (2029)

402-841-6504

cchilcoat@me.com



MEMBERSHIP MINUTE

SUMMER MEMBERSHIP IDEAS

Summer is here in full force! We have had some very warm days and there are surely more ahead. If your chapter doesn't meet in the summer, what are you doing to stay in touch with your sisters? International has several different ways to beat the heat and keep those connections strong.

Maybe schedule an ice cream adventure or find a cool spot to do some crafting. If you are a gardener, share your abundance with your sisters. If veggies aren't your thing, but you have a flower garden, create small arrangements to deliver to your sisters you don't see often. The possibilities are endless!

SET YOUR CHAPTER UP FOR SUCCESS

On the Hub, each chapter has a short description of their chapter. When was the last time you updated this? This is your welcome sign to potential sisters.

This info should include meeting times & days, as well as a little info about your chapter. When potential sisters are looking for a chapter to transfer to, this gives them a snippet about your chapter and helps them choose which chapter they send their information to. Look at the sheet attached to this email to see what the Hub says about your chapter!



NOMINATING COMMITTEE

When the heart doesn't get enough blood, it is starved of oxygen, which triggers an emergency. The muscle cells quickly weaken, causing pain, disrupting normal electrical signals, and if the blockage continues, the affected muscle tissue dies.

In P.E.O., if no women volunteer/apply for leadership positions, at the state level, the organization is starved of vision, guidance and the ability to support our local chapters and projects. We cannot sustain our organization. Without women to use their skills and talents at the state level, our organization, like a heart being starved of oxygen, will die.

The Nominating Committee for Nebraska State Chapter is looking for women who desire to impact the lives of women through their leadership on the executive board. Involvement on the state board will help guide local chapters and ensure the future of Nebraska State Chapter through the board's guidance and decision-making skills. It is a mission of love and building a vision for the future.

What you need before applying:

Time to commit to board meetings, chapter visits, officer duties, etc... ★ A love of P.E.O. ★ A winning attitude ★ Transportation for any official officer duties ★ Proficient with computer skills and have internet access ★ Have held the office of chapter president ★ Is a team player and will work for the betterment of P.E.O.

For more information, go to the [Nebraska P.E.O. website](#) or contact Nominating Committee Chair, Jane Van Horn, PSP, EQ, at janevpeo@gmail.com. Complete the Willingness to Serve Form and return as directed.





Nebraska P.E.O. Home
The Home That Love Built

Phone: 402-228-4208

Email: nebraskapeohome@outlook.com

RESIDENT NEWS: Very sad news as the death of long-time resident Maxine Arneal passed away on July 11, 2026. Maxine would have turned 104 years old on July 25, 2026. Maxine was initiated into P.E.O. in January of 1950, Chapter FW, Lenox, Iowa. Her love and talent with music is likely being enjoyed in Chapter Eternal at this time.

Welcome to new resident Delma Jacobson who is from the Wilber area. Delma's daughter, Julie Jacobson, is a member of Chapter AK, North Platte. Delma moved into our Home on May 7th.

Welcome to new resident Sue Magnus whose sister-in-law is a P.E.O. member. Sue moved into our Home on April 21st and has made a special friend in our Home dog, Kash!

Our current resident total is 17. Administrator does maintain, and keeps in contact with, those on the "waiting list".

You have no idea how much the Adopt Programs bring important, bright moments to our Residents and Staff. Thank you for participating!

The new Adoption year begins July 1, 2026. NEW ADOPTION REQUEST FORMS must be completed. The same adoptees cannot be guaranteed.

Request forms are on the [Home Website](#).

Effective immediately: ALL DONATIONS will use the SAME (general) DONATION FORM.

Whether it is a monetary donation for a home update item, or to be part of the "Purposeful Life" Award (gift of \$500), you will now be completing a [GENERAL DONATION form](#). Read it carefully as there are some important spaces to fill in depending on your request for the donation to be used.

NEW WAY TO DONATE -- AMAZON WISH LIST—new opportunity for giving:

More to come on this -- QR codes can be found in the JULY 2026 Newsletter Article.

--Order as usual for the Home BUT, you change the "ship to" address to:

Nebraska P.E.O. Home, 413 North 5th Street, Beatrice, NE 68310-2902

PLEASE be sure you check that you want "Gift Tag" so you can add – FROM Your Chapter letters, and your name so we can send a thank you.

This will take the hassle out of purchasing and then having to deliver items OR pay any additional shipping.



REMINDER: PROJECT IN THE WORKS (or will be soon):

Redecorating the private dining room in the basement – monetary donations, please
DO NOT Miss the photos on the bottom of page 2

COMING September 2026 -- NEW: P.E.O. HOME PROGRAM for chapter use: Beginning September 1, 2026, you will find a 10- to 15-minute program about our Nebraska P.E.O. Home on the [Home website](#). It can be used to help with your regular meeting Home reports during Reports of Committees or can be given by your chapter Home Committee as a program. There will be four numbered and named documents for your committee to use -- for example, "Nebraska P.E.O. Home Program #1, "How the Home Came to Be".

Installment #1 will be available September 1, 2026 -- the other three (for a total of four) will be added as they are completed so that all four are available by December 1, 2026. Questions? Contact Lisa Helmick at Lisapeocoxnet@yahoo.com

WEBSITE INFORMATION: You will always find updated information on the [Home website](#).

Tour of Our P.E.O. Home



You and your Chapter are INVITED!

Contact our Home Administrator, Shari Little, well in advance, please.

nebraskapeohome@outlook.com



The pergola is now complete!



Lelebeth & Kristie enjoy the swing.



Replica of a Venetian "canoe".

Gail Bulter, Chapter FM, Beatrice, purchased the small Venetian canoe for the residents and staff of the Home to decorate for the event when the small, decorated crafts "sailed down the Blue River". After a time of them being displayed, the canoes will be (or have been) auctioned.

THANK YOU FOR CONSIDERING: The Nebraska P.E.O. Home is a 501(c)3, non-profit organization. Your donation may be tax deductible. Check with your financial planner or tax preparer to see if your donation may be eligible to be deducted from your taxes.

We thank you for your love and generosity in supporting the Home that LOVE Built!

