



1. *Motivating Women to Live Blessed, Balanced Lives*  
**Laura Anderson, Tracie Moss, Elizabeth Winn**

Listen and learn how to become empowered so that you can reduce stress and get life in order so you can live it! These professionals specialize in household organization and family management, health and wellness and church ministry.



2. *Taming Your Tongue*  
**Debbie Blank**

"I can't believe I just said that!" Learn how your words can become a fountain of life rather than a babbling brook. Debbie is a popular Bible teacher and speaker who will help you with the right thing to say at the right time.



3. *Successful Strategies for Dressing for Work and Play*  
**Amy Boesen**

It has been proven that people respond to us based on our outward appearance. This workshop will give you practical tips for how to dress "...in the wardrobes God picked out for you..." (Colossians 3:12), including do's and don'ts, the psychology of color and scriptural references.



4. *Ministering to Women*  
**Eunice Arant**

Could there be an opportunity for you to become involved in ministry to women perhaps in a way that you never expected? Come with an open mind and heart to hear Eunice Arant, women's chaplain with Good News Jail and Prison Ministry.



5. *Homeschooling.....It Works!*  
**Christine Burkland & Linda Dick**

Homeschooling is one of the fastest growing educational options in America. Join veteran homeschoolers for a lively discussion about what works, why it works and why it could work for you.



6. *Walking Through the Fire*  
**Jomi & Staci Craighead**

How do you survive and thrive when the love of your life – your husband and father – fights and loses a battle with a very rare cancer? To get through the fire, you have to walk through the fire. Michael Craighead was diagnosed with cholangio-carcinoma in January, 2006 and crossed over to heaven, with a smile on his face, on April 27, 2007. In this session, you will learn how these two strong women are dealing with their loss and grief.



7. *Impatient Desires: Hope for Addictions*  
**Dena Crosby**

Addictions are powerful enemies to our relationship with God. Addictions destroy. Whether the addiction is alcohol, drugs, sex, shopping, food, gambling, the internet...people become victims of our own desires. Learn what addiction is, what causes addiction, how to find relief and how to help someone you know who has found themselves a victim of their own impatient desires.



8. *Mission Possible – Solving the Male Female Communication Challenge*  
**Rev. Viv Ewing PH.D**

Difficulties often arise between genders because of differences in the way men and women communicate. This workshop will challenge participants to evaluate their communication style, identify areas where their communication needs to be enhanced, and strengthen the communication effectiveness.

9. *Organizational Virtues*  
**Denise Friesen**

Come get ideas on how to organize everything from your kitchen, your closets, your recipes, to your daily walk and prayer life with the Lord. Learn, yet again, how to try and keep the priorities of your life in the right order. *We all have the same amount of time in each day, how you use it is what makes the difference! And don't worry, it takes a lifetime to get organized!*



10. *Dealing with Difficult People!*  
**Cindy Johnson**

Are you challenged with family, business, or holiday stress? Join this fun, practical, Christ centered workshop to learn how to understand the personalities and motives of those who seem challenging. Learn about yourself in a way that allows a new perspective and a fresh start.



11. *The Gentle Art of Schmoozing: Enhancing Your Networking Skills*  
**Marian Kaiser**

Networking (i.e., schmoozing) is a way of life for virtually everyone to help build relationships, form links that create opportunities, develop possibilities and generate ideas. Networking is a process, not an end result. The Gentle Art of Schmoozing shows how to network with fun rather than fear. The workshop will provide a wide range of helpful hints for enhancing one's "schmoozing" skills.



12. *Creating Dynamic Tributes & Toasts*  
**Karen Kangas Dwyer PH.D**

As an author and educator, Karen has creative and helpful techniques that will allow you to give memorable tributes and toasts perfect for the occasion. Learn how to prepare for the most basic presentation or to deliver personal testimonies with confidence.



13. *Learn how to Resistance Train Using the Latest Exercises*  
**Amy Lindhorst**

Exercise Technology has advanced through the development of resist-a-balls, tubing, bosus and other techniques to assist in abdominal toning. Get hands on experience in this session and learn how to have that waistline you've always dreamed of.



14. *Menopause: Lets be Hot and Sassy*  
**Dr. Victoria Maclin M.D.**

This workshop will help participants understand the signs, symptoms, and available treatments for menopause, including both hormonal and alternative approaches to therapy.



15. *Adult Children Caring for Their Elderly Parents*  
**Paula McMahon**

As our elderly population booms, many adult children have become their parent's caretakers. We will discuss the resources available to you and your parents as well as how to balance your new role.



16. *DEPRESSION? ME? MY FAMILY? NO WAY!!!!*  
**Sue Miller Harsin**

What is depression? What are its signs and symptoms? If you have questions and concerns about depression in you or a family member, come and learn about how it affects both you and your family. Learn how to identify and seek proper treatment for depression. The diagnosis of depression is at an all time high, medications are prescribed like never before. Come and find out why medication just isn't enough.



17. *A Season with Autism*  
**Janet Nitsick**

This heartfelt peek into the lives of an everyday, yet saintly couple, as they struggle with raising and educating two autistic sons, is inspiring. They are role models who will inevitably bring you a giant step closer in your own walk with the Lord.



18. *Becoming A Purpose-Filled Woman*  
**Kay Osika**

Hear what this wife, mother and grand-mother has learned about becoming a purpose filled woman from her study of scripture and the application of God's principles.



19. *Braiding Girls into Women*  
**Gina Ponce**

Identify young girls in our communities and provide them with our knowledge, guidance and expertise to assure they have the tools needed to become resourceful in their communities and their personal lives. Listen, engage and perform and make a difference in a young girl's life.



20. *Mother – The Most Important Job on the Planet*  
**Terri Schenzel**

Proverbs 14:1 tells us, "A wise woman BUILDS her home and a foolish one tears it down with her own hands." As a pastor's wife and mother of four, Terri's passion is to encourage, inspire and challenge mothers in the most important of all jobs. You will laugh for sure, maybe cry and definitely go away with a renewed vision as a mother.



21. *THE CHILDREN'S HEALTH PARADOX: Overweight, Yet Undernourished-Tips and meal ideas to make healthy eating easier for the whole family*  
**Amy Schmid MA RD**

Amy Schmid is a registered dietitian with the Dairy Council for over 20 years. You can see Amy cooking on TV, hear her dishing out diet tips on the radio and read her eating guidelines in Nebraska newspapers.



22. *Women's Life Transitions: Evolving from Career Woman to Motherhood and Back Again!*  
**Paige Dilla**

By following your heart, having faith in yourself, an intentional plan and most of all HUMOR, you can manage the architecture of your own life outcomes.



23. *Self Defense and Awareness for Women*  
**Jody Woodworth**

I am sure your mother told you not to talk to strangers...this seminar will tell you why! Learn specific techniques on how to be more aware and practical skills for defense regardless of age or body structure. Build confidence and take away practical applications.



24. *For Your Eyes Only – Learning the Art of Make-up Application*  
**Lori Fuchs**

Every woman wants to look and feel beautiful. Come learn how to bring your best face forward! Lori is a professional make-up artist and will teach you techniques to bring out your inner and outer beauty.

## Musical Guests



**Beth Ashbjornson**

Beth has shared her amazing voice with many area churches and is also a member of the high holiday octet at Temple Israel. She has entertained many around the world in leading roles in musicals and resides in Omaha with her husband, Dr. Timothy McCashland and her 9 year old daughter, Alexandra.



**Camille Moter**

Active on the Omaha theatre scene, Camille has been called "Omaha's most versatile singer" and has enchanted Omaha audiences for a quarter-century. Despite losing her mother to a brain tumor and having her father slain early in her life, she affirms her faith in her gift of music. Camille has recently released her new CD, "Go Forward".



**Geraldine Tyrance**

Geraldine praises the Lord for her gift of music. She holds a Masters' Degree in Music Education from Morgan State University and was the accompanist for the Baltimore Symphony Chorus. Geraldine is a Nationally Certified Piano Teacher. In 2006 she received the UNO Women of Color Award for outstanding service in Arts & Humanities. She is the dedicated wife of Patrick, Sr.; the mother of two blessed children, Chinita and Dr. Patrick H. Tyrance, Jr. and four beautiful grandchildren.

## Registration Form

Registration is available online at [www.wholewomensday.com](http://www.wholewomensday.com)

Web design by Christopher Stout Group

- Make checks payable to **Whole Women's Day**.
- Mail check and registration form to: **Whole Women's Day c/o Christine Nikenun 623 North 164th Circle Omaha, NE 68118**
- Event Location- 404 South 108th Avenue Christ Community Church
- No phone registrations accepted.
- Print your name **CLEARLY AND EXACTLY** as you would like it to appear on your name tag.

**PLEASE PRINT LEGIBLY:**

FIRST NAME		LAST NAME	
ADDRESS			
CITY		STATE	ZIP
Email Address (optional)			
( ) DAY PHONE		( ) EVENING PHONE	

Registering by October 27 will offer you the best opportunity for your workshop choices.

List workshop choices in preference order. You will be attending two workshops from your choice of four. Indicate Workshop Number.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_



If you are deaf or hard-of-hearing and would like an interpreter for a workshop, please indicate.

**SATURDAY NOVEMBER 3, 2007**  
**Whole Women's Day Seminar - \$40.00**

For Office Use Only		
<input type="text"/>	<input type="text"/>	<input type="text"/>
Reg. #	Check #	Check Amount
Assigned Workshops _____		

## Schedule

- 7:15 Early Registration – Coffee
- 8:15 Welcome/Introductions
- Morning Speakers Musical Entertainment
- 9:45 Break
- 10:00 Workshop #1
- 11:00 Break/Room Change
- 11:15 Workshop #2
- 12:15 Lunch
- 1:00 Keynote Speaker
- 2:00 Conclude

# Whole WOMEN'S DAY 2007

**Registering by October 27 will offer you the best opportunity to attend the workshops of your choice**

Complete the registration form on the reverse side, mail this form and payment to:  
Whole Women's Day c/o Christine Nikunen  
623 North 164th Circle  
Omaha, NE 68118

For inquiries regarding this event, call 402-330-3360 or 402-676-5618.

Reigster online at  
[www.wholewomensday.com](http://www.wholewomensday.com)

Web design by  
*Christopher Stout Group*

**Books Written by our speakers will be available for purchase**

No infants or children please  
child care will not be provided

Registrations are not refundable  
but may be transferred

This registration form may be duplicated  
please duplicate to the same size

**Lunch Provided  
Catered by Wheatfields**

## Event Organizers/Chairpersons

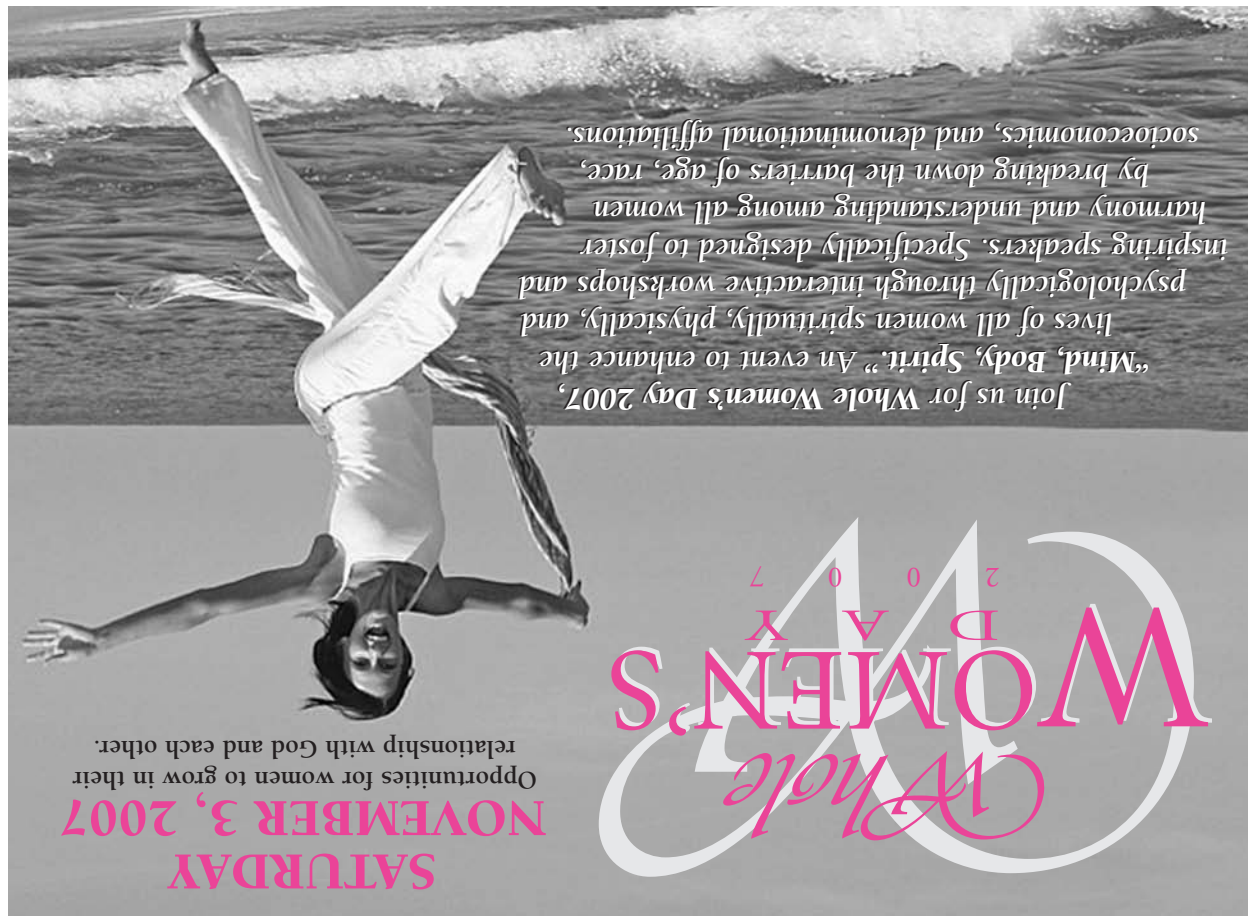
**CO-CHAIRS**  
Brenda Christensen  
Robin Kurylo

**ADVISORS**  
Gloria Brohimer  
Cheryl Wild

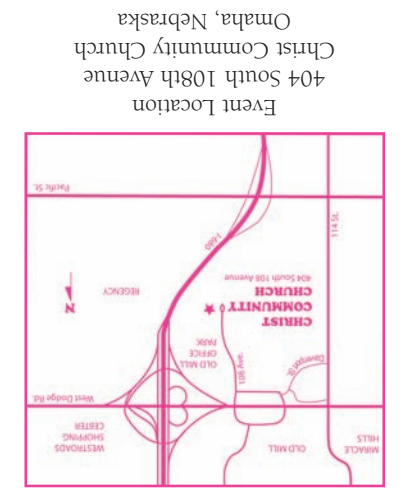
# Whole WOMEN'S DAY 2007

## Whole Women's Day Community Advocates

Name	Organization/Affiliation	Name	Organization/Affiliation
Anderson Susie	Christ Community Church	Martin Kathy	King of Kings Lutheran Church
Asbjornson-McCashland Beth	Rejoice Lutheran Church	St. Wenceslaus Catholic Church	St. Wenceslaus Catholic Church
Bailey Diane	Christ Community Church	Mueller Darlene	Community Volunteer
Baker Loraine	Lutheran Church of the Master	Mullin Joani	Community Volunteer
Banghart Sally	Nebraska Dance	Nelson Brenda	St. Andrews United Methodist
Bell Jean	Community Volunteer	Nelson Jill	Christ Community Church
Black Tawanna	Coalition of 100 Black Women	Nikunen Christine	Covenant Presbyterian
Blank Debbie	Christian Business Women	Nogel Pam	St. Wenceslaus Catholic Church
Boham Kim	Grace Fellowship Church	Patton Carla	Community Volunteer
Brohimer Gloria	Community Volunteer	Peacock Cyndy	NE Methodist Hospital Foundation
Bydalek Jill	Friends Board President	Porter Lee	Trinity Interdenominational
Carter Anne	Community Volunteer	Prauner Nancy	Community Volunteer
Choat Phyllis	Holy Cross Lutheran Church	Price Deannie	Christ Community Church
Cobb Nancy	Christ Community Church	Prier Francie	Doncaster
Craighead Joni	Grace Fellowship Church	Reiser Mary Lynn	UNO Center for Economic Education
Davis Karen	North Omaha Church of Christ	Russell Carol	Countryside Community Church
Dinsdale Dawn	Community Volunteer	Salerno Jeanne	Kutak Rock
Doll Laura	Community Volunteer	Saylor Jackie	Grace United Methodist Church
Dougherty Jennifer	Christ Community Church	Schmadeke Deb	Faith Christian Church
Elliot Brigit	King of Kings	Scott Lori	Community Volunteer
Falk Janice S.	Pro. Registered Parliamentarian	Siemers Shelley	Community Volunteer
Fitzgerald Theresa M.	Children's Respite Care Center	Steinhoff Anne	Steinhoff and Associates
Flaschner Shannon	Christ Community Church	Stemm Kathie	Community Volunteer
Fraser Debbie	Pacific Hills Lutheran Church	Stevens Dr. Maryanne	The College of St. Mary's
Freeman Robyn	Community Volunteer	Sullivan Louri	Community Volunteer
Gerber Kathy	Omaha World-Herald	Taubert Sharon	Consumer Credit Counseling Service
Graeve Gail	Elkhorn Hills Methodist Church	Thurber Karen	Creighton University
Grewcock Michele	Community Volunteer	Tomek MD. Debra	Children's Hospital
Gustafson Julie	Christ Community Church	Treu Kathy	Westside Chruch
Hale Laura	Community Volunteer	Turner Maureen	Community Volunteer
Harriott Peg	YWCA	Tyrance Geraldine	Community Volunteer
Hefflinger Julie	All Our Kids, Inc.	Uleman Lynda	GWR
Hohman Sam	Credit Advisors Foundation	Van Ekeren Marty	Community Volunteer
Hoig Andrea	Metro Monthly	Watanabe Joy	Nobbies Party Superstore
Hord Kimberly	Wyeth Pharmaceutical	Wendt Carly	Omaha Jaycees
Horeis Stephanie	St. Margaret Mary's Catholic Church	Werner-Robertson Gail	Community Volunteer
Iliff Laura	Heartland Family Service	Whitman Deb	Community Volunteer
Ingraham Christina	Omaha Advisors, Inc.	Whitted Nancy	Christ the King Catholic Church
Irvine Cindy	Community Volunteer	Wild Cheryl	Community Volunteer
Johnson Christine	Mutual of Omaha	Wilke Heidi	Saint Andrews Episcopal
Karrer Rohrig Suzan	AIA	Williams Tonya	Morning Star Baptist Church
King Peggy	Brookside Church	Wilson Mary	WOWT-Channel 6
Kotouc Wende	Palau Festival Co-Chair	Wooster Beth	Community Bible Study
Lindquist Joni	West Hills Church	Wright Ellen	Community Volunteer
Lococo Laura	Community Volunteer	Yanney, MD Gail Walling	All Saints Church/NE Medical Center
Lubeck Kim	Covenant Presbyterian	Zehnacker Janet	Westside Church
Mackintosh Jodie	Omaha Habitat for Humanity	Zindel Susie	Christ the King
Mamdani Marsha	Community Volunteer		



**SATURDAY  
NOVEMBER 3, 2007**  
Opportunities for women to grow in their relationship with God and each other.



FOR ADDITIONAL INFORMATION  
AND BROCHURES  
CALL 402-676-5618

# Whole WOMEN'S DAY 2007

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# Whole WOMEN'S DAY 2007

**SATURDAY  
NOVEMBER 3, 2007**

Opportunities for women to grow in their  
relationship with God and each other.



**Evelyn Husband  
Keynote Speaker**

On February 1, 2003, when the Space Shuttle Columbia broke apart just minutes before its scheduled return to earth, America lost seven heroes. Evelyn Husband, wife of Columbia's commander Rick Husband, lost much more- the love of her life, the father of her children, the backbone of her family. Evelyn will share the story of her journey since that fateful day.



**Sharon Doran**

Have you ever been shipwrecked? Sharon, a local mother of 5, experienced a devastating shipwreck in her life that led to a deeper friendship with Christ to be sustained and to survive. Through hardship, she found true treasure. Sharon is a former high school science teacher and volleyball coach and is currently Director of CBS Omaha.

**Sue Knicely  
Master of Ceremonies**

Born and raised in Omaha, Nebraska, Sue graduated from Taylor University and is the wife of WOWT News Anchor, John Knicely. She is the mother of 5 children and 3 grandsons. Sue is active in her church and community.



**Cheryl Wild**

An active and well known community volunteer, Cheryl has worked with many area events, groups and causes. Come share her compelling and complicated story of a childhood filled with tragedy and unsuspected events. She will tell her story of "Past Tragedy with a New Twist".



**Mary Maxwell  
Special Guest**

Back by popular demand, Mary offers insights and advice about life in a fun, light hearted manner. A unique style all her own, qualifies this mother and grandmother as "Omaha's Humorist" – Truly hilarious!

**Sally Ganem  
Honorary Chair**

Sally lends us her influence in community and political circles. She is a native of Nebraska and has been active in the Fremont area and in education for many years. She proudly serves as the First Lady of Nebraska, wife of Governor Dave Heineman who she has been married to for over 30 years.

Event Location 404 South 108th Avenue Omaha, Nebraska