

iwil

Illinois women
in leadership*together we will***IWIL CALENDAR
2006****APRIL**

Date: Thursday, April 20
Time: Breakfast (7:30 a.m.)
Location: Sangamo Club
Program: **Scholarship, Chrysalis and GEM Awards Program**

MAY

Date: Thursday, May 18
Time: 5:30 – 8:30 p.m.
Location: Secret Recipes, Inc., Reception Center
Program: **"A Look Back...See How You've Soared"**
 IWIL Annual Meeting and Social

JUNE

Date: Thursday, June 15
Time: Lunch (11:30 a.m.)
Location: Inn at 835
Program: **"Soaring to New Heights While Your Wings Are Being Tested"** with Jan Wright Vergon, publisher of *Peoria Women* and *Intercity Business Issues*



**GUESS WHO FROM THE CLASS OF 1973?
 FIND OUT ON PAGE 4!**

PRESIDENT'S MESSAGE***Scholarships, GEM Awards & The Underwires—Our IWIL Support System*****Val Yazell, IWIL President**

This month's meeting, "Sunrise at Sangamo," will be held April 20 at 7:30 a.m. and we will present scholarships to three outstanding young women and we will present our first "Chrysalis Award" to one woman who is returning to school for her bachelor's degree.

We will also be presenting the GEM Awards to three women from our membership. The **Ruby Award** honors a woman who stands in the forefront with great influence in a chosen endeavor. She is a distinguished and committed woman with an enduring sense of community and who is endlessly reliant. The **Emerald Award** honors a woman who is inventing or reinventing herself. This is someone who has defined and is systematically planning a path for herself and has shown evidence of this plan in the last two to three years. The **Sapphire Award** honors a woman who can intuitively grasp the goals, dreams and aspirations of others and can act as a catalyst to those goals. This woman continues a coaching/nurturing relationship with those she mentors in order to support them planning, re-directing and successfully achieving their dreams. This woman is consistently "the wind beneath the wings" of others who want to fly high. Plan to attend and honor all these women.

Supporting one another is such an important tenet of this organization that I want to remind you once again of our SIG group, The Underwires. If you need support, please send a request to **Kate Hein**. Or if you know of someone who doesn't mind you letting us know, we are here to send cards, make meals, and run errands, or whatever is needed. Kate's number is 498-8077 or hein535@springnet1.com.

It has been brought to my attention that our speaker from January, Lisa Schmidt, is facing some major health issues. Cards can be sent to 9 Hickory Ridge Lane, Sherman, IL 62707. (This is a published address.)

I would like to extend thanks this month to **Cheryl Snyder** for keeping on top of public relations for the organization.

Let's take a lesson from nature this month and be gentle with ourselves. Spring eases in and slowly blossoms. Approach your life gently and be kind to you!

WELCOME NEW IWIL MEMBERS!

FROM MARCH 2006

Lauren Blackburn
U.S. Bank

Sarah Delano Pavlik
Delano Law Offices, LLC

Marty Kearns
Peoples Bank & Trust

Chris Stephens
Oak Terrace Active Retirement
Community

ANN LEACH'S 10 TIPS FOR SETTING APPROPRIATE LIFE GOALS

1. Take 100% responsibility for your life and results.
2. Decide what you want.
3. Have to be willing to pay the price.
4. Make the commitment to do it.
5. Ask for help.
6. Set measurable goals.
7. Clarify your mission.
8. What are the small steps?
9. Give more than is expected.
10. Celebrate the small steps you have taken!

Goal Sisters: Live the Life You Want with a Little Help from Your Friends, by Ann Leach and Michelle Beaulieu Pillen (Paperback, April 2004), www.Amazon.com.

IWIL NEWS

March Meeting Recap—Set Your Goals, Sister! **With speaker Ann Leach, co-author of “Goal Sisters: Live the Life You Want with a Little Help from Your Friends”**

Ann Leach has been a Life and Business Coach for over 10 years having started with Coach U teleconferencing classes and moved into a full curriculum of study. Now based in Joplin, Mo., Ann approaches her 50th birthday with excitement and sees it bringing new opportunities. Currently she has plans for expanding her horizons to include a retreat center. Her background ranges from cancer support groups, authoring a children's book and self-publishing it, to co-authoring *Goal Sisters*.

Ann reminds us that we frequently set goals for ourselves and fail to follow through because basically we don't have the support mechanism in place. Probably the most important goal you set for yourself is to find a goal friend who can move you into action—to whom you can get the support you need to accomplish your goals. She urged members to set reasonable goals for yourself and to cross-check to ensure you are following through with your goals on a regular basis.

Just like plants, with a goal garden some goals need more nurturing than others (a little more water, a little more pruning). Take out a pen right now and write down 10 things bugging you. Maybe it is your kids who can't seem to find the hamper for their dirty clothes, or the husband who never loads or empties the dishwasher, the dog who chewed your shoes the last time you left them by the door or the friend who borrowed your sweater and never returned it. And, yes, the stress you accumulate every time you sit in your chair at work.

There are things in your life that may be draining your energy and distracting you from what you say you want in life. Put a check-mark next to your “bug list” indicating those things you have control over and can do something about. We cannot change everything but we can certainly change how we respond. Quit worrying about the whole; worry only about what you can control.

When setting goals for yourself, Leach advises that you call a formal meeting with the family and lay it on the line and inform them how your new goals are going to affect them. “These are the steps I am taking and this is how it will affect you,” Leach simply states.

Lots of times we seem to be rushing to fill each moment of the day. Leach states: “Maybe the plateau is here to teach us something; why do we need to rush to push to get somewhere?”

Here are Ann's tips for doing the “Impossible” to I'm Possible:

1. List your tolerations.
2. What do you really want to do?
3. If you could take one step to make it happen, what would it be? Who is one person who would support you in making it happen?
5. Will you talk to them?
6. If so, when?
7. If not, why not?

Dive into what you want to create in life and do it. But first take that leap for support.

— Mary Schaefer, IWIL Communications Committee

SPECIAL INTEREST GROUPS (SIGs)

Want to network more with other IWIL members by sharing a more personal side of yourself?

Volunteers have started small special interest groups (SIGs) that meet outside the time constraints of our monthly meetings. If you want to join or start a group, contact **Rachel Broughton** at 793-0262.

Book Club

Val Yazell, 546-3860
See IWIL online calendar for schedule and current reading selection.

Gardening

JoAnn Abrams, 546-2249
jabrums@rmc-bigenc.com

Golf

Pam Seppelt, 899-4992, or Kate Weidner, 309-826-1555,
kate.weidner@ironmountain.com

Gourmet

Susan Wilcockson, 483-2774

Hiking

Viv Bennett, 622-8976
e-mail viv@springnet1.com

Scrapbooking

Julie Krehbiel, 546-6112 (work) or 546-0576 (home)

Support Group for Members with Aging Parents - LOVE

Marianne Jackson, 498-8962

The Underwires

Kate Hein, 498-8077
e-mail hein535@springnet1.com

Watercolor Painting

Shirley Caldwell Smith, 529-6959
e-mail caldwellsmith@sbcglobal.net

IWIL NEWS

What is your best technique for motivating a staff member?

IWIL Members Talk It Up

Page Burns

Supervisor, AIG American General

"To motivate an employee, I recognize the 'small' things they do. I make sure to give a thank you when they are not expecting it. I encourage them to recognize what their co-worker does above and beyond with a traveling trophy."

Mallorie F. Teubner, ENP

Director, Sangamon County Emergency Telephone System Department

"I don't think there is one best technique. Knowing your staff, knowing what is important to each individual—what makes them 'tick'—is important. Listening to concerns, making them feel they have control over their environment, giving pats on the back, and making sure they feel they are making a contribution has been most successful for me. Everyone needs to have feedback, and needs to feel as if they are making a positive contribution."



Coming Soon to a High School Near You!

An opportunity to show how we give back to the community

Set an example! Take action! Learn!

Yes, it is time for the annual Dream the Dream (although you should dream big and often). IWIL will be hosting the event at Southeast High School on May 3, 2006, at 3:15 p.m. immediately following school.

Already we have 27—YES 27—tables "staffed" by IWIL members eager to share information about their profession with the high school girls and their moms! And, the special program is a clothing makeover with Paris Ervin from News Channel 20 doing the commentary with students as models.

There is still room for more tables if you would like to participate. Contact **Kate Hein**, 498-8077, or **Sharon Theison**, 525-1173, as soon as possible. If you can't be there, support those who have agreed to participate and maybe, just maybe, you have some freebies to provide to **Connie Anderson DiCenso**, 529-9300. She'll make sure they are in the gift bags!

Last year, over 100 girls and moms attended. This year, we expect a larger attendance. The word has gotten out at Southeast that this is a great event to attend.

—Karen Westbrook and Kay Fischer,
IWIL Mentoring Committee

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EXECUTIVE BOARD

President - Val Yazell

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Kathleen Stevens

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Hospitality - Annette Piper

Membership - Susan Wilcockson

Mentoring - Karen Westbrook

Program - Kate Hein

Public Relations - Cheryl Snyder

Registration/Nametags -

Sally Sevenser

Scholarship - Diane Hillard-Sembell

Website - Stephanie Sapetti

Newsletter design by IWIL member
Sharon Hewitt, Hewitt Graphic Design



"Soaring to New Heights"

Send your **IWIL news** to
info@iwil.biz!

If you wish to opt-out of future e-mail communications, please let us know by sending a message to info@iwil.biz and you will be added to the snail mail list.

SOMETHING TO TALK ABOUT

Jean Jachino is looking for IWIL members who have an interest in forming a subgroup to brainstorm and **help make plans to revitalize Springfield's East Side** in the wake of the tornadoes. If you're interested to learn more, contact Jean at jjachino@illinibank.com.

Kathy Maslouski is excited because she joined the **WRSPTV-FOX** sales team as a local account executive. She will be happy to help you tell everyone about your business! By advertising! Contact Kathy at 523-8855.

Sally Sevenser, owner of **Sally's Organizing Service**, 741-0433, says "Lets organize while you spring clean! Stop living with clutter!" Experience the immediate physical and mental benefits of living in an organized environment. And a note to my REALTOR® friends...don't forget Sally offers help preparing homes for the market, down-sizing, and packing up for a move or settling in afterward. And remember, there is no better time to get organized than to get organized now!

Jill Leka wants us to know that **Sojourn Shelter and Services** suffered significant damage from the tornadoes. Sojourn lost power from Sunday evening through Thursday, which resulted in loss of the entire contents of four refrigerators and three freezers. Sojourn is in need of food, cleaning and personal items to assist clients. Please call 726-5100 to assist.

You know what you want, but don't know how to get it. One of the most effective tools that **Life Coach Jill Kennedy-Broughton** uses to help you get what you want is asking you many powerful questions! Powerful questions can help you see things from a whole new perspective and a new perspective brings creative thinking and positive forward movement. They can also stop you in your tracks and cause you to look at things you've avoided that are hindering your progress. Jill specializes in coming along side women like you to help you get where you've been wanting to go. Call 217-698-8585 or Jill@itsallaboutchange.com.

IWIL High School Reunion (and Annual Meeting) **"A Look Back...See How You've Soared"**

You are all invited to the IWIL High School Reunion on May 18, 5:30 p.m. to 8:30 p.m. at Secret Recipes, Inc., Reception Center, 3086 Normandy Road. Come dressed as you were the year you graduated from high school. We will be having dinner and music provided by a DJ for entertainment.

We need your senior picture! Please send a copy of your senior yearbook picture to **Amee Lee** by April 30, Amee.Lee@LLCC.Edu or call 565-9192. JPG format is ideal if you can scan and e-mail your photo. Otherwise, snail mail is fine.

We are seeking "Alumni" Sponsorships for \$100 and "Reunion" Sponsorships for \$15. A member of the Hospitality Committee will be contacting you or please contact **Theresa Boley** at 545-5000 or tboley@siumed.edu for more information. The cost is \$30 per person and it's a member's only event. (No guests allowed.)

—Annette Piper, IWIL Hospitality Chair

GUESS WHO FROM PAGE 1?

IWIL'S MARY KAY ALLISON, a Williamsville High School grad, the youngest in her class and a straight-A student her senior year. Way to go! Where is she now? Executive Assistant at H.D. Smith, the largest privately held national full-service wholesale drug distributor.