

iwil

Illinois women
in leadership*together we will***IWIL CALENDAR
2007****FEBRUARY**

Date: Thursday, February 15th
Time: Breakfast (7:30 a.m.)
Location: Sangamo Club
Program: "Shine Your Light with Philanthropy" with John Kelker

MARCH

Date: Thursday, March 15th
Time: 5:30 p.m. – 8:30 p.m.
Location: Sangamo Club
Program: "Cast A Brilliant Radiance This Spring"

APRIL

Date: Thursday, April 19th
Time: Breakfast (7:30 a.m.)
Location: Sangamo Club
Program: IWIL Scholarship and GEM Awards

MAY

Date: Thursday, May 17th
Time: 5:30 p.m. – 8:30 p.m.
Location: TBA
Program: IWIL Annual Meeting

JUNE

Date: Thursday, June 21st
Time: Lunch (11:30 a.m.)
Location: Inn at 835
Program: "Candlelight Dinners to Twinkies: Food Writing for a Daily Newspaper" with Kathryn Rem

*"Lighting the Way"***PRESIDENT'S MESSAGE****"LIGHTING THE WAY"
RACHEL BROUGHTON
IWIL PRESIDENT**

After reading last month's newsletter, a member told me that every six months (after her birthday and after her anniversary which are conveniently about six months apart) she takes a hard look at what she's doing with her life and decides to "recommit or quit." There's a lot of power in that idea ... recommit with your whole heart or give it up ... no more mushy middle. Bridget Cutler's program was well timed to help us keep that New Year's resolution we made to be healthier. Building core strength that (may I add, goes along with our strong wills) gives us the power to accomplish the projects to which we've recommitted. Several times since her presentation, I've recalled the point she made about balance; she pointed out that we can be physically fit in some areas but weak in others so a good balance (i.e., being able to stand on one foot) is crucial to a totally fit body. So, ladies, COMMIT! (Personally I'm looking forward to the *no more mushy middle!*) Kudos to the Program Committee for selecting an inspiring speaker with a delightful New Zealand accent to goad us into achieving our fitness goals.

Speaking of goals ... the 95 in attendance is the highest regular membership meeting so far this year and is second only the attendance of the Holiday Social. It was wonderful seeing so many members and their guests! Those of you who had guests, please invite them to join IWIL. The membership form can be found on the web site at www.iwil.biz.

Traditional Home magazine proclaimed, "**Style is an attitude, an approach to life, not just a decorative veneer.**" The Sangamo Club will be the setting for the March program, *Cast a Brilliant Radiance this Spring*. A delightful lineup of speakers will help you freshen up your style with hot tips on landscaping, decorating and food service to spotlight your entertaining. Whether it's business or personal entertaining, your guests will bask in the ambience you've provided. Be sure to reserve your place with Reservation Chairman Sally Sevensen. We'll help you provide the setting ... YOU'LL have to add the dash of attitude!

Happy Valentine's Day!

Rachel

FEBRUARY IS ALL ABOUT THE HEART

Far too many Americans still don't know that heart disease is the number one killer of women in the United States or what they can do to prevent it.

One day a year, what you wear is a matter of life and death. **Wear Red Day** is Friday, February 2nd. For more information, visit the American Heart Association online at www.goredforwomen.org.

IWIL SCHOLARSHIP PROGRAM IS UNDERWAY

NOMINATION DEADLINE FEBRUARY 15th

IWIL is proud to offer three \$1,000 college scholarships for high school senior women from the Sangamon County area. The purpose of the annual scholarship is to promote the advancement of outstanding young women by encouraging them to set and pursue career goals and maximize their potential.

CHRYSALIS SCHOLARSHIP FOR WOMEN

APPLICATION DEADLINE MARCH 1st

IWIL is also proud to offer a \$1,000.00 college scholarship for a woman from Sangamon County who is endeavoring to begin or continue her college education for her first baccalaureate degree at a college or university of advanced studies. The purpose of the annual Chrysalis scholarship is to promote the advancement of women by encouraging them to set and pursue career goals.

WHAT ARE YOUR FAVORITE THINGS?

MARK YOUR CALENDAR FOR THE MARCH 15th MEETING

"Cast A Brilliant Radiance This Spring" at the March 15th meeting. Make sure you're ready for outdoor entertaining with the latest in landscape designs as family and friend enter your home. Dazzle them with the latest Spring interior design and Spring entertaining wouldn't be complete without impressing your guests with easy to make, beautifully designed and alluring appetizers, entrees and desserts.

Don't miss your opportunity to participate in the issue of "My Favorites" which will spotlight favorite places to dine, shop, vacation, etc... For more information e-mail **Becky Miller** at Bethany.Miller@ms.com.

JANUARY 2007 MEETING RECAP

I CAN'T BE A BEACON IF MY LIGHT DON'T SHINE: MENTAL AND PHYSICAL HEALTH

Guest Speaker, Bridgett Cutler

A New Year resolution is a commitment that an individual makes to project a habit, often a lifestyle change. Many resolutions involve maintaining peak vitality, physical fitness or appearance with the most common being weight loss. Therefore it seemed appropriate to welcome Physical Therapist, **Bridgett Cutler** as our first speaker of 2007 to help motivate us as we embark upon our personal quests.

Bridgett originally hails from New Zealand and moved to the Springfield area in 1994. Since arriving in Central Illinois, she has been with St. John's Rehab. From 1994 to 2003 she specialized in orthopedic outpatients and sports medicine. In 2005 she became the Rehabilitation Supervisor at Rehab South/Athletic Care and has since gone into private practice all the while continuing to work part-time as a physical therapist at Athletic Care/St. John's Hospital. **Bridgett** has a Masters of Health Science and Program in Physical Therapy from Washington University Medical School. In May 2007 she will graduate with her Doctorate in Physical Therapy.

Now and then we all engage in some form of convenient rationalization, especially when faced with the task of transforming an out of shape body into a buff, healthy version of its former self. Bridgett stated there are many reasons for exercising or physical therapy. 1.) Aging is an accumulation of a lifetime of inactivity, 2.) Muscle shrinkage, 3.) Body fat increases and 4.) Increase in fat due to inactivity.

With exercise we not only look good but can also improve our balance and stability, age gracefully and increase our muscle powerhouse. By doing so we can decrease or prevent pain, avoid depression, feel better and become role models to children as they watch, learn, imitate and even emulate our healthy habits. We even become mentors and influence others by our actions.

When embarking on physical fitness, there are five main things to focus on. 1.) Posture and alignment, 2.) Strength, 3.) Flexibility, 4.) Endurance and 5.) Muscle Strength and balance.

Consciously increase your physical activity and you'll find that more time you take to care about yourself, the better you'll look and feel. When you can, refresh your mindset. Stop "working out" and begin training for something. Most importantly, enjoy the process rather than just going through the motions of a program.

Bridgett pointed out that a lot of people indicate that the monetary cost often deters them from reaching their physical best. We tend to spend more money and take better care of our vehicles than we do ourselves. However, she states that it's often a matter of resetting your priorities so that your budget fits around your fitness goals.

Bridgett Cutler can be contacted at (217) 553-7172 or via e-mail at beejpt1969@aol.com.

Eileen Kluckman
Communications Chair

Suggested reading:

Age Defying Fitness: Making the Most of Your Body for the Rest of Your Life by Marilyn Moffat and Carole Lewis
Core Performance Essentials by Mark Verstegen



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 **Karen Westbrook** at (217) 787-1059.

Book Club

Marianne Jackson, (217) 498-8962
See the [IWIL online calendar](#) for schedule and current reading selection.

Gardening

JoAnn Abrams, (217) 546-2249
e-mail jabrams@rmc-bigcnc.com

Golf

Sharon Thornton Knop,
(217) 496-3050 or
Mallorie Teubner, (217) 496-3119

Gourmet

Susan Fulks, (217) 483-2774

Hiking

Viv Bennett, (217) 622-8976
e-mail viv8976@insightbb.com

Scrapbooking

Viv Bennett, (217) 622-8976
e-mail viv8976@insightbb.com

Support Group for Members with Aging Parents - LOVE

Marianne Jackson, (217) 498-8962

The Underwires

Mary Mann, (217) 525-3000
e-mail mary.mann@rsmi.com



<http://www.iwil.biz/JoinIWIL.htm>

SOMETHING TO TALK ABOUT

MARK YOUR CALENDAR!

NEXT IWIL PROGRAM

When: Thursday, February 15, 2007 - 7:30 a.m.
Where: The Sangamo Club
227 East Adams Street, Springfield, Illinois
Topic: "Shine Your Own Light With Philanthropy"
Speaker: John Kelker
Cost: \$15 Members; \$16 Guests; \$20 at the door

IWIL IS JAZZIN' IT UP AT THE INN NEW MEMBER NIGHT

There will be an informal gathering to welcome our newest IWIL members on Thursday, March 1st at 5:30 p.m. at The Inn at 835 located at 835 South Second Street in Springfield, Illinois. The Membership Committee invites everyone to come out and enjoy an evening of conversation, appetizers and jazz.

IWIL SIGs

- **Viv Bennett**, the **IWIL Hiking SIG** co-coordinator, is putting together a planning meeting. Contact **Viv** no later than February 15th at (217) 622-8976 or via e-mail viv8976@insightbb.com.
- The **IWIL Scrapbooking SIG** is looking for interested parties to attend a midnight crop on February 23rd or March 23rd located at Scrapbook Your Story. Contact **Viv Bennett** at (217) 622-8976 or via e-mail at viv8976@insightbb.com.
- The **IWIL Book Club** kicked off the New Year as they discussed their upcoming reading selections over coffee and conversation on Saturday, January 27th. The book chosen for February is *The Traveler's Wife* by Audrey Niffenegger. The book club's next meeting is scheduled for Saturday, February 24th at Java Express located at 1827 North Peoria Road in Springfield, Illinois from 9:00 a.m. to 10:30 a.m. For more information, contact **Marianne Jackson** at (217) 498-8962.

GEM AWARDS SPOTLIGHT OUR OWN IWIL MEMBERS

This year, our President has chosen the theme "Lighting the Way." It is fitting that we take time to honor IWIL members, who in their own way, have demonstrated extraordinary standards of professional excellence, vision and dedication within the business arena and community.

- The **Ruby Award** is presented to 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** is presented to 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** is presented to a woman who can intuitively grasp the goals/dreams/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.

Please contact **Karen Westbrook** at (217) 546-9366 or via e-mail at k.westbrook@insightbb.com if you have any questions or are interested in serving on the GEM committee.

P.O. Box 5612
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info@iwil.biz
www.iwil.biz

EXECUTIVE BOARD

President: **Rachel Broughton**
Vice President: **Karen Westbrook**
Secretary: **Ann Londrigan**
Treasurer: **Annette Piper**
Past President: **Val Yazell**

COMMITTEE CHAIRS

Communications:

Eileen Kluckman

Directory Co-Chairs:

**Gay Davidson &
JoDeen Roley**

Hospitality Co-Chairs:

**Sheryl Daugherty &
Carla Mayernick**

Membership:

Cheryl Western

Mentoring:

Connie Anderson DiCenso

Program Co-Chairs:

**Theresa Boley &
Jackie Newman**

Public Relations:

Linda Waldron

Registration/Nametags:

Sally Sevenser

Scholarship:

Sharon Thornton Knop

Website:

Mallorie Wamsley Teubner

Send your **IWIL news** to our
Communications Chair,
Eileen Kluckman at info@iwil.biz!

MORE IWIL NEWS AND RESOURCES

IWIL WELCOMES ITS NEWEST MEMBERS

Susan Austin, Administrative Assistant to President, **Illinois Education Association**

Amy Bliefnick, Manager, **Illinois State Fair**

Melissa Gwinn, Loan Originator, **Premier Mortgage**

Leanna Kalka, Office Manager, **Alpha & Omega Couriers, Inc.**

IWIL ANNOUNCEMENTS

- Congratulations to **Carole Britton**, co-owner of **Express Personnel Services**, for winning a Circle of Excellence trip to Spain then onto an all expenses paid Mediterranean cruise for being one of the top 10 producers in the franchise company in the world.
- **FWAI Architects** is looking for an Administrative Assistant to join their team for the "long haul". The applicant must be flexible, efficient, have dictation transcription experience, please telephone voice, writing and editing ability and experience with Microsoft Word. For more information, contact **Kay Fischer** at kfischer@fwai.com.
- Nationally acclaimed red and white chili will be dished up at **Sparc's** thirteen annual **Sugar & Spice** chili supper on Saturday, February 24th at Sacred Heart Griffin. **Sparc** is in need of volunteers, donors and advertisers. Proceeds will support Sparc's 200 Special Olympians. Contact **Lesley Cooper** at (217) 793-2100 to find out more information about the event.
- The **Friends of Rochester Public Library** will be holding a book sale on Saturday, March 3rd from 9:00 a.m. to 2:00 p.m. at the Rochester Village Hall in the Community Room located on Route 29 in Rochester, Illinois. Friends of Rochester Public Library is a non-profit organization of local individuals who share a common belief that a good library can and should be a valuable asset and is extremely important for the intellectual and cultural growth within their community.
- With the success of the inaugural event, **The Hope Leadership Council** is gearing up for its second Style of Hope Fashion Show to benefit the children of **The Hope School** on Thursday, March 8th at the Crowne Plaza. Our own IWIL member, **Julie Zara**, will be walking the fashion runway. Contact **Julie Baker**, Event Coordinator, at (217) 494-8875 for more information.
- **Calvary Academy "Friends"** are hosting a silent auction, dinner and live auction on Friday, April 27th at the Sangamo Club. Please contact **Lisa Antonacci** at (217) 546-9700 ext. 210 to find out more information about becoming a table sponsor.



BE YOUR OWN VALENTINE

This year start thinking of **Valentine's Day** as a time to celebrate **YOU**.

In your list of things to do each day, where do you factor in? Most women focus on meeting the needs of others before taking care of themselves.

Prepare to treat yourself in the same way you prepare to send a gift to your partner or special friend. Be as thoughtful for yourself as you would be for the important people in your life. Carefully planned gifts always stand out among the last minute trinkets and candies. Take the time to consider what you would love to receive. And most importantly, remember to show a little love to yourself.