


 iwil

 Illinois women
in leadership

together we will

PRESIDENT'S MESSAGE

*“Sharing Experience/Assuring Success:
Be in the Moment”*

Thanks to Dr Diane Hillard-Sembell and her chosen panel of physicians for a really special program in January. I especially appreciated the way Dr Di was able to take the topic of “Women in Medicine” and ask questions of the panel which made it a presentation applicable to all of our members. It was a perfect fit for this year’s theme, “Sharing Experience/Assuring Success. While contemplating the comments from these dynamic women it occurs to me that a message in common was to work at finding balance in one’s life. Whether we are just beginning our careers and starting a family, or if we have no children in the home and retirement is looking closer, we all still struggle with the issue of balance. As was mentioned during the panel discussion, we feel guilty about time away from our family when we address work issues. And, then we feel guilty about what we need to do for work when we are focusing on family. Most of us probably think that there is a time in our lives when this will change. I haven’t found that yet ☺. Now I struggle to find what I think is enough time for my adult children and grandchildren along with my work, church, community service and professional organizations. Certainly there are no easy answers to this dilemma. Sharing our experiences and recognizing the common struggle does help us to realize that we are all in the same boat. Regardless of our chosen careers women face many of the same issues when it comes to balancing the varied aspects of our lives. We can also change the focus of our thoughts. Instead of thinking about the struggle between work and family/friends we can remember how lucky we are to have the opportunities and rich lives we have with family, friends, work, and community service. Be in the moment.

2011 IWIL CALENDAR

FEBRUARY

Date: Thursday, February 17, 2011
Time: 11:30 a.m.
Location: Sangamo Club
Program: Pay it Forward

MARCH

Date: Thursday, March 24, 2011
Time: 5:30 p.m.
Location: Theresa Boley’s Home
Program: New member reception

APRIL

Date: Thursday, April 21, 2011
Time: 11:30 a.m.
Location: Sangamo Club
Program: Scholarship and GEM Awards

MAY

Date: Thursday, May 19, 2011
Time: 11:30 a.m.
Location: Sangamo Club
Program: Emily Post is dead...now what?

New Member Orientation

MARK YOUR CALENDARS:
 IWIL will hold a New Member Orientation **on Wednesday, February 23, from 4-5pm at the offices of the Girl Scouts of Central Illinois** (3020 Baker Drive, Springfield, IL 62703). New members are encouraged to attend to learn more about IWIL and other members who want to get more involved are also welcome. If you have any questions, please contact Sarah Beuning at 217-786-3177 or sbeuning@tomlange.com.

Monthly Meeting Recap

If you missed this meeting, you missed a lot of fun, inspiration and fellowship! Dr. Diane Hillard-Sembell organized five physicians to come speak as a panel about how they got where they are today, balanced work and home life, and keep living life to its fullest! These five women were an inspiration to so many because they do live a professional life beyond the 9-5 schedule, have families and even manage to still enjoy it all because of what they do for their patients.

They all have had mentors along the way and people that pushed them to be their best. They all agreed that their children and families was their biggest challenge to juggle but always their most rewarding, too.

In the early 1800's women were not even accepted into medical school and now about 50% of each graduating class is female. We have come a long way and these ladies are helping us to pave the way to a brighter future. Dr. Hillard-Sembell said, "Women have humanized medicine." And by the looks of this panel, that was obvious.

Thank you Dr. Jackman, Dr. Yeh, Dr. Moore, Dr. Phillips and Dr. Keene for your wealth of knowledge shared at this meeting.

Pay To Says...

It's **Girl Scout** cookie time! Order your cookies today by calling Amy Sherwood at 971-9527. Don't forget you can support the troops overseas by purchasing boxes to send to them!

The **Springfield Ballet Company** is holding its "Love is in the Air" Valentine Gala on Saturday, February 5, at Panther Creek Country Club. For more information please check the website: www.springfieldballetco.org or talk to Bert Hendee, Julie Davis, Jamie Osborne or Sarah Beuning—yes four IWIL members are also on the SBC Board!

Tracey Maras has been accepted by the Illinois Artisans Program for sale of art pieces through the Illinois State Museums gift shops. She will also be hosting an Art Open House at her home February 5th from 3:00-7:00 p.m. If you are interested contact her for further details.

Springfield Christian School is hosting a dinner fundraiser on March 5 at the Crowne Plaza. Tickets are \$30 each. For more information go to www.springfieldchristianschool.org or call 698-1933. Proceeds will help to renovate the SCS gym.

Manpower offers services such as temporary and permanent staffing as well as drug screening. They also offer administrative testing such as Microsoft Word, Excel, typing, phone and business writing. Contact LaShonda at 528-2323.

Alice Campbell staffing has job openings at several clients. Please refer any experiences administrative assistants and other clerical staff to us. Contact Jean Campbell.

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2010-2011 Board

EXECUTIVE BOARD

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IWIL NEWS

IWIL CREDO

"I WILL...

make things happen,
 promote professionalism,
 seek educational opportunities,
 mentor,
 participate,
 encourage others,
 climb the ladder,
 empower others,
 educate the world,
 make a difference,
 do more than my part,
 provide the initiative,
 take action,
 implement ideas,
 be involved in the process,
 give back to the community,
 and leave a legacy."

Book Club Special Interest Group

A big thank you to Darlene Weaver for hosting book club last month. Our next book club will be held February 10th at the home of Val McCue, 3 Live Oak Lane. The book that will be discussed is "Room" by Emma Donoghue. If you are overly ambitious and want to begin reading for March check out "The Immortal Life of Henrietta Lacks" by Rebecca Skloot. If you have any questions contact Val Yazell at valerayazell@hotmail.com.

Please welcome

Welcome **Darlene Dietrich**. She is the Branch Manager of Marine Bank She enjoys volunteering for Ronald McDonald House Charities, Helping Hands, Angel Tree and St. John's Breadline. She is looking forward to meeting other professional women through IWIL and applying what she learns in the meetings to her work and personal life.

Please welcome **Pam Kovacevich**. Pam is the CEO of Girl Scouts of Central Illinois. She has 20+ years of experience in training, strategic planning, total quality management and process improvement. She is married to Vel and they have two children. In her spare time she likes to follow her children's athletic events and volunteers for many organizations throughout the community.

Please help us welcome **Maureen Suhadolnik** to IWIL. She is the owner of Gold's Gym and Crazy Horse Concrete. She is a certified personal trainer and Nutritionist. She volunteers at UCP, Kidzeum, and Children's Miracle Network.

Please help us welcome **Kelly Thompson**. She is the Executive Director for Ronald McDonald House Charities. She is a board member for Springfield Public Schools Foundation. She enjoys golfing, running, traveling, and spending time with family.

HAPPY BIRTHDAY TO YOU...

Ann Londrigan	Feb. 2 nd
Becky Lober Hendricks	Feb 7 th
Mary Mucciante	Feb 11 th
Iva Bergeron	Feb 13 th
Valery McCue	Feb 14 th
Rene Fein	Feb 15 th
Laura Ann Wilson	Feb 20 th
Sara Mayo	Feb 22 nd
Buffi Kaufman	Feb 28 th

Happy Birthday ladies! Enjoy!

Each monthly meeting there is a table behind the speaker that you are welcome to place promotional materials about your business. This is a great way to advertise for FREE to over 50 women each month! If you want your announcement to be read aloud and printed in the newsletter just do a Pay to Say for \$2! Thanks.

Wanted: Mentors for new members!

Requirements: Must be welcoming and be willing to answer questions about IWIL.

Reward: Meeting a great new person, as well as that warm, fuzzy feeling you get when you do something nice for someone else.

How to collect: Contact Sarah Beuning (sbeuning@tomlange.com or 217-786-3177) to volunteer.

Warning: Mentoring new members is easy and fun (just meet for lunch or coffee) and may turn out to be addictive.



Name: Colleen J. Moore, 38

Profession and how you got started. Vascular Surgeon – Always wanted to be a doctor, but after medical didn't like any of the specialties. I opted to do general surgery because I didn't mind the hours and I didn't hate it. During my general surgery training I met Dr. W. Kirt Nichols, who was a vascular surgeon. We bonded over the children's book "Go Dog Go!" and the rest is history.

Education: I received my combined BA/MD at the University of Missouri-Kansas City and completed my general surgery training and vascular surgery fellowship at the University of Missouri-Columbia. Between Kansas City and Columbia, there was a 4 year stint of my general surgery training done in Johnstown, PA.

Tell us about your family. I married Mark Moore on 5 July 2008 – which incidentally is my parent's anniversary and Mark's mother's birthday. We have a son, Stuart (aka Stu-ey or Stoooby Doo), who turned one on 1 October. Our second child is scheduled to arrive on 3 June 2011.

Describe any civic/professional groups you belong to.

I am on the Board of Directors of the State Farm Classic. I serve on the National Venous Screening Program Board for the American Venous Forum; Exam Development Task Force for the American Registry of Diagnostic Medical Sonographers; chairman of the Pharmacy and Therapeutics Committee at St. John's Hospital.

Favorite quote: Perfection is not attainable, but if we chase perfection we can catch excellence. – Vince Lombardi

Favorite food: I am a big fan of the pig. Bacon, pork steak, ribs, and pork chops. On a recent trip to Germany, I became a big fan of the pork knuckle – no idea where it is anatomically, but it sure does taste good.

List 3 adjectives that describe you. Boisterous, light hearted, caring

What do you want to be when you grow up? A fireman – seriously! You get to live in the fire house, have a fire dog, wear cool bunker gear and ride on a fire truck. Is there any job that's better?

What are your favorite subjects in school? English literature & Medicine as literature

Name 2 characteristics you look for in a leader. Patience and fortitude

What do you value most in other people? Perspective

Who served as a role model to you? My parents, Dr. Leila Mureebe and my personal board of directors

What would you attempt if you knew you could not fail? Scuba diving

What is the best advice you've ever given and/or received? My mother tells me often: "SNAP OUT OF IT!"

What super-power would you most like to have, and why? Clairvoyance – the Ability to perceive events that are taking place elsewhere or sense places that are not in view.

If you could have a room full of any one thing, what would it be? Kitchen gadgets. Love 'em.

When you have an hour of free time, what do you like to do? Take a nap – highly underrated activity. You can do it alone, requires no calorie intake and you always feel better after.

If you could travel anywhere in the world where would it be? Spain and Portugal is next on my list

If you could spend an ideal day without monetary constraints what would it be? I would love to spend a day hiking and exploring somewhere taking a lot of pictures

What do you want to be doing in ten years? In ten years, I see myself operating a self-sustaining venous disease clinic treating cosmetic venous disease as well as deep venous thrombosis and other venous problems. In addition, I will be the den-mother and mom who just can't stay away from one more volunteer project at school.



Name: Bert Hendee, 59

Profession and how you got started. Currently Assistant Director of Large Unit District Association, but was with Springfield Public Schools as a teacher, principal and human resources director for 34 years prior to retirement

Education: Bachelor of Science/Elementary Education, Culver Stockton College; Masters Educational Administration, University of Illinois at Springfield

Tell us about your family. Married almost 35 years, two step-sons, two daughters, 1 daughter-in-law, 2 son-in-laws, 2 grandsons (13 & 10 months) 2 granddaughters (21 months & 2 months)

Describe any civic/professional groups you belong to. President currently of Springfield Ballet Company, support Prairie Art Alliance, Springfield Area Arts Council, Hoogland Keep the Doors Open, Springfield Bonsai Society

List your hobbies: Traveling, reading, walking, family

Favorite quote: Never be afraid to do something new. Remember amateurs built the ark and professionals built the Titanic-Anonymous

Favorite food: Olives

Favorite book: Stieg Larsson series

List 3 adjectives that describe you. Compassionate, trustworthy, reliable

What do you want to be when you grow up? Doctor

What are your favorite subjects in school? Anything to do with language, written & read (hard to understand why I thought I wanted to be a doctor)

Name 2 characteristics you look for in a leader. Integrity & conviction

What do you value most in other people? Trustworthiness/sincerity

What would you attempt if you knew you could not fail? Skydiving

What is the best advice you've ever given and/or received? Be true to yourself, work hard for the right reasons and if you know you haven't done anything wrong, put the worry and criticism aside

What would you like to teach others about? Not sure I have anything to teach anyone about...

What super-power would you most like to have, and why? I'd like to be able to wiggle my nose like Samantha the witch to make good things happen.

If you could have a room full of any one thing, what would it be? No one thing, I like variety and change too much to want a room full of any one thing.

When you have an hour of free time, what do you like to do? Just be with family or enjoy a massage or walk in the park

What famous person would you like to meet? George W. Bush

If you could travel anywhere in the world where would it be? Tahiti/Bora Bora

If you could spend an ideal day without monetary constraints what would it be? Fly my whole family to a south sea island away for all worries.

What do you want to be doing in ten years? Working if I still enjoy it, spending time with our family as it grows, being active and healthy.