


 iwil

 Illinois women
in leadership

together we will

IWIL CALENDAR 2007

JANUARY

Date: Thursday, January 18th
Time: Lunch (11:30 a.m.)
Location: Inn at 835
Program: "I Can't Be A Beacon If My Light Don't Shine: Mental and Physical Health" with Bridgett Cutler

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: TBA
Program: TBA

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

PRESIDENT'S MESSAGE



"LIGHTING THE WAY" RACHEL BROUGHTON IWIL PRESIDENT

The Holiday Social was truly an evening to remember ... lights twinkled and reflected in the mirrored balls of the centerpieces set against snowy linens and foil wrapped candy. The Frosty Forest's ornaments mimicked the flicking candlelight and Christmas music wafted through the air often punctuated by laughter as ladies (in their festive holiday attire) circled the amazing array of items on the tables choosing which ones they wanted to take home. The excitement was palatable.

Whether through your attendance, donation or purchase, each of you had a part in making the scholarship auction a success. Because of YOU, we will once again be able to help women reach their education goals. A heartfelt **THANKS** to those who created a night of "Making Spirits Bright!"

I hope all of you enjoyed (and survived) your holiday with family & friends! For those whose schedules, geography or death has left them isolated during the holiday, a *Parade* story encouraged gathering a "family of choice." The friends I've made through IWIL are "friends of choice" --- a valuable addition to my life without diminishing the importance of my biological family. Through networking in 2007, we will continue to make new friends, to support and encourage one another, thus enabling us to grow stronger both personally and professionally. It gives new meaning to the quote, "Your candle is not dimmed by the act of lighting another's."

According to a survey of women, the top three resolutions for the New Year are: 1.) Being healthier through diet and exercise; 2.) Being more organized; and 3.) Paying down credit card or other debt.

I'm not sure what would top your list but 2007 is an unblemished NEW year. It's a clean slate of 365 days for you to chose how it will be spent ... yes, we all have ongoing commitments that must be honored but as you spend this valuable commodity, I hope you will embrace new experiences that have been calling you and that they will bring you continued success and happiness.

Happy New Year!

Rachel

PRESIDENT'S CHALLENGE

Know a bright young lady who will be graduating from high school this year or a mature lady pursuing her education? Be a friend and encourage them to apply for the IWIL Scholarships available.

What a great way to promote our scholarships and the IWIL organization.

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.

Thanks again to the membership of IWIL for their continued generosity and vision in supporting the scholarship program and leaders of tomorrow.

You can find scholarship information online at:

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



DECEMBER 2006 MEETING RECAP

IWIL 2006 HOLIDAY SOCIAL "MAKING SPIRITS BRIGHT"

Well the weather outside was frightful with record low temperatures and a recent winter storm that hit Springfield a mere week before. However on December 7th the festivities inside were delightful as the night heated up at the "Making Spirits Bright" IWIL 2006 Holiday Social and Scholarship Fundraiser.

Through the innovation and creativity of the Hospitality Committee, guests stepped into a beautifully decorated holiday theme surrounded by silver trees and glowing centerpieces that sparkled throughout the banquet hall as everyone mingled and set their sights on the silent auction items donated by our membership and many local businesses.

A visit from *Springfield Scene Magazine* captured the night and our event will be featured in an upcoming edition. As dinner was served, the Eddy Flute Choir set the tone as they performed music of the season while everyone had an opportunity to visit over a delicious meal prepared by Secret Recipes.

Thanks to the generosity of our membership we were able to raise a record breaking \$5,700 for the scholarship fund!

If you were unable to attend the social and would still like to contribute to the scholarship fund, you may contact **Annette Piper** at apiper@ibankmarine.com or send your donation directly to: **IWIL, P.O. Box 5612, Springfield, IL 62705-5612** stating the check is for the scholarship fund.

Eileen Kluckman
Communications Chair

TALKING UP THE 2006 HOLIDAY SOCIAL

"We truly appreciate everyone who made our Annual Holiday Social a great success! A dedicated committee, generous auction donations, delicious "Secret Recipes", lovely flute entertainment "Made Our Spirits Bright." Thanks to you, over \$5,000 was raised for the Scholarship Fund!" ... **Carla Mayernick** and **Sheryl Daugherty**, Hospitality Co-Chairs

"Last night was great, all of you did such a great job!" ... **JoAnn Abrams**, Human Resource Manager, **Richardson Manufacturing Co.**

"Tonight's IWIL Holiday Social was once again dynamic and rewarding. I consider myself truly blessed to have found such a wonderful and positive organization to belong to and continue to be impressed beyond words when it comes to the capable and amazing women that I have met and will continue to meet as time goes by." ... **Sue Hines**, Owner, **Lift & Firm**

MARK YOUR CALENDAR!

NEXT IWIL PROGRAM

When: Thursday, January 18, 2007 - 11:30 a.m.

Where: Inn at 835

835 South Second Street, Springfield, Illinois

Topic: "I Can't Be A Beacon If My Light Don't Shine: Mental and Physical Health"

Speaker: Bridgett Cutler

Cost: \$15 Members; \$16 Guests; \$20 at the door



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

Pat Seppelt, (217) 753-7446 or
Karen Weidner, (309) 826-1555

Gourmet

Susan Fulks, (217) 483-2774

Hiking

Viv Bennett, (217) 622-8976
e-mail viv@springnet1.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

IWIL WELCOMES ITS NEWEST MEMBERS

Sarah Buening, Director of Human Resources and Legal Counsel, **Tom Lange Company, Inc.**

Maria Lotz, CS Associate, **RSM McGladrey, Inc.**

Julie Zara, Co-Owner/Marketing, **Zara's Collision Center**

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.

You will soon have the opportunity to nominate IWIL members for the GEM awards. Watch for the forms in the mail or on the website at www.iwil.biz.

- 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.

Please note that members of the IWIL Executive Board (President, President-Elect, Secretary, Treasurer and Immediate Past President) are not eligible to receive these awards during their tenure. However, all other board members are eligible.

2007 WOMENS EXPO COMES TO THE PRAIRIE CAPITAL CONVENTION CENTER

On January 13th and 14th Central Illinois Women will be coming together for this two-day event, which promises to be full of fun, excitement, entertainment, shopping, delectable food and beverage areas, health and wellness, home and garden, apparel and jewelry, party and wedding ideas, arts and crafts, spas and beauty and valuable information for women from all walks of life. From fashion shows and music to cutting edge medical technology, every woman will find something at the **WNNS Springfield Women's Expo**.

Several IWIL members will be showcasing their businesses through sponsorships and exhibits. So mark your calendars and plan on attending as there will be something of interest for **ALL** women.

Additional information about this event can be found online at <http://www.springfieldwomensexpo.com/index.htm>

P.O. Box 5612
Springfield, IL 62705-5612
info@iwil.biz
www.iwil.biz

EXECUTIVE BOARD

President: **Rachel Broughton**
President Elect: **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

TOP 10 RESOLUTIONS YOU SHOULD MAKE

- 1.) **Start everyday by reading an inspiring quote or saying.**
This is a great way to kick start your day in the right direction and are great motivational boosters.
- 2.) **Read at least one article a day about your goal.**
Whether your goal is about nutrition, fitness or a destination you'd like to visit, vow to take a few minutes to read about it every day. This will help keep the subject and objective fresh on your mind.
- 3.) **Change your New Year's Resolution into New Day Resolutions.**
Instead of saying "I'm going to pay off all of my debts" say "The first bill I am going to pay today will be this, and I'm going to start by setting aside \$20 today."
- 4.) **Vow to compliment one person every single day and never put down any compliments you receive.**
When you take the time to notice your surroundings and the distinct beauty in things, it will automatically help you appreciate your own individual and remarkable characteristics.
- 5.) **Declare to take the word "can't" out of your vocabulary.**
Become aware of your words and use only constructive language. Rather than saying "I can't", ask yourself how you can. Rather than saying "I'm no good at this", ask yourself how you can get better.
- 6.) **Turn off your cell phone every time you sit down to eat.**
Something as simple as turning off your phone can make a tremendous impact on your day. Even if you only have a few minutes to eat, turn it off. Try to rid yourself of all distractions and enjoy your food and the company you are sitting with at all times.
- 7.) **Do one thing that slightly scares you every single day.**
Whether it's throwing away all the junk food stored up in your house, trying out a new workout class, submitting a poem you wrote in a contest or asking someone you're interested in out on a date, a little nerve a day will help keep you feeling alive, alert and inspired.
- 8.) **Pat yourself on the back every day.**
Take credit for the good things that you accomplish. You told yourself you were going to join the gym today and you did, you parked your car at the farthest parking lot instead of the closest, you brought your healthy lunch to work, you stayed away from the soda machine, you kept your cool after your boss yelled at you -- all these little actions deserve to be acknowledged. Every night before you go to sleep, write down one of your daily accomplishments. After you've written down seven, reward yourself in some way.
- 9.) **Mail a card every week to somebody in your life and tell them how much you appreciate them.**
If you don't want to deal with buying stamps, e-mail them. This will remind you of the many good things and people in your life, and the positive energy you send out will come back to you two-fold. You will feel better about yourself and be more likely to accomplish your daily goals.
- 10.) **Vow to stop shrugging your shoulders and keep your head high at all times.**
Good posture will help you not only look slimmer, but also develop more confidence. Your body language speaks worlds about how you feel. Straighten up the way you look on the outside and your inside self-confidence will soon follow.

