

iwil

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

**Date:** Thursday, November 16  
**Time:** Breakfast (7:30 a.m.)  
**Location:** Sangamo Club  
**Program:** "Implications of Leadership: Letting Your Light Shine" with Julie Cellini

**DECEMBER**

**Date:** Thursday, December 7  
**Time:** 5:30 p.m. – 8:30 p.m.  
**Location:** Secret Recipe  
**Program:** "Making Spirits Bright" IWIL Holiday Social and Silent Auction

**HOLIDAY SOCIAL REMINDERS****Early Bird Registration Deadline:****Monday, November 13****Silent Auction Items Deadline:****Friday, November 17****Deliver your auction items to:**

**Marianne Jackson**  
**Town & Country Bank**  
 3601 Wabash Avenue  
 Springfield, Illinois

**Registration Cutoff:****Monday, November 27****PRESIDENT'S MESSAGE****"LIGHTING THE WAY"  
RACHEL BROUGHTON  
IWIL PRESIDENT**

Thanksgiving is a specific day set aside by our ancestors to remind us to pause and be thankful for our bountiful blessings. Like all of you, I'm thankful for the country we live in, the opportunity to vote, a safe and warm home, health, and the love and support of my family and friends. I'm especially thankful for the friendships I've made through IWIL. I'm always revived up after hearing the introductions at our membership meeting and am proud of the accomplished women on our membership role.

Others, too, feel it as was evident by the number of guests at the last meeting ... we all want to share a good thing whether it's a shoe sale or a great organization! The women in the room exemplified the first set of people described the Sam Ewing quote I shared at the meeting, "Hard work **spotlights** the character of people; some turn up their sleeves, some turn up their noses, and some don't turn up at all." Sharon Thornton Knop's program spotlighted ways to stay healthy as we are *turning up our sleeves*, which brings us to our hardworking hospitality and scholarship committees. They've been busy planning the Holiday Social since September and now all of you have the privilege to participate in what ever way you can: 1.) Donating a silent action item(s) 2.) Supporting the social with your presence 3.) Or possibly a monetary donation if you are unable to attend. If you'd like to be in on the Early Bird drawing, be sure to register by November 13<sup>th</sup>. Circle December 7<sup>th</sup> on your calendar and take the opportunity to help deserving young women further their education.

Let's continue "*Lighting the Way*" by sharing your blessings!

Happy Thanksgiving!

*Rachel*

**PRESIDENT'S CHALLENGE**

Please continue to think of women who would benefit from membership in IWIL and invite them as your guest.

Also, be sure to follow up with guests that you've invited to see if they have any questions about membership.

## IWIL CALENDAR 2007

### JANUARY

**Date:** Thursday, January 18  
**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 15  
**Time:** Breakfast (7:30 a.m.)  
**Location:** Sangamo Club  
**Program:** "Shine Your Light with Philanthropy" with John Kelker

### MARCH

**Date:** Thursday, March 15  
**Time:** 5:30 p.m. – 8:30 p.m.  
**Location:** TBA  
**Program:** TBA

### APRIL

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

### MAY

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

### JUNE

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

## SEPTEMBER 2006 MEETING RECAP

### "KEEPING THE CANDLE BURNING: BEING RESILIENT IN THE FACE OF STRESS"

Guest Speaker, Sharon Thornton Knop

Stress is a nationwide epidemic that causes billions of dollars of loss to businesses each year. Stress can cause physical, emotional, behavioral, relationship and work problems. It has been noted that 85% of visits to the doctor's office are stress related.

**Sharon** commented that it seems that no matter where we go we seem to hear "I'm so stressed out about \_\_\_\_\_, and it's driving me nuts." Let's face it, we'd all like to be stress free in our lives but the only way to accomplish that is to be dead! However, in reality, we do need some stress in our lives in order to be motivated and excited in order to achieve things. We want our lives to be stimulating, challenging and satisfying without being overwhelming. This is definitely a thin line.

**DEFINITION:** Stress is our physical, emotional and behavior reaction to any demand or change that we believe challenges our resources or capabilities to cope.

The key word here is "believe". **Sharon** went on to state that stress can be broken down into two categories. First is **REAL** threat which can be associated with a job loss or divorce. Second is **IMAGINED** threat which is believing that someone is talking about you or is annoyed with you because they haven't called. Stress is a primitive, involuntary response (fight or flight reaction) meant to protect us from threats. Some indicators of stress can be a headache, sweaty palms, stomach ache, a racing heart or even lashing out at others. It is important to be aware of your stress response, so you can consciously identify when it is being experienced.

If you experience a stressful situation and take steps to manage it, your body will return to a normal state. It is when we stay at the fight or flight state for long periods of time that our bodies begin to break.

Chances are that the pace of our lives is not going to change so it is important to **MANAGE**:

**Mindset** – Learn to look at things more positively, be flexible, be open and use humor.

**Activities** – Give yourself some time off, do something fun and relaxing.

**Nutrition** – Keep energy levels even by limiting sugar, caffeine and alcohol.

**Acceptance** – Accept what you cannot change and put your energy into things that you do have control over.

**Get Help** – Practice delegating, use time management methods, simplify and work with a team of professionals.

**Exercise** – Get moving, enlist friends to exercise with, breath and get proper rest.

**Sharon** suggests that you choose one of the above methods to help you work on managing your stress. Just remember to work on one aspect at a time and don't try to change everything at once. Most importantly, remember to breath.

**Eileen Kluckman**  
Communications Chair

## 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](mailto:jabrams@rmc-bigcnc.com)

### Golf

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

### Gourmet

Susan Wilcockson, (217) 483-2774

### Hiking

Viv Bennett, (217) 622-8976  
e-mail [viv@springnet1.com](mailto: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](mailto:mary.mann@rsmi.com)



*"Lighting the Way"*

## SOMETHING TO TALK ABOUT

### MARK YOUR CALENDAR! NEXT IWIL PROGRAM

**When:** Thursday, November 16, 2006  
7:30 a.m.  
**Where:** Sangamo Club  
227 East Adams Street, Springfield, Illinois  
**Topic:** "Implications of Leadership: Letting Your Light Shine"  
**Speaker:** Julie Cellini  
**Cost:** \$15 Members; \$16 Guests; \$20 at the door

### "MAKING SPIRITS BRIGHT" IWIL ANNUAL HOLIDAY SOCIAL & SILENT AUCTION

On December 7th IWIL's Annual Holiday Social and Silent Auction, **"Making Spirits Bright"**, will be held at Secret Recipes. As most of you know, this is one of our most exciting events. We celebrate the season with fellow members, but more importantly, through the Silent Auction, raise funds for the scholarships we award every spring. Each year our Scholarship Committee reviews dozens of applications and awards three high school senior girls each a \$1000 college scholarship. In addition, we've established a new scholarship - the Chrysalis. It is awarded to a mature woman who has chosen to improve herself and her lifestyle by either returning to college to complete a degree or starting college for the first time.

You may have already received a phone call or will shortly from a Hospitality Committee member requesting donations for the Silent Auction. Please open up your heart and donate generously. In addition to what you can personally give, please take a moment to think about friends, family, co-workers and business owners you have contact with personally or professionally who may be willing to help donate. It's an especially easy telephone call if any of them have a teenage girl or girls in their lives. Cash donations are also welcomed. All proceeds go directly to the scholarship fund.

We have all been so blessed in our lives and careers. This is a perfect opportunity to "give back" and help other women succeed. These women are amazing and inspiring. Please help us to "Light the Way" for others by participating in this event.

**Sheryl Daugherty**  
Hospitality Co-Chair

### IWIL WELCOMES ITS NEWEST MEMBERS

**Julie Dutton**, Marketing Manager, The State Journal-Register

**Julie Weichert**, Associate Director, Illinois Principals Association

**Diana Weyhenmeyer**, Oncology Facilitator, St. John's Hospital

**P.O. Box 5612**  
**Springfield, IL 62705-5612**  
[info@iwil.biz](mailto:info@iwil.biz)  
[www.iwil.biz](http://www.iwil.biz)

## EXECUTIVE BOARD

**President** – Rachel Broughton  
**President Elect** – Karen Westbrook  
**Secretary** – Ann Londrigan  
**Treasurer** – Annette Piper  
**Immediate 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 Sevener  
**Scholarship** – Sharon Thornton Knop  
**Website** – Mallorie Wamsley Teubner



*“Lighting the Way”*

Send your **IWIL news** to  
[info@iwil.biz](mailto: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](mailto:info@iwil.biz) and you will be added to the snail mail list.

## MORE IWIL NEWS AND RESOURCES

### ANNOUNCEMENTS & IWIL MEMBER NEWS

**Kathy Maslouski** has joined the Sprint team as the Retail Store Manager of the Parkway Point store. She will be responsible for the development of business accounts, the retail numbers of the store and leading the business in community development. Sprint is known for the data cards for laptops, PDA devices (i.e. Blackberry and treo), business packages and company discounts for individual employees. Kathy brings with her 15 years of experience in the telecommunication field. Please visit her at 3413 Freedom Drive or call her at 217-726-5170 to see what discount you may be missing for your phone.

**Becky Hendricks** invites you to the Holiday in the Village 14<sup>th</sup> Annual Fine Crafts Sale at the Hoogland Center November 3<sup>rd</sup> through 5<sup>th</sup>. Contact Becky for more details.

Do you feel uncomfortable at IWIL when you have to stand up and tell who you are? When someone directs an unexpected question to you in a group of people, do you often end up feeling later – I should have said...? Are your speaking abilities negatively impacting the bottom line of your business? If so, the **Noontime Toastmasters Club** may be the answer for you. This is a meeting you will look forward to participating in each week. Come visit the **Noontime Toastmasters Club** on Monday at 12:00 p.m. located at Walnut Street and South Grand Avenue at Laurel United Methodist Church for a creative hour in learning to “Light the Way.” For more information, visit them online at <http://club7316.freetoasthost.net/>



## GIVING THANKS

### Unknown Author

For the hay and the corn and the wheat that is reaped,  
For the labor well done, and the barns that are heaped,  
For the sun and the dew and the sweet honeycomb,  
For the rose and the song and the harvest brought home  
Thanksgiving! Thanksgiving!

For the trade and the skill and the wealth in our land  
For the cunning and strength of the workingman's hand,  
For the good that our artists and poets have taught,  
For the friendship that hope and affection have brought  
Thanksgiving! Thanksgiving!

For the homes that with purest affection are blest  
For the season of plenty and well-deserved rest  
For our country extending from sea unto sea;  
The land that is known as the "Land of the Free"  
Thanksgiving! Thanksgiving!