

iwil

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

**Date:** Thursday, September 21  
**Time:** Breakfast (7:30 a.m.)  
**Location:** Sangamo Club  
**Program:** "Spotlighting the Life of a Newspaper Publisher" with Sue Schmitt, Publisher of the State Journal-Register

**OCTOBER**

**Date:** Thursday, October 19  
**Time:** Luncheon (11:30 a.m.)  
**Location:** Inn at 835  
**Program:** "Lights, Camera, Action: Setting the Stage for Entertaining" with Desiree Logsdon

**NOVEMBER**

**Date:** Thursday, November 16  
**Time:** Breakfast (7:30 a.m.)  
**Location:** Sangamo Club  
**Program:** TBA

**DECEMBER**

**Date:** TBA  
**Time:** 5:30 p.m. – 8:30 p.m.  
**Location:** TBA  
**Program:** IWIL Holiday Social and Silent Auction

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

The quote I used at the August meeting was "Don't wait for the light at the end of the tunnel; stride down there and light the blooming thing yourself!" Women in the room laughed as they recognized that they could have applied this quote at least once in their lives and probably in multiples. Too often the downside is our selective hearing allows us to ignore the subtle messages our bodies are sending. We keep charging ahead only to eventually pay the consequences.

Dr. Holly Novak's presentation underscored the need for women to take a proactive role in safeguarding their health. Even when you think you don't have time to go to the doctor for a check-up (when you're feeling perfectly fine), don't have the time to fix healthy meals or don't have the time to devote to exercise, you may well be giving up the ability to "...light the blooming thing yourself."

Program Co-Chairs **Theresa Boley** and **Jackie Newman**, along with their committee have assembled a year of outstanding programs that will spotlight diverse areas in our lives and community.

If you couldn't make the August meeting, we missed you and hope to see you at the Sangamo Club, Thursday, September 21, 2006 at 7:30 a.m.

**PRESIDENT'S CHALLENGE**

**Please help out our IWIL Directory Co-Chairs** by getting your photos and updated information turned in for the upcoming directory. If you wish to use last year's photo, let them know. If you have pictures taken in August or September, make your selection. If you haven't filled out an updated membership information sheet and mailed it in (along with your dues), PLEASE do so as soon as possible. By doing your part, the IWIL directory can be printed and in your hands sooner, ready to be used as a valuable resource we've learned to depend on!

See page 3 of this month's newsletter for more details.

## 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:** TBA

## AUGUST 2006 MEETING RECAP

### "WOMEN AND HEART DISEASE: LIGHTING THE PATH TO A HEALTHIER FUTURE"

**Guest Speaker Holly Novak, M.D.**

We are a very busy group of women but none of us would be able to maintain our dynamic and exciting lives without our health.

As many of you know, our President, **Rachel Broughton** was taken by surprise when she required open heart surgery for blockage in a major artery.

It seemed appropriate to start our year with a program about "Women and Heart Disease". Our first speaker of the year, **Dr. Holly Novak**, is a graduate of SIU School of Medicine and has completed a cardiology fellowship at the University of Louisville in Kentucky. She is board certified in both Internal Medicine and Cardiology. Dr. Novak is a member of several professional societies and has been very active in developing cardiac programs for community hospitals. One screening program she developed has already screened 12,000 residents of McLean County. Dr. Novak is well recognized for her expertise on the topic of "Women and Heart Disease".

Do you think that only men get heart disease? In fact, heart disease is the number one cause of death in women, too. It strikes 1 of 4 women over the age of 65. Eight times as many women die of heart disease each year as die of breast cancer. Be aware that the death rate in women increases 10 years after menopause. But there is good news because you can reduce your chances of getting heart disease. Even if you have heart disease now, you can help slow it down.

Dr. Novak talked about the symptoms of heart disease and facts every woman should know. First, if you're experiencing profound fatigue, chest pain and having constant nausea, consult your doctor immediately. Dr. Novak also gave us some numbers to become familiar with. Normal blood pressure is 120/80. If your rate is higher, cut your salt intake and increase your physical activity. Normal blood sugar levels should be less than 100 and a normal cholesterol level is under 200.

To reduce your chances of getting heart disease, first you need to know your risks. Then you can make a plan to lower them. Your plan will likely include eating a low-fat diet, getting regular exercise, controlling stress, and, if you smoke, quitting. These changes in your lifestyle will help you keep your cholesterol down and your blood pressure under control. They'll also help you maintain a healthy weight. But you don't have to change everything at once, just begin by making small changes.

In closing, Dr. Novak reminded us to make sure we aware of any of the warning signs, have regular screenings and always follow-up with your doctor. But most of all, be persistent.

To find out more information about women and heart disease, visit the American Heart Association web site at [www.americanheart.org](http://www.americanheart.org).

## 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

Val Yazell, (217) 546-3860  
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)

### Scrapbooking

Julie Krehbiel, (217) 546-6112 (work)  
or (217) 546-0576 (home)

### 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)

### Watercolor Painting

Shirley Caldwell Smith, (217) 529-6959  
e-mail [caldwellsmith@sbcglobal.net](mailto:caldwellsmith@sbcglobal.net)



*"Lighting the Way"*

## SOMETHING TO TALK ABOUT

### MARK YOUR CALENDAR! NEXT IWIL PROGRAM

**When:** Thursday, September 21, 2006  
7:30 a.m.  
**Where:** Sangamo Club  
227 East Adams Street, Springfield, Illinois  
**Topic:** "Spotlighting the Life of a Newspaper Publisher"  
**Speaker:** Sue Schmitt, Publisher of the State Journal-Register  
**Cost:** \$15 Members; \$16 Guests; \$20 at the door

### IT'S TIME TO PUT YOUR BEST SMILE FORWARD AND UPDATE OUR IWIL DIRECTORY

Ed Clark Photography will be taking photos for our membership directory at our September meeting. He will be at the Sangamo Club at 7:00 a.m. on September 21, 2006 and will be available for photos until 8:00 a.m., or a little bit longer if needed. There is a sitting fee of \$15, which is payable at the time you have your picture taken.

Please note that the \$15 cost is for the sitting fee only and does not include cost for any pictures.

We need your help with a couple of items. Please make sure that you completely fill out the form that will be available. Be sure to pick up one of Ed's business cards. The directions for viewing your images are on the back of his card. Ed would also appreciate it if you would view your images and choose the photo that you would like in the membership directory as soon as possible. You may also purchase photos at that time, if you wish.

To view your images at [www.edclarkphotography.com](http://www.edclarkphotography.com) and click on "your photos" tab. Click on "IWIL Business Portraits".

You may also call Ed Clark Photography at (217) 496-3636 and schedule a time to go to his studio located at 960 South First Street in Sherman, Illinois to have your pictures taken. Ed will honor the \$15 sitting fee, and it is your responsibility to set up the appointment time.

If you wish to use the photo that is in our current directory, that is fine. If you already have a professional photo that you would like to use in the directory, please e-mail to **Gay Davidson**, [computerhelp92@aol.com](mailto:computerhelp92@aol.com).

All photos must be submitted by **October 1, 2006**.

Thank you for your help!

**Jo Deen Roley** and **Gay Davidson**  
Membership Directory Co-Chairs

**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

The **Sangamon County Watercolor Society** invites you to attend a dessert reception on Saturday, September 9, 2006 from 5:30 p.m. to 7:30 p.m. at the Hoogland Center for the Arts in the Boardroom. The featured artists are **Shirley Caldwell Smith** and Carolyn Sommer.

The **Springfield Area Arts Council** is coordinating a hands-on, make and take activities for children on the Old State Capitol lawn during the Route 66 Festival being held on Saturday, September 23, 2006 from noon until 4:00 p.m. The Council would like to have about six different activities and currently is looking for organizations to run each activity. Please contact **Kathy Ascher** at (217) 787-5712.

**Carlissa Puckett**, Executive Director of **SPARC**, would like to thank anyone and everyone who supported SPARC's Starry Night, especially **Debbie Cimarossa** and **Lois Strom** who participated in "Dancing with the Stars" which Lois and Bruce Strom won. More than \$36,000 was raised to purchase accessible playground equipment at Rotary Park.

Congratulations to **Mary Mucciante** for being included in the 2006-2007 edition of the Manchester's Who's Who Registry of Executives and Professionals.

### TAKING AN INTEREST IN OUR SIGs

The **Book Club SIG** is currently looking for someone to lead their group. If you're interested in reading and enjoy open discussion, this could definitely fit your niche. For more information please contact **Karen Westbrook** at (217) 787-1059.

### WHAT IS YOUR DREAM JOB?

#### IWIL MEMBERS TALK IT UP

**Sharon Hewitt**, Designer/Owner, **Hewitt Graphic Design**, is currently experiencing her dream job as a graphic designer. Sharon enjoys the fact that she can work from home, has her own office and is able to wake up with her family and get their day started before taking on hers.

**Amee Lee**, Program Assistant, Student Life Office, **Lincoln Land Community College** states that her dream job is being a meeting and event planner. Amee thrives from being able to use her creativity to bring events of any size to life.

**Jo Deen Roley**, Associate Financial Representative, **Northwest Mutual**, wants to be retired! However, she would be interested in the field of Public Relations so that she could be creative. Jo Deen also admits that she always dreamt of teaching kindergarten. Her students might not necessarily have a structured educational program but they would sure have fun!