


 iwil

 Illinois women
in leadership

together we will
IWIL CALENDAR 2009
MARCH

Date: March 19, 2009
Time: 5:30 p.m.
Location: Home of Connie Dicenso
 5004 Dogwood Hills
Program: **New Member Reception**

APRIL

Date: April 16, 2009
Time: 7:30 a.m.
Location: Sangamo Club
Program: **Scholarship Winners
 Diamond Award**

MAY

Date: May 21, 2009
Time: 5:30 p.m.
Location: Inn at 835
Program: **Annual Meeting**

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."

PRESIDENT'S MESSAGE
Leadership – One Step at a Time
Annette Piper, IWIL President

Let's think positive!

We had a great meeting last week and took another step down the path of leadership. Dr. Susan Hingle, internist at SIU, led us in an informative discussion about taking care of ourselves and being proactive about our health care. As leaders, we all need to commit to strong, healthy bodies so we can accomplish the goals, both personal and professional, that we set in life. Along with this we need to have a positive mental attitude.

Last night, we listened to President Obama's speech to the joint session of congress, i.e. his "State of the Union Address" to the nation. The President set a tone of cautious optimism about the economy. Setting questions of agreement or disagreement aside I thank the President for seeking to inject some positive energy into the daunting economic issues facing our nation.

The tone that we as leaders set is fundamentally important to the outcome we seek. It is unfortunate that our media outlets focus so consistently on the negative particularly considering the control that media reports exercise over our thoughts and feelings each and every day. Therefore, I suggest that we all turn off the TV and build some positive energy as we concentrate on our goals, taking care of ourselves and others. Certainly we will all agree that some positive energy flowing through this country would do wonders for our flagging economy. Let's snap the gloom and dedicate ourselves to emerging stronger than before!

Speaking of positive energy, we look forward to meeting and welcoming our new members at our upcoming New Member Reception. This year's reception will be held at the home of Connie Dicenso at 5:30 pm on March 19th. All members and guests are welcome and new members attend free of charge. If you are a new member and haven't received a personal invitation, please let me know. This is our opportunity to celebrate the energy that you bring to our organization. Last year's reception proved to be a grand evening and I know that this year will be fantastic as well. This reception will take the place of our March regular membership meeting.

Encouraging you with positive thoughts,

Annette



ILLINOIS WOMEN IN LEADERSHIP

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Send your **IWIL News** to
info@iwil.biz!

IWIL is a 501(c)(3) tax exempt organization. Membership dues, contributions and donations are tax deductible.

IWIL NEWS

MARK YOUR CALENDAR!

NEXT IWIL PROGRAM

Date: March 19, 2009

Time: 5:30 p.m.

Location: Home of Connie Dicenso
5004 Dogwood Hills

Program: **New Member Reception**

Please join us on March 19th at 5:30 pm at the home of **Connie Dicenso** located at 5004 Dogwood Hills, Springfield, IL. in Panther Creek Subdivision. You will not want to miss this chance to socialize and meet our new members.

MEMBERSHIP DIRECTORY OPPORTUNITY

Do you have graphic design experience or does your company provide this service?

If so, we're looking for you! We would like to offer our membership the opportunity to bid on designing and printing our IWIL directory for next year. If you are interested, please contact Brenda Shutz, IWIL Membership Directory Chair, for more information at 747-9367 or bshutz@hanson-inc.com.

ANOTHER IWIL MEMBER IN LEADERSHIP

Congratulations to IWIL member Desiree Logsdon, who is truly a woman in leadership in Springfield.

Bunn-O-Matic Corporation Vice President of Marketing Desiree Logsdon has been named 2009 Tournament Chair for the 2009 LPGA State Farm Classic, Executive Director Kate Peters announced today. Logsdon has been an active part of the tournament for 10 years and will now lead the Tournament Committee as they plan for and execute the 34th presentation of the LPGA State Farm Classic.

"Desiree has served as a tremendous representative of the LPGA State Farm Classic and we are excited to welcome her in her new role as chairperson," Peters said. "For some time, we have benefited from Desiree's involvement on several committees affiliated with the tournament and she has provided tremendous support of the State Farm Classic within the community and served as a strong advocate for the charities we assist. We look forward to working with Desiree in her new role."

SPECIAL INTEREST GROUPS (SIGs)

Want to network with other Illinois Women in Leadership 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 SIG, contact **Sheryl Daugherty** at sheryldaugherty@comcast.net.

Book Club

Marianne Jackson, 725-0414
Mspur44@aol.com

We meet the second Saturday of the Month at Moxie Café, Downtown Springfield.

Festival of Trees 2008

JoDeen Roley, 522-9774
jodeen@yahoo.com.

Gardening

JoAnn Abrams, 546-2249
jabrams@rmc-bigcnc.com

Goal Sisters

Cindy Davis, 753-5742 or
cdavis@resourceoneoffice.com

Meets the fourth Thursday of the month from 7:30 – 8:30 a.m. at Resource One, 321 E. Adams

Golf

Sharon Thornton Knop
496-3050 or Mallorie Teubner,
720-0729 or
mallorie66@yahoo.com

Gourmet

Susan Fulks, 483-2774 or
randyfulks@aol.com

Hiking

Viv Bennett, 622-8976 or
viv8976@comcast.net

Scrapbooking

Viv Bennett, 217- 622-8976 or
viv8976@comcast.net

IWIL NEWS

WELCOME NEW MEMBERS!

Kathy S. Kincaid, Vice President, JP Morgan Chase Bank

Lynne Lowder, Owner, BJ & Co. on Hair, Inc., Director of Admissions, University of Spa & Cosmetology Arts

Susan K. Srbljan, Director, Institutional Research, Lincoln Land Community College



IWIL MARCH BIRTHDAYS:

Pamela McClelland	March 3
JoDeen Roley	March 5
Vicki Megginson	March 7
Susan Boehler	March 10
"Mary" Kay Frank	March 19
Ann Ott	March 20
Gail Chevalier Zini	March 25
Mary Ann Smith	March 28
Cheryl Roberts	March 29
Linda Waldron	March 30

Happy Birthday, Ladies!



GOLF SIG

It is almost Spring! You can begin to hear the chirp of birds and see buds on trees. That means that it is also time to begin thinking about golf! The IWIL Golf Sig plays once a week at Pasfield Golf Course on Monday evenings. Tee times begin at 5:23. This year the first night of play will be April 27th. You do not have to be a good golfer to play in this league. We are out there for exercise, fellowship, and fun! If you are interested in joining the group, please contact Mallorie Teubner at mallorie66@yahoo.com or Sharon Thornton Knop at sknop@gctv.com. Come join the fun!



2008- 2009
Programs & Events

JULY 24

IWIL Summer Social
Evening – Island Bay Yacht Club

AUGUST 21

Luncheon – Amy Hagen
“Top Seven Financial Mistakes
Women Should Not Make”

SEPTEMBER 18

Breakfast – Marianne Jackson
“In the Shadow of a Leader”

OCTOBER 16

Luncheon – Diane Newell
“Leading Multiple Generations”

NOVEMBER 20

Breakfast – Evelyn Brandt and
Norene Davlin
“Ultimate Life Leadership – the
Bucket List”

DECEMBER 4

IWIL Holiday Social
Evening – Panther Creek

JANUARY 15

Luncheon – Ann Hart, Marion
Richter, Marilyn Kushak and
Desiree Logsdon
Past Chamber of Commerce Chairs

FEBRUARY 19

Breakfast – Dr. Susan Hingle
“Wellness for Women”

MARCH 19

Evening – New Member Reception
Home of Connie Dicenso
5004 Dogwood Hills, Spfld

APRIL 16

Breakfast – Scholarships and
Diamond Award

MAY 21

Evening – IWIL Annual Meeting

June 18

Luncheon – Julie Davis
“Developing Vital Friendships”

IWIL NEWS

WEBSITE ACCESS

If you are in need of the password for the Member's Only section of the website, please call Theresa Boley at 545-5000. We have been advised not to e-mail the login and/or password, so please call.

PAY TO SAY

Sarah Delano Pavlik is running for Capital Township Trustee. She asks for your vote on April 7!

Girl Scouts of Central Illinois invites you to the 2009 Friendship Circle Luncheon. Tuesday, March 10, 2009 at INB Conference Room - 431 South Fourth, Springfield. We invite you as our special guest as we share stories from local girls whose lives have been changed by Girl Scouts. Lunch is free and will be served at 12:00 p.m. and will end at 1:00 p.m. Bring a friend! For more information call 217-523-8159.

A fundraiser for the new **Southwind Park** will be held on Wednesday, March 11th, from 6 - 8:30 pm at the Inn at 835. For a \$100 ticket, you will have a chance to win one of two 52" Philips LCD screen TVs. Contact Sheryl Daugherty at 793-6922 for more information.

Lisa Wetzel is running for the Ball-Chatham School Board. She would appreciate your support.

On Tuesday, March 31 from 5:30 – 7:30 you are invited to the UIS Etiquette Dinner. You will enjoy a four-course meal while you are instructed by Beth Reutter, Coordinator of the Hospitality program at U of I Urbana-Champaign. The cost is \$25 per person. For more information, contact **Mary Caroline Mitchell** at alumni@uis.edu.

Sara Lieberg of Senior Sidekicks says we are the first medical visit companion services in the country helping patients through medical appointments. We are pleased to announce that our services were instrumental in saving our first life.

CHAMBER PANEL UPDATE

All of the participants in the Chamber of Commerce panel discussion at the January meeting have donated their honoraria to charity. Marian Richter donated hers to the Illinois Humane Society, Marilyn Kushak to the Springfield Bicentennial Commission, Desiree Logsdon to the State Farm Classic, and Val Yazell to the Animal Protective League. Thanks, ladies, for helping make Springfield a better place!



**MEMBER
SPOTLIGHT –
LAURA ANN EVANS**



IWIL NEWS

**IWIL March Spotlight: Laura Ann Evans
by Lisa Rigoni**

Laura Ann Evans joined IWIL in August 2008, the same month she adopted her four-pound Yorkie, Rufus, whom she affectionately refers to as her little buddy.

She is single and doesn't have children of her own yet, but says she has "an amazing boyfriend with two wonderful children, and I am very blessed to have the most loving and supportive parents and two beautiful sisters."

Her professional life is spent recruiting new members and retaining current members at Panther Creek Country Club where she serves as membership services coordinator. She volunteers for March of Dimes and The Old State Capitol. She is also a member of both the Greater Springfield Chamber of Commerce and the Illinois Society of Association Executives. She received her Bachelor of Arts degree in communications from Illinois College.

If you were to visit Laura Ann at her home you might find her perusing some of her favorite magazines, Southern Living and Country Living. She also enjoys autobiographies by First Ladies, biographies on presidents, military and presidential history books, as well as Christian books.

When asked what an ideal day would look like to her, she said, "I would spend most of the day with my family and the rest of the day creating jewelry and/or cooking!"

Two characteristics Laura Ann looks for in a leader: "Great interpersonal communication skills and energy filled with the drive to succeed."

One piece of advice about leadership that she would share with others: "To be a good leader you need to be fresh, keep things fun and enjoyable, be thoughtful and reflective and make a constructive difference."

RECAP OF FEBRUARY PROGRAM

Dr. Susan Thompson Hingle Shares Heart Health

by Lisa Rigoni

It's frightening to realize that heart disease is the No. 1 killer of women, with stroke running in second place, followed by lung cancer. As women, we often think of breast cancer first, and while it is certainly something to be aware of, it is sixth in the line-up of deadly diseases for women, preceded even by COPD and pneumonia/flu. Susan Thompson Hingle, M.D., spoke to the early risers about this and other important heart health information at the IWIL breakfast, Feb. 19.

Dr. Hingle is an Associate Professor of Clinical Medicine for the Department of Internal Medicine at SIU School of Medicine. She is also Clerkship Director, Associate Residency Program Director and Associate Doctoring Director. She served both her residency and chief residency programs at Georgetown University Medical Center in Internal Medicine.

She shared her experience and knowledge with the group in a frank, direct manner ... reminding everyone of the seriousness of heart disease and the importance of being proactive in taking care of our health. We've all heard it said before ... proper nutrition and exercise. Understand your family history. Know your risk factors. Dr. Hingle really took the time to help IWIL members realize how critical this issue is to women today.

Not only is coronary heart disease (CHD) the No. 1 killer of women (and men), but one of three deaths in women is due to CHD, compared to one of 28 deaths in women as a result of breast cancer. One in 10 women age 45 to 64 already have CHD. One in four women over the age of 65 have CHD.

Risk factors that women should be aware of: obesity, elevated triglycerides, elevated lipoprotein, elevated homocysteine, insulin resistance (pre-diabetes), age, family history, ethnicity, smoking, inactivity, stress, depression, Type A behavior, as well as others.

Symptoms in women are often experienced before a heart attack, including unusual fatigue, sleep disturbance, shortness of breath, indigestion, anxiety. During a heart attack the major symptoms could include: shortness of breath, weakness, unusual fatigue, cold sweat, dizziness. Not all symptoms have to be present.

Unfortunately, women can be stubborn and don't always seek medical attention. Hingle said, "Women are less likely to receive interventions, even after a diagnosis. It's important to pay attention to the symptoms. It's worth getting checked out." She encouraged cholesterol panels and also noted that menopause and estrogen levels could be factors.

The good news is much of this can be controlled by diet, exercise and regular physicals. For overall and heart health 30 minutes a day of exercise is recommended (and it can be throughout the day in 10-minute increments). If you need to lose weight, increase the duration to 60 minutes a day. Be sure and consume a healthy diet: 6 oz. of grains every day (preferable whole grains), 2 ½ cups of vegetables, 2 cups of fruit, 3 cups of milk and 5 – 6 oz of meat and beans.

Other suggestions included, stress reduction, an aspirin a day, and aggressively pursuing modifiable risks such as smoking, high blood pressure, obesity. If all major forms of cardiovascular disease were eliminated, life expectancy would rise by seven years, she said.

So, have you scheduled your check-up, changed your diet, added regular exercise to your daily schedule? You are worth it! Get started today!