



February 2008

Message from the President

Have you ever heard a song that speaks to you and stays in your mind and your spirit? Sometimes those songs inspire us; sometimes they make us dance; and sometimes they tap into a feeling so deep that we are not sure where it came from.

That song for me is "Woman of a Calm Heart" by Anne Hills on the CD of the same name. Anne is an artist who has one of the most clear and beautiful voices I have ever heard (I am somewhat of a groupie in case you couldn't tell!).

"Oh to be a woman of a calm heart"...the message continues on to speak of no fear and to take life in stride. Isn't that a wish we all have for ourselves? As stresses and challenges affect us everyday, the ability to stay calm and clear headed is a gift. Sometimes the temptation to run the other way overtakes us and we can think only of pulling the covers over our heads and hope the new day will bring calm.

"Oh to be a woman of resilience"...to take the punches and swings and still have arms for warmer things....To be joyful in triumph and patient when denied". Think of the many women you know or have known who play the hand that they are dealt and move forward no matter how difficult the path of life becomes.

"Oh to be a woman of forgiveness" ...to sort out what is worthy kept and leave the rest behind...holding a grudge is the last thing on her mind". To be able to forgive and move beyond anger and resentment is difficult many times. Think about the times that words were spoken that could never be taken back. But forgiveness is sweet; the feeling of lightness and freedom that it brings is priceless.

As I think about the women in my life, now and in the past, I can think of many who fit this song. As I look around our PWI group, I see many who are calm, resilient and forgiving.

One of the gifts that being involved with other women as we are, is that role models are there for us; support and concern are freely given; and teaching by example and in ways we are not always aware of is abundant.

I wish calm hearts for all of us and for all the women in our lives....thanks to all of you who have entered my life and given me the gift of your friendship.



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PWI Co-President



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February Luncheon: Age Beautifully: Stay Sharp and Guard Your Heart



Some people never seem to age. How you live in midlife determines how active, mentally sharp and free of disease you'll be later in life. If you are ready to feel young, join Asbury Hy-Vee Registered Dietitian, Megan Dalsing at our February 13 luncheon. Use her easy-to-adapt tips to create your own stay young plan.

Megan has a variety of experience working with individuals and groups concerned about their health. She is available to meet with individuals to answer questions on preventing disease, fitness and grocery shopping. She works with Mediacom and Dubuque Community Schools to produce *Kids in the Kitchen* and the *Garden Organic* television programs to educate both students and adults on living healthy.

Contact Director of Membership Melissa Conley if you would like to be on our emailing list or to reserve your seat for the luncheon featuring Megan Dalsing by Friday, February 8 to allow for seating and food count. The PWI luncheon will be held February 13 from 11:30 a.m. to 1 p.m. at the Ramada in Galena. The cost this month is \$11 for members and \$15 for non-members. Those who do not attend but make reservations will be billed for their seat. To become a member or reserve your seat at the next luncheon, call Melissa at Midwest Medical Center at 815-777-1340 or log onto pwigalena.org for more information.

PWI Community Connection

PWI members who volunteer for a charitable organization can receive help with donations. One organization a month will be selected and needed items collected at the luncheon. The organization's list will be available at the luncheon prior. If you would like your charitable organization to be featured in March or April, email Tara Hollander at thollander@galenahealth.org.

February - **Tyler's Justice Center**

March - **Big Brothers/Big Sisters of Northwest Illinois**

April - **Open**

PWI Purpose

The purpose of the group shall be to offer professional and social networking opportunities and is dedicated to be an active, innovative resource by providing support, offering opportunities for professional growth and development, while promoting the establishment of purposeful relationships between members.

Mark Your Calendar

February 13 - **Age Beautifully: Stay Sharp and Guard Your Heart**, Megan Dalsing

March 12 - **Making the Connection and Accomplishing Your Goals**, Char Wenc



Portrait of a Lady

By Nancy Peterson



Linda Rode

Meet Linda Rode, a happy, retired woman who enjoys sharing her love of yoga with others through her company, Yoga for Life.

Where are you from?

I grew up in the south side of Chicago but, consider Naperville my home since I lived there for nearly 20 years before moving to Galena as a full time resident.

What did you do before starting Yoga for Life?

I worked in the title insurance industry for nearly 30 years in the Chicago area. I've done just about everything imaginable in that industry. It was fun but, when you're done, you're done!!

What brought you to your current position?

I've always loved physical fitness – when I have the time I could get lost at the health club for hours. When I was younger I couldn't see the benefit of combining cardio and weight training with the slow, gentle movements and breath work of yoga. Age brought a shred of wisdom and when I was living in Japan in the mid 90's I discovered the beauty, peace and serenity of yoga. When I decided to leave the hectic pace of my career, I felt it was time to begin sharing what I had learned with others.

What has been the most interesting aspect of your work?

I am continually fascinated by the way the body responds to a consistent yoga practice. It is even more exciting to see how other areas of our lives can be positively impacted when we embark on this wonderful path. Such a unique and amazing transformation occurs.

What has been your biggest challenge?

Getting the message out is the biggest challenge. People tend to fall into three camps when it comes to yoga – those that see it as purely physical, those who think they have to be flexible and fit to try it and those who think it borders on a religious experience. Yoga is really so much more. Yoga is the union of body, mind and spirit. All that is required of the practitioner is an open mind and a willingness to develop a consistent practice.

Tell me about your family.

I have one brother who is two years older than me and is married with two grown children. I have been married to my wonderful husband, Paul, for ten years and have two step-sons and four step-grandchildren. My Mom is still living; she's 85.

Any pets?

Our dog's name is Bergen, named for the scenic coastal city on the West coast of Norway (my husband is 100% Norwegian - our dog just had to fit the profile in some way). He is a five year old golden retriever that we adopted from Safe Haven Humane Society and is our best pal.

Who are you inspired by?

As I was growing up I never thought I would say that I have been inspired most by my Mom, but in the past couple of years I finally "get it". I finally understand and appreciate the message that I hated listening to, the message I rejected more times than I can count, the overriding theme of her life – we don't always get to choose what happens to us, but if we put a smile on our face and change our attitude the world will look better, we will feel better and we will get more out of our experiences.

What is in your refrigerator?

Being somewhat of a health nut, a word that describes my refrigerator is "organic". Most of the time it is filled with fresh fruits and vegetables, a host of dairy products, farm fresh, free range eggs, organic meats and homemade soups. So that you don't think I'm totally boring, the freezer is where I keep my stash of sweets.

If you could invite anyone to a dinner party dead or alive, who would you invite?

I would invite Oprah Winfrey to join Deepak Chopra, Mother Theresa and Mahatma Gandhi. Quite a combination, I know, but what a blend of energies, profound ideas, amazing insights and strong beliefs.

What is your favorite vacation spot?

My husband and I travel frequently so I can't say that I have one favorite spot – there are so many that are beautiful. Italy, Switzerland and France are probably my favorites because of the fabulous food, wonderful wines and beautiful scenery. Of course, Norway is another favorite because of the close ties to Paul's relatives who are so dear to my heart.

What has been your largest personal challenge?

Finding balance. Life is filled with so many opportunities; at times it's hard for me to prioritize them.

Are you living your dream?

The life I am living is beyond any dream that I could have wished for myself. I feel so blessed.

March Luncheon: Making the Connection and Accomplishing Your Goals



Join us for the March 12 luncheon and experience the energy and magnetism of the award-winning educator Char Wenc. Enjoy and grow from her stirring program that gives you the steps to substantially improve in your profession.

Wenc is a nationally recognized speaker and author on communication, parenting and creating cooperative environments at home, at work, and in the classroom. She is a professor in the doctoral programs at the Adler School of Professional Psychology and Loyola University Chicago. For over twenty-five years Wenc has been a professional communicator as a parent, teacher, clinical counselor and television speaker.

Wenc is the author of *Parenting – Are We Having Fun Yet?* and *Cooperation – Learning Through Laughter*. The *Chicago Tribune* calls her “a speaking dynamo.” She is a consultant to the medical and business community, school districts and other educational associations in the United States.

Wenc has served as a classroom teacher, clinical counselor and a graduate school professor and specializes in assisting people to improve relationships at home, school and workplace. She empowers people to establish more positive environments in which to live their lives. Wenc teaches skills that make a difference in how people live together. She shares her knowledge and experience with passion, humor and realism.

Contact Director of Membership Melissa Conley if you would like to be on our e-mailing list or to reserve your seat for the luncheon featuring Char Wenc. Melissa needs to have all reservations in by Friday, March 7 to allow for seating and food count.

The PWI luncheon will be held March 12 from 11:30 a.m. to 1 p.m. at the Ramada in Galena. The cost \$11 for members and \$15 for non-members. Those who do not attend but make reservations will be billed for their seat. To become a member or reserve your seat at the next luncheon, call Melissa at Midwest Medical Center at (815) 777-1340 or log onto pwigalena.org for more information.

February Luncheon Menu

Oriental pasta salad served over fresh greens

Mini egg rolls

Sweet and sour pork and mixed oriental vegetables served over fried rice

Build your own banana split for dessert

PWI Member Connection

Lisa McCarthy would like to announce she will be celebrating her 19th year in business at a new location. Her graphic design studio, No. 9 Design, will be moving to the Artist's Annex at 412 Spring Street, Suite A, in Galena on February 9. You can reach her at (815) 776-9970 or LMc@no9design.com.

What Do You Think?

PWI looks forward to another exciting and informative year. We are exploring a new look for both our newsletter and our website. Here is your chance to give us some feedback on what you would like to see in the communications PWI sends to you.

Do you have ideas for articles? Do you want to write articles? What kinds of information do you need in order to plan your schedule? How much follow-up should we do with our speakers? What do you want to know from the Board? What topics help you become a better professional or a better person? What are we not doing that you would like to see us do? Email Nancy Peterson at peteronnancy@mac.com. If we don't hear from you we can't change or improve; and we can always change and improve! Thanks in advance for giving us your ideas. We will listen to you, our members!

Community Connection - 2008

The Professional Women's Initiative of Galena is pleased to support local philanthropic organizations. Members are asked to bring their items to designated luncheons throughout the year. To find out the schedule for supporting each organization, check the monthly newsletter or the events calendar. If you aren't able to bring your items to a luncheon, you can contact each organization directly to make a donation.

February Luncheon

TYLER'S JUSTICE CENTER FOR CHILDREN



Carroll, Jo Daviess and Stephenson Counties in Illinois
408 E. North Avenue, Stockton, IL 61085
(815) 947-6030
Contact: Michelle Murphy, Development Coordinator
(815) 947-6030
mmurphy@jisp.net

Our Mission ... To lessen the traumatization of child abuse victims by providing a coordinated multi-disciplinary approach to the investigation, prosecution and treatment of child sexual abuse and serious physical abuse cases.

Wish List:

- * Juice Boxes and/or individually packaged snacks
- * Children's movies or games for waiting room.
- * Gently used or new hand-held electronic games for children 11-17.
- * Unopened recordable blank DVD's (minimum 2 hours in length).
- * Unopened 60-90 minute audio tapes.
- * Paper products (i.e.: paper towels, napkins, toilet paper).
- * Office supplies (please call for ink cartridge or toner information).
- * Postage
- * Snow Removal Services
- * Children's fleece blankets
- * New stuffed animals for the "Teddy Bear" closet
- * Money for other operating expenses
- * Money to underwrite the purchase of "Livestrong" bracelets for our teenage clients.

If you would like to volunteer your time toward our non-profit organization, we have many opportunities throughout the year. Contact our Executive Director at the information above.

March Luncheon - Big Brothers/Big Sisters of Northwest Illinois

If you would like your organization to be featured in PWI's Community Connection, please contact Tara Hollander at 815-776-7297 or at tarahollander@midwestmedicalcenter.org.

PWI Woman of Influence Award-

This award is open to a member of the Professional Women's Initiative of Galena (PWI). The Woman of Influence Award recognizes a woman who is a leader, entrepreneur, volunteer, artist or professional, with a dedicated commitment to her vocation, fellow women, the community and her own personal growth.

QUALIFICATIONS:

The nominee must:

1. Be nominated by a member of Professional Women's Initiative of Galena;
2. Exemplify strong leadership skills in her vocation;
3. Provide service and dedication to the community;
4. Demonstrate support of women in the community.

NOMINATION PROCESS:

A PWI member may nominate themselves or another PWI member by utilizing the PWI Woman of Influence Award Nomination Form. Forms will be available at the PWI website in January and at the January PWI membership meeting. Deadline for nominations to be completed and submitted is by the February PWI membership meeting. The nominating committee will meet within 1 week of receiving the nominations for review and a decision. The recipient will be contacted upon a final decision being made and committee will immediately order the engraved award for distribution at the March PWI meeting.

JUDGING CRITERIA:

Nominations will be judged by a panel of judges, headed by the PWI Past President and a committee of five volunteer PWI members. The nominations are all forwarded directly to the Past President and are assigned a code to protect the identity of nominees prior to the committee's review of the nominations. The Past President does not vote to maintain fairness within the judging system.

WINNER:

The winner will be notified by the Past President immediately after the judging to ensure adequate time for publicity. The award will be presented to the winner at PWI's annual meeting in March.

