



August 2008

Message from the President Mary Sheahan

Can you be your own “life coach”?

In the past year, I have become much more aware of the benefits of coaching, whether it is business/executive or life/personal. Sometimes it is just the boost that a person needs to make a decision, change a job, focus on better outcomes in the workplace.

But not everyone can afford or has access to a professional coach. So how do you coach yourself when you are trying to lead a life that makes you happy and resolves some of those issues that seem to rear their ugly heads with some frequency? I received an article in the past several months that resonated with me on this topic. It was written by Victoria Moran, author, speaker and life coach. She did a wonderful synopsis of looking at your life as though you were your own coach.

First, ask yourself the question “is this good for me”? Whatever it is, it must be genuinely good for all aspects of your life: emotional, physical, mental and spiritual.

Do the gut check, is my body telling me to stay away or to go in a different direction? How many times have you heard someone say “I wish I had gone with my gut reaction.”?

Where does the decision fit within your value system? Moran suggests checking in on your values several times during the year so that they are top of mind when needed.

Think about the role models in your life. Could tapping into his or her wisdom help you with your process? Even if you just write out the question for yourself, but thinking what your mentor would do, may give you more clarity.

Ask yourself what it is that you may not be seeing. It may be easier to leave blinders on if there is something we really don't want to see.

Know when to hold ‘em, know when to fold’em as Kenny Rogers sings for us. Practicing thoughtfulness and restraint in action may give you additional insight or a better plan to follow.

Think about what makes you genuinely happy, from the day to day activities to the trip you plan every year that takes you to a new and exciting spot. If you can honestly tell yourself that what you are doing today will still make you happy weeks or months from now, it is probably a good thing for you to do.

Seek guidance when you feel the need to. Sometimes it is good to go to a trusted friend but there are times that an objective coach or colleague is the best resource. When you cannot see the forest for the trees, an outsider may be better equipped to help you through whatever you are working on.

And lastly, is there a divine plan for you? Whatever your spiritual life is, asking for divine intervention or a clearer plan may give you another perspective. Try always to take the high road; when you do that, regrets are less likely.

See, you **can** coach yourself. It is good to take the time to coach ourselves the same way we would reach out and offer coaching to another. Clearly we are worth taking the time and effort; there is no doubt that time on the front end of a decision process is far better spent than trying to undo a decision we are wishing we had not made!!!

It reminded me a lot of our PWI meetings. We are women welcoming other women, listening to what each has to say and searching for the connection that may happen. Sometimes it might be easier to stay home or at work and bypass the opportunity; once you are there, it feels good to have made the necessary effort to attend and engage.



A short history of the world of PWI

The Professional Women's Initiative of Galena was born after a discussion between co founders B'Ann Dittmar and Mary Sheahen. Both are business women in Galena and were looking to create opportunities for women to connect and support one another.

The initial discussion occurred late in 2005 and the two pulled together a focus group of local women to present the proposed idea and seek feedback. That focus group loved the idea and signed on to be the first official board of PWI. Those members included: Amy Alderman, Melissa Kaiser (now Conley), Jennifer Steines, Betty Fields, Jackie Richardson, Carrie Melton, Robin Vaughn, B'Ann Dittmar and Mary Sheahen.

The goals set forth were: networking with other women, development of new relationships and friendships, creating an expanded support network, sharing expertise and having fun!!!

The first meeting of PWI, after a successful incorporation as a non-profit organization, was held on March 8, 2006 and drew 125 people. The goals were shared with the larger group and members were signed up.

Every month since then, the meetings have included an excellent presentation or event. Topics range from professional to personal improvement to just plain fun. Three other events are also part of this: booth event, golf outing and holiday cocktail party. PWI also gave three scholarships of 1000.00 each to young Galena women attending college. This money came from a very successful golf outing in 2007.

Membership continues to remain very steady and feedback from members has kept the organization consistently changing to meet the needs of the members. New board members have added new views and approaches to the organization. All board members, since the organization was conceived, have been active and involved, which is what contributes to an ongoing vibrant networking and learning opportunity.

Mary Sheahen 7.22.2008

Professional Women's Initiative Board

Co-Presidents

B'Ann Dittmar
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Mary Sheahen
Wild Clover Day Spa
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Secretary

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Membership Director

Sue Berning
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Director of Community Connections

Betsy Eaton
Convention & Visitor's Bureau
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Hospitality Director

Jackie Richardson
Eagle Ridge Resort and Spa
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GROWTH OPPORTUNITY UNITY

Community Connection - 2008

United Way of Northwest Illinois, Inc.

Most of you may know about the United Way, but do you know about United Way of Northwest



Illinois? Did you know we have been operating in Jo Daviess County for more than 18 years? Did you know that we help fund 14 local organizations that provide a wide variety of services in Jo Daviess County?

Marsha Mulligan, Executive Director of the United Way of Northwest Illinois (UWNI), is working to increase awareness of their member agency services in Jo Daviess County. "There is a lot of support for some of our individual agencies in Jo Daviess County, but there isn't any awareness that they are member agencies of the United Way of Northwest Illinois." People who live in Jo Daviess may work in Wisconsin or Iowa and give to United Way through their workplace campaign. We want to be sure they understand that they can designate their dollars back to their local agencies in Jo Daviess County. Through the United Way, donors can specify a particular agency and indicate "UWNI". If they don't designate, their dollars stay in the community where they work.

UWNI has provided dollars to Jo Daviess member agencies for 18 years, but mostly with dollars coming from the workplace campaigns in Stephenson County. While some of those workplace dollars have come from individuals who live in Jo Daviess, UWNI has not done a comprehensive job of soliciting support specifically in Jo Daviess County. With declining corporate support in Stephenson County over the last several years, annual campaign totals have

declined and, of course, the funding available to the member agencies. Add to that the huge cuts that many of UWNI-member agencies are seeing from the state and federal governments, increased competition for grant dollars, increased gas and utility costs... There are many agencies struggling to provide critical services to our citizens.

If you care about the vital services provided by the following services, please consider contributions to the United Way of Northwest Illinois' current 2008-09 campaign through direct donation or designations at your workplace campaign:

- American Red Cross services (except Dunleith Township)
- Big Brothers/Big Sisters - a program of FHN Family Counseling Center
- Boy Scouts - Blackhawk Council
- Catholic Charities
- Children's Home and Aid Society
- Contact crisis and reassurance telephone lines
- Girl Scouts of Green Hills Council
- JDWI
- NICAA Golden Meals programs (meal sites and home-delivered meals)
- Prairie State Legal Services
- Rainbow Ridge group homes
- Senior Center services
- Sojourn House substance abuse counseling and in-patient services
- Tyler's Justice Center services

For information on how you can help or volunteer, call Marsha Mulligan at 815-232-5184 or email mmulligan@uwni.org.

Marsha Mulligan
Executive Director
United Way of Northwest
Illinois (UWNI)



All Aboard for the PWI August Luncheon

Your Itinerary:

Date: Wednesday, August 13, 2008

Time: 11:30 am - 1:00 pm

Where: Ramada Galena

Subject: TODAY'S TRAVELER

Speaker: David Lange, Tri-State Travel

“TODAY'S TRAVELER: Who are today's travelers, what are they looking for, and how is the travel industry trying to adapt to the current climate?”

Reserve your seat with Jackie by August 11th:
jrichardson@eagleridge.com
\$12 members, \$15 non-members

If you have not already received your PWI Membership Directory, your copy will be waiting for you at the luncheon registration desk!

www.pwigalena.org

PWI Members Enjoying Amy Breitfelder's Presentation on Fundraising



GROWTH OPPORTUNITY UNITY

“Members Toot Your Horn”

Influential People in the Tri-States

In the Tri-State Business Times, they are compiling a special report called “Most Influential People in the Tri-States”. They are looking for nominations for those you believe get things done. Qualities to consider are “Who has the leadership ability and the knack to get involved to bring a project to fruition? Nominations can be sent to gdua@wcinet.com or submit them on-line at www.thonline.com/mostinfluential/. The special report will be published in the November issue of the Business Times.

B’Ann Dittmar Promotion

B’Ann Dittmar was promoted to the Market President of U.S. Bank Dubuque, where she will manage the commercial and retail operations of the five Dubuque locations. Dave Winter has assumed the Market President role in Galena.

B’Ann N. Dittmar, President, US Bank

Safe Haven Humane Society “Pars Fore Paws” Couples Golf Event

PWI members are invited to join Safe Haven on September 7th for their “Pars Fore Paws” Couples Golf Event on the 9-hole East Course at Eagle Ridge Resort & Spa. Participants will enjoy an enjoyable day of couples golf (marriage certificates not required), a complimentary gift bag, dinner and an opportunity to win prizes. Your generous contribution will make the outing a success and raise critical funds needed to help support Safe Haven in their goal to provide homes for all the homeless pets in Jo Daviess County.

Double Eagle \$500 -Two two-somes and dinner for four. Your logo printed large in the event program, your company signage displayed at dinner, hole recognition.

Eagle \$300 - One two-some and dinner for two. Your logo printed in the event program, your company signage displayed at dinner, and hole recognition.

Birdie \$100 - Your logo printed in the event program, hole recognition, your name on a tee sign.

Couple \$125 - \$125 per couple includes green fees, cart, dinner, awards ceremony and a special gift package

Susan Nicolini, Owner, Moon Valley Pet Lodge and Safe Haven Board Member

U.S. Bank Ranks First in Ponemon Institute Study of Most Trusted Retail Banks for 2008

MINNEAPOLIS, Jun 17, 2008 (BUSINESS WIRE) -- U.S. Bank has, for the third year in a row, ranked first in the nation in the 2008 Privacy Trust Study for Retail Banking conducted by the Ponemon Institute. The study measures consumer perceptions of trustworthiness in retail banking by examining how issues related to consumer privacy and data security - and the ways in which retail banking institutions address those issues - translates to consumer opinion.

The 2008 Privacy Trust Study for Retail Banking was conducted in June 2008 and derived from a final sample of 6,404 surveys returned from adult consumers in the United States.

U.S. Bancorp (NYSE: USB), with \$242 billion in assets, is the parent company of U.S. Bank, the 6th largest commercial bank in the United States. The company operates 2,522 banking offices and 4,844 ATMs, and provides a comprehensive line of banking, brokerage, insurance, investment, mortgage, trust and payment services products to consumers, businesses and institutions. Visit U.S. Bancorp on the web at www.usbank.com.

Riverview Center

Riverview Center, Inc.’s 5th annual High Flute’n Fashion Show will take place on Saturday, August 23rd at Eagle Ridge Resort & Spa in Galena, Illinois. This event will take place from 10AM to 1PM and includes brunch, a silent auction, and a fashion show featuring the latest fall fashions from local retailers. Tickets are \$30 and can be purchased at 888-707-8155 or www.riverviewcenter.org. All proceeds from this event will assist Riverview Center, Inc. in the fight to end sexual violence in our tri-state community.

Cathy McDermott
Riverview Center

“Members Toot Your Horn”

The Galena Public Library

The Galena Public Library and Reading Room was established in 1894 by local merchant Benjamin Franklin Felt. On January 3, 1895 the doors opened to the public on the second floor of the Post Office.

The initial collection contained 1,522 volumes. On providing the funds for the library, Mr. Felt set one condition: four of the nine members of the Board of Directors had to be women. This was an unprecedented move and drew national attention. Among the four initial women directors was Mr. Felt's daughter, Anna, who became financial secretary and remained on the Board until 1953.

In the fall of 1906 construction of the current library building on 601 S. Bench Street started. Matching funds from the Carnegie Foundation and the Felt Estate made this project possible.

The site was chosen for its view from the heart of town. When you stepped out of the train in those days you looked straight at the library like a Greek temple on an acropolis.

The Greek revival style of the outside was a very popular style demonstrating stability, dignity, and importance. Whereas the Prairie style interior makes the library inviting and comfortable. A major attraction of the inside are the two fireplaces with their beautiful mosaic tiles picturing a wisteria pattern on the main floor and American ivy or also called woodbine pattern in the children's room area.

The library building was dedicated on July 4, 1908. One hundred years later we celebrated the dedication with a commemorative service raising the American flag on the new flagpole on July 4. Watching the flag being raised and singing the national anthem lots of memories were going through all of our minds.

Memories of all the people who have worked for the library, all the board members who have served so diligently over the years, all the constructions and renovations that ensured the historic charm of the building, all the efforts to make the library a financially sound operation, and of course all the efforts to ensure the best quality of service to the community.

The library has had 30,000 visitors, the cataloged collection now contains 26,000 items, the library is a fully participating member of the Prairiecat consortium and more than 38,000 items circulated within the last fiscal year.

Susi Ludwig-Ruppert
Library Director



Susi Ludwig

Where are you from?

I was born and raised in Vienna, Austria. I have lived in New York City for a while and in a north suburb of Chicago for 7 years.

What did you do before?

I have been the director of the Galena Public Library District now for more than a year. I have worked at the library since 2001. From 1994 to 2000 I have worked at the Wilmette Public Library and worn many different hats, which was great because I learned so much about the library business. **And before?** I have always worked during my studies in Vienna. The odd jobs here and there. I loved my internship at the Austrian Television Company.

What has been the most interesting aspect of your work?

Networking. I have had the most incredible, most wonderful, most helpful experiences in networking within our community, within the library world and within my friends who are a true inspiration.

What has been your biggest challenge?

To go home because work has been so much fun.

Tell me about your family.

I am married for the second time to my best friend Andreas. I have three daughters from my first marriage who love growing up in Galena. Michelle is 12, Carina is 11 and Lisi is 8. This is why I "carry" such a long name, Ludwig-Ruppert a tribute to my two marriages. The rest of my family lives in Austria and we try to go visit as often as we can.

Any pets?

Yes, we have two. A black Labrador mix named Buddy we adopted from the Dubuque Humane Society. A little plump guinea pig called Schnucki.

Who inspires you?

You meet many great inspiring people throughout your life and I am grateful to all of them for listening to me, being honest with me, helping me lift my spirits, and encouraging me.

Favorite Movie?

I have two. I went to see "Gone With The Wind" on a really big screen with my mom. This memory is so special,

especially the part when we cried our little hearts out together even though we had seen the movie many times before. "Out of Africa". I cannot count how many times I have seen this movie. I have read the book and many other stories by Isak Dinesen. She is a fantastic storyteller. One other reason I might like this movie so much is because one of the best Austrian actors on stage and on the screen plays the role of Baron Blixen. I used to follow his stage performances in Austria with one of my best friends.

What is in your refrigerator?

Nothing unusual.

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

First of all my dad who passed away 8 years ago. And for the second dinner party would invite Ringo Starr and his buddies John, Paul and George.

What is your favorite vacation spot?

Austria.

Your favorite pastime is ...

Spending time with my family, neighbors and friends. Reading but I have to be really careful about this hobby because I do forget the real world around me. (I forget to eat, sleep, and work.) Outdoor activities.

What has been your largest personal challenge?

Becoming a mom. This was the best challenge ever.

What are you most proud of?

My circle of friends from High School in Austria. When you only meet your best High School friends once in a while face to face but you feel this incredible bond that was established and will never go away you are proud of having this circle of friends. All of us have had personal challenges and career challenges but we are a bunch of creative, charismatic, and caring people.

Are you living your dream?

I truly think your dreams change with your own personal development and yes, I am living my dream of raising my three daughters. I rather want to say that I have had great opportunities in my life. I have had dreams and I have seen them come true. Wow, what great feelings trickle through your mind and body when this happens. There is

so much energy you can take away from those moments.
At the same time you realize you have to go to your
dream box and dream some more.

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