



**July 2008**

## Message from the President Mary Sheahan

As we celebrate the 4<sup>th</sup> of July holiday, it is important to give thanks for our freedom and independence. Be sure to thank anyone who has served our country and say a prayer for those currently serving to guard our freedoms. We are truly blessed to live in the United States of America!

As you think of the word independence, many things probably come to mind, liberty likely being the first one, but on a personal level, what does "independence" mean to you? As we are mid-way through another year, are there things that you would like to declare independence from, such as; negative thoughts, clutter, bad habits, draining relationships, time wasters, etc.?

Declaring independence from things that have been weighing you down can bring newfound happiness in your life. A friend of mine shared these tips for happiness that she picked up from a speaker who attended her church and I think they are pretty good lessons for us:

1. Know that you deserve to be happy.
2. Spend time with people who bring out the good in you and vice versa.



3. Focus on thoughts that make you feel good, such as a person, music, positive affirmation.
- Don't sabotage someone else's happiness through complaining and negativity.
4. Do something to nurture your own health, like eating healthier foods and exercising.
5. Listen to music that makes

*you feel good.*

6. Learn to still or quiet your mind. One way to accomplish this is through meditation, or listening to soft music in a quiet room.

7. Be understanding of yourself and others.

8. Manage time wisely attempting to move yourself in the right direction and making the right decision. How do you want your day be?

9. Treat yourself like gold. This is important as you are important and worth it. An example is to treat yourself as being a very special person. AND

10. Thrive. God has created you as a unique individual. Live life to its full potential as a good, warm, and loving person.

Declare your own personal independence today!

## Professional Women's Initiative Board

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### Community Connection - 2008

Tyler's Justice Center for Children is an advocacy center for children who are victims of sexual and severe physical abuse. The center is currently located on Hwy. 20 in Stockton, Ill., and serves Jo Daviess, Stephenson and Carroll counties. Tyler's has outgrown its current facility and is in need of a larger building in order to effectively handle its caseload and provide the services needed to fulfill its mission.

The "Helping Hands for Hope" capital campaign will provide funds needed to build a new facility, as well as establish a foundation to assist with additional operating expenses for the new facility. Donors who contribute over \$500 to the campaign will be recognized on a special "Giving Tree" which will be located in a prominent location within the new facility. The Giving Tree is a 7' x 7' oak carved tree, created by local artist, Dick Anderson. The tree will have child-sized hands as the leaves, with a brass plate inscribed to recognize donors. The cost of the tree has been underwritten by a generous donor.

With great support from the local community, corporations, financial institutions and the fundraising committees, Tyler's Justice Center has raised approximately 75% of the funds needed for the new facility. With YOUR help the last 25% will be raised very quickly. Thank you for your constant support and generosity to Tyler's Justice Center for Children.

### Member Connection

Member Connection is a place for members to make announcements, employment opportunities, large sale items or large items someone may need.



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### "Toot Your Horn"

Don't forget our new Tooting the Horn member page. Please submit your articles about your business or organization by the 15th of the month for consideration in the next newsletter and posting on our website. We also would like you to click on the tab "Membership" on the PWI website and send in your portrait, to be featured with your business or organization! Please submit to [peteronnancy@mac.com](mailto:peteronnancy@mac.com) ! Let's kick up our networking a notch and let the membership know what you are all about!

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### PWI's 2008 Scholarship Recipient Thank You Note from Kate Heitkamp

"Professional Women's Initiative, I can't begin to thank you for the scholarship. It means a lot that you see me as a worthy recipient. I will keep you in mind as I attend college and start my career.

Hopefully I will be able to help another worthy student through an organization like yours in the future. Thanks again! Kate Heitkamp."

### Website Winner Announced

Dayna Lapidus from Choices was the website contest winner at the July luncheon.

## Next Luncheon Date July 9th

Ramada Galena - 11:30 am - 1 pm

Subject: Fundraising

Speaker: Amy Breitfelder

Amy Breitfelder, will be giving us fundraising tips that encompass everything from event planning to appeal letters to sponsorships.

Don't we wish for that **Pot of Gold** for our favorite charity, worthy cause, or deserving organization? Then join us for the PWI July Luncheon!  
"FUNDRAISING"



Most of us wear many hats throughout our day. Whether you are a banker who is also the volunteer treasurer for your church board, the salon entrepreneur who supports fundraisers for the local women's programs, or a restaurant manager who serves on the committee for environmental issues, we all could use help in following the rainbow to the pot of gold for our cause!

## PWI July Luncheon Speaker Amy Breitfelder Bio

Amy Breitfelder is a Senior Vice President with U.S. Bank. She leads the retail side of banking for Northeast Iowa, which includes Dubuque, Galena, Clinton, DeWitt, and Maquoketa. Amy has served in this role with U.S. Bank for 6 years. Since her family's return to the Dubuque area 7 years ago, Amy has been involved with a variety of organizations at various levels, including fundraising activities.

Amy has been involved with the Junior Board of the Visiting Nurses Association for the past 3 years and is the current Treasurer. Amy has been involved with Junior Achievement of the Heartland for 3 years. Amy started as a volunteer in the classroom, and currently is a Board Member for JA. For the past three years Amy has been a member of the Loras Alumni Club of Dubuque

and now holds the position of Past-President. The fundraising completed by the Club supports a minimum of 15 \$1,000 annual scholarships for Tri-State area students. She has currently been nominated to the National Alumni Board for Loras College.

Amy feels very strongly that our children and young adults need to understand the philosophy of giving, whether it's time at a Bingo night for those in a home, gathering canned food for school, or donating gently used items for those in need. It can be service of time, money or talent for the betterment of the communities we live, work and play in.

Amy is married to Tim and they have one son, Andrew who is entering 5<sup>th</sup> grade. Amy enjoys shopping, sports, reading and relaxing with friends.

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## Future Luncheon Dates

Reserve your lunch one week prior to date by contacting Jackie Richardson at 815-776-5041 or jrichardson@eagleridge.com. \$12 members; \$15 non-members.

**August 13<sup>th</sup> Luncheon**

**September 10<sup>th</sup>**

Women's Leadership Conference

**October 8<sup>th</sup> Luncheon**

**November 12<sup>th</sup> Luncheon**

**December 10<sup>th</sup>**

Holiday Party (evening)

**January 14<sup>th</sup> Luncheon**