



June 2009

Message from the President

Jackie Richardson & Sue Berning

Are you an indispensable woman? Is this a compliment?

June is the first month of summer and we are all very excited for the activities that June brings. I'm sorry I missed the May lunch and speaker. I have accepted a new job with Sysco Foods as a marketing associate. Training is conducted in Baraboo, WI for a total of three weeks. Two of the weeks fall during our May and June lunches. During my transition to a new position I have found one of the challenges has been balancing work and personal time.

1. *Do you typically take on more than you can comfortably handle?*
2. *Does the idea that you can give away any of your responsibility strike you as ridiculous?*
3. *Is it hard for you to ask for and accept help and support?*
4. *Are you typically rushing and late for appointments?*
5. *Is your life fragmented and over-compartmentalized?*
6. *Do you secretly believe that no one can do it as well, as fast, or as efficiently as you?*
7. *Do tight deadlines and extra responsibility make you feel challenged and exhilarated?*
8. *Do you hide your insecurities behind a veil of over competence?*
9. *Do you believe that other people don't appreciate how hard you work and how much you do?*
10. *Do feelings of accomplishment in one part of your life not necessarily carry over into another?*

10 steps toward living happily with imperfection:

1. *See your life as it is*
2. *Accept personal responsibility*
3. *Examine your assumptions*
4. *Give yourself permission to acknowledge your feelings*
5. *Identify your needs*
6. *Simplify*
7. *Seek Support*
8. *Let go of guilt*
9. *Learn to see the humor*
10. *Create real and reachable goals*

This month's speaker, B'Ann Dittmar will be addressing more on balancing work and personal

life. **Be sure you mark your calendars to attend the June luncheon (11:30 am at Boone's Place).**

I look forward to my new role as co-president of this great organization. We are working on updating the Membership directory and plan to distribute the directory in July. Don't forget to invite other women to attend this month's luncheon with you and join PWI.

Sue Berning
PWI Co-President

PWI's first AM Event - a Success!!

As a membership you were polled several months ago about additional interests in the organization. From this poll, the board received wonderful feedback and has begun incorporating various member events into our PWI schedule.

Robin Vaughn, from Simply Elegant, took the stage at the DeSoto House Hotel, Wednesday April 29th. For those in attendance, you were treated to a wonderful presentation and given fashion tips on purses and accessories. If you missed this event ask yourself this question. When you swing your purse over your shoulder does it come to rest on your hip or when you walk can you feel it bounce off of your hip? If you can answer "yes" to this question this is not a flattering look, so you need to try and shorten the purse strap or go shopping! Did someone say shopping? Attendees at this event were also lucky enough to receive a shopping discount at Simply Elegant.

This AM event gave early risers the opportunity to learn fashion tips, and to do so in a fun and relaxing environment. Please continue to watch your e-mail and visit our website about additional PWI activities and mixers.

Jackie Richardson
PWI Co-President

Professional Women's Initiative Board

Co-Founders

B'Ann Dittmar
U.S. Bank
bann.dittmar@usbank.com

Mary Sheahen
Wild Clover Day Spa
mary.sheahen@wildcloverdayspa.com

Co-Presidents

Sue Berning
Sysco Foods
sberning@yahoo.com

Jackie Richardson
Eagle Ridge Resort & Spa
jrichardson@eagleridge.com

Secretary

Vickie Gratton
Family Health Ministry
vgratton@att.net

Treasurer

Tina Hyde
McGladrey & Pullen, LLP
tina.hyde@rsmi.com

Director of Programming

Karin Strenski
Karin Marie's Bees
strenski@yahoo.com

Director of Communications

Nancy Peterson
Direct Marketing Strategies, Inc.
peteronnancy@mac.com

Director of Membership

Krista Kruger
Kruger Appraisals
kkruger@lagrant.net

Director of Community Connections

Nichole Frank
First Community Bank of Galena
nfrank@communitybankgalena.com

Director of Hospitality

Betsy Eaton
Galena/JoDavie County CVB
director@galena.org

The monthly PWI newsletter is prepared by PWI member Sue Nicolini

Karin Strenski - Director of Programming

I am excited to be the new Director of Programming, but know that I have a tough act to follow. Carrie did such a great job as your previous Director.

>>

My husband Ed and I have been full time Galena residents for 2 years, after spending weekends for the previous 8 years. We are originally from Des Plaines, IL. I am semi-retired, and currently work at Wild Birds Unlimited and a couple of part time accounting positions. We are beekeepers and have a small farm in rural Galena. I joined PWI at their second meeting and feel lucky to have connected with so many nice women. I've enjoyed getting involved in a number of local organizations, and don't think I could have found a more perfect place to retire.



June Speaker B'Ann Dittmar Market President U.S. Bank & PWI Co-Founder

This month we will hear from B'Ann Dittmar, Market President for U.S. Bank, who will share strategies for "The Juggling Act: Balancing Work and Life". She will help us identify personal strengths in balancing work and our personal lives and indicate areas that could benefit from improvement. She will clarify the meaning of 'balance' as it relates to 3 areas of life and identify the keys to work and personal life satisfaction. She will also help us apply those tools in our own situations. If you want to learn how to put more "great days" in your life, please plan to attend this luncheon!



Wednesday, June 10, 2009

Boone's Place Restaurant

515 S. Main St., Galena

RSVP to Betsy Eaton: director@galena.org

By Thursday, June 4, 2009

PLEASE NOTE SPECIAL LOCATION!

Members \$12 Guests \$15



The Juggling Act: Balancing Work and Life

B'Ann Dittmar will share strategies and tools to help us identify the keys to work and personal life satisfaction

If you want to learn how to put more 'great days' in your life, please plan to attend this luncheon!



B'Ann Dittmar has 17 years of banking experience. She started as a teller and moved up through many areas of banking to her current role as Market President of U.S. Bank in Dubuque. She is involved in many local organizations, and is one of the Co-Founders of PWI.



United Way of Northwest Illinois

United Way of Northwest Illinois wants to share information about a Government Benefits website. GovBenefits.gov is an awarding winning Website and is part of the U.S. Government's strategy to use the internet to make government more accessible to citizens. The site is managed by the U.S. Department of Labor in partnership with 15 Federal agencies. It has connections to programs for Housing Assistance, Loans/Loan Repayment, Food/Nutrition, Child Care/Support, Healthcare, Living Assistance, Social Security and more. There are more than 1,000 Federal government benefit programs, including programs specific to each U.S. state.

For more information contact United Way of Northwest Illinois at 815-232-5184.

Marsha Mulligan
Executive Director

Menominee Garage Sales

Hey all you Garage Sale Fans come to the Menominee, IL Area Garage Sales. They will start off on Thurs. June 11th thru Sat. June 13th. Watch for signs off of highway 20 on North Menominee Rd. Maps will be available at all places to help you find all the hot spots. Still to early to know the exact number but as we go to press there are around 10 households signed up. Or if you are from this area and would like to be a part of this event call Sue Droessler at 815-747-7703.

“Members Toot Your Horn”



Just a reminder....

Please submit all articles for Member Toot Your Horn and Community Connections by the 15th of every month. We don't want PWI members to miss out on the important news and events that your organizations have to offer. One of the ways we network is through these monthly channels, so please let us hear from you.

We are sorry, but we are unable to send separate e-blasts to our members regarding your organization or event. We hope that you will take advantage of the monthly communications to our members and get your message out there through our newsletter and website.

If you have any articles or questions, please email them to Nancy Peterson, at peteronnancy@mac.com. Thank you!

Nancy Peterson
DMS
815-777-0104 Telephone
630-606-7555 Mobile
peteronnancy@mac.com

2009 PWI Dates to Remember

June 10	Monthly Luncheon Boone's Place	B' Ann Dittmar
July 8	Monthly Luncheon	Matt Booth
August 12	Monthly Luncheon	Jane Holland
September 9	Monthly Luncheon	Larry Eggers
October 14	Monthly Luncheon	Jan Powers
November 11	Monthly Luncheon	
December 9	Holiday Party	

New Members 2009-2010

Mary Cinto
Patti Glasgow
Jane Holland
Tina Knautz
Judy Misenko
Julie Moore
Lori Murphy
Gwen Stone
Christie Trifone
Diane Wettstaedt
Cathy Wiene