



## AGENDA

Welcome  
Collect & Pledge  
Introduction of Guests  
Birthdays  
Dinner  
Program  
**Business Meeting**  
Secretary's Report  
Treasurer's Report  
Presentation of Bills  
Correspondence  
**Standing Committee Reports**  
Celia M. Howard/Foundation  
Finance  
Issues Management  
Legislation  
Membership  
Public Relations  
Young Careerist  
**Special Committee Reports**  
BalloonFest  
Cards/Memorials  
BPW Week  
Scholarship Salad Luncheon  
**Old Business**  
OWWI  
**New Business**  
Change of name

## REGION V MEETING

September 26, 2009

Stadium Grille

309 E. Main Street

Carbondale, IL

Lunch

Time- 10:00a

Sign up at the September meeting. Carpooling will be available.

Call Sylvia Mahle, Region V Director, for more information.

## NEED A NAMETAG??

**Call Veneda Knolhoff**

**532-8104**

*Remember!! Wear your nametag to all meetings! It helps us to network better*

## THANK YOU! THANK YOU! THANK YOU!

Thank you, thank you to all of the members, their family members and friends who worked the BalloonFest. The weather was perfect; the launches wonderful; and the support of this LO fantastic. Every shift was covered and workers were on time and supportive. Your help makes this fundraiser so successful.

Carol Manley and Patty Brough worked hard assisting us and Karen Rogers and Charles Neeley provided the tent to keep us comfortable. AND, thanks to Em Battin for putting the BalloonFest link on the State website.



Karen & Kathy

## BPW/IL DUES ALERT

Do not send your dues renewal to National

If you were waiting to pay your dues until the voting was complete, you should pay them now.

If you did pay your dues to "National" you can receive a refund by writing them requesting it. Mary Ann Norton and Nance Greene did so and they have received their money.

When you receive your dues notice, please make your check payable to *Centralia BPW* in the amount of \$39.00 (\$30 = State, \$9 = LO) and send to our treasurer Karen Deering

## ATTENTION ALL OFFICERS, COMMITTEE CHAIRS & CO-CHAIRS



We will be taking pictures for the October tabloid at the September meeting. Please plan to be there by 5:30p. Some of the pictures may be taken following the meeting so please be patient.

Also, please get your article about your area of responsibility together. If you need last years article, please see Karen Walsh.



Our annual salad luncheon is just around the corner – October 23<sup>rd</sup>. There will be a sign up sheet at the Sept. general meeting for workers for the event and also a sign up sheet for your choice of salads. From working this event for so many years, we believe that more meat salads, such as taco, chicken, ham, tuna, and even egg salads are needed. Also, no more than two of the same salads are needed – we don't want to see any salads go uneaten. Salad categories will be: meat, lettuce, slaw/broccoli, etc., pasta, Jell-O and fruit. All members are asked to bring two large salads (serve 12-15). Ticket prices will remain the same, \$5.00 in advance and \$6.00 at the door. Please try to sell or purchase all that are issued to you. Remember, all proceeds are distributed in the form of scholarships to our community members.

At each luncheon, many of our patrons have requested our recipes. If time permits, we would like to assemble your recipes to have available (for purchase). Please bring a copy to the next meeting of any salad you have prepared in the past along with this year's. Please include your name as we want you to receive the raves. Please feel free to email or mail your recipes. Anyone who would like to help with this project is asked to contact Sally.

Sally & Vickie, Co-chairs

### Special Assignments

Alta McCullough  
Joanetta Wood.....532-0765  
BalloonFest  
Karen Deering .....318-0753  
Kathy Eifert .....533-0150  
BPW Week  
Pam McKay .....533-1406  
Brenda Chesnek .....485-6690  
Bylaws  
Sharon Griffin .....532-7760  
Cards Memorials  
Mary Ann Norton.....532-3613  
Nancy Greene .....532-7968  
Choices  
Joanetta Wood.....532-0765  
Club Properties  
Pam McKay .....533-1416  
Guest Night  
Sharon Sanders.....775-6397  
Anna Humphrey.....533-3900  
Historian  
vacant .....  
Newsletter  
Michele Garrison.....533-8383  
NIKE  
Ernestine Foster.....533-2329  
Reality Store  
Patty Brough .....533-3051  
Annette Bevel.....533-0910  
Scholarship Salad Luncheon  
Sally Tiemann .....249-8101  
Vickie McDaniel.....249-6678  
Scholarships  
Barb Norstrom.....533-0052  
Website  
Barb Norstrom.....533-0052

### GET WELL

Nancy Greene  
Janie Smith  
Sandy VanCleve  
Bess Wesling

### DON'T FORGET TO RECYCLE!



### WELCOME NEW MEMBERS



Pictured left to right: Judy Hug, Carol Manley, Ruth Kasten & Veneda Knolhoff, Membership Chair. Not pictured are Melinda Veller and Cynthia Webber.

Membership book information for these ladies:

#### JUDY HUG

436 South Pine, Centralia, 62801  
Home phone - 533-3658  
Email: hugmoore@charter.net  
Birthday: 07/31  
Join date: 08/09

#### CAROL MANLEY

2313 Meadow Lane, Centralia, 62801  
Home phone: 532-4557  
Cell: 322-5688  
Email: cjmanley@netwitz.net  
Birthday: 11/26  
Join date: 08/09

#### RUTH KASTEN

8 Adrienne, Centralia, 62801  
Home phone: 533-1838  
Business phone: 532-0716  
Cell: 292-8851  
Birthday: 03/27  
Join date: 08/09

#### MELINDA VELLER

310 North Ohio, Salem, 62881  
Home phone: 548-8135  
Business phone: 545-3354  
Email: jmveller@sbcglobal.net  
Birthday: 12/13  
Join date: 08/09

#### CYNTHIA WEBBER

1703 Oakland Ave., Mt. Vernon, 62864  
Home phone: 314 239-4217  
Business phone: 545-3213  
Email: cynweb@swbell.net  
Birthday: 09/28  
Join date: 08/09



**HAPPY BIRTHDAY TO YOU!  
SEPTEMBER 2009**

Darlene Pettygrove 09/05  
Patty Brough 09/12  
Nancy Greene 09/25  
Cynthia Webber 09/28  
Dolores Mabry 09/29

**HAPPY BPW ANNIVERSARY**

Bev Virobik 09/80  
Mary Ann Dulumback 09/85  
Chris Paskavich 09/93  
Kathy Eiffert 09/07  
Virginia Yates 09/07

**OCTOBER BOARD MEETING**

October 5, 2009  
6:00p  
Host - Karen Walsh  
Michele Garrison's Board Room

**WE ARE 62  
MEMBERS STRONG  
& GROWING!**

**YEARBOOK  
CHANGES/CORRECTIONS**

Nancy James' new email  
applejam1@charter.net

Ernestine Foster's home email is  
fosterstine@aol.com

Virginia Yates' correct telephone  
number is 247-3806



**Recycle Center**

October 10, 2009  
9:00a - 12:00p



**City Wide Cleanup Week  
October 5th - 9th, 2009.**

Centralia city wide cleanup event scheduled for Monday, October 5th through October 9th, 2009. The pickup of unwanted household items will take place on the same day as regular scheduled trash pickup. For details on acceptable and non acceptable items please visit the Press Release section of the City's website: [www.cityofcentralia.org](http://www.cityofcentralia.org)

**WORTH REPEATING.....**

**Outstanding Working Woman of Illinois**

Our State OWWI Chair, Sylvia Mahle, has asked that we begin thinking of a deserving woman to nominate for this prestigious award. The application is available on our state's website; the fee is \$50.00. The deadline is February 14<sup>th</sup>. Direct your questions to Sylvia at 532-0545.

**Reality Store**

It's not too early to begin plans to help with our Annual Reality Store. Patty Brough and Annette Bevel, chairs, have set the date for March 26, 2010 at the Centralia Junior High School.

**St. Louis Metropolitan Business & Professional Women**

Invite you to attend:  
Annual Fashion Show  
With Fashions by Christopher & Banks and C.J. Banks  
Saturday, October 24, 2009  
Place: Holiday Inn Southwest - Viking Lodge  
Time: 11a - 3p  
Price: \$25.00 per person  
Includes lunch and attendance prizes (cash bar)  
See Jackie for more information

**A NOTE FROM.....**

BPW Friends,

What can I say to a group of ladies who are always there when I need them, whether it was a shoulder to cry on, someone to talk to, bring food to the house, attending the visitation, sending cards - the love, support and encouragement you have given me over the years and especially during the last seven months has been incredible. Words just cannot express by appreciation for all you have done - Bob always encouraged me to do BPW projects and he knew how much my BPW friends meant to me.

My children made me go back with my sister to recoup for a while - she was ill while I was there and is still not back to normal - but she was here when I needed her and so hopefully I was there when she needed me.

Again, thank you for all the cards, donations to Clean & Green, food and flowers that you brought to me and my family. Thank you seems so little for all the love and support you have given to me.

Your BPW Friend  
Bev

I just read today's Sentinel that Verna Mae Helm is celebrating her 109th - yes 109th birthday. When she had her 90 something I sent a card and note and got a beautiful hand written note back saying thank you. I definitely will send one now and think it would be nice if many BPW members did too. She was active in BPW and that was

## Business After Hours

September 17, 2009

St. Mary's Hospital

5:00-7:00 PM



### MARK YOUR CALENDAR

- 09/09 September General Meeting
- 10/05 October Board Meeting
- 10/10 Recycle Center
- 10/14 General Meeting
- 10/16 National Mammography Day
- 10/18-24 BPW Week
- 10/22 Women's Emporium
- 10/24 St. Louis LO Fashion Show
- 03/26/10 Reality Store

### Hollywood Hair 5K Running with Scissors

Sunday, October 4<sup>th</sup>

Entry fee \$25.00 per person

Contact Hollywood Hair - 532-8861

Proceeds will benefit Relay for Life

Attached to this newsletter is information on The Women's Emporium, Highland LO.

#### BPW/IL WEBSITE

<http://www.bpwil>

Visit it often to stay informed on happenings around the state.

The newsletters are available on our website at

[www.bpwcentralia.org](http://www.bpwcentralia.org).

while she was teaching high school and she retired in 1957. In case others didn't see the article her address is P. O. Box 576, Metropolis, IL 62960-0546. Maybe mention it in newsletter since everyone doesn't have e-mail and I'm sure many of our older members will remember her. Nancy will send one from the club. She and Alta were good friends.

Mary Ann

While not busy at the Pepsi tent on Sunday morning I walked over to craft area. In talking to Michelle at the "Cynical Redhead Creations" she told me she has a special place in her heart for Centralia BPW. In the early 90s she received a scholarship from us and attended EIU and is now administrator of a group home. Some of you may remember her as she was Michelle Rollinson-Berry. Her husband is also from Centralia. You just never know how far reaching the help of our scholarships will go. They were both really pleased to learn we reach out to the over 25 age group.

Mary Ann

To BPW,

On behalf of the twelve members who attended the 90<sup>th</sup> Anniversary Celebration in St. Louis on July 31<sup>st</sup> and August 1<sup>st</sup>, we wish to thank the Alta McCullough Fund for offsetting the cost of attending. It was a wonderful networking event.

Sincerely,

Jackie Gray, Anna Humphrey, Beth Galicia, Mary Ann Norton, Sally Tiemann, Sharon Sanders, Brenda White, Karen Walsh, Karen Rogers, Lorraine Bassett, Joannetta Wood & Sylvia Mahle.

## LEGISLATION

### Paycheck Fairness Act has 33 Co-Sponsors

Although the House voted on the Paycheck Fairness Act (PFA) way back in January, the Senate has yet to take it up. The PFA coalition has been keeping the pressure on with a Letter-A-Day campaign that is in its third straight week. BPW sent letters on July 27 – one to thank the co-sponsors and one to encourage the stragglers to sign-on. And it is working! Sens. Shaheen (NH) and Franken (MN) became the latest two Senators to sign-on to the bill.

#### FYI

At The Peabody Hotel in Little Rock, I saw the most moving exhibit of photos of powerful, poor indigenous women through out the world by photographer Phil Borges and I wanted to share it with you. We are so lucky to be women in the USA.

Go to [www.HallmarkGallery.com](http://www.HallmarkGallery.com) click on Phil Borges and scroll down to the pictures entitled Women Empowered Collection. It is divided into 9 parts with several pictures in each dot point. Examine the photos and read the stories of these girls and women. It is amazing, encouraging and frightening!! It makes you believe that BPW goals are needed everywhere.

#### Health Care Reform

The volume on the health care debate has been turned up dramatically this summer and the din is overwhelming. What is everyone talking about?

The phrase 'health care reform' is used broadly to describe any proposal that will change the way medical care is paid for and delivered. While there is a growing consensus that change is necessary, there is not agreement on exactly what that change should be or how it should happen.

## BPW WEEK

October 18-23, 2009

### SUNDAY - OCTOBER 18 **WOMAN OF THE YEAR BRUNCH"**

Bogies on the Lake  
9:00 - 10:30 a.m.

#### **CHURCH SERVICE**

Bogies on the Lake  
Guest Speaker: Rev. Linda Gordon  
10:45 a.m.

### MONDAY - OCTOBER 19

#### **BUSINESS AFTER HOURS**

Centralia Manor  
5:00 - 7:00p  
"Boss of the Year" Award

### TUESDAY - OCTOBER 20 **"PROGRESSIVE DINNER"**

### FRIDAY - OCTOBER 23 **WITHERS BROADCASTING/WILY RADIO**

9:05 a.m. - 10:00 a.m.  
Jackie Gray, Pam McKay, Brenda  
Chesnek, "Woman of the Year" &  
"Boss of the Year"

#### **SCHOLARSHIP SALAD LUNCHEON**

11:00a - 1:00p

### SATURDAY - OCTOBER 25 **HALLOWEEN PARADE**

"Woman of the Year" "Boss of the Year"  
"President Jackie Gray" "NIKE"

For information or tickets for BPW Week  
contact Pam McKay or Brenda Chesnek.

For information or tickets for the Scholarship  
Salad Luncheon contact Sally Tiemann or  
Vickie McDaniel.

Tickets for all events will be sold at the  
Wednesday, September 9<sup>th</sup> meeting.

Applications for Woman of the Year and  
Boss of the Year are available at all local  
banks, Centralia Chamber office, or from  
the BPW Week Chairs, Pam McKay &  
Brenda Chesnek. The deadline is  
September 29, 2009.

Clearly there is a lot at stake – especially for women and small businesses. Women have distinct health care needs and are the primary health care decision makers in most families. Women are more likely than men to report problems getting health care due to cost, regardless of whether they have health insurance or not. The current system is also failing small businesses which are increasingly women-owned. On average, small businesses pay up to 18 percent more than large firms for the same health insurance policy. The status quo is untenable.

If everyone agrees there is a problem why is it taking so long? The answer is one part process, one part legitimate difference of opinion and one part unhelpful noise.

The legislative system developed by the Founding Fathers is designed to slow things down. The President can suggest legislation, but he cannot write it or pass it. He can use his considerable soap box to champion proposals, but he can't make Congress pass legislation. The person who can make Congress do something is you – the constituent and voter. Health care reform is particularly complicated because jurisdiction for the issue falls in five different committees in the House and Senate. The good news is we are farther along in the process than we have ever been – 4 of those committees have completed their work and the House is scheduled to vote on a combined bill in September. The remaining committee, Senate Finance, is still working and their negotiations are the focus of a lot of angst.

There has been a lot of misinformation about what is in the health care reform proposals. It is important to get the facts straight. Check out [www.realitycheck.gov](http://www.realitycheck.gov) and the links below for more information.

President Obama has not yet specifically endorsed any of the bills working their way through Congress, but he has outlined eight principles for health reform, seeking to address not only the 45 million people who lack health insurance, but also rising health care costs and lack of quality.

This is an historic debate and it is important that we understand what we are talking about. Keep informed

Sylvia Mahle  
Legislative Chair

Centralia Business and Professional Women, Inc.  
General Meeting  
August 18, 2009

Beth Galicia, Presiding Officer

The regular meeting of the Centralia BPW was held at Centralia House on August 18<sup>th</sup>, 2009 with 26 members and 3 guests present. A quorum was declared.

**Program:** Dr. Steve Vanden-Hoek, Chiropractor, medical center, presented a program on acupuncture, acupressure, and herbal healing. He offered a very informative presentation and answered many questions.

Vice President Beth Galicia called the business meeting to order at 6:46p.m.

**Minutes:** The minutes of the June 10<sup>th</sup>; 2009 were accepted as presented in the July Newsletter.

**Treasurer's Report:** the treasurer's report for June and July were accepted~ as presented by Karen Deering, and will be filed for audit. Following is a summary of the account balances:

BalloonFest Fund	\$100.00
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Education Fund	3,566.93
Alta McCullough Fund	2,134.20
General Fund	3,147.39
Investments	10,000.00
Total Assets	\$18,948.52

**Bills:** Bills were submitted from Hutchison's Greenhouse, Winning Edge for 4 name tags, Region 5 meeting from the Alta McCullough Fund; and Office Products Center for the new Handbooklets.

**Correspondence** - A thank you note from Bev Virobik on the loss of her husband, a thank you note from the BPW members that attended the 90<sup>th</sup> BPW anniversary convention in St. Louis, a thank you note for Kaskaskia College for giving scholarships to local graduates, a thank you note BPW Illinois Educational Foundation Board of Directors for the donation of \$170.00, an invitation from Kids Hope United to an Open house Friday; :August 14<sup>th</sup> · from 10am until 2pm, and also an invitation to honor them with Wal-Mart gift cards to be used for various things at the home.

#### **STANDING COMMITTEE REPORTS**

- Celia M. Howard: no report
- Finance: Karen Rogers conducted the 50/50 drawing with the winner receiving \$13.75. The brag basket was also passed collecting \$19.00. The brag basket was also passed
- Issues Management: Beth Galicia reported our program for the September General Meeting will be Allison Austin.
- Legislation: no report
- Membership: Veneda Knolhoff inducted three new members and presented them with their packets
- Public Relations. Pam McKay requested all committee chairs to present their own reports for the BPW Tabloid. Deadline is September 9<sup>th</sup>, General Meeting.
- Young Careerist: Brenda White requested everyone to think of a candidate for a Young Careerist.

#### **SPECIAL COMMITTEE REPORTS**

- BalloonFest: Karen Deering reported that BalloonFest is next weekend. She handed out packets containing passes for all volunteers.
- Cards & Memorials: Mary Ann Norton reported that she had sent six cards since May.
- Reality Store: Patty Brough stated that the date is slated for March 26<sup>th</sup> at the Centralia Junior High.
- 90<sup>th</sup> Anniversary: Beth Galicia thanked everyone who attended the 90<sup>th</sup> anniversary event.

#### **NEW BUSINESS**

- Goals: Goals have been completed and sent to state
- Leadership Conference: Veneda Knolhoff gave a report on the Leadership conference held on July 18<sup>th</sup>.
- Outstanding Working Woman of the Year: outstanding working woman of the year will be rewarded at the convention next year. Our own Sylvia Mahle is chairman.
- Website: Beth Galicia reported on the BPW website that is new under construction. She encouraged everyone to visit the site.
- Foundation Email: Beth reported on the email that was sent out by the Foundation and the State President's response to the email.

#### **UP COMING EVENTS**

09/26 - Region 5 Fall meeting in Carbondale

10/10 - Recycle Center

There being nothing further to come before the club, Vice President Beth Galicia adjourned the business meeting at 8:00 p.m.

Respectfully submitted.

Annette Bevel

Recording Secretary

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