



Our 2009-2010 Officers

President

Jackie Gray532-0606

Vice President

Beth Galicia.....533-2167

Recording Secretary

Annette Bevel533-0910

Corresponding Secretary

Sharon Griffin.....532-7760

Treasurer

Karen Deering318-0753

Parliamentarian

Anna Humphrey533-3900

Board

Celia M. Howard/Foundation

Becky Ault.....533-4712

Finance

Karen Rogers.....532-3565

Issues Management

Beth Galicia.....533-2167

Legislation

Sylvia Mahle532-0545

Membership

Veneda Knolhoff.....532-8104

Public Relations

Karen Walsh533-1607

Young Careerist/ID

Brenda White532-1602

-- MEETING MINUTES --

Since the complete meeting minutes appear in the newsletter, there will be no copies on the tables at the Regular Meetings. So, bring your newsletter to the meeting if you feel you need to refer to them.

SIGN IN PLEASE!

The "sign-in" sheet is on the table as you enter the meeting room. Please take a second to sign it no matter what time you arrive - it still counts!

CENTRALIA LO WEBSITE

<http://www.bpwcentralia.org>

You will find a link to this newsletter at our website

FROM THE PRESIDENT



October is Breast Cancer Awareness month and October 16th is National Mammography Day. Many of the medical facilities run special promotions and discounts on mammograms during October so take some special time out to take care of your health this month.

Five members including Sylvia Mahle, Anna Humphrey, Beth Galicia, Sharon Sanders and myself attended the Region 5 Fall Meeting on Saturday, September 26th in Carbondale. It was the best attendance we have ever seen at a Region 5 meeting and our host LO Carbondale went all out with the theme of Breast Cancer Awareness. It was a sea of pink with informative brochures, balloons and gift bags and we passed the hat collecting over \$100 for breast cancer awareness. We also conducted important business including passing a small budget for next year and discussing how the Region can support the LO's. The afternoon was topped off with a quick stop at the pumpkin patch on the way home. What fun!

We have a very busy BPW week coming up and we hope that you will attend as many of the events as you can. I want to personally encourage you to attend the brunch on Sunday at Bogie's on the Lake at 9 am where we will be awarding the Women of the Year Award. This is a lovely event and I am certain the food will be delicious. You are encouraged to bring a guest to either the Sunday brunch or the progressive dinner. I can't think of a better introduction for potential new members.

Speaking of new members, we now have 6 new members this year which exceeds our original goal of 5. So now I am going to challenge you to bring in a total of 10 new members which is just 4 more over the next 7 months. I was talking to a Centralia business woman just this past Monday who said "Nobody ever asked me to join BPW". Let's make a special effort to make sure that all business and professional women in Centralia receive a personal invitation from a member. Talk it up with your friends, neighbors, family and co-workers because the more members we have the more we can do for our community. Your hearts should be full of pride because of the important role our LO plays in education, volunteerism and the support of women in Centralia.

Sincerely,
Jackie Gray
President

October is Breast Cancer Awareness Month!



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
BPW Week
Cards/Memorials
Scholarship Salad Luncheon
Website
Old Business
OWWI
New Business
Change of name
Call to Interim Board

NEED A NAMETAG??
Call Veneda Knolhoff
532-8104

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



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

ISSUES MANAGEMENT GENERAL MEETING

October 9, 2009, 6:00a
Centralia House

Menu: Dinner salad, pork roast, carrots and potatoes, and pumpkin pie for dessert

October is upon us and change is in the air. It is with regret that the Girl Scouts of River Bluffs Council will be unable to join us this month. The Girl Scout councils in Southern Illinois are consolidating into a single unit, and that changeover began on October 1. We hope to have them speak to us in January or February.

In place of the Girl Scouts, we will welcome Rick Marlow from YouthBuild, a service of the United Methodist Children's Home. YouthBuild is a federal grant funded program through the Department of Labor that serves young adults in Jefferson and Marion Counties. The program focuses on providing academic training, job skill development, leadership development and community service. The Marion County site is located on South Locust Street in Centralia.

Issues Management
Beth Galicia



SCHOLARSHIP SALAD LUNCHEON

Our Salad Luncheon is fast approaching on Friday, October 23, 2009. All members should have received their tickets by now. If you have not received yours, please telephone a co-chair to let her know. Any unsold tickets should be returned to either Sally or Vickie.

About half of our members have signed up to bring salads or have made a monetary donation to purchase additional salads. Those that have email were sent a reminder on Sept. 30th to let Sally know their salad choice. A sign-up sheet will be available at the Oct. 14th meeting for those that have not made their choice.

We have about 15 recipes but could always use more. Don't forget to send them to Sally either by email or snail mail.

Sixteen members have volunteered to help that day. If you would like to help, please contact Sally or Vickie. More hands make lighter work for the rest.

Lastly and most importantly, remember to promote the luncheon to all of your friends and colleagues. If you would like a flyer to hang at your place of business or your church, please let us know.

With all your help, we are well on our way to make this year's event another great success.

Sally & Vickie, Co-chairs



Yoplait's Save Lids to Save Lives® Program

With Save Lids to Save Lives® in its tenth program, Yoplait® is still fighting breast cancer, one pink lid at a time. Look for pink lids on Yoplait® yogurt cups from September through October. For every lid that is mailed in by December 31, 2009, Yoplait® will donate 10 cents to Susan G. Komen for the Cure®, up to \$1.5 million with a guaranteed minimum donation of \$500,000.

Please save your lids and give them to Mary Ann Norton and she will forward by the deadline.

Special Assignments

Alta McCullough
 Joannetta Wood.....532-0765
 BalloonFest
 Karen Deering318-0753
 Kathy Eifert533-0150
 BPW Week
 Pam McKay533-1406
 Brenda Chesnek485-6690
 Bylaws
 Sharon Griffin532-7760
 Cards Memorials
 Mary Ann Norton.....532-3613
 Nancy Greene532-7968
 Choices
 Joannetta Wood.....532-0765
 Club Properties
 Pam McKay533-1416
 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 Brough533-3051
 Annette Bevel.....533-0910
 Scholarship Salad Luncheon
 Sally Tiemann249-8101
 Vickie McDaniel.....249-6678
 Scholarships
 Barb Norstrom.....533-0052
 Website
 Barb Norstrom.....533-0052

GET WELL

Nancy Greene
 Janie Smith
 Sandy VanCleve
 Bess Wesling
 Chris Paskavich

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.

DON'T FORGET TO RECYCLE!



LEGISLATION

Legislation does make a difference! Those of you who heard Lily Ledbetter speak at Atlanta will appreciate the following:

Ledbetter Act Helps Woman in Pennsylvania

On September 10, the Third Circuit Court of Appeals ruled in favor of Mary Lou Mikula, holding that her Title VII pay discrimination claim had been wrongly dismissed. Originally, the Third Circuit held that her claim was not filed in a timely manner citing the Ledbetter v. Goodyear Supreme Court decision. After the passage of the Lilly Ledbetter Fair Pay Act the National Women's Law Center filed a petition for rehearing and the court agreed making it clear that each discriminatory paycheck renews the time period for filing a Title VII claim.

Now Health Care Reform is the issue and it will affect women. Here are some comments from the Planned Parenthood Association:

"Here's the situation we face: right now, senators are hearing a lot more often from opponents of women's health than they are from people like you and me. Make no mistake — Planned Parenthood has been working with legislators day and night to make sure health care reform improves access and quality of care for women everywhere. But when it comes to hearing from regular people, the contact with voters that matters most to members of Congress, we're getting out-hustled, outnumbered, and just plain drowned out.

We can't let this happen. Women across the country are counting on us. Even though you may already have called, e-mailed, or written your senators — we need you to do it again. Call your senators today and tell them to stand up for women's health. And this is the important part: we need you to commit to keeping up our side of the debate by calling once a week until health care reform that protects women is a reality."

It seems like a bother but once the legislation is passed or blocked, it will be too late. Women suffer for the lack of health insurance coverage: in breast cancer treatment, all other health issues including choice when unplanned pregnancy occurs. No matter where you stand on some of the issues, don't let the fighting over details prevent women from getting the coverage they need. Speak up!

Sylvia Mahle
 Legislative Chair

Ps. Here is a link to a Kaiser tutorial on the health reform process. It's very cool and one that you can use to educate yourself. It takes about 15 minutes and introduces the key players in the White House, Senate and House.

<http://www.kaiseredu.org/tutorials/reformprocess/player.html>

You will understand the players better as the reform plays out if you watch this.

Sylvia



**HAPPY BIRTHDAY TO YOU!
OCTOBER 2009**

- Ann Chappell 10/07
- Maggie Irwin 10/14
- Leona Jones 10/16
- Chris Paskavich 10/16
- Kathy Eifert 10/28
- Ruth Sanders 10/28
- Tolleyne Ray 10/30

HAPPY BPW ANNIVERSARY

- LaDonne Neudecker 10/68
- Delphine Baldrige 10/69
- Michele Garrison 10/95
- Patty Brough 10/03

NOVEMBER BOARD MEETING

November 2, 2009
6:00p
Host - Anna Humphrey
16 Edgewood Lane North

**WE ARE 58
MEMBERS STRONG
& GROWING!**

Business After Hours
October 19, 2009
Centralia Manor
5:00-7:00 PM

MARK YOUR CALENDAR

- 10/10 Recycle Center
- 10/13 Proclamation by Mayor
- 10/14 General Meeting
- 10/16 National Mammography Day
- 10/18-24 BPW Week
- 10/22 Women's Emporium, Highland
- 10/23 Scholarship Salad Luncheon
- 10/24 St. Louis LO Fashion Show
- 11/02 Board Meeting
- 11/20-22 Interim Board, Bloomington

Mayor's Proclamation of BPW Week

TUESDAY - OCTOBER 13

CITY HALL

6:00P

BPW WEEK ACTIVITIES

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 31

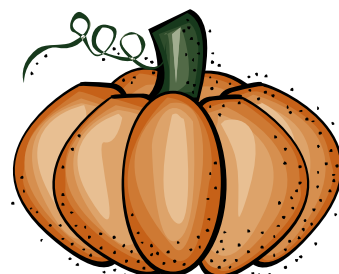
HALLOWEEN PARADE

"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.

Tickets for all events will be sold at the October meeting.

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



General Meeting
September 9, 2009
Beth Galicia, Presiding Officer

The regular meeting of the Centralia BPW was held at Centralia House on September 9th, 2009 with 30 members and 1 guest present. Beth Galicia led the members in the Collect and Anna Humphrey let the Pledge of Allegiance. September birthdays were recognized.

Program: Following dinner, Allison Austin, Director of Community Development & Planning for the City of Centralia presented a program on professional and social network sites. Sites discussed were Linked-in, XING, facebook and twitter explaining how and when these sites should be used.

Vice President Beth Galicia called the business meeting to order at 7:25p.m. A quorum was declared.

Minutes: The minutes of the August 12th; 2009 General Meeting were accepted as presented in the September Newsletter.

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

BalloonFest Fund	\$13,198.20
Education Fund	2,906.93
Alta McCullough Fund Checking & Investments	11,324.26
General Fund	2,853.20
Total Assets	\$30,282.59

Bills: Bills were submitted from Alcorn Insurance (\$154.00) and Jackie Gray (\$30.00) for reimbursement for Leadership Conference registration for three members.

Correspondence - A thank you note from the twelve members that attended the 90th Anniversary Celebration in St. Louis and a confirmation of receipt of scholarship funds from Kaskaskia College.

STANDING COMMITTEE REPORTS

- Celia M. Howard: no report
- Finance: Karen Rogers conducted the 50/50 drawing with the winner receiving \$12.50. The brag basket was passed collecting \$24.00.
- Issues Management: Beth Galicia reported our program for the October General Meeting will be Villie Appoo of the new council, Girl Scouts of Southern IL. Pat McNicholas will speak on Celia M. Howard in November.
- Legislation: no report
- Membership: no report
- Public Relations. Karen Walsh & Pam McKay reminded all committee chairs that the deadline for their reports for the Sentinel BPW Tabloid is September 20th. More pictures would be taken following the meeting.
- Young Careerist: no report.

SPECIAL COMMITTEE REPORTS

- BalloonFest: Karen Deering gave a brief report stating that proceeds appear to be comparable to last years.
- BPW Week: the schedule for the week was shared. The Proclamation by the Mayor will be October 13th. . The applications for Woman of the Year and Boss of the Year are available at all local banks, the Chamber office, and WJBD and WILY radio stations. The Woman of the Year Brunch will be at Bogies on the Lake the 18th with a church service following. The Boss of the Year will be announced at Business After Hours at Centralia Manor the 19th. A progressive dinner will be held the 20th and the radio interviews will be the 23rd. the Halloween Parade is the 31st. tickets for the brunch and progressive dinner are available at \$12.00 each and the deadline is the October meeting.
- By-laws - Beth reported that the committee is waiting for direction from state.
- Cards & Memorials: a card was sent to Verna Helm on her 109th birthday and a sympathy card was sent to Delores Wanzo.
- Newsletter: no report.
- Scholarship Salad Luncheon: Sally Tiemann reported that recipes will be sold this year. Anyone wanting to share their recipe should forward them to Sally via email or USPS mail. She asked that each member bring two salads that serve 12-15 each. Sign-up sheets for salads and for volunteers' to help that day were passed. Flyers were also available for posting at local businesses, churches, etc. Each member received six tickets to sell.

OLD BUSINESS

- Outstanding Working Woman of Illinois: Outstanding Working Woman of Illinois deadline for applications is 2/14/10.
- State Website: Beth has information/materials on Wild Apricot if anyone is interested.
- Fall Region Meeting: the meeting will be held September 26th in Carbondale at 10a at the Stadium Restaurant. Six members have signed up so far; carpooling will be available.

NEW BUSINESS

- Recycle Center: our LO is scheduled to work the Recycle Center October 10th.
- Highland LO Girls Night Out: our LO has been invited to attend this event Thursday, October 22nd. This is one of their BPW Week functions.
- Beth announced that t-shirts donated by Mary Ann Norton and Bev Virobik are available.

UP COMING EVENTS

09/17 Business After Hours at St. Mary's Hospital

09/26 Region Meeting in Carbondale
October Breast Cancer Awareness Month
10/5 October Board hosted by Karen Rogers at Michele Garrison's home
10/10 Recycle Center
10/13 Proclamation by Mayor at City Hall
10/14 October General Meeting
10/16 National Mammography Day
10/18-24 Business Women's Week
10/24 St. Louis LO Annual Fashion Show
10/31 Centralia Fall Festival & Halloween Parade

There being nothing further to come before the club, Vice President Beth Galicia adjourned the business meeting at 8:12 p.m.

Respectfully submitted,
Michele Garrison
(for)Recording Secretary



Happy Halloween!