



**Our 2009-2010 Officers**

**President**

Jackie Gray ..... 532-0606

**Vice President**

Beth Galicia ..... 533-2167

**Recording Secretary**

Annette Bevel..... 533-0910

**Corresponding Secretary**

Sharon Griffin ..... 532-7760

**Treasurer**

Karen Deering ..... 318-0753

**Parliamentarian**

Anna Humphrey ..... 533-3900

**Board**

Celia M. Howard/Foundation

Becky Ault ..... 533-4712

**Finance**

Karen Rogers ..... 532-3565

**Issues Management**

Beth Galicia ..... 533-2167

**Legislation**

Sylvia Mahle ..... 532-0545

**Membership**

Veneda Knolhoff ..... 532-8104

**Public Relations**

Karen Walsh ..... 533-1607

**Young Careerist/ID**

Brenda White ..... 532-1602

**-- 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!

Joy to the  
World



**FROM THE PRESIDENT**

Nature never ceases to amaze me. I have geraniums that didn't look this beautiful all summer while all the leaves have turned color and dropped off the trees. Our Centralia organization (LO) is also showing our true colors during this amazing time of change for the Illinois Federation of Business and Professional Women. While other organizations are struggling to keep their membership up, we have brought in 7 new members since June. So why are we having success this year? I believe it is a combination of lower dues (just \$39/year compared to \$99 last year), our active community involvement and the publicity we get from our local newspapers and radio station that keeps us front of mind. If you know of someone who would enjoy being a member, please invite them to our Christmas Party or any future meeting to see what we are all about. We need 3 additional members to meet our goal of 10.

Please remember to bring your food and gift donations to the December Christmas Party!

If you are looking for a way to get in the holiday mood, bring your family to the Holiday Festival of the Arts on Sunday, December 6th at the Centralia Cultural Society. The doors open at 1:30 pm and the concert begins at 2 pm and come early to get a good seat. This is a wonderful musical program featuring our Philharmonic Orchestra and Choral Society along with many guest artists. It will warm your heart!

Sincerely,  
Jackie Gray  
President

**GENERAL MEETING & CHRISTMAS PARTY**

December 9, 2009, 6:00p  
Centralia House

Menu: Salad, Roasted Pork Loin, Stuffing, Green Beans & Pumpkin Pie.

**IT'S THE MOST WONDERFUL TIME OF THE YEAR!**

The temperatures are dropping and the surroundings are tinged red and green. That can only mean that it is time for our annual Christmas party! It is a time where BPW members give to those less fortunate than we and enjoy the company of our friends and colleagues. Our Christmas Party will focus on fun...we will have games and prizes (brush up on your Christmas trivia), treats and gifts for all. Join us as we celebrate this most joyous of seasons and as we reflect on all of our blessings in 2009.

Beth Galicia & Karen Walsh

## 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

Christmas Ornament Contest  
Cards/Memorials

### Old Business

Interim Board Report  
Bell Ringing

### New Business

BPW Shirt Orders

### NEED A NAMETAG??

Call Veneda Knolhoff  
532-8104

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

### CENTRALIA LO WEBSITE

<http://www.bpwcentralia.org>

You will find a link to this  
newsletter at our website

### DON'T FORGET TO RECYCLE!



## Civic Luncheon



Thank you to all of our  
members that represented  
BPW at the luncheon

## HOLIDAY DONATIONS

We will again collect donations for The Salvation Army, CCBA (Food Pantry) and Kids Hope. Bring your items to the December meeting. This is a list of suggested items:



### CCBA

All canned goods and dry staples (especially need soup, vegetables & fruit)

It was suggested that perhaps a few members go together and buy an entire case of one item.

### THE SALVATION ARMY

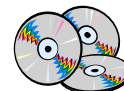


Gifts for teens age 11-18

Limit gifts to \$10 or less and should be new and unwrapped  
Hoodies or sweat shirts, body pillows, blankets or bedding, alarm clock radio, cologne or perfume, hair products, stocking stuffers, gloves, hats, 2010 calendars, socks, t-shirts, music CD's, movie DVD's.

### KIDS HOPE

Call Vickie McDaniel for a more detailed list



Gifts for teens, a few mothers with babies

Bath and body gift sets, hair appliances such as hair dryers, flat irons, gift cards, gift certificates, movie money or gift cards to local movie theatre



## HOLIDAY FESTIVAL OF THE ARTS CHRISTMAS PROGRAM

Centralia Cultural Society  
December 6, 2009

Members who have volunteered to usher are Jackie Gray, Sharon Sanders, Cynthia Webber and Sandra Neabuhr and those serving refreshments are Veneda Knolhoff, Patty Brough, Karen Rogers & Beth Galicia. .

Please be there by 1:15p since the doors open at 1:15p and the program begins at 2:00p

## WELCOME BACK!

### Tina Suarez

Tina re-joined our LO at the November meeting. She is the Early Childhood Education Program Coordinator at Kaskaskia College. She is a member of Noon Rotary and Catholic Daughters of America and enjoys cooking, baking, reading and singing. Beth Galicia brought Tina back to us.

Her information for your yearbook is:

Birthday - January 28<sup>th</sup>

Original join date: 01/91

Address: P.O.Box 433, Sandoval, 62882

Home: 247-3332

Business: 545-3351

Cell: 214-0836

Email: [tsuarez@kaskasdia.edu](mailto:tsuarez@kaskasdia.edu)

### Special Assignments

Alta McCullough  
 Joannetta 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  
 Joannetta 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  
 Chris Paskavich

### BPW/IL WEBSITE

<http://www.bpwil>

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



## BELL RINGING FOR THE SALVATION ARMY



Schnuck's - Both Ends

### Saturday, December 12<sup>th</sup>

9 – 10:30 am Annette Bevel and Patty Brough  
 10:30 – 12 pm Anna Humphrey and Pam McKay  
 12 – 1:30 pm Jackie Gray, Michele Garrison and Lorraine Bassett  
 1:30 – 3 pm Sharon and Ray Griffin and Karen Deering  
 3 – 4:30 pm Tina Suarez and we have one slot vacant  
 4:30 – 6 pm two slots vacant

### Saturday, December 19<sup>th</sup>

2 – 3:30 pm Cynthia Webber, Sandra Neabuhr and Melinda Veller  
 3:30 – 5 pm Sharon Sanders and Veneda Knolhoff  
 5 – 6:30 pm Sylvia Mahle and we have one slot vacant  
 6:30 – 8 PM Beth Galicia and Anna Humphrey

### SCHOLARSHIP SALAD LUNCHEON REPORT

As promised in last month's newsletter, here are the final results of the 2009 Scholarship Salad Luncheon:

Tickets presold	\$1,832.00
Tickets sold at door	132.00
Sale of Recipes	140.00
Donations in lieu of salads	175.00
Total income	\$2,279.00
Expenses	126.69
Total profit	\$2,152.31

What a success this year's luncheon was. We thank everyone for their continued support of this great fundraiser.

Sally and Vickie, Co-chairs

### Interim Board Report

Sharon Sanders and I arrived in Bloomington about 11:30 on Saturday November 21<sup>st</sup>. The last morning session on cancer was in session. We listened to the presentation on the IFBPW data base system on Wild Apricot during lunch and then heard the Smart Women/Smart Money presentation that gave such tools as a monthly budget and Christmas budget to control spending.

The **Board meeting** followed. Each member was given a packet with officer, standing committees, special committees and region reports. **Some of the highlights include:** President Dewaele will be teaming with the American Cancer Society to encourage their **Active for Life** program after the first of the year.(more information will follow); there is a new logo contest and the new logo will be voted on at the next convention; our own **Lynette Jones** has taken a job in Peoria—her new contact information is—5270 Autumn Ridge Court, Peoria, IL 61615, same e-mail - lkjones.bpw@gmail.com; Lynette is also looking for chairs for standing and special committees; Amanda Harrison-Yearwood is looking for one and two page **stories** (325 or 650 words) **about previous state conventions** ( I have heard many over the years so write them up and mail, fax or email them to her) –this should be fun so get busy writing; **new bylaws** will be voted on at convention; Sharon Sanders is looking for candidates for State Treasurer and chair of Nominations; and **suggestions for the location for the 2012 state convention** are requested.

The financial data was given. Much money is being saved by emailing the Illinois Bulletin. Susie and the officers have been conserving as much as possible. It was voted to spend \$40 a



## HAPPY BIRTHDAY TO YOU!

### DECEMBER 2009

Karen Deering 12/01  
 Sharon Sanders 12/02  
 Sylvia Mahle 12/07  
 Ernestine Foster 12/12  
 Melinda Veller 12/13  
 Virginia Yates 12/15  
 Connie Schwartz 12/18  
 Myra Owens 12/27

## HAPPY BPW ANNIVERSARY

Myra Owens 12/89  
 Nancy James 12/93  
 Karen Deering 12/01



## MARK YOUR CALENDAR

12/06 Festival of Arts  
 12/09 General meeting &  
 Christmas Party  
 12/12 Ring Bells  
 12/19 Ring Bells  
 12/25 Merry Christmas

The newsletters are available on our website at [www.bpwcentralia.org](http://www.bpwcentralia.org).

### REMINDER

These members dues are due in December. Please mail them to Karen Deering, 15 Spruce Drive.



Patty Brough  
 Gloria Freels  
 Jackie Gray  
 Sharon Griffin  
 Jody Rice  
 Devonne Starr

### JANUARY BOARD MEETING

January 4, 2010  
 6:00p

Host - Sharon Sanders  
 115 Golf Lane

(Michele Garrison' home)

WE ARE 58 MEMBERS  
 STRONG& GROWING!

month having a bank open the dues checks and log them while the Treasurer enters all the data into wild Apricot and handles all other financial matters. The auditor told IFBPW that a full **audit** is not warranted due to the size of the organization and he suggested a "**review**" to look over the books with a written opinion. This was discussed and passed by the Board.

**New** draft bylaws were discussed at the Sunday Board session for several hours trying to get a consensus to send to the members. Most changes were **removing BPW/USA** and correcting the practice that is being used if it varied from what was actually written. This was very interesting because often the history of why the bylaw was as it is allowed us to determine if it was still necessary. **When they come to you pay attention to the following areas:** mission statement; requirements to remain an active LO; and Board of Directors requirements. The last one "**must you be employed to be a state officer?**" was discussed at length. Actually going over the bylaws was interesting as well as important. The discussions after dinner the first night were helpful also.

Our last big task was picking topics for the revised ID/YC event. The details are not complete but we did get the topics done.

The meetings ended about 3:45. There were about 25-30 in attendance. I think both of us felt it was an important meeting and we were glad to be there.

(Ask Sharon about the pot pie!)

Sylvia Mahle and Sharon Sanders



## LEGISLATION

Another Woman in the Obama administration

Dr. Regina Benjamin Confirmed as Surgeon General

On October 29, the Senate confirmed Dr. Regina Benjamin as Surgeon General of the United States. Dr. Benjamin is a family physician from Alabama and founder and CEO of the Bayou La Batre Rural Health Clinic, where she has provided medical care often at no cost. In 1995, Benjamin became the first physician under 40 and the first black woman to be elected to the American Medical Association's Board of Trustees.

Mostly good news but still some gaps for women.

Health Care Reform Passes House

On November 7, the House of Representatives held a rare Saturday vote and passed by a narrow vote of 220-215, the Affordable Health Care for America Act (HR 3962). The bill eliminates gender-based pricing in health insurance, bans insurance companies from denying coverage of pre-existing conditions including pregnancy, breast cancer and intimate-partner abuse; requires coverage of preventive care such as Pap smears and mammograms and includes a national insurance exchange where small businesses can buy insurance at lower cost.

The bill also passed with an amendment barring coverage for abortion under any plans that use federal subsidies. The abortion ban came after the national organization of Catholic bishops threatened to condemn the bill from every pulpit if the abortion ban was not approved. In the Senate, Majority Leader Harry Reid (D-NV) has backed away from committing to passage of health care reform legislation this year.

Sylvia Mahle  
 Legislative Chair

## LAST CHANCE FOR THE PINK!

Remember to bring your pink Yoplait Yogurt lids to Mary Ann Norton at the December meeting. And she will send them in for the Yoplait donation to Breast Cancer Research.

## A NOTE FROM SUSIE...

"One of my goals this year is to recycle and sometimes, get lucky and reduce costs! As stated at the 2009 Convention, if you have accumulated a nice assortment of convention bags and binders and wouldn't mind donating them back to the cause please contact me to make arrangements to get them."

Bring them to the December meeting and Jackie will see that Susie gets them. Thank you for helping Susie go green!

## CLEANING FOR A REASON

If you know any woman currently undergoing Chemo, please pass the word to her that there is a cleaning service that provides FREE housecleaning - 1 time per month for 4 months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service. <http://www.cleaningforareas.org/>



**MERRY CHRISTMAS FROM  
YOUR NEWSLETTER EDITOR**

## A CONFIDENT WOMAN

A DEVOTION FROM "WOMAN OF THE YEAR" BRUNCH

Given by Bev Virobik

There are few things more beautiful on a person than confidence. Women who wear it radiate strength, passion, and convictions. It contributes more to a look than a designer label or the perfect diamond. When a woman knows who she is, why she is, and what she's supposed to do, she may be dressed in thrift store specials and be absolutely gorgeous.

A confident woman is not afraid to be herself - plain and simple and beautiful, or flamboyant and fabulous. The key is: she knows who she is. She understands her purpose and her gifts. She knows that there are certain things only she can contribute to this world, at this time, in this place.

She knows her style. It doesn't matter whether you prefer zebra stripes and pink fur, or to be cloaked in grays and subtle greens; whether you like basketball or sitting around drinking coffee or tea, shopping or hiking, or all of the above. What is most important is to be you.

That means stretching and stepping out. If you're supposed to be on the front lines, be there. Don't step back. If you are blessed with supportive skills, be the best supporter you can ever be. Expand your skills. Celebrate the talents and experiences God has blessed you with.

All of your real value and worth is built in you when God gave you the gift of life. That gift - all of what's in you is really all the value you'll ever need. When we know our value it is manifested as self-esteem.

Confidence radiates from a deep center - a knowing that you are valuable. A confident woman's being speaks louder than her words. Confidence is not loud or boastful. In fact, it is often gentle, quiet, and always humble. It is some who has a message to share and who makes a difference - that is confidence.

How do you talk about yourself? Are you the first to put yourself down? Our words have power - either to build up or break us down. What you say about yourself usually becomes true. Start listening to your self-talk. Do you ever demean yourself by saying things like "stupid," "wimp," or "coward?" stop immediately and replace it with positive statements.

How do you speak about your body parts? Do you complain about fat toes, or big hips or a long chin? We should never say anything negative about ourselves - we are just an earthly vessel necessary to function here on earth.

Confidence is not clothes or a hair cut or expensive jewelry, it is an attitude. At the same time, something that makes you feel fabulous may do wonders as an accessory to your confidence. What do you communicate to the world, even when you are not saying a word? What do your posture and the way you present yourself declare to those who see you?

Now, look inside and capture that feeling, bottle it and preserve it and whenever you need a reminder, dab a few moments confidently on your wrists.

Not everyone feels confident all the time. When in need, act your way into feeling. Chin up, shoulders back, tummy tucked - now breathe in and smile. Imagine yourself as a princess wearing an exquisite gown with a precious crown places on your head. That's who you are after all - you are a daughter of the King - now act it.



### OUR NEWEST MEMBERS

Cynthia Webber, Tina Suarez, Melinda Veller, and Veneda Knolhoff, Membership Chair  
 General Meeting  
 November 11, 2009  
 Jackie Gray, Presiding Officer

The regular meeting of the Centralia BPW was held at Centralia House on November 11, 2009 with 35 members and four guests present. Mary Ann Norton led the members in the Collect and Virginia Yates led the Pledge of Allegiance. The four guests were introduced. The Chamber of Commerce portion of the BalloonFest proceeds was presented to Bob Kelsheimer.

**Program:** Following dinner, Pat McNicholas gave an informative program on the history of Celia M. Howard and the Celia M. Howard Foundation.

**Call to Order:** The meeting was called to order at 7:28p. A quorum was declared.

**Minutes:** The minutes of the October 14, 2009 General Meeting were accepted with corrections; "20.00 for Region 5 YC program...", "Lorraine Bassett conducted the 50/50..."

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

BalloonFest Fund	\$8,243.12
Education Fund	\$5,059.24
Alta McCullough Fund Checking	\$1,164.26
Alta McCullough CD	\$10,000.00
General Fund	\$2,240.50
Total Assets	\$26,707.12

**Bills:** Bills in the amount of \$25.00 for filing fees for the Amendment to our Articles of Incorporation to the State of Illinois and \$30.00 to Marion County for the same were presented. A motion with a second to approval payment of the bills carried.

**Correspondence:** Sharon Griffin read four pieces of correspondence: a request for financial support for the Centralia Area Historical Society for an elevator and a thank you from Wham & Wham for selecting them as "Boss of the Year," a thank you from Ann Chappell for the donation of food from the Progressive Dinner, and a plea for blood donors for the November 18<sup>th</sup> blood drive.

#### STANDING COMMITTEE REPORTS

- **Celia M. Howard:** a basket was passed for the Bakeless Bake Sale. Jackie thanked everyone for their contributions.
- **Finance:** Karen Rogers conducted the 50/50 drawing with the winner, Mary Ann Dulumbuck receiving \$16.00 which she donated to Celia M. Howard. The brag basket was passed collecting \$44.00.
- **Issues Management:** Beth Galicia reported our program for the December General Meeting will be a Christmas Party. Karen Walsh and Beth are planning a fun evening. Items for the Food Pantry (CCBA), The Salvation Army & Kids Hope will be collected. Desired items for each organization were shared. Members wishing to "adopt a family" at Kids Hope should contact Vickie McDaniel. The speaker at the January meeting will be a representative from the Girl Scouts.
- **Legislation:** no report
- **Membership:** Three new members were introduced; Cynthia Webber, Melinda Veller, and Tina Suarez.
- **Public Relations:** See Issues Management.
- **Young Careerist:** Brenda White reported that they are still looking for the guidelines from State. Perhaps they will be available at Interim Board.

#### SPECIAL COMMITTEE REPORTS

- **BalloonFest:** Karen Deering presented the final report; Chamber of Commerce (45%) \$2,966.45 and BPW (55%) \$3,625.67.

- **BPW Week:** Pam thanked everyone in a recap of the week. She also thanked those who helped with the Halloween Parade. Approximately 300 brochures were handed out by the walkers. She requested that bills be turned in to Brenda Chesnek as soon as possible.
- **Cards & Memorials:** Mary Ann Norton reported that Nancy had sent a sympathy card to Paula Feigenbaum. She requested that the pink Yoplait lids be turned in no later than the December meeting.
- **Christmas Ornament Contest:** Karen Walsh reported that the schools have received the information for making the ornaments which will be displayed at the Cultural Center's Festival of Arts, December 6<sup>th</sup>. Four usher and four cookie servers are still needed.
- **Scholarship Salad Luncheon:** Sally Tiemann reported the details of a very successful luncheon and statistics comparing this year to years past. She stated that 56 members sold tickets and either brought salads or made a donation. 261 tickets were sold in advance; 270 were served. Recipe sales were \$160. The total proceeds were \$2,152.31. The committee has purchased much needed serving spoons for the Masonic Temple from the proceeds.

#### **OLD BUSINESS**

- **LO Name Change:** Jackie reported that the votes to change our name passed. Joanetta Wood reports confirmation that the State of Illinois has received and processed the change.
- **Outstanding Working Woman of Illinois:** Becky Ault and Karen Walsh have a potential candidate and will discuss it further at the December board meeting.
- **Call to Interim Board:** Sylvia Mahle and Sharon Sanders will represent our LO at the November 20-22 meeting in Bloomington.

#### **NEW BUSINESS**

- **Holiday Festival of Arts:** Jackie reported that the event will be held Sunday, December 6<sup>th</sup>. She asked members to volunteer to usher and serve cookies. Sign up sheets were available.
- **Bell Ringing:** Bell ringers are needed for Saturday December 12<sup>th</sup> from 9:00a to 6:00p and Saturday, December 19<sup>th</sup> from 2:00p to 8:00p at Schuck's. Sign up sheets were available.
- **Email Address:** Jackie reported that she had updated the IFBPW database with LO addresses so that the Illinois Bulletin and other notifications can be sent electronically.

Amanda Harrison Yearwood displayed the quilt that is to be raffled by the Mt. Vernon LO and made a plea for stories from previous conventions. Please email any stories you would like to share to Jackie Gray.

#### **UP COMING EVENTS:**

11/21	Interim Board Meeting
11/26	Thanksgiving
11/30	December Board, Veneda Knolhoff, host
12/09	General Meeting/Christmas Party.

There being nothing further to come before the club, President Jackie Gray adjourned the meeting at 8:14p. Respectfully submitted,

Michele Garrison, (for) Recording Secretary