



August 2009

Message from the President
Sue Berning

Celebrate Life

As I reflect on the past few weeks and the month of July death of loved ones and celebrities are on my mind. Since 2001, July has been a difficult time for me and my family. On July 1, 2001 we lost my stepson Doug at age 25 in drowning accident and on July 31, 2003 I lost my husband Jim, at age 49. Jim died from a pulmonary aneurism. Both of these deaths were sudden and hard to understand. I've often contemplated if I had a choice of death would I want to die suddenly or know in advance. I have to admit I am still contemplating.

I have always tried to live my life celebrating the Journey. Like most of you, I have experienced ups and downs traveling my path. I continue to remind myself that we have choices. Just like Matt Booth (July speaker) shared with us about CYA (check your attitude) we make choices as to how we react and learn from our experiences. I have learned so much during those dark times of grief. Here is a short list I would like to share with you:

- Make the best of every day
- Don't live with regrets
- Make peace
- Tell your loved ones how much they mean to you, DO NOT just assume your actions tell alleittle things
- It's o.k. to allow others to help you, you don't have to do it all YOURSELF
- There are no RULES to grieving

Many of you watched the memorial service for Michael Jackson, some of you may even have sent a donation. Why was it important for a production? I'm sure each of us has an opinion about the publicity Michael's death received. When a celebrity dies it is a headline. Why is it important to follow the death of celebrities? Do you

appreciate people and their contributions more when they die?

Is there someone you need to make amends with? Someone you have neglected to tell them how much they mean to you and how important they are in your life? If so, I encourage you to take the first step. I did not know the morning Jim kissed me good-bye would be the last kiss or that last words I heard him speak.

Death is not a comfortable topic for most of us. In my college Speech class I gave a persuasive speech about Death Education vs. Sex Education. Just for the record I believe they are both important, but in the speech I pointed out that all of us are going to die and all of us will know someone who dies, NOT all of us will have sex. So why is it that we are not educated about death? It is viewed as unpleasant. Should it be? Depending on your faith, you could argue that death is what you are waiting for. Is it fair to compare a wedding event to a funeral event? Can they both be a celebration? Is it important to attend a wake/visitation, the funeral? What do you say? How do you act when you see the survivors? One of my favorite conversations to hear at a wake/visitation is "he/she really looked good didn't they?" Does a dead person really look good? Lastly I challenge you to bring the subject of death up in your conversations. I can tell you from experience that planning a celebration of a loved one's life is much easier if some type of pre-planning or discussion has taken place. The question of "what would they have wanted" is gone. You know what they wanted, you are then free to make informed decisions.

Sue Berning
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The monthly PWI newsletter is prepared by PWI member Sue Nicolini

2009 PWI Dates to Remember

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	

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 petersonnancy@mac.com. Thank you!

petersonnancy@mac.com

Nancy Peterson
DMS
815-777-0104 Telephone
630-606-7555 Mobile



Using Publicity to your Advantage

Discussion, Q&A featuring your Galena Gazette Experts:

Jane Holland, Special Sections Coordinator

Jayne Caspers and Barb Reittinger, Advertising Reps

- Is your business getting noticed?
- When should you advertise? When is a press release enough?
- How do you get the attention of the news department?
- When is color a must?

Bring your questions!

With a combined 25 years of experience at the Gazette, these women will lend their knowledge to our members and guests

August 12, 2009

11:30 am – 1:00 pm

LinMar Gardens

Prospect St., Galena

In case of rain, meeting will be moved to Fritz & Frites- We will notify attendees prior to meeting

RSVP by August 6 to Betsy Eaton betsyanneaton@hotmail.com

August Special- Bring a Friend at Member Price!

\$12 Member or Guest

If you have specific questions you'd like to see discussed, please feel free to e mail Jane ahead of time at the Gazette:

jholland@galgazette.com or call

777-0019





community



connection

The CHOICES Domestic Violence Program would like to thank PWI Member, Judy Reedy for volunteering her time at the CHOICES Program. Judy completed the 40 hours of required training to work with confidential information at CHOICES and has been extremely helpful in data entry, filing, and other essential office work. Since CHOICES has faced some extreme budget cuts, which means staffing cuts, Judy's contribution has meant more now than ever! THANKS JUDY - we appreciate you!

The work of Shirlee Methling, an oil painter and soft pastel artist will be featured at Eagle Ridge Resort & Spa through the month of August. Both figure work and landscaping will be displayed. She is also displaying her newest landscaping series at JOSEPH LAYTON, located at 525 Bouthillier St., in Galena, IL, (off Route #20).

Hi Fellow PWI Members,

I am chairman of the Galena Ladies Getaway Weekend sponsored by the Chamber of Commerce.

The dates are Sept. 11th-12th and 13th. There will be a fashion show on Friday night at Turner Hall from 7:00-8:15 and the Quartermania Auction at Turner Hall on Saturday night from 6:00 to 9:00 PM. This is the 16th year for Ladies Getaway and this weekend is just for the Ladies.

For additional information or to register for any of the events, you can go to the chamber website www.galenachamber.com or call me at 815 777-3456.

We are in need of volunteers for registration and also to help with some of the events. If you can help, please call me at the above number.

Thanks
Kathie Farlow

Insects: The Good Guys & The Bad Guys

Date & Time: August 1, 2009 - 1:00 pm
Location: The Galena Territory Property Owner's Club - meet at Recreation Hall

Explore the world of bugs! Learn about what they eat, how they live, why some are a bother to humans and how the world benefits from these amazing creatures! People of all ages will love to get out in the prairie and use butterfly nets to catch insects and look at them under a microscope!

This event is sponsored by the Conservation Guardians of Northwest IL and the Jo Daviess Conservation Foundation

Christie Trifone
Director of Public Lands
Jo Daviess Conservation Foundation
126 N. Main St
Elizabeth, IL 61028
815.858.9100
www.jdcf.org



During "tourist season," Liz Mitchell (www.lizmitchellwriter.com) is putting her public speaking skills to use two days a week playing "Bridget the cook" at the 10,000-sq. foot Ryan Mansion (www.ryanmansiongalena.com) on Route 20 West (between Culver's and the Ramada). She is a guide/cook for "living history" tours that time-travel folks to 1882 and invite them to become guests as the mansion staff prepares for a huge houseparty. The cook, the housekeeper and occasionally the butler take them through parlors, the library, two dining rooms, the kitchen, a tiny ladies' sitting room, a sewing room (with ball gowns and undergarments on view), elegant bedrooms and a laundry area. Guides also serve fresh-baked cookies (made from period recipes), and -- during hot weather -- cool lemonade. So if you've got friends or relatives coming to town and looking for some old-fashioned fun, bring (or send!) them to the Ryan Mansion, where tours are given Fri-Tues from 10 to 3:30 p.m.

Calling all Project Linus Blanketeers!

Our local chapter of Project Linus will raffle off two beautiful handmade quilts that have been donated to assist in our fund raising efforts. See photos of quilts below and detail photo.



Project Linus Quilt Raffles

Support the local chapter of Project Linus by taking chances on beautiful handmade quilts at the Market Square Arts Festival on August 15 from 10:00 - 5:00 and August 16 from 10:00 - 4:00. Tickets are \$1 each, 6 for \$5 and 12 for \$10. For more information contact Lisa McCarthy at 815-858-4999.



Wild Clover Day Spa and its staff are very pleased and proud to have recently been named a location for both the Aveda product line and the Bare Minerals makeup line. Both companies require an in-depth assessment of both the spa and its staff and services. All Wild Clover staff have now been through the intensive training offered by both companies to assure that both product knowledge and product use is high level. We invite PWI members to stop by or schedule a complimentary makeup lesson and application. Mention this newsletter when you schedule. Wild Clover is excited!!!

Mary Sheahen

"Green Fair Fare," a dinner to celebrate and promote Green Fair 2009, will be held Friday, August 21 at The Point Patio, Eagle Ridge Resort & Spa, Galena. A social hour will begin at 5:30 p.m. with dinner served at 6:30 featuring local food.

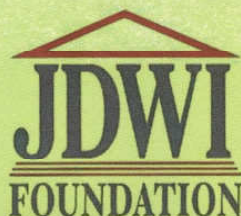
The guest speakers are John Ivanko and Lisa Kivirist, co-authors of the award-winning *ECOpreneuring*, as well as *Rural Renaissance*, and *Edible Earth*. They are also national speakers, freelance writers, and innkeepers of the award-winning Inn Serendipity Bed & Breakfast, www.innserendipity.com. Lisa & John will entertain with their presentation, "Living the Good Life: One family's love for summer squash, solar energy and serendipity."

A raffle will be held, offering prizes that include a night at John and Lisa's bed and breakfast in Browntown, Wisconsin, backyard bird habitat evaluation by Wild Birds Unlimited, and an ecological evaluation by Prairie Works, Inc. The price of the dinner is \$40.00 and proceeds support the Green Fair 2009.

Please make your dinner reservations through the University of Illinois Extension, P.O. Box 600, Elizabeth, IL 61028 or online at <http://jdc.extension.uiuc.edu>, follow the link for Green Fair Fare Dinner in the top right corner. A brochure is available by calling 815-244-9444.

"Green Fair 2009: Going Green is Mainstream" will take place Saturday, September 26 at Highland Community College West, Elizabeth, Illinois. Contact University of Illinois Extension, Maggie Friedenbach, for more information about Green Fair Fare Dinner or Green Fair 2009 at 815-244-9444 or go to www.nwil-greenfair.com.

Submitted by PWI member Lisa Schoenrock, a member of the Green Fair Alliance and organizer of Galena's Earth Day Fest



1st Annual Golf Outing

Thursday, September 10th, 2009 Eagle Ridge East Course

Join your friends to help support the JDWI Foundation at its 1st Annual Golf Outing. This relaxed, 9 Hole, Tournament will help raise funds for a wonderful and caring Foundation. The JDWI Foundation supports individuals with disabilities and empowers them to become active members of their communities. Qualifying individuals and agencies receive funding for health, clothing, housing, transportation and equipment through grants by the JDWI Foundation.

Shotgun Start at 3:30 pm ~ Eagle Ridge East Course
Hole and Flag Events

Dinner to Follow at Fried Green Tomatoes
Donation to JDWI Foundation (501 c 3)

\$75.00 per person

Names _____

Phone _____
Make Checks Payable to:
JDWI Foundation

I am unable to play, but have enclosed a tax deductible donation.

Return this form to: Fried Green Tomatoes 213 N. Main Galena, IL 61036

GROWTH OPPORTUNITY UNITY



Safe Haven

- 2:00 Registration
- 2:30 Shotgun Start
- Eagle Ridge East Course
- Four-some Best Ball
- 5:00 Putting Contest
- 5:50 Dinner & Awards Ceremony

SUNDAY, AUGUST 9th



2nd Pars Fore Paws

Golf Event to Benefit Safe Haven

All residents, businesses and pet lovers are invited to join in an enjoyable day of golf at The Eagle Ridge East Course to benefit one of our favorite charities—Safe Haven Humane Society of Jo Daviess County.

Each participant will receive a complimentary gift, dinner and an opportunity to win prizes. Prizes will be awarded for lowest four-some score, putting contest winner and other special challenges.

For Information & Registration

John & Rose Lorenzen
14 Long Creek Lane
Galena, Illinois 61036

E-mail: lorenzen@yousq.net

Double Eagle \$500 – Golf and dinner for four. Your logo printed large in the event program. Your company signage displayed at dinner, and on golf carts.

Eagle \$300 – Golf and dinner for two. Your logo printed in the event program. Your company signage displayed at dinner, and on golf carts.

Birdie \$100. Your logo printed in the event program and on golf cart signage.

Par \$75 – Golf and dinner for one. Includes green fee, cart, dinner, awards ceremony and gift.

Dinner Only \$35 per person - Dinner starts at 5:30 pm at the East Course Point Patio.

Dinner consists of mixed green salad with choice of two dressings, fruit salad, potato, choice of steak or chicken grilled on location, brownies, coffee, tea, iced tea and water. Awards ceremony will follow dinner.

All proceeds from this golf outing will support Safe Haven's Mission

Safe Haven's mission is to provide a haven and treatment for adoptable cats and dogs, place them in suitable homes, increase awareness of the humane treatment of animals and promote spay/neuter programs to reduce the overpopulation of cats and dogs in Jo Daviess

GROWTH OPPORTUNITY UNITY

“Members Toot Your Horn”



Dubuque Women’s Leadership Network has partnered with American Trust, Radio Dubuque and the Telegraph Herald to proudly present the 7th Annual Women’s Leadership Conference “Leading on All Levels...Bridging the Gap” -a day long conference designed to promote personal and professional development for women. On Thursday, September 10th join hundreds of tri-state women at the NICC Town Clock Center for Professional Development from 8:00 a.m. - 4:30 p.m. to network, share experiences and stories, learn and grow. Professional speakers will share a variety of topics that are of interest to everyone on all levels. Reservations are \$125 for members / \$140 for non-members and include lunch. To register, call NICC at 563.557.8271 ext. 380 or wheelocw@nicc.edu. For more information visit the WLN website at www.dubuquewln.org

A collage of images including a woman on a phone, a woman with a baby, and a group of women.

**bridging
THE
gap**

WLN

LEADING ON ALL LEVELS...

Women’s Leadership Network Presents
A day long conference designed to promote personal and professional development for women.

Thursday, September 10, 8:00 am - 4:30 pm
NICC Town Clock Center for Professional Development
680 Main St. – Dubuque, IA

WOMEN'S LEADERSHIP network

GROWTH OPPORTUNITY UNITY