Mt. Vernon Business Women's Club

GAZETTE

2017

Carol Burk, Editor
March, 2017

A Message from the President

As I sat down to write my President's Notes for this month it is with excitement and a little sadness. This year of my presidency has certainly flown by.

I am excited about Amanda taking over the Presidency for the year 2017-18 and one of the most competent Executive Board to be installed to carry on and support her. Of course, there will never be a better Executive Board than I had this year! Thank you for all your support!

It is with a little sadness that I realize that I am now another year older and I am once again going to fall into that category of "Past Presidents". Then my thoughts swing to the positive excited side again and I think back on all we have accomplished this year and the plans we already have in place to make next year just as exciting, if not more. I couldn't be prouder of our accomplishments.

Officers 2016-2017

President… *Carol Burk*
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President-elect
Phone:

Recording Sec...*Marsha Webb*
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Corresponding Sec*….Patsy Timm*
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Board Members
Amanda Burk
Gwen Gross
Eileen Williams

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Thank you to everyone who once again pulled together for a most successful Candidates Forum with Sherry Meadows and Melanie Andrews at the helm. Sherry is always the first one to say "This has to be a group effort" and it certainly was.

Another exciting memory I will always have for March is our very first Soup and Sandwich Luncheon in support of our Scholarship Fund. What a success!! $1,200 to go toward supporting education for our up and coming leaders! WOW! That just pretty much sums up my feelings.

Even though my term will be coming to an end shortly, we still have exciting plans in the making. I attended the Equal Pay Day Rally in Chicago. My very first. But certainly, not my last. I will be presenting the April program on "You Can Become Superwoman" and who of us doesn't feel, at times, that is the only way to meet all the demands placed upon us. I will also be presenting my program at State Convention.

State Convention this year will hold a special place in my BWC memories as well. I, not only will be a presenter, I will be sworn in a President-Elect. I will still need the support of each of every member of our Local as well as the support from all other Locals in the State. Crystal Rios will be competing in the State Speak-Off Contest and our nominee, Jo Beth Weber will be recognized as a IFBWC Outstanding Working Woman of the Year.

Ladies, we have had a wonderful productive year. From discussions we have had, I know next year will be just as wonderful as this year!! Thank you to all of you for letting me serve as your President for the year 2016-17. You, my sisters, will all always hold a special place in my heart and my memories.

I wish you all a very Happy Easter and hope once again you will remember the Reason for the Season!

Carol Burk
President
Mt. Vernon Business Women's Club

April 9th – Gwen Gross
April 10th – Marsha Webb
April 14th – Kendra Peterson
April 21st – Amanda Burk
April 23 – Sherry Meadows
April 25th – Dorothy Hamson
April 28th – Linda Trivisonno

PROGRAM FOR APRIL WILL BE PRESENTED BY PRESIDENT CAROL BURK ON "YOU CAN BE SUPERWOMAN'

President, Carol Burk will be doing a presentation on becoming superwoman based on the book Presence authored by Amy Cuddy. Amy is a Harvard Business School professor and social psychologist. Professor Cuddy's book is based on "Bringing your Boldest Self to your Biggest Challenges". I will be talking about nonverbal behavior and how snap judgements can influence people. To simplify all this professional jargon, my topic will be in reference to body language and making a positive "presence" felt by others. I will also offer some topics for discussion regarding difference in the perception of the abilities of men and women. I will discuss how to use our positive self to grow our Local's membership and generally

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surround yourself with positive people. I hope you will take part in the discussion and come see how two minutes could make a major difference in your appearance, your attitude and your success.

OUR COMMUNITY PROJECT FOR APRIL WILL BE DONATIONS TO ANGELS CONNECTION TO HELP FILL EASTER BASKETS

As some of you may remember we made a donation to Angel's Cove not so very long ago. Angel's Cove deals with pregnant and new mothers to help them learn to care for and provide for their babies. Angel's Connection picks up with the children where Angel's Cove leaves off. They have children from the age of 2-12 at the current time. We had hoped to fill Easter baskets for these children until we were told that at this time they are working with 40 children. The director, Sherry Johnson, suggested that we donate items and treats that Cove Connection could use in the Easter baskets they will fill. Items such as pencils, small toys, candy, treats, stuffed animals, party favor type items. Anything you can see a child in this age group enjoying. We will also be passing the donation can if you don't have time or would rather make a cash donation. Let's help all we can to brighten these children's Easter.

MARCH TREASURER'S REPORT

Beginning Balance March 2, 2017	**$5,105.02**
Total Deposits	**$1,564.50**
Total Disbursements	**-$ 413.53**
Ending Balance April 3, 2017	**$6,255.99**

Beginning Balance – March 2, 2017 **$5,105.02**

Income:

Brag	$ 16.00
50/50	$ 9.00
Knife Sales	$ 10.50
Dues – Patsy Timm	$ 50.00
Soup and Sandwich Luncheon	$1,479.00

TOTAL INCOME **$ 1,564.50**

Expenses:

Jefferson County Chamber Annual Dinner – Returned and voided	+$ 120.00
Sam's – Meat for Sandwich Luncheon	-$ 95.14
Gordon Food Service – Supplies for Soup & Sandwich Luncheon	-$ 194.82
IFBWC – Dues Patsy Timm	-$ 35.00
Carol Burk – Candidates Forum Reimb	-$ 88.57

TOTAL EXPENSES **-$ 413.53**

Ending Balance April 3, 2017 **$6,225.99**

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CORRESPONDING SECRETARY'S REPORT
APRIL 3, 2017

1. Edward Jones bank statement
2. Thank you letter from Mended Little Hearts of South Central IL for donation
3. Quarterly newsletter from Chamber of Commerce
4. Invoice from Chamber of Commerce for Annual Dinner
5. Scholarship Application – Sabryn Griffin – Woodlawn H. S.
6. Donation check from Sharon Costa for Soup and Sandwich Luncheon
7. Returned check for Annual Dinner Chamber of Commerce
8. Scholarship Application – Emily Boone – Mt. Vernon Twp. H. S.
9. Thank you letter from Chamber of Commerce for Annual Dues
10. Scholarship Application – Makayla Crawford – Woodlawn H. S.
11. Scholarship Application – Gretchen Witter – Waltonville H. S.
12. Scholarship Application – Adrienne Lyday – Mt. Vernon, IL
13. Scholarship Application – Allison Hedin – Mt. Vernon Twp. H. S.
14. Scholarship Application – Lauren Heinzman – Mt. Vernon Twp. H. S.
15. Scholarship Application – Garrett Girvan – Webber Twp. H.S.
16. Scholarship Application – Katelin Bravard – Webber Twp. H.S.
17. Scholarship Application – Dalton Branach – Waltonville Twp. H.S.
18. Scholarship Application – Maria Manning – Webber Twp. H.S.
19. Scholarship Application – Jaxon Helm – Webber Twp. H.S.
20. Girl Scouts of Illinois announcement – "Dancing with the Stars" event.

Patsy Timm
Corresponding Secretary

DUES REMINDER

Evelyn Boswell	February 14, 2017
Dorothy Hamson	April 30, 2017
Sheridan Meadows	April 26, 2017
Janeta Sutton	April 30, 2017

MINUTES MARCH 13, 2017
GENERAL MEMBERSHIP MEETING

Carol Burk, President called the meeting to order. There were 14 members present. After the Collect and Pledge were given, Carol introduced our guests for the evening. They were Joy Dauble of LuLaRoe Fashions and Donna Tate of R & D Accessories. They both gave very interesting and informative presentations. Since there was not any Community Project for March, Carol suggested anyone that wanted who wished to buy jewelry and donate it to Tana Dehart, Activity Director at Countryside Manor, to be used as Bingo prizes. After both presentations, we took a short refreshment break and gave everyone a chance to look at the fashions and jewelry.

The minutes of the previous meeting were read by the members and Eileen Williams made a motion to accept the minutes as presented, with Janeta Sutton seconding the motion. The motion carried. The Treasurer's report was presented and filed for audit. Patsy Timm gave the Corresponding Secretary's report.

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Carol then gave the President's report. She informed us that March was Women's History Month. The theme is "Honoring Trailblazing Women in Labor and Business".

She then reminded us that State Fun Day is March 25th, it will be a "Cocktails and Canvas" event held at the Centralia Cultural Society. There are 5 going from our club. The cost is $25.00 and you need to RSVP Tina Suarez by the 17th of March. Tickets can be paid for at the door.

Equal Pay Day Rally is in Chicago on April 4th at Daley Square. The train will leave at 4 am and return around 9 pm. The cost is around $50.00. She told us that this event is to make us aware that it takes a woman a year and 4 months to make what a man makes in 1 year.

Centralia will hold its own Equal Pay Day Rally at the Pittinger Band Shell in Foundation Park on April 8th at 1 pm. There is no fee for this event.

Crystal Rios will present her State Speak-Off Speech at the April meeting for review and suggestions. Also, Carol will present a condensed version of her break-out session presentation entitled "You Can Be Superwomen" at the meeting.

Melanie Andrews of the Scholarship Committee reported that all the applications had been mailed to the area schools. The deadline is March 31st.

Sherry Meadows reported that the Candidates Forum had a record attendance of candidates and received very high attention from the public. She also told us that anyone wanting to hear the candidates could go on Facebook for interviews from the Mayoral Candidates, City Council and Board of Education.

Amanda Burk reported that everything for our Soup and Salad Luncheon was progressing and that we still had tickets available and volunteers are still needed to help that day. Also, we still needed to sell more tickets.

Amanda told us that the Annual Chamber of Commerce meeting is March 24th, Tickets for the diner are $40.00 each. Cocktails will be at 5:30 pm with the dinner at 6:30 pm.

There was no old or new business to report. There were three Birthdays.

The meeting was adjourned.

Respectfully Submitted by:

Marsha Webb
Recording Secretary

Everyone hard at work in the kitchen preparing and serving!

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SOUP AND SANDWICH LUNCHEON FOR THE SUPPORT OF THE MT. VERNON BWC SCHOLARSHIP FUND A HUGH SUCCESS!!

Mt. Vernon BWC Scholarship Luncheon held on Monday, March 20th at Epworth Methodist Church, from 11 am – 2 pm proved to be a very successful activity. BWC Treasurer, Connie Simmons reported that $1,479.00 was taken in from ticket sales with expenses amounting to $289.96. This left a profit of $1,189.04. The amount included in the ticket sales includes a donation from Sharon Costa in the amount of $250. We thank Sharon for her generous support. A huge thank you goes to all members who sold tickets, donated soup, and worked the day of the luncheon. The Executive Board felt that since this was such a success for our first year that this should be made an annual event to shore up our Scholarship Fund. It was also noted that supplies to hold next year's luncheon were left over this year eliminating the need for that expense next year.

SCHOLARSHIP APPLICATIONS DEADLINE HAS PASTED

As you can tell from the Correspondence Report we have received several applications this year for our scholarships. I am very proud to say that some of them are actually from Mt. Vernon Township High School. (I think Melanie being Scholarship Chairman may have had something to do with that). Thanks, Mel. The Scholarship Committee will be meeting shortly to determine the winner. Scholarship winners will be recognized and honored at our May meeting prior to officer installation.

STATE CANVAS AND COCKTAILS FUN DAY HELD MARCH 25TH

Group Picture of all in attendance

Mt. Vernon BWC attendees (left to right) Tina Suarez – President-Elect IFBWC, Amanda Burk, Eileen Williams, Carol Burk and Eileen's granddaughter, Rebecca

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The Centralia BPW sponsored a Spring Fun Day on Saturday, March 25th from 3-6 pm at the Centralia Cultural Society. The event featured a Cocktails and Canvas painting activity. The refreshments were delicious and and I don't think anyone anticipated the fun and fellowship we would have with our paintings. Everyone was given a canvas with the same sketching of a flower and the same colors of paints as well as the same instructions. As you can see from the picture above no two of our paintings turned out the same. We had a great time! Thanks State IFBWC and Centralia BPW. The Mt. Vernon Local attendees were: Amanda Burk, Carol Burk, Eileen Williams and Eileen's granddaughter, Rebecca. Pictured with our crew is State President-Elect, Tina Suarez.

STATE CONVENTION RAPIDLY APPROACHING

The 2017 IFBW State Convention is rapidly approaching. Convention for this year will be held in Champaign, Illinois at the I-House Hotel on May 5th-7th. We have been notified that more rooms have been made available to our organization. If you are still interested give the I-Hotel a call at (217 819-5010 and see what they can do for you. Crystal Rios will be competing in the Speak-Off Competition beginning at 10 am on May 5th. I will be giving my presentation "You can be Superwoman" at 2 pm on Saturday, May 6th. The Outstanding Working Woman of Illinois Recognition will be at 7:30 on Saturday, May 6th. Reservations can be made online at the IFBWC website.

APRIL IS CHILD ABUSE AWARENESS MONTH

Actually, every month should be domestic and child abuse awareness month. If you are worried that a child is being abuse, watch out for any unusual behavior such as the following: withdrawn, suddenly behaves differently, anxious, clingy, depressed, aggressive, problems sleeping, eating disorders, wet the bed, soils clothes, takes risks, misses school, changes in eating habits, obsessive behavior, nightmares, drugs, alcohol, self-harm or thoughts of suicide. If you feel a child is possibly in danger of abuse please notify local law enforcement or the National Sexual Assault Hotline at (800) 656-Hope.

Domestic abuse, which may include adults as well, can include: sexual abuse and rape, punching, kicking, cutting, hitting with an object, withholding money or preventing someone from earning money, taking control over aspects of someone's everyday life, which can include where they go and what they wear, not letting someone leave the house, reading emails, text messages or letters and threatening to kill or harm them, a partner, another family member or pet. If you see or think someone might be in danger of domestic abuse please notify your local law enforcement or contact the National Domestic Abuse Hotline at (800) 799-7233.

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Barb Yong – Equal Pay Day Rally Organizer and Longtime IFBWC Member

EQUAL PAY DAY RALLY

Well it is true, at 3 am I rolled out of bed got dressed and Tina Suarez and I headed to the Centralia train station. We boarded the train about 4:00 with no coffee or caffeine to sustain us. We arrived in Chicago a little after 8 am. The Rally was to start at 1 pm so after joining up with Kathy Clark-Eller of Highland in Centralia and State President Susan McGrath we quickly made our way to the nearest quick food restaurant for COFFEE and breakfast. We were soon joined by Tina Klein from the Southwestern Local. After breakfast and a quick catch up session for all of us we made our way to the Law Office of Barb Young. For those of you who are not familiar with Barb, she is the original organizer of the Equal Pay Day Rally. Barb escorted us over to the Daly Center where we handed out "Equal=Pay buttons to attendees and settled in more a most inspiring and invigorating Rally. We had several speakers such as the women who organized the recent Women's Equality Walk in Chicago, a Rap Artist featuring equal pay lyrics, a very successful female CEO and the Lt. Governor of the State of Illinois. Barb then treated all of us to a delicious lunch where more equal right and IFBWC discussion continued. Grabbing a cab and hightailing it back to the Station we settled in to our 4 hour right home, or so we thought. I now remember why the Illini 393 was called the "milk train" when I was in college. We got behind a freight train which we had to stop and weight on. Several switching locations and finally came to a stop right outside of Centralia when a brake line had gotten entangled with debris of the tracks and had come off. After a short time, repairs were made and we made it in to Centralia about an hour and ten minutes late. At least we were home and what a wonderful day we had! A huge thank you goes to Barb Yong for hosting us and taking us to a delicious lunch. I plan to go back next year to see what progress we have made.

If you were unable to attend the State Rally, Centralia BPW will be hosting their own Equal Pay Rally on Saturday, April 8th at 1 p.m. at the Pittinger Band Shell in Foundation Park. Each woman in attendance will be given a pay day candy bar. Each man in attendance will be charged 23 cents. The pay differential in wages for men and women on average.

This may not seem like a big deal to you, as several of have reached or are reaching the end of our careers. None of our members are without friends, relatives or coworkers, besides yourself that Unequal pay does not affect. It not only affects your earning while you are working, it also affects the amount of pension you may draw.

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Take this matter seriously. Google it! Pay attention to what is happening on the State and Federal levels involving women in the workforce.

After all, someday men will have to answer to us. There are more female babies than male babies born each year and women live on average 10 years longer. Whether you believe it now or not, someday men will be the minority and we will be the "Superwomen" in control! Even if that is not by your choice. Prepare yourself to be that strong spirit and equip yourself with the knowledge and experience you will need!