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- President's message
- December Board Registration Form
- Calendar of Events
- Leadership Recap and Photos
- Membership Challenge
- NEW Members
- Order Your Holiday Greetings Now



# **State Foundation Awards Cleo Westbay for Service**

Betty Beason, president of the Missouri State Foundation Board of Directors, presented an Appreciation plaque to Cleo Westbay for her service to the Foundation Board. Cleo was one of the original task force members selected by the late Phyllis Sanders to establish the Missouri State Foundation. Since Cleo was unable to attend the 2011 State Conference, the presentation was made during the Leadership Conference in Kirksville, August 2011.

BWM Member Check list for September & October

V Register for December Board

V Find that special item to bring to the Foundation's auction.

V Write a very clever clue!

V Order your Holiday greeting for the Winter issue of MBW.

V Recruit a new member

V Think about running for

state office



# Missouri Business Woman

Quarterly Magazine

Volume 89

No 2

Fall 2011

#### **December Board is Coming Soon**

Be sure that you have December 2 and 3 circled on your calendar! That is the date of the Business Women of Missouri December Board Meeting. Your registration form is on page six of this issue. December Board is much more than a meeting! It's just plain old FUN.

Festivities begin on Friday evening with an open house hosted by your own executive committee and the Northeast Region. If you have not been to board before, you will be absolutely amazed at the extensive array of appetizers and desserts.

As part of the open house and to add to the fun, the State Foundation hosts their silent auction. As a special treat, the Resort is supplying a Gift Certificate to be sold in the silent auction on Friday evening. It is good for one night in a deluxe room with breakfast for two. More auction details are in the article at the right.

It doesn't get much better than this! Good friends, Great food and Shopping Too! You don't want to miss it. Register today!

# **Annual Christmas Auction**

The annual auction for the State Foundation will be held during the Executive Committee's Christmas Open House on Dec. 2. Bring a gift-wrapped item – new or gently used, amazing or amusing – with a clue attached about the contents. The auction is always fun and the proceeds help fund scholarships. See you there with your checkbook!

## **Leadership Conference Highlights**

getting organized t

Leadership Conference Chair LuAnn Irby introduces a speaker who provided helpful tips about getting organized..



Hannibal members modeled their new multicolored polo shirts with the Hannibal Business Women of Missouri logo.

Left to right, JoAnn Coleman, Irene Meyers, Ann Moyers, Selena Wasson and Jana Suchland.

Carthage members, Alta Smith, Martha Renfrow and Cleo Westbay took time out to pose for the camera.

## **Thoughts From Your President**

As I sit here thinking of what to share with you, our members, my thoughts go back to the WONDERFUL Leadership Conference LuAnn Irby of Columbia put together for us. We had brainstorming, how to prevent identify theft, how to organize our work/home and a lot more. If you were unable to attend, we missed you and hope to see you at one of the Regional Conferences.

Speaking of Regional Conferences, I am planning on attending all four so hope to see you there. Look elsewhere in the MBW

for time, dates and places. I am looking forward to traveling around the state and seeing all of you.

The signing of the Proclamation for Business Women's Week will be in September at the State Capitol. Jo will be e-blasting the date as soon as Connie McGinness

receives the information from her contact. I know from the past that it is short notice but I am hoping we have a good show of membership at the capitol.

Next, will be the December Board Meeting. We will be meeting in Osage Beach. See the registration form in this MBW. The Executive Committee and NE Region will be hosting the Christmas Open House for all members on the evening of Friday, December 2nd. This also will include the Foundation Auction. See the article in this issue of MBW for the details. Come join us for good food and fun. On Saturday, we will have the board

meeting, hoping to finish up so there will be time for shopping.

The Executive Committee is often asked do we read the evaluations that are turned in after each conference. The answer is "yes", we read them all and take into consideration all comments. So be sure to turn them in before you leave the conferences.

During the last couple of years, we have had an open forum during the board meetings, which is a discussion on any subject the members have questions about.

> Sometimes a member approaches the Executive Committee with a subject that the EC would like some input by other members before making

a decision. These discussions can get a little out of control at times but the remarks help the EC make decisions they feel will help the total membership.

**Embracing The Future** 

While Protecting the Legacy

As most of our members know, BWM is in a transition and if you feel like our by laws need to be changed to reflect today's modern views, now is the time to submit the change to the By Laws Chair, Tami Benus. It has to be in writing and to Tami, who will submit it to the EC before December 2nd to be considered by the board on December 3rd. If the board approves the reading of the new by law at the December board, it still is not a by law

until it is printed in the spring MBW for all the members to review. Then at the April State Conference, it will be presented to all members in attendance, who have paid the registra-



Sharon Tuttle, 2011-2012 President

tion fee and are in good standing (dues paid) to vote aye or nay. So be sure to submit any change you wish to see by the cut off date.

Your Executive Committee and Board Members are working for you, so if you have any questions or concerns please contact any of us. All contact information is on the back page of the MBW. Looking forward to seeing you all at the Regional Conferences.

Embracing the Future
While Protecting the Legacy,
Sharon Tuttle
President 2011-2012

#### **Know Your EC Answers**

- 1. Nancy Grey
- 2. Sharon Tuttle
- 3. Sherry Jones
- 4. LuAnn Irby
- 5. Megan Broemmer

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The MISSOURI BUSINESS WOMAN is the Official Publication of the Business Women of Missouri. Published quarterly in June, September, December and March.

#### POSTMASTER: Send address changes to:

MISSOURI BUSINESS WOMAN BUSINESS WOMEN OF MISSOURI STATE OFFICE PO Box 28243, Kansas City, MO 64188 816-333-6959 Phone/Fax The topics this year are tied to President Sharon's goals. Some suggestions for meetings follow.

**Issues Management** 

While giving my report at the Leadership Conference, I asked if any locals would be interested in adopting Missouri female soldiers. The response was phenomenal and I am so happy and proud that so many locals agreed to adopt a soldier. At this time, we have seven female soldiers that have been adopted by different locals. These soldiers are currently serving in Afghanistan and Africa.

at all membership levels. discussion between

The female soldiers are asking for simple items that their store has in limited supply such as hygiene items and microwaveable

If your local is interested in adopting a female soldier I will send you her name, address, what she is requesting and a letter introducing BWM to her. Please contact me at Missamy.2009@yahoo.com if your local is interested.

I salute and thank you for helping our female soldiers.

Amy Bennett, Chair, Uniting with Women in the Military

- 1. Embrace the future with technology
  - Consider using email or a Facebook group for a time sensitive meetings. If your Local does not have a website, get one up and running.
- 2. Protect the legacy by increasing membership.
  - Sponsor a membership drive. Each member invite at least two potential members to the meeting. Invite a speaker to address a topic that is important or controversial in your area. It is also important to retain your current members. If a member misses a couple meetings, contact her and tell her you miss her. Ask if she has concerns about the meetings and your Local's goals.
- 3. Embrace the future by promoting Business Women of Missouri throughout the state.

Participate in state activities. Promote your Local activities in the media. Make sure women in your area know about you. Don't be a secret! This will also help you with #2 above.

Velvet Fackeldey, Chair

Remember the March 1 deadline for reports. Schedule time during your February meeting to complete all reports. The President's Annual Report is two pages and doesn't take long. But you are not limited to the two pages. Include copies of newspaper articles, photos taken at meetings with a speaker; be creative!

This past year we had 85% of the Locals send in their reports. Give yourselves a pat on the back; that is great! Both the Northwest Region and Southwest Region had 100% participation. They get two pats on the back! This year I want to reach 100% for all regions.

I will be contacting each local president to keep you on track. Never hesitate to contact me if you have any questions.

#### October Is Domestic Violence Awareness Month

As the Domestic Violence Task Force Chair, I encourage all locals to talk with your local shelters or domestic violence agencies in your local area to invite a representative to speak at your monthly meetings and ask what type of donations your local can contribute to help. Since October is Domestic Violence Awareness Month, this is a great time to show your support to the adults and children victimized by domestic violence.

With my work as a court advocate for ALIVE in Franklin County for 12 years, community outreach is one of my primary responsibilities and it is critical to educate our communities on this issue. In observance of Domestic Violence Awareness Month in Franklin County, we have a proclamation signed by the Commissioners and hold a candlelight vigil with guest speakers, including former victims to speak. We also display our "Clothesline Project", which is t-shirts decorated by clients and children who have been impacted by domesetic violence.

Below are some alarming statistics for 2010.

- In Missouri, 41 Intimate partner homicides were reported.
- There were 41,490 incidents of domestic violence reported to law enforcement in 2010 (MO Statistical Analysis Center, 2011). This is up from 36,943 incidents reported in 2009.

Cathy Covington, Chair

- There were 2,009 arrests for violating an Order of Protection in 2010 (MO Statistical Analysis Center, 2011).
- There were 723 arrests for first-degree domestic assault in 2010 (MO Statistical Analysis Center, 2011).
- There were 2,410 arrests for second-degree domestic assault in 2010 (MO Statistical Analysis Center, 2011).
- There were 6,950 arrests for third-degree domestic assault in 2010 (MO Statistical Analysis Center, 2011).

In reference to economic costs of domestic violence, the direct health care costs of domestic violence are approximately \$4.1 billion with an additional \$1.8 billion in productivity losses associated with injuries and premature death (Centers for Disease Control & Prevention, 2003).

For further information, feel free to contact me at: cathycovington27@yahoo.com. I would also be happy to provide a presentation to your local, upon request.

Cathy Covington DV Task Force Chair

#### **Individual Growth Committee**

Peggy T. Cochran, Chair

We have once again purchased the right to use the BPW national materials in our trainings, and we are busy integrating our modules into the package. The national modules will be presented in a training package at the Heart of the Ozarks PBW on Saturday, February 18, 2012 and all members are invited to attend. The cost is \$40, which includes breakfast sweets and drinks, snacks, lunch, all handouts and door prizes. A further announcement about this training will be forthcoming.

The IG committee would like to urge all regions to submit an entry for the speech competition at the State Convention. The deadline for submission is April 1, and we are hopeful that we will have more than one submission this year. All regional entries should complete the form on page 67 of the state manual and mail it to Peggy Cochran, P. O. Box 890, Rocky Mount, MO 65072. Please ignore the list of topics on page 66 of the manual and read the following paragraph.

There are 3 components to the competition: 1) Participants will be asked to deliver a 5 minute prepared speech on one of the following topics at the State Conference: Equal Rights Amendment, Pay Equity, Educational Equity and Funding, Women's Health Care, Domestic Violence, Reproductive Choice, Mentoring, Appreciating Diversity, Dependent Care for Persons of all ages, and the Need for Access to Mental Health Care. 2) Participants should be prepared to deliver a 2 minute impromptu speech. Topics will be drawn at random at the state competition. 3) Participants will undergo a personal interview and be judged on their demeanor, answers, skills, talents, etc.

For more information, contact Peggy Cochran at cochranp@charter.net.

#### **Mentoring Programs for Each Local Club**

Submitted by Betty Beason, Chair

Business Women of Missouri has challenged each BWM club to develop their own personalized mentoring program. As you develop or fine tune your mentoring program, include components which will help you grow membership.

- 1. Plan to have your club involved and visible in community events.
- 2. Partner with other organizations for programs and events.
- 3. Add spark to your monthly business meetings and ordinary programs. Provide educational programs and invite the public. Partner with other organizations and share resources. Use these events as tools to attract new members.
- 4. Contact lapsed members. Talk with them about why they chose not to renew their membership. Encourage them to rejoin and become involved in club activities.
- 5. Review the effectiveness of your club's communication

- with the members. Does every member get information about the club meetings and events? Utilize email, Face book, and other means of technology to keep in touch with members; however, do not forget about the experienced member who does not have access to email and other technological means of communication.
- 6. Take advantage of the local newspaper and other public forums to let the public know about your meetings, the public service you perform in the community, scholarships and other programs your club promote.
- Be sure to include your success stories in your end of year Mentoring Report.



Business Women of Missouri

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Write on our wall!
Never know who you might find there!







## **Leadership Conference 2011**

Submitted by LuAnn Irby, Conference Chair

Creativity & Leadership: A Winning Combination was the theme for the 2011 Leadership Conference held August 5 & 6 in Kirksville. Fifty-five members attended and participated in this year's conference. After the buffet dinner on Friday evening, the program on Creative Leadership was introduced. Whitney Adams, our student member and computer guru from the Columbia local club, assisted with the PowerPoint presentation. Creative ideas to increase and maintain our membership inspired a lively discussion. The resulting suggestions will be reviewed by the Executive Committee, who will determine the next steps for implementation.

Saturday morning's session began with our own Amanda Powell, Office Manager of the Kirksville Chamber of Commerce, welcoming us to their beautiful city. The programs on Identity Theft and Creating an Organized Environment encouraged audience participation, and it was fun listening to the contributions made by our members on both topics.

During Nominations Chair Sandy Majchrzak's presentation: "Running for State Office", it was determined that the members attending this Leadership Conference represented 915.75 years of BWM experience!

Peggy Cochran described the current status of the Individual Growth modules during lunch; and in the afternoon session, updates were presented by all BWM committee chairs.

Everyone enjoyed the conference, and we all look forward to more creative discussions in the future!

Creativity is contagious - pass it on! Albert Einstein

Pictured above are members who attended the Conference in Kirksville.

#### **Local Club News**

Three Rivers BWM continues to grow and connect with working women while



contributing to our local communities.

At the June Meeting, Mayor Sandy Lucy from Washington, Mo was our guest speaker. She discussed her career and how she became Mayor of Washington, Mo. Mayor Lucy is also very interested in supporting the ERA.

At the July meeting, members of Three Rivers brought donations for the Union Food Pantry.

Three Rivers support our local food pantry every quarter. Pictured in the photo above is President Cathy Covington and the volunteer from the Union Food Pantry.

Three Rivers also presented two (2) \$500 scholarships at the July meeting to Becky Raterman and Betsy Miller, both students attend East Central College in



Union, Missouri.. Three Rivers holds a Ladies Night Out, in November to raise money for scholarships. Our 2nd Ladies Night Out will be held on

Nov 4th from 6-8pm at Back On Track Chiropractic in Labadie, Mo. For further information, contact

Cathy Covington at cathycovington27@ yahoo.com or Sandi Stegman at psent@ fidnet.com.



## December Board Meeting December 2-3, 2011

#### The Resort @ Port Arrowhead

3080 Bagnell Dam Blvd. PO Box1930 Lake Ozark, MO 65049 Phone 573-365-2334 or 800-532-3575

**Room Rate is \$59**+tax w/resort fee waived BWM rate is guaranteed through November 2, 2011

#### **Board Meeting Package is \$30**

Package Includes: Registration Fee, Meeting Materials, Friday evening Executive Committee's Open House with heavy appetizers and Saturday Lunch.

Please list each person who will be attending and the amounts paid for each.

ALL attendees must pay the registration fee.

There are no refunds for cancellations after the registration deadline.

Registration Deadline –November 25, 2011

#### **REGISTRATION FORM**

P S P	ST BD	M E M B E R	V I S I T O R	PLEASE TYPE OR PRINT LEGIBLY Use An X In The Appropriate Column To Indicate Registration Status (Please add a \$5 late fee for registration after deadline) NAME	<b>\$30</b> Registration Fee Includes Lunch	TOTAL Paid
					\$30	
				TOTALS		

Local Club		
Contact Name		
Phone Number	email Address	

If you choose to pay by credit card, you may use PayPal at <a href="www.businesswomenmo.org">www.businesswomenmo.org</a>.

Please list December Board Registration in the description box

You may pay with a check made payablevto: BWM

Mail to the state office along with your completedregistration form to:

BWM State Office, PO Box 28243, Kansas City, MO 64188.

# A Message From The Women's Health Chair

submitted by Melissa Moore

#### **Summer Party Tips for Diabetics**

Live it up at all the backyard barbecues and casual al fresco get-togethers this season has to offer, but keep these tips in mind so your blood sugar and your waistline won't reflect poor choices later.

Between the backyard barbecues, pool parties, and alfresco cocktail soirées, it can seem like summer is just one continuous and tempting opportunity to feast. But if you don't want to see your blood sugar go sky-high and your weight creep gradually upwards when you get together with friends, resolve now to party with care. You can savor all that the season has to offer, food-wise, by taking a few extra precautions including:

Look before digging in. Take a stroll and view all the offerings on a buffet table before selecting what you'll eat. There may be food in multiple places at a party. You may grab something and start eating, and then see something you like even better. Before you know it, you've consumed more than you should have.

Calculate snacks as part of your meal plan. You will have a lot more choices this way and won't be as tempted to overeat.

Drink a glass of water before you get to the party. It will help you feel full.

Select Melba toast or whole wheat crackers at the buffet table, rather than high-fat butter-flavored crackers.

Put a slice of lemon or lime into club soda or seltzer water, and other guests will assume you are having a drink. If you do want to have an alcoholic drink, try making a mixed drink with a sugar-free beverage like Crystal Light. Or limit yourself to a five-ounce glass of wine or a light beer.



Are you a member with fire to share with Business Women of Missouri? Do you wish to become more confident in yourself? Do you have talents and time you want to share with others?

All of these are good reasons to volunteer to be appointed to a committee chair or run for an elective office. Business Women of Missouri (BWM) is looking for great women to share their talents and time with the membership and women who have yet become members. BWM is an organization promoting women, helping women become more self-confident, achieve equity in the workplace and extending opportunities through education, information and fellowship.

Each of the committee chairs responsibilities and qualifications are printed in our Missouri Business Women Manual. If you do not have a copy, ask your club President. The information you need to submit as well as the forms are included in the manual on pages 60-62. Every Club President should have received this information as well. If not, feel free to contact Sandy Majchrzak.

Please consider sharing your time and talent with our organization! *Send in nomination information to* **Sandy Majchrzak, Nominations Chair, 2010 Maxwell St Apt B, Rolla, MO 65401** or *email*, <u>sandym@mst.edu</u> by <u>November 15, 2011.</u>

Make sure you eat before you drink alcohol. Someone with diabetes should always have something in their stomach to prevent the blood sugar from dropping too low. It's also a good rule of thumb to test your blood sugar more regularly during the summer. This is because you could be confusing feelings of hunger with the feelings of heat exhaustion. When you get very hot, it can be difficult for you to know the difference.

Stay away from desserts that are heavy on fat and sugar, such as cheesecake and lemon bars. The best dessert ever - Fruit. Summer is great because it's easy to work fresh fruit into your meal. If you host a summer dinner party, try grilling peaches, plums, or apricots and serving with a small

scoop of vanilla ice cream for a special treat. Or mound cut-up fresh fruit into a hollowed-out watermelon for a festive dessert.

Put the party snacks you intend to consume on a plate, and eat from your plate, rather than popping food into your mouth whenever you feel like it. This way, you can see what you're eating rather than just eating mindlessly. It's a lot easier to lay off the pigs in blankets and coconut shrimp when you see that you've somehow consumed an entire plateful, rather than if you'd just popped them into your mouth without ever counting!

By Rosemary Black – www.qualityhealth.com

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#### **Member Showcase Nomination Form**

A member will be selected for our member showcase 4 times a year. If you would like to nominate someone, fill the following form and email, fax or mail to the address below. Once the nominations are received, the mem-

bership committee will review and choose the winning member. The member will be presented with an award, displayed in the Missouri Business Women Newsletter and submitted to their local paper.

Name:	Local Club:		
Address:	City:		
State:	Email:		
Occupation:	Company:		
Nominated by:			
Local News Paper:	Contact		
Phone:			
Attach additiona	l sheets of paper, if necessary		
Send/Em	ail nominations forms		
Kaci R Moran-Pose 20665 Hottel			
(816) 809-8785 F(417) / /6-794/	Moran nose@shcolohal net		

Membership Challenge FREE

2012 BWM Membership

What makes an organization are it's members.

Without members' dedication and support, BWM could not be where we are today.

As the Missouri State Membership Chair, I challenge each and every one take this membership to the next level.

Each year we recognize members who recruit a new member.

This year, I am challenging any member to recruit 5 or more new members!

For every 5 new members you will be entered for a chance to win a FREE 2012 BWM Membership.

Not only will you be part of BWM's growth, but you may receive your 2012 BWM Membership FREE.



#### 2011-12 Calendar Of Events

2011

September/October **Regional Meetings** September 10 SE Regional Conference Microtel Hotel, Ste. Genevieve September 17 **NE Regional Cconference** Moberly September 24 **NW Regional Conference** Hilton Airport Inn, Kansas City October 15 SW Regional Conference Springfield October 16-22 Business Women's Week

November1 DEADLINE:

Nominations for State Office Positions due to
December 2
December 2
December 2
December 3

Nominations for State Office Positions due to
Executive Board Meeting
Executive Board Meeting
The Resort at Fort Arrowhead Osage Beach
The Resort at Port Arrowhead
The Resort at Port Arrowhead

2012

January 15

DEADLINE

March 1

DEADLINE

DEADLINE

DEADLINE

DEADLINE

DEADLINE

DEADLINE

DEADLINE

DEADLINE

State Foundation Report to BWM Foundation Treasurer

Hilton Airport Inn, Kansas City March 31 NW Inspirational Breakfast March 2-3 Legislative Conference Capital Plaza, Jefferson City April TBA Lobby Day with Missouri Women's Network Capital, Jefferson City April 26 **Executive Board Meeting** Camden on the Lake, Osage Beach Camden on the Lake, Osage Beach April 27 State Board Meeting April 27-29 State Conference Camden on the Lake, Osage Beach

#### **Local Club News -**

The Excelsior Springs BWM Club recently participated in the Salvation Army's Back-to-School program. The club donated more than \$50 worth of school supplies to help area youth returning to school. Pictured are Martha Kirtley, left, and Sandra Clay.





At the August meeting, Excelsior Springs BWM members were pleased to welcome guests, Regional Director Vicki Silkwood PSP, Women's Health Chair Melissa Moore and Mentoring Chair Betty Beason PSP.

Pictured are Jo Coleman, Sandra Clay, Sonya Morgan, Vicki, President Sheila Miller, Martha Kirtley, Melissa and Betty.

#### Local clubs: "You oughta be in pictures!"

Send your information and pictures to the state office. Local activities pictured in the state's quarterly magazine are a great recruiting tool. Send articles in .doc or .docx format and photos as a .jpg to jo.mofedbpw@gmail.com

Get involved. Make plans to attend your Regional Meeting. Members throughout the state are welcome to all Regional Meetings. President Sharon plans on being at all four. You could too!

Do you have a member who would make a great state officer? Get your nominations to the chair by November 1. Details on page 7 of this issue.

Don't forget to order your holiday greetings. Full details are on page 12 of this issue.

#### Do You Know Your Executive Committee?

(Answers are on Page 2)

I was:

I have:

I am: I am: I was: born in a hospital at 8:00 pm on a cold winter's night I was born in northern Iowa the 3rd of 7 children I have: I have: daughters in Kansas City and St. Louis the youngest girl with 4 brothers and 2 sisters I was: I was: raised on a farm and had a horse named "Golden Boy"

I like: working hard, playing hard and fishing every I like: sewing, reading, astronomy, classic older homes

chance I get I was: a majorette, and an AAU ball player

raised on a 100 acre farm where we sold cattle and I have: been an editor for a writer of local history books planted crops

been on CNNs top 100 stories for the year 2001 I have: I am: for a 911 call I made

I was born in a rural area 1-1/2 hrs from a major city I have: more pets than children

I am: I was: valedictorian of my high school class I was born in Illinois I like: quilting, reading, cooking

I have: 2 older sisters and 2 younger brothers an inside person until I met my husband who actually I was: I was:

raised on a dairy/beef/crop farm got me to camp in a tent. I still don't like to get dirty. I like:

June

Mar

May

\$35

\$35

playing the piano, and the TV shows Castle and I have: been both a Democrat and a Republican The Good Wife

a stay-at-home mom and then worked as a bookkeeper I was:

for a veterinarian Reminder:

I have: been to the north and south borders and the east and Dues are being prorated until May 2012

west coasts of the USA check the chart below for your amount due

x \$3 mo due Date

I am: 2011 **2012** May I was born in Kansas City, Mo May

\$35 \$35 \$3 \$3 \$33 \$30 May July I have: a lot of great, supportive friends Aug x \$3 \$27 x \$3 \$24 May May Sept Oct Nov chosen to be a "chiefette" for the KC chiefs \$35 I was: x \$3 x \$3 I like: \$18 \$35

Dec 2012 \$35 I was: the mother in St. Luke's Hospital who delivered an 201 **\$35** 11 lb. baby boy

## **WELCOME New Members** -

been to Hawaii on New Year's Eve

the following new members have joined since 2011 State Conference

e	,		
nita bales	SEDALIA	1300181	nita@formalaffairsllc.com
MARY MANNING	HEART OF THE OZARKS	1300182	mary.manning@swbell.net
TATUM PIERCE	HEART OF THE OZARKS	1300183	t.pierce@bank-star.com
DONNA ZIEGLER	HEART OF THE OZARKS	1300184	dziegler@charter.net
AMANDA DeGRAFFENREID	HEART OF THE OZARKS	1300185	amanda@degrafdesign.com
LAURIE BRICE	HEART OF THE OZARKS	1300186	lbice151@gmail.com
DANA WILKERSON	HEART OF THE OZARKS	1300187	wilkerson.dana@gmail.com
JODI WEEBER	HEART OF THE OZARKS	1300188	jweeber@hy-vee.com
SUSAN L BIVINS	HEART OF THE OZARKS	1300189	sue.bivins@onemain.com
SELENA WASSAN	HANNIBAL	1300190	smccarty@lamar.com
KATHY HARTMAN	THREE RIVERS	1300191	crr_kthy@yahoo.com
KELLEY FOWLER	THREE RIVERS	1300192	kellyf03@yahoo.com
CINDY JOBES-LUTHMAN	HARRISONVILLE	1300193	cjobesluthman@cbrononline.net
LESLIE LAMMERT	THREE RIVERS	1300194	lamnenchoz@hotmail.com
CHERYL HULSEY	THREE RIVERS	1300195	hulseymc@yahoo.com
marlene guittor	THREE RIVERS	1300196	marleneguittor@yahoo.com
CONNIE ALLEE	HARRISONVILLE	1300197	callee@aoinc.org
DARLA COLE	HARRISONVILLE	1300198	dcole@aoinc.org
CHRISTINA COCHRAN	HARRISONVILLE	1300199	tina@goldenheartland.com
TRACY NICKEL	HARRISONVILLE	1300200	
JULIE LYNN	KENNETT	1300201	julielynn85@sbcglobal.net
CHRISTI NICKLAS	HEART OF THE OZARKS	1300202	christi@janekelly.com

# Attention Board Members: Please check your information as listed and notify the State Office of any corrections or changes needed.

#### 2010-2011 State Board Of Directors Executive Committee

President: Sharon Tuttle, 907 E. Washington, Kirksville, MO 63501, 660-665-1076 dolphin7376@cableone.net

President Elect: Megan Broemmer, 4907 E. FM RD 94, Springfield, MO 65803, h. 417-884-8904, b. 417-841-4110, mbroemmer@med-pay.com

Vice President: Nancy Grey, 836 LaGrand Av, Sedalia, MO 65301, h. 660-287-0848, nancy.grey@att.net

Secretary: LuAnn Irby, 1412 A Jade Rd., Columbia, MO 65201, Cell: 660-651-4306, irby.luann@gmail.com

Treasurer: Sherry Jones, 6259 N Mercier St., Kansas City, MO 64118, 816-505-0874 shejones16@msn.com

#### State Office

#### Executive Administrator

& Editor, Missouri Business Woman (MBW): Jo Coleman, PO Box 28243, Kansas City, MO 64188, b/fax 816-333-6959, jo.mofedbpw@gmail.com

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# 2011-2012 State Manual Corrections

Please make the following corrections to your manual:

Page 60 was replaced with a corrected version, You were emailed a copy of the corrected page.

Page 95: Harrisonville Local Officers: The line reading Sandy Bradshaw should have been deleted.

Page 95:President Meryline Kramer's name was misspelled as was her email address: Correct email address is: meryline\_k@yahoo.com

Page 96 Northwest Missouri State University Officers: Please change President to Beth Broich, email: s509180@mail. nwmissouri.edu

Page 99: Joplin President Sharron Sutton has a new address 1819 E. 33rd St., Apt. 3D, Joplin, MO 64804

Page 99: West Plains President: Joan Wright, PO Box 1341, West Plains, MO 65775, jwright@scccwp.org

Please advise the state office if you know of other corrections or additions



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