

In this issue

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- Leadership Conference Registration
- IG modules
- State Conference Awards
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- Updates on Joplin & Sedalia members affected by storms

Issues Management Topics 2011-2012

1. Embrace the future with technology at all membership levels.
2. Protect the legacy by increasing membership.
3. Embrace the future by promoting Business Women of Missouri throughout the state.

A Special Treat for Leadership Early Birds

If any of you are looking for a special treat in conjunction with Leadership Conference, come on Thursday and join President Sharon at the 1000 Hills State Park Dining Lodge for a delightful dinner. The Lodge has an early bird special starting at 5 p.m. You will not be disappointed.

If you plan to come on Thursday, send me an email at: dolphin7376@cablone.net. so I can make reservations.

Hope you can make it.

Sharon Tuttle
BWM President 2011-2012



Business Women of Missouri

Missouri Business Woman

Quarterly Magazine

Volume 89 No 1 Summer 2011



2011-2012 Executive Committee

President Sharon Tuttle in the middle, is flanked by the new executive committee, left to right: Recording Secretary LuAnn Irby, Vice President Nancy Grey, President Sharon, President Elect Megan Broemmer, and Treasurer Sherry Jones.

2011 Leadership Conference in Kirksville August 5-6

From LuAnn Irby, Leadership Chair

Mark your calendars now for the Business Women of Missouri 2011 Leadership Conference! This year we are traveling to NE Missouri to the beautiful town of Kirksville, home of Truman State University, A.T. Still University of Health Sciences, Kirksville College of Osteopathic Medicine, 1000 Hills State Park, and many other historical, cultural and recreational attractions.

Last year BWM welcomed 118 new members. We invite all club members to bring at least one of those new members to join us at leadership conference at the Days Inn on Hwy 63 S in Kirksville. Always an informative and fun event, this year's agenda will bring educational and exciting programs designed to help all of us reach our goals.

Activities begin on Friday evening with a program designed to bring out your individual creativity. On Saturday morning, guest speakers will present ideas and suggestions of how to bring organization and awareness to your office and your life. During lunch and the afternoon session, committee leaders will give updates of BWM and community outreach programs. We are proud of these programs and encourage all members to participate whenever possible.

August 5 and 6 are the dates to note.

Bring your suitcase and your tote!

The 2011 Leadership Conference is where you'll be.

Kirksville is the place you'll want to see!

For the registration form, see page 6 of this issue
or the BWM website: www.businesswomenmo.org

Attention: Board Members: BWM Board Meeting 1:00 p.m. Friday, August 5

Thoughts From Your President

To those of you who attended the 90th State Conference, I'm sure you had a great time and enjoyed the workshops and the speakers. The Foundation's silent auction was full of great treasures and was busy every time I visited. The vendors had a variety of merchandise and were also busy. It was great to see you all and I thank you for attending. For those of you who were unable to attend, we missed you. Please put April 27-29, 2012, on your calendar now so you can join us at Camden on the Lake. We are planning some great programs.

Since I was installed at the conference, a lot has happened and it has only been a month. We had a bylaws change on paying dues. From May, 2011 to April, 2012 dues will be prorated so that everyone will pay their dues in one month starting in May 2012. See the chart sent from the state office. If you have any questions please contact the Executive Committee.



The tornado in Joplin was very devastating and we are glad our BWM sisters were all accounted for. Then less than a week later, Sedalia was hit by another tornado. Again, all sisters were accounted for. There are so many people who like to defraud innocent people, that it is best to stay local by donating your blood at the blood bank or your money to a local charity that you trust. I know, not everyone is a crook, but I like to be safe and with all the tragedies lately our locals need help. This is just a suggestion.

to beautiful Northeast Missouri, you may come on Thursday and tour our A. T. Still Osteopathic Museum, shop some unique stores downtown and search for

treasures in our several antique stores in the area. We can dine at

the beautiful 1,000 Hills State Park Dining Room and enjoy the view of the lake. Let me know in advance so that I can make reservations.

The Days Inn Hotel rate will be the same as Friday night, just tell them you are with BWM. Hope to see everyone there.

Women's Professional Empowerment Alliance meets July 29th and 30th at the Hilton Minneapolis/St. Paul Airport Hotel. Missouri asked if we could host our breakfast along with an auction on Saturday morning and they are graciously allowing us. Please contact Nancy Grey at nancy.grey@att.net if you have items to donate for the auction or goody bags. Several of us will be going, if you think you might want to attend please contact any of the Executive Committee for a ride.

I look forward to working with the Executive Committee and the members of this great organization to have a successful year as we "Embrace the Future While Protecting the Legacy."

Sharon Tuttle

2011-2012 President



Sharon Tuttle,
2011-2012
President

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<http://www.imagequix.com>.
 Enter the code: 19YPE9D
 Select Business Women of Missouri and follow directions provided on the website.

We get letters

From Geneva Melcher, Ste. Genevieve BWM:
 Thanks to all my BWM sisters for all the sympathy cards I received following the passing of my beloved husband.

From Kim Spangler, Woman 2 Woman (Women's Shelter, Osage Beach, MO)
 Thank you so very much for your generous clothing donations! Peg Cochran was the delivery person and we were all thrilled!
 Note: Donations of gently worn clothing were collected at the state conference to be given to the women's shelter.

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 BUSINESS WOMEN OF MISSOURI STATE OFFICE
 PO Box 28243, Kansas City, MO 64188
 816-333-6959 Phone/Fax



Business Women of Missouri

2011-12 Calendar Of Events

2011

July 29-30	The Women's Professional Empowerment Alliance	Bloomington, MN
August 5	Executive Board Meeting	Kirksville Day's Inn
August 6	Board of Directors Meeting	Kirksville Day's Inn
August 5-6	Leadership Conference	Kirksville Day's Inn
September/October	Regional Meetings	
September 10	SE Regional Conference	Microtel Hotel, Ste. Genevieve
September 17	NE Regional Conference	Moberly
September 24	NW Regional Conference	Hilton Airport Inn, Kansas City
October 15	SW Regional Conference	Springfield
October 16-22	Business Women's Week	
December 2	Executive Board Meeting	The Resort at Fort Arrowhead Osage Beach
December 2	Executive Committee Christmas Open House	The Resort at Fort Arrowhead
December 3	Board of Directors Meeting	The Resort at Fort Arrowhead

2012

January 15	DEADLINE	Foundation Scholarship Application
March 1	DEADLINE	LC President's Annual Report
	DEADLINE	Mentoring Report to State Chair
	DEADLINE	State Foundation Report to BWM Foundation Treasurer
March 31	NW Inspirational Breakfast	Hilton Airport Inn, Kansas City
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
April 27	State Board Meeting	Camden on the Lake, Osage Beach
April 27-29	State Conference	Camden on the Lake, Osage Beach

24th ANNUAL

EQUALITY DAY BRUNCH

91st Anniversary of Women Getting the Vote

Presentations include Election and Legislative Issues

• Political Action • Awards • Women's Equity

Special drawing: Stay at Condo at Lake of the Ozarks
(Tickets must be purchased and will be available day of event.)

Saturday, August 20, 2011

10:00 am 2:00 pm
(Registration begins at 9:30 am)

Crowne Plaza Hotel/Clayton MO -- 7750 Carondelet -- Crystal Ballroom
Free hotel parking on orange level. For information, call 314-831-5359.

<p><u>Registration Form</u></p> <p>Name _____</p> <p>Address _____</p> <p>City/State/ZIP _____</p> <p>E-Mail _____</p> <p>Phone _____</p>	<p><u>Sign up for</u></p> <table border="0"> <tr> <td>Brunch and Program</td> <td style="text-align: right;">\$35.00*</td> </tr> <tr> <td>Students</td> <td style="text-align: right;">15.00</td> </tr> <tr> <td>Educational Fund Donation</td> <td style="text-align: right;">_____</td> </tr> <tr> <td>Scholarship Fund Donation</td> <td style="text-align: right;">_____</td> </tr> <tr> <td>Total</td> <td style="text-align: right;">\$ _____</td> </tr> </table> <p>Make checks payable to Missouri Women's Network, mail to Joyce Guard Schuetz, 909 Parkview Valley Drive, Manchester MO 63011. Call Shirley Breeze (314-831-5359) or Lynne Roney (314-727-7175) for additional information or late reservations. Limited number of late reservations. Deadline August 15. *Scholarships are available.</p>	Brunch and Program	\$35.00*	Students	15.00	Educational Fund Donation	_____	Scholarship Fund Donation	_____	Total	\$ _____
Brunch and Program	\$35.00*										
Students	15.00										
Educational Fund Donation	_____										
Scholarship Fund Donation	_____										
Total	\$ _____										

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Individual Growth Committee

Peggy T. Cochran, Chair

I am excited that to be an integral part of planning and finalizing the new Individual Growth modules. Our committee welcomes your input for this revived program

The following modules will be ready for roll out at Leadership Conference:

- 1) Conflict Resolution for Groups;
- 2) Conflict Resolution for Individuals;
- 3) Business Correspondence – Interviews and Securing the Job
- 4) Netiquette for emails, the web, Twitter, Facebook, etc.; and
- 5) Parliamentary Procedure.
- 6) Disc Personality Traits – Styles – Types of Communicators – interacting with different styles, etc (may be a couple of modules);
- 7) Diversity Training;
- 8) Presentation Skills and Public Speaking;
- 9) Social Networking, and
- 10) Mentoring.

Our goal is to have a package of modules to present to the Business Women of Missouri for copy-righting and ownership. We also hope to have shorter, simplified modules that can be adapted for women in shelters and high school/college students.



Business Women of Missouri

President's Goals 2011-2012

- Communication, Communication, Communication via telephone, e-mail, Facebook, etc. from members, local clubs, regions, board members, state office, Executive Committee and back; whatever it takes to get an answer.
- Use Legislative Conference to educate and promote women in politics, increase awareness of ERA and pay equity for all people.
- Continue to improve and increase the functionality of the Business Women of Missouri website.
- Increase the use of technology in all local clubs, encouraging them to acquire and maintain a website.
- Grow membership by 20%.
- Seek sponsors/in kind sponsors for 2012 State Conference.
- Develop a mentoring program.
- Have Generation to Generation/YC program completed and a competition for the 2012 State Conference.
- Continue to support women in the military.
- Promote the education of women through Business Women of Missouri Foundation's scholarships.
- Increase visibility of Business Women of Missouri through community service.
- Promote awareness of Domestic Violence shelters in our communities and support educational programs.
- Encourage Business Women of Missouri to attend BWM sponsored events and encourage local clubs to provide details well in advance.

P S Enterprises Receives 2010 Best of Business Award

SAN FRANCISCO, March 18, 2011, The Small Business Commerce Association (SBCA) is pleased to announce that P S Enterprises has been selected for the 2010 Best of Business Award in the Advertising-Promotional category.

The SBCA 2010 Award Program recognizes the top 5% of small

businesses throughout the country. Using statistical research and consumer feedback, the SBCA identifies companies that we believe have demonstrated what makes small businesses a vital part of the American economy. The selection committee chooses the award winners from nomi-

nees based off statistical research and also information taken from monthly surveys administered by the SBCA, a review of consumer rankings, and other consumer reports. Award winners are a valuable

asset to their community and exemplify what makes small businesses great.

Small

Business Commerce Association (SBCA) is a San Francisco based organization. The SBCA is a private sector entity that aims to provide tactical guidance with

many day-to-day issues that small business owners face. In addition to our main goal of providing a central repository of small business operational advice; we use consumer feedback to identify companies that exemplify what makes small business a vital part of the American economy.

Congratulations, Sandi!



Visit our website:
www.businesswomenmo.org
and "like" us on Facebook.
Write on our wall!
Never know who you might find there!

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Sedalia BWM member

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Minnesota Business Women is pleased to host this summer's gathering of our professional women's network.

To the right is the registration form for the meeting and information about our hotel, the Hilton Minneapolis/St Paul Airport Mall of America located at 3800 American Boulevard East, in Bloomington, MN.

We are still working on the agenda for this meeting, but it is our hope that we can provide time to look at how this groups sees ourselves moving forward. We have done a good job of getting together since the Dissolution of BPW/USA. We will look at the opportunities and challenges this provides us.

If you as a State or as a Local Organization have successes you would like to share with the rest of us, we want to hear from you. There is great work going on around our STATES and LOCAL ORGANIZATIONS and we need to celebrate your work. To sign up for one of the slots, forward an email to Pam at pam@wowzonefec.com. Each person will get 10 minutes. If we get a huge response we will look at providing more time for these BEST PRACTICES.

It is our goal to ensure your time with us in Minnesota is worthwhile and you go back to your States and Local Organizations with information that continues to energize and helps us continue the work we have been committed to the past 90 years.

Best Regards, Pam DeMarce
Minnesota Business Women,
LO Mankato

1. Registrant Information
Name _____
Address _____
City, State, Zip _____
Home Phone: _____ Work Phone: _____
Cell Phone: _____ Email: _____
State & Local Organization _____

2. Credential Classification: *Please check the highest classification that applies.*
 Current State President Current State President Elect Member
 Student Member 1st Time Attendee Visitor

3. Specific Dietary request needed (including Pork)
 No Yes, please explain

4. MEALS - Included in your registration fee
 a. Light hors d'oeuvres on Friday
 b. BREAKFAST ON OWN
 c. Saturday lunch
 d. Saturday Banquet

5. EARLY REGISTRATION (postmarked BEFORE 7/1/2011) \$ 95.00 _____
 LATE REGISTRATION (postmarked after 7/1/2011) \$120.00 _____
 TOTAL REGISTRATION _____

Please mail this completed form and check (Payable to Minnesota Business Women)
 Pam DeMarce, Minnesota Business Women
 11 Oriole Place, North Mankato, MN 56003
 507-381-4279 or demarceadvertising@charter.net or pam@wowzonefec.com

HOTEL: We have reserved a block of rooms at the Airport Hilton - Bloomington, MN, please make your hotel arrangements with the hotel at 952-854-2100 or Hilton Reservations at 1-800-HILTONS. Please identify yourself with BPW Business and Professional Women. Our rate is \$89 per room, per night based on 1 to 4 persons. Please identify yourself with BPW Business and Professional Women so we receive credit for your room.
ROOM BLACK WILL BE RELEASED JULY 7, 2011.

IMPORTANT NOTICE

Business Women of Missouri is hosting a fundraising breakfast and auction at this event on Saturday July 30.

Please contact Nancy Grey at: nancy.grey@att.net if you have items to donate for the auction or goody bags and items to put in the bags. Some executive committee members are planning to attend the event. They hope to be taking several vehicles. If you want to drive and/or carpool and join in on the fun, contact any member of the executive committee.

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Business Women of Missouri

**Leadership Conference
August 5-6, 2011**

**Day's Inn
3805 S. Baltimore Street
Kirksville, MO 63501**

Phone 660-665-8244
email: kirksvilledaysinn.com

Room Rate is \$60
BWM rate is guaranteed through July 20, 2011
(guaranteed for Aug. 4, 5, 6, 2011)

Conference Package is \$40
Package Includes: Registration Fee, Conference Materials,
Dinner on Friday and Lunch on Saturday.

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 – July 20, 2011
(Please add a \$5 late fee for registration after July 20)

REGISTRATION FORM

P S P	S T B D	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 July 20)	\$40 Registration Fee	TOTAL PAID
				NAME		
					\$40	
				TOTALS		

Local Organization _____

Contact Name _____

Phone Number _____ email Address _____

If you choose to pay by credit card, you may use
PayPal at www.businesswomenmo.org. Please list
Leadership Registration in the description box

You may pay with a check made to: BWM.
Mail to the state office along with your completed
registration form to: BWM State Office,
PO Box 28243, Kansas City, MO 64188.

A Message From The Women's Health Chair

submitted by Melissa Moore

Osteoporosis – the silent disease

Osteoporosis is a major public health threat for more than 28 million Americans, 80 percent of whom are women. In the United States today, 10 million individuals already have the disease and 18 million more have low bone mass, placing them at increased risk for osteoporosis.

Osteoporosis is often called the "silent disease" because bone loss occurs without symptoms. People might not know they have osteoporosis until their bones become so weak that a sudden strain, bump, or fall causes a fracture or a vertebra to collapse. Collapsed vertebrae might initially be felt or seen in the form of severe back pain, loss of height, or spinal deformities such as kyphosis or stooped posture.

Detection: A specialized test called a bone density test can measure bone density in various sites of the body typically the spine and hip. A bone density test can:

- Detect osteoporosis before a fracture occurs
- Predict your chances of fracturing in the future
- Determine your rate of bone loss and/or monitor the effects of treatment if the test is conducted at intervals of a year or more

Prevention: By about age 20, the average woman has acquired 98 percent of her skeletal mass. Building strong bone during childhood and adolescence can be the best defense against developing osteoporosis later. A comprehensive program that can help prevent osteoporosis includes:

- A balanced diet rich in calcium and vitamin D
- Weight-bearing exercise

- A healthy lifestyle with no smoking and limited alcohol intake
- Bone density testing and medicine when appropriate

Your diet and lifestyle are two important risk factors you can control to prevent osteoporosis. Replacing lost estrogen through hormone therapy also provides a strong defense against osteoporosis in postmenopausal women.

Diet – To maintain strong, healthy bones, a diet rich in calcium is needed throughout your life. Your need for calcium becomes even greater as you age.

The U.S. Recommended Daily Allowance (USRDA) for calcium is 1,000 milligrams per day. Postmenopausal women who are not taking estrogen should get 1,500 milligrams per day. One cup of skim or 1% fat milk contains 300 milligrams of calcium. Besides dairy products, other good sources of calcium are salmon with bones, sardines, kale, broccoli, calcium-fortified juices and breads, dried figs, and calcium supplements. When taking calcium supplements, remember that the body can only absorb 500 mg of calcium at a time. Because of this, you should take your calcium supplements in divided doses.

Vitamin D is also important because it enables the body to

absorb calcium. The recommended daily allowance of vitamin D is 1,000 to 2,000 I.U. in the form of vitamin D3. Vitamin D can also be obtained by getting 5 to 15 minutes of sunlight a few times a week or by consuming fortified milk.

Lifestyle – Maintaining a healthy lifestyle can reduce the degree of bone loss. Establish a regular exercise program and avoid excessive use of alcohol and tobacco. Exercises that make your muscles work against gravity (such as walking, jogging, aerobics, and weight lifting) are best for strengthening bones.

<http://Speakingofwomen'shealth.com>

How To Stay Young

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay 'them'.
2. Keep only cheerful friends. The grouches pull you down.

Continued on Page 12

Executive Board Report

The following were the votes of the Executive Board this fiscal year:

April 25, 2010: Board voted to accept nominees that were presented for Foundation Board. Debra Saffer, Pat Houk, Carol Parson, Velvet Fackeldey

1) April 25, 2010: Board approved that we get the CPA group to handle our tax returns and compilation return for \$275 ad \$550.

2) July 23, 2010: Board approved to place an order for 100 membership pins with MBW on them at \$5.50 each.

3) August 6, 2010:

a) Board approved that we transfer funds from savings and add the CD lower interest rate to Chillicothe's CD to satisfy the \$10,000 minimum for higher interest rate.

b) Board voted to reorder vouchers so we can get 2-part duplicate forms with our new name and revisions as necessary

4) September 2, 2010: Board approved ordering 500 expense vouchers from Soli Printing

5) November 8, 2010: Board voted that we send Anne Gardner a spa gift certificate for \$50.00 for the work with our BWM name change.

6) December 3, 2010:

a) Board approved that we have members that want a printed copy of the manual to send in \$7.50 in with the local club new officers report information.

b) Board approved to change bylaws Article VI, dues, Section 1 to delete the anniversary of membership and insert May 1st the Article VI, Dues, Section 1 then would read, Dues are payable upon acceptance to membership and renewable annually May 1st. Rationale, this will simplify the collection of dues and record keeping for local dues.

7) December 13, 2010: Board approved to pay Nancy Grey the additional \$5.00 used to purchase gift certificate for Anne Gardner for her help with BWM name change.

Respectively submitted, Nancy Grey, Recording Secretary, April 29, 2011



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A message from the Editor:

Joplin update

I spoke with Sharron Sutton, president of the Joplin BWM and she assured me that all members had survived the storm but some have experienced losses.

Sharron said that she was at church when the warnings sounded. The congregation took cover in the church basement, where they waited for the storm to pass. When they received an all clear, they emerged to find the sanctuary and the rest of the church totally destroyed.

Sharron's apartment building was about 90% totally destroyed, but she was able to recover most of her personal belongings. She also had a rented storage unit that was damaged so badly that she has been unable to access the damage there. The good news is that she is safe and living with her son.

Shirley Holford's home, located near the high school, was damaged but Sharron could not report the extent of the damage. Other members of the Joplin club are: Nancy Carlson, Margaret Cooper, Marilyn Harris, Teresa Massa, Janice Peek, Joan Schenk, Mary Tullis and Lorraine Whittington, PSP.

Sharron told me that the damage to Joplin in "real life" is worse than any photo can convey. She says that when you walk through the destruction, it is difficult to describe and to realize that most of the residents did survive is truly a miracle.

Another update

On Sat, Jun 4, 2011, Lorraine Whittington

<ljorraine@cableone.net> wrote:

The narrative has changed - so much. But basically 3 of our members lost homes. Sharron Sutton, Joan Schenk and Shirley Holford. Sharron is staying with son until they rebuild her apartment complex. Joan has been staying with a cousin and has found a place to rent till she decides what she wants to do. Shirley is repairing her home. My daughter lost her house. She is staying with Alan's sister and looking for a place. I had a grandson and him family from Sun night until Thursday evening when electricity and water were restored to his home. Cable has been down and communication spotty. Cell towers were gone. It is horrible!

So much gone. Get lost - no landmarks. We are adjusting. kindness of others has been unbelievable. Volunteers from all over the world. Of course, we've had EVERY-

ONE here including President Obama and I had no TV - missed it all. Rebuilding will take awhile - but we will be ok.

PS: Send all contributions to the Red Cross - they have

been truly unbelievable!!

Done so much! That's our opinion anyway!! Love, Lorraine Whittington, PSP

(Please note: MBW does not endorse any specific charities.)

For those of you wanting to help, Sharron said that the best way is to give to local trusted charities such as the Salvation Army or the Red Cross with specific requests that your donation be used for the Joplin Tornado Relief.

Whatever you choose to do, please post a message on Business Women of Missouri Facebook page.

Sedalia Update

From Della Schnakenberg

Della reported that all Sedalia BWM members are fine, but some members suffered property and business losses when the tornado hit Sedalia.

Members affected are: Cindy and Don Weaver, who own Don's Truck towing had two buildings plus their office building totally destroyed. Their golf cart business had damage to the building and vehicles. (This building is just south of the building where the Sedalia Chicken Dinner is held.) Linda Alcorn owns Trans Central Supplies that works on trailer trucks. There was major damage to the building and vehicles. The business had several large overhead doors that were "blown away".

Della had roof damage, had a privacy fence destroyed, and had extensive tree damage.

There may be more people affected, but that was all Della had heard about at time of printing.



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**From Northwest Regional Director
Vicki Silkwood, Chillicothe PSP**

Hi, I am being "recycled".

The Regional Conference is scheduled for Saturday, September 24, 2011, at the Kansas City Airport Hilton. We are trying to get a speaker no one will want to miss! Sedalia and Harrisonville will host the event. The popular annual silent auction will be held to raise funds for the region. Everyone is invited to attend!

We have also scheduled the annual Inspirational Breakfast for March 31, 2012, at the Kansas City Airport Hilton. Chillicothe and St. Joseph will host that event.

Looking forward to seeing all of you at both events!

Awards Presented at State Conference

Membership Awards 2010-2011

Believe in the Power of Women Membership Award

Use of the Roving Gavel for
one year is awarded to:
Three Rivers 154%

Achieving the greatest percentage
of increase in membership by
March 1, 2011

The Power of Women Membership Award

Southeast Region

Achieving the greatest percentage
of increase in membership by a
Region by March 1, 2011

Equalization Award

Awarded to Local Clubs who retain
or exceed their membership from the
previous year

Excelsior Springs

Harrisonville

St. Joseph

Ste. Genevieve

Three Rivers

Carthage

Joplin

Seneca

Believe in the Power of Women Recruiting: Top Recruiter Awards

Sandi Stegeman 4 Recruits -
Three Rivers

Michelle Cook 4 Recruits -
Heart of the Ozarks

Believe in the Power of Women Recruiting Awards

Members who recruited
2 or more new members

Northeast Region

Wendy Murphy (3) *Hannibal*

Northwest Region

Sonya Morgan (3) *Excelsior Springs*

Avis Parman (3) *Maryville*

Southwest Region

Debora Biggs (3) *Greater Ozarks*

Cindy Reed (3) *Greater Ozarks*

Tammy Rosenthal (2) *Heart of the Ozarks*

Melissa Carroll (2) *Heart of the Ozarks*

One Step at a Time Recruiting Award

Members who recruited 1 new member

Northwest Region

Cynthia Warner

Harrisonville

Meryline Kramer

Harrisonville

Connie McGinness

Maryville

Sue Parrish

Sedalia

Casey Schmidt

Sedalia

Shirley Rowe

Sedalia

Northeast Region

Amber Baxter

Hannibal

Southwest Region

Dr. Naomi Nichols

Carthage

Joni Walden

Heart of the Ozarks

Marilyn Rustand

Heart of the Ozarks

Karen Hodson

Heart of the Ozarks

Southeast Region

Geneva Melcher

Ste. Genevieve

Nancy Craig

St. Louis Metro

Heather Phinney

Three Rivers

Laurie Sutton

Three Rivers

Issues Management Awards 2010-2011

The Power of Women Award

Harrisonville

Believing in Women Award

Carthage

Columbia

Excelsior Springs

Greater Ozarks

Hannibal

Heart of the Ozarks

Joplin

Kennett

Kirkville

Lee's Summit

Maryville

Moberly

St. Louis Metro

Sedalia

Three Rivers

West Plains

Participation Award

DeSoto-Hillsboro

Huntsville

Kansas City

Macon

Northwest Missouri State University

Ste. Genevieve

Seneca

Legislative Awards 2010-2011

Traveling Legislative Award

Sedalia

Certificate Of Achievement

Excelsior Springs

Harrisonville

Honorable Mention

Heart of the Ozarks

Individual Growth Award 2010-2011

Certificate of Achievement

Stacy Purvis

Sedalia



BRENDA FLETCHER
1603 MAIN ST
CASSVILLE MO 65625
417-847-4248 FAX
417-847-4249 PHONE

EMAIL ADDRESS

brenda@allpointsrecycling.com

STATEMENT OF ASSETS, LIABILITIES & EQUITY

As of 3/31/2011

Assets		Liabilities and Equity	
Savings Account	\$2,453.56	Current Liabilities:	
CD	\$22,719.11	Payroll Tax Liability	\$102.03
Petty Cash	\$250.00	Total Current Liabilities	\$102.03
Checking Account	\$4,192.95	Equity	
Money Market Account	\$12,279.91	Retained Earnings	\$50,922.27
90th Anniversary CD	\$10,065.14	Net Profit	\$936.37
		Total Equity	\$51,858.64
Total Assets	\$51,960.67	Total Liabilities & Equity	\$51,960.67

FINANCIAL STATEMENT of RECEIPTS & DISBURSEMENTS

Period Ending 3/31/2011

Receipts

Interest on CDs and Accounts	\$578.11	Membership Dues	\$13,260.00
State Conference 2010	\$1,995.85	Leadership Conference & Aug Board Mtg 2010	\$2,990.00
State Conference 2011	\$200.00	Fundraisers	\$1,782.45
Regional Conference Dues	\$468.00	IRS: Tax Refund	\$262.66
Advertising	\$250.00	General Fund	\$6.00
December Board Meeting 2010	\$1,330.00	Legislative Conference 2011	\$1,605.00
Illinois BPW 90th Celebration: Auction Proceeds	\$154.00		
		Total Receipts	\$24,882.07

Disbursements

General

Parliamentarian Expenses State Conference 2010	\$484.50
Printing	\$1,788.85
State Foundation Dues	\$62.50
EC Expenses for Illinois BPW 91st Celebration	\$600.00
Leadership Conference & Board Meeting	\$3,758.31
BPW Foundation: Licensing Fee for YC & ID	\$50.00
Sonya's Photography: State Conference Photography Fee	\$51.25
Chillicothe State Bank: Transfer to 90th Celebration CD	\$341.26
Fundraisers	\$1,577.83
December Board Meeting 2009	\$219.95
December Board Meeting 2010	\$2,667.79
Service Visits	\$649.25
Morgansites: Annual Website fee	\$240.00
President's Expenses	\$760.27
Intuit: Checks for Quickbooks	\$92.41
EC: Regional Conference Mileage	\$325.00
Gift Certificate: Anne Gardner, for assistance with name change	\$55.00
CPA Group: Non-profit Tax Return	\$575.00

Total General Disbursements align="right">\$14,299.17
Grand Total Disbursements align="right">\$23,945.70

State Office

Payroll Expenses	\$4,754.56
In House Services	\$2,337.50
Telephone (April-Feb)	\$347.85
Travel Expenses	\$774.00
Petty Cash Reimbursement	\$467.97
Taxes	\$803.65
Bond	\$161.00

Total State Disbursements align="right">\$9,646.53
Net align="right">\$936.37

Articles to be published in the MISSOURI BUSINESS WOMAN should be mailed to the State Office before the 10th of the month preceeding publication date. All other BWM correspondence should be directed to specified officers listed below.

The MISSOURI BUSINESS WOMAN is mailed to all BWM members upon payment of dues and to those who subscribe. Subscription price-\$2.00 per year.

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. 417-833-0832, 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

Standing Committees

Bylaws: Tami Benus, 1808 Monroe St., Columbia, MO 6520, tami@trbcpa.com

Finance: Megan Broemmer, Vice President

BWM Foundation President: Betty Beason, 1703 Richmond Dr, Pleasant Hill, MO 64080, h. 816-540-2761, b. 816-540-3111, bjbeason@aol.com

Individual Growth: Peggy Cochran PO Box 890, Rocky Mount, MO 65072, 573-392-2225
 cochranp@charter.net

Issues Management: Velvet Fackeldey, PO Box 1667, Lebanon, MO 65536, 417-532-4847, bpwvelvet@yahoo.com

Legislative/Missouri Women's Network Liaison:

Lorraine Whittington, 2707 E. Wickersham Rd., Joplin, MO 64801, h 417-623-3290
 jlorraine@cableone.net
 Angie Moran, 20665 Hottel Springs Rd., Seneca, MO 64865, h.417-776-2394, b.417-776-8333, f.417-776-2947, angela.moran@live.com

Membership/Retention: Kaci Moran-Pose, 20665 Hottel Springs Rd., Seneca, MO 64865, 816-809-8285, moran_pose@sbcglobal.net

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Senator Nieves Meets Constituents from Business Women of Missouri

JEFFERSON CITY — Senator Brian Nieves, R-Washington, was proud to meet two constituents, Cathy Covington and Sandi Stegman from Business Women of Missouri on Women’s Lobby Day, which was held at the Capitol on Tuesday, March 29. Covington is president of the Three Rivers Business Women of Missouri, which is established in Union.

“It was my pleasure to meet Ms. Covington and Ms. Stegman from Three Rivers,” Sen. Nieves said. “I am pleased to know that our district has such strong and capable women advocating for women’s rights, and I am proud of the work they do in promoting equality in the workplace.”



Pictured at Lobby Day are: Sandi Stegman, State Senator Brian Nieves District 26, and Cathy Covington. Three Rivers BWM President

Business Women of Missouri strives to encourage others to “believe in the power of women,” and works to achieve equity for all women in the workplace through advocacy, education, and information.



Ellen Hill poses with her hard-working meetings coordinator, Conference Queen, Debra Saffer. Other conference queens not pictured are Mary Kay Pace and Sandi Stegman. Above, Ellen celebrates her new status of PSP.

90th Annual State Conference Photos



Four of the nine Scholarship winners were there to receive their awards.



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Public Relations: Connie McGinness, 24110 315th St, Maryville, MO 64468, h. 660-582-4898, b.660-562-2141 conniemac64468@yahoo.com

Business Plan Task Force: Megan Broemmer, President Elect

Generations Taking Charge: Carole Parson, 5126 Briarwood Ln., St. Joseph, MO 64506, h./b. 816-232-1235, caparson44@att.net

Special Appointees

Domestic Violence Task Force: Cathy Covington, 177 T-box Dr., Saint Clair, MO 63077, 636-629-0993, cathycovington27@yahoo.com

Leadership Conference Chair 2011: LuAnn Irby, 1412 A Jade Rd., Columbia, MO 65201, Cell: 660-651-4306, irby.luann@gmail.com

Leadership Conference Chair 2012: Debora Biggs, 111 S. Glenstone, Springfield, MO 65804, dbiggs@nsozarks.org

Meetings Coordinator: Pam Adams, 17275 Highway HH, Mexico, MO 65265, pammyanny@msn.com

Mentoring: Betty Beason, 1703 Richmond Dr, Pleasant Hill, MO 64080, h. 816-540-2761, bjbeason@aol.com

Nominations: Sandy Majchrzak, 2865 S. Ingram Mill Rd., Apt.D 302, Springfield, MO 65804 h. 573-468-6947 smaze@fidnet.com

State Conference Co-Chairs 2012:

Erica Carmean, 1420 College Ave., Quincy, IL, 62031, h. 217-224-4331, erica.carmean@blessinghospital.com
Pam Adams, 17275 Highway HH, Mexico, MO, 65265, h. 573-581-6824, pammyanny@msn.com

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

State Conference Co-Chairs 2013:

Kaci Moran-Pose, 20665 Hottel Springs Rd., Seneca, MO, 64865, 816-809-8285, moran_pose@sbcglobal.net

Tammy Rinehart, PO Box 548, Seneca, MO 64865, h. 417-291-5614, tkrinehart@hotmail.com

State Conference Fund Raising: Bonnie Fay, 3504 Canyon Ridge Drive, Columbia, MO 65202, h 573-449-1845 c 573-881-1553, jbfay3035@centurytel.net

Parliamentarian/Board of Directors Meetings: Ann Eck, 26574 MacArthur Drive, Maryville, MO 64468, h 660-582-4959, c 816-390-4929 manneck@cebridge.net

Uniting With Military Women:

Amy Bennett, co-chair, 323 N. Ryan’s Way, St. Joseph, MO 64506, 816-233-3098, abennett@missouriwestern.edu

Women’s Health: Melissa Moore, 29568 State Hwy RA, Jamesport, MO, 64628, h. 660-684-6485 mmore@cbcfamily.com

ERA Updates: Pat Houk, 1448 E Buena Vista, Springfield MO 65804-7300, 417-883-8489, prfleamk.aol.com

REGIONAL DIRECTORS 2008-2009

Northwest: Vicki Silkwood, 611 Peacher St., Chillicothe, MO 64601, 660-646-1162, vsilkwood@gostatebank.com

Director Elect: Sandra Clay, 901 Saint Louis Ave., Excelsior Springs, MO 64024, mocityfabby@yahoo.com

Northeast: Evelyn Brown, 1301 Englewood Dr., Macon, MO 63552, h. 660-385-2859, b. 660-263-4123

Director Elect: Brenda Clema, 32411 State Hwy PP, Macon, MO 63552, h. 660-651-5830, h 660-395-2878, bclema@ardentoutdoors.com

Southwest: Velvet Fackeldey, PO Box 1667, Lebanon, MO 65536, 417-532-4847, bpwvelvet@yahoo.com

Director Elect: Sharron Sutton 2865 S. Roosevelt, Joplin, MO, 64801, h. 417-529-9195, sharron.sutton@sbcglobal.net

Southeast: Genevieve Gibson-Newman 923 Woods Mill Road, Ballwin, MO 63011, 314-276-4299, 636-386-5420

ggibson-newman@marykay.com
Director Elect: Cathy Covington, 177 T-box Dr., Saint Clair, MO 63077, 636-629-0993, cathycovington27@yahoo.com

FIRST CLASS MAIL

From: BWM State Office
To: All Local Clubs:
Re: Membership Dues

During BWM State Conference held April 29-May 1, 2011, the Business Women of Missouri membership approved a revision for membership dues. It was approved that, effective immediately, dues payments for the remainder of 2011 and the first four months of 2012, will be prorated for \$3 per month for months remaining until May 2012. Effective May 1, 2012, dues will be payable annually in May. All members will have the same renewal date. The executive committee and the membership approved this change with the rationale that one renewal date will make it easier for local treasurers to collect dues and will eliminate the need to keep records of renewal dates.

The chart to the right should explain payments; Please keep in mind that members whose renewal date is in May will have no changes to their dues amount nor their renewal date. Student memberships will be prorated @ \$1.75 per month and Member at Large memberships will be \$3.50 per month.

Renewal Date	# of mo	x	\$3	Amt. due	Renewal Date	Amt. due
2011					2012	
May	12			\$35	May	\$35
June	11	x	\$3	\$33	May	\$35
July	10	x	\$3	\$30	May	\$35
Aug	9	x	\$3	\$27	May	\$35
Sept	8	x	\$3	\$24	May	\$35
Oct	7	x	\$3	\$21	May	\$35
Nov	6	x	\$3	\$18	May	\$35
Dec	5	x	\$3	\$15	May	\$35
2012					2013	
Jan	4	x	\$3	\$12	May	\$35
Feb	3	x	\$3	\$ 9	May	\$35
Mar	2	x	\$3	\$ 6	May	\$35
Apr	1	x	\$3	\$ 3	May	\$35

After May 1, 2012 ALL members dues will be payable in May. New members who join mid-year may pay a pro-rated membership rate of \$3 per month until May 1. (Thereafter, their renewal date will be in May.)

Please direct questions to:
 BWM State Office
 PO Box 28243
 Kansas City MO 64188,
 or send an email to:
 jo.mofedbpw@gmail.com

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3. Keep learning. Learn more about the computer, a craft, a hobby, whatever. Never let the brain idle. 'An idle mind is the devil's workshop.' And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.
10. Tell the people you love, that you love them, at every opportunity.