

## SWE Officers

2015-2016

### President

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### Vice President

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### Secretary

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### Treasurer

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### Section Representatives

Alison Bergmann, John Deere  
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Katie Roesler, John Deere  
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### Alternate Section Representative

Julie Kim, Exelon Corp.  
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## Calendar

### September 23

Stress Management/Office Yoga

### October

Muscatine Tour

### November

Financial Planning

### December

Holiday Social

### January

Tour: Von Maur Distribution Center

### February

Chocolatier Tour

### March

Leadership Panel

### April

Muscatine Toastmasters Speaker

### May

Moline Water Treatment Plant Tour

### June

Networking Mixer

## President's Letter

I love this time of year, the days are still warm but the evenings are cool, the leaves are just starting to change color, the kids are back in school and of course football! But most importantly, we're back for another year of SWE. I'm excited to have the opportunity to serve as the section president this year and I hope I can continue the great work that Kelly did last year!

This year we have some exciting events planned and we'll be kicking it off with some office yoga. Later in the year we'll learn about some financial planning tools and have an opportunity to chat with some local leaders. We'll also have plenty of fun this year; we're planning a few socials throughout the year and a couple tours!

To continue to help our section grow, we've started a few committees to help expand our member involvement and help our section branch out and become more involved in the community. If interested in participating in a committee, please see our website for more details. SWE also has a new logo, so to celebrate we'll be selling a few items to show it off! We'll be selling polo shirts and pint glasses, be sure to check your email or the website in the next few weeks for more details.

I look forward to all we have planned for this year and I hope to see you at a future meeting!

## Membership Renewal

Continue to take full advantage of the SWE benefits by renewing your membership today. Online webinars and our local community of support, education and development are just a few examples of why you should renew again this year. Many local companies sponsor corporate memberships, which are free to you. Inquire with your local HR for more details. The renewal deadline was June 30<sup>th</sup> and membership rolls will update September 30. Renew today to stay connected past September!

## September Meeting:

Please join us for our September meeting focusing on stress management where we will learn the relaxation and stress management method of Chair Yoga with Deb Godsil, 200hr RT. This practice promotes stability and flexibility at the level of the body, self-awareness and clarity at the level of the mind, a sense of calm and balance at the level of the emotions, and overall wellness.

Wednesday, September 23rd at 6pm

The Butterworth Center  
1105 8th Street, Moline, IL

Participation Fee: \$10

Dinner provided

Deb Godsil earned the 200 hr. Registered Yoga Teacher (200hr RYT) certification with Yoga Alliance and has been teaching yoga since 2011. Deb's love and passion for yoga developed from a place of physical pain due to a spinal injury in 2002. She dedicated herself to the practice of Yoga, found pain relief and joy. She found her passion again and became a Yoga Teacher. She, like most yogis and yoginis desired to share the gift that has been given to her...the gift of Yoga and all it encompasses. Yoga allows her to Breathe...Move...Be.

Please RSVP to [swequadcities@gmail.com](mailto:swequadcities@gmail.com) by Thursday, September 17.

