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March 25, 2015 Meeting Notice

March 25, 2015 – 6:00 p.m.

Location: Sullivan's Steakhouse, 250 Marriott Drive, Lincolnshire, IL

Meeting Format: Table Changing Meeting

Table Discussion Topic: What is the best referral for you?

Name Badges will have numbers for 3 table changes and your food choice:

Table 1. Salad Course:

Introduce the Member to your left

Table Change 2. Suggested Table Topic:

What is the best referral for you?

Table Change 3. Dessert: Ice Cream or Sorbet

 **Everyone must choose an entrée. They are:**

6oz Filet or Salmon or Balsamic Chicken or Vegetarian Pasta

Side dishes will be: Mashed Potatoes - Chef's Choice of Vegetables

Ending with Badge and Charity Donation Collection

I will attend-Name: _____

Company: _____

I am bringing a guest:

Guest Name:

Company:

Address:

Phone #:

Representing EGL Open Category:

Food Choice:

To participate in a program
 contact the V.P. of Programs,
 Edie Jerome, 847-853-7150

2015 Member Meeting Calendar

(Check for changes)

March 25	Table Changing (3 Changes)	Sullivan's—Lincolnshire
April 22	Raynor Door—John Bradley—Presenting	Marcello's North—Northbrook
May 27	Cathy Cain-Blank, L. Franklin & L. Stern Panel *Come prepared with questions for this communications panel	Saranellos—Wheeling
June 24	Alan Karzen Restoration	Sullivan's—Lincolnshire
July 22	New Member Presentation & golf	(Planning Stage)
August 26	Special Program—Membership Drive	(Planning Stage)
September 16	Michael Menn - Leslie Stern	Marcellos North—Northbrook
October 28	Sharing Technology (member to member)	Marcello's North—Northbrook (pending)
November 18	Wayne Beutin, Metro Protection	Reggio's—Niles
December 16	Holiday Party	(planning stage)

Submitted by: Dr. Ira Chislof, Chislof Chiropractic & Wellness Center

WHY CLEANSE YOUR BODY

Sometimes we cannot avoid all the harmful chemicals our body is exposed to daily. We absorb into our body from water, food, air and cosmetics many of the over 82,000 chemicals identified as being in them. We truly live in a very toxic world – sometimes referred to as a toxic waste dump. The liver, the main organ that filters toxins from the body, cannot cleanse all these products and impurities out of the body. Highly reactive chemicals called free radicals thus enter the blood stream and destroy cellular activity. The body surrounds free radicals with fat and water to help handle the problems related to the pollution of our bodies.

That is why periodic cleansing makes perfect sense. We have filters to clean our air. We have filters to clean our spas and pools. We have filters to clean our furnace. The question is: what are you doing about

your internal filters? This is what cleansing will address – releasing stored waste from the liver, the lymphatic system, the intestinal tract, and the body's cells. If one removes these impurities, one becomes healthier while losing fat, and excess weight. I recommend a 9-day liver cleanse which includes herbs, vitamins, minerals and lots of water. Nutritional cleansing is a way to remove the harmful impurities from the body while promoting sustained weight loss if necessary.

Here are some of the benefits of cleansing:

Strengthen the immune system, Slow down the effects of aging, Improve absorption of essential nutrients, Aid digestion, Have more energy, and more!

If you want to know more about cleansing, I will be able to help you with this program.

Dr. Ira S Chislof, DC 847-588-0800



THE LAW OFFICES OF
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There Is No Greater Priority Than Your Health After You've Been Hurt in an Accident

The aftermath of a car accident is confusing and sometimes overwhelming. Whether you've been hurt personally or you're rushing to meet a loved one at the hospital, insurance claims and legal evidence are probably the last concerns on your mind. You know that your health and the wellbeing of your family are the priorities after you've been hurt—and we agree completely. The good news is that taking the right steps to protect your health can also help you win your injury claim against the other driver's insurance company later.

Why Is it So Important to See a Doctor After a Car Wreck?

The most important choice you can make for your own wellbeing and the wellbeing of a potential claim is to seek medical attention after an accident. Car accidents can cause a number of serious injuries, and all of the symptoms may not be immediately apparent. Whether you are transported to the emergency room from the scene or walk in to your family doctor's office, seeing a physician means that you get the care you need and documentation of the injuries directly caused by the accident.

What If I Don't Feel Injured After an Accident?

Even if you don't have any apparent injuries or seem to feel "okay" after an accident, you should take the time to visit with a doctor...just in case. A doctor can check you over and make sure that you don't have any hidden injuries from the wreck, and he or she can also document and treat any minor injuries so that they don't worsen over time. This will also provide documentation of the accident if symptoms start to appear later.

If you or someone you know has been injured in a car accident, or suffered any other serious injury due to the negligence of another, please ask them to contact me at

312-332-1400 or by email at markbrown@lane-lane.com.

Please be sure to have the referral let our office know that they were referred by an EGL member and have them give us your name!



Depreciation Tax Advantages
Allen Kutchins, CPA
Kutchins, Robbins & Diamond, Ltd.

Depreciation is an income tax deduction that allows a taxpayer to recover the cost or other basis of certain property. It is an annual allowance for the wear and tear, deterioration, or obsolescence of the property. The taxpayer must own the property; however, taxpayers may also depreciate any capital improvements for property they lease.

A taxpayer must use the property in business or in an income-producing activity. If the property is used for both business and personal purposes, the taxpayer can only deduct depreciation based only on the business use of that property.

Congress has provided the following tax advantages to help stimulate the economy and encourage new business and company purchases. Both Section 179 and the Bonus Depreciation may be applicable to tax savings on qualifying purchases dependent upon the cost and type. Typically, Section 179 depreciation is applied first.

Section 179 of the IRS code allows businesses to deduct the full purchase price of new or used qualifying items like computers, furniture, tools, equipment, machines, and most depreciable assets (with a useful life of more than one year and less than 20 years) that was placed in service during the tax year and used predominantly (more than 50%) in the trade or business. Likewise, certain intangible property, such as patents, copyrights, and computer software is depreciable. *Note there needs to be income to offset the expenses for the 179 deduction.*

	2014	1-1-2015 technically reverts back to:
Deduction Limit	\$500,000	\$25,000
Deduction %	100%	100%
Phase-out	\$2,000,000	\$200,000
Qualified Property	New/Used	New/Used
SUV Limit	\$25,000	\$25,000

Bonus Depreciation allows a company to deduct half the cost of new capital purchases in the first year, providing the opportunity to retain more capital for growth. Bonus depreciation may prove more valuable than Section 179 for a company that needs to carry unused losses back for two years.

Efficient and Beautiful



Big houses consume more resources than small ones. They use more wood, more carpet, more drywall and more concrete. They cover more ground and generate more construction debris. When completed, they will require more energy to heat and cool.

A house's size has a greater impact on energy and resource use than any other factor, including insulation, equipment efficiency and windows. So here are some tips for efficiency yet maintaining style.

Space Design Savvy Tips

Share **space between different uses**. A home office and guest bedroom is a common combination. Also consider using a hall or stairway as a library or gallery, a landing can be a reading nook, the laundry can be a mudroom. Replace individual rooms for "media," exercise and others purposes with built-ins and storage for special equipment.

Add double-height space. Smaller rooms need not feel "cramped." High vertical spaces add an airy feeling.

Fill the entire building volume. Much usable space can be lost to attics. This space under the roof can be used for visual appeal, loft space or heated storage. Cathedral roof trusses with ceiling insulation, stick framing with insulation between the rafters or structural insulated panels can all provide full insulation while embracing the volume under the roof.

Reduce circulation paths. Shorten or eliminate hallways, unless they serve a dual purpose. Traffic patterns can cross rooms, so the extra space adds to the visual size of the room.

Build furniture into rooms. Cabinets, bookcases, benches and eating nooks use less space when they become part of the structure. Recess bookcases or display cases into interior walls. Large storage drawers can be installed under the stairs right down to floor level.

Remove formal spaces. Most people gather in kitchens and family rooms. Formal living and dining rooms are seldom used. So why have two spaces dedicated to essentially the same activity? Avoid showcase rooms.

Use bedrooms for sleeping. In a well designed house, the bedrooms should be used for sleeping, dressing and little more.

Provide ample storage. When people want a "bigger house" they may actually need more storage. Even if a house is small, careful planning and good organization can provide densely packed, three-dimensional storage.

Enhance trim and detail. High-quality details can be a key benefit of a small house. High-quality hardware, moldings,

and other aesthetic touches can draw attention away from the larger space and to the details.

Add a focal point. Each room should have one attractive feature. This can be a building element, built-in furniture, a work of art or a dazzling light fixture.

Invite natural light. Careful selection, sizing and location of windows and small skylights can flood a small space with wonderful natural light without increasing energy use.

Bring in the outdoors. Locate windows and glazed doors next to decks, patios, courtyards and porches. This extends the living space past the outer walls during fair weather. Even during bad weather the visual extension continues.

Reveal the structure. Exposed beams, posts, joists and other structural elements can define individual areas within a larger space. They also add texture or interest, and can serve as a focal point.

Use color. Most small spaces will benefit from lighter-colored or white wall paint, because it gives a spacious feeling. Use dark or warm colors only for accent.

Tie spaces together. Similar materials, such as flooring, wall coverings and trim, tie spaces together visually, giving the overall impression of a larger space.

Separate spaces. Dissimilar materials set one space off from another. Instead of building a wall, change floor material and texture; expose a beam or a hang a pot rack. Changes in color and texture also help in defining spaces.

Be playful and imaginative. Examine the occupant's personality to find a fun or humorous touch that can set the space apart.

Plan for flexibility. The design should allow for changes in lifestyle. A young couple may have children. Grown children will leave the nest. A business could be born in the kitchen and grow in the guest bedroom. Plan for these changes. Identifying a future addition is one way, but consider ways new uses could be accommodated inside the existing footprint. The upstairs could become an apartment for an aging relative. Walls could come down. Some designers suggest long-span structures so that interior walls can be repositioned with fewer structural limitations.

Remember I'm always eager to hear your comments. Contact me at Michael@michaelmenn.com or at 847.770.6303.

Michael Menn

Michael Menn, Ltd.

847-770-6303

World of Concrete - This is Our World!

Concrete is all around us,
even in the most unexpected places!



For those of you who don't know (and I assume that is most of you!), World of Concrete (WOC) is our industry's only annual international event dedicated to the commercial concrete and masonry construction industries. Featuring indoor and outdoor exhibits, leading suppliers showcasing innovative products and technologies, exciting demonstrations and competitions, and a world-class education program, it is truly overwhelming!

We always learn a lot at WOC and feel it is an essential trip to Las Vegas (it's rough, but somebody's got to do it!) to attend each and every year. It is one of the ways we stay on top of what is happening in our industry. In addition, WOC each year serves as a gauge for the upcoming season. We thought we would share some of what we heard with you.

The World of Concrete 2015 exceeded expectations across the board. The signature event for the concrete industry drew 55,779 registered professionals, up from just over 48,000 in 2014, and featured more than 1,459 companies exhibiting across more than 675,000 net square feet of space, an increase of more than 100,000 net square feet from 2014. This was the largest World of Concrete in six

years, and the energy and excitement from both attendees and exhibitors was palpable throughout the week at the Las Vegas Convention Center. These increases show not only the value that World of Concrete brings to the concrete and masonry industries but also shows that the industry is getting stronger and poised for much success in 2015.

We were happy to hear that the general consensus throughout the show was positive and we are looking forward to a very busy and profitable year!

Patty Petersen **CRC Concrete Raising & Repair**

Ask us about our additional concrete repair services including concrete raising/leveling.

www.SaveConcrete.com

847-336-3400

Patty@SaveConcrete.com

Credit Score: An Opportunity & (Sometimes) A Bane

By Karen DeRose, CFP®, CRPC® & Anthony DeRose, JD*, MBA, CPA*

Having a strong credit score is one of the most important things you can do to help control your finances. Your credit score is used every time you apply for a loan, to help determine interest and insurance rates, for background checks when you apply for a job or for renting a house, and even when you want to enter a cell phone contract.

A recent survey from the National Foundation for Credit Counseling indicates that more people would be embarrassed to admit their credit scores (30%) than their weight (12%). Hopefully, if you follow the simple steps in this article, you can make sure that you maintain a “lean” credit score that you will be proud of.

Where Can I Get My Credit Score?

First things first, you need to be able to find your credit score. While you certainly can obtain a free report when you finance a big purchase (car, home etc.), there are much easier ways to determine your current FICO credit score.

There are numerous sites that will provide a FICO credit score if you lay your credit card for a free trial period, there are also sites that will provide you a free report, no questions asked. Naturally, you will have to get comfortable around the fact that you will have to provide your social security number, as all of these sites require this in order to obtain your current credit.

[Credit Sesame](#) is an ad-supported site that offers you a free credit score based on your Experian credit report. This will update once a month automatically; they also offer free credit monitoring.

[Quizle.com](#) offers a similar service, but you receive your credit report twice a year only. [Credit Concierge](#) offers a similar service, but provides you with a TransUnion credit report, thus it provides a different reporting service altogether.

[CreditKarma](#) is probably the best of the bunch, since it provides you not only your TransUnion but also your Equifax Credit score.

What Does My Credit Score Mean?

As opposed to spending characters explaining how good your credit score is once you obtain it, I would recommend you simply go to the [credit score grader](#) on debt.org. You can simply slide your credit score over to your current credit score to see how you fair. They will also provide some tips for how to increase your credit score.

How Can I Improve My Credit Score?

You can do several things to increase your credit score. They are as follows:

Dispute Errors. Mistakes happen. You can dispute errors online through Equifax, Experian and TransUnion. After you’ve fixed any foul-ups, you can try to negotiate with the creditor that you paid the bill if the creditor will then report the account as “paid as agreed” or maybe even remove it altogether. If you have a good history with the creditor but for one foul-up, you can try to emphasize your good history with the creditor in the hopes that they wipe it away due to your previous good faith.

Check Your Limits. How are your limits? Are you maxing your credit card each month? If so, this can negatively affect your credit. I would recommend that you try to increase your limits if you

can; reach out to your creditor and explain to them that you are always maxing your credit limit but always paying off your bill on time. They very well may increase your credit limit. Just make sure that by increasing your credit limit, you intend on paying off your credit each month. Otherwise you’ll be right back to using 66% of your credit each month and how will that look?

Obtain a Credit Card & Become An Authorized User. If you are young and have yet to obtain a credit card, it is critical that you obtain a credit card to start building credit. If you do not have any credit to speak of, convince your parents to allow you to become an Authorized User on a card (meaning they cosign with you). This will build your credit – just make sure you pay it off!

Under-use Your Cards. If your credit limit is low, make sure you are paying off your credit card more frequently, as otherwise your “utilization” will be high. The “credit utilization ratio” should be no more than 30% and ideally even less, which means that if your limit is \$30,000, you do not use more than \$9,000 in credit in any given month. Here is the kicker – it does NOT help your situation if you pay off your card when you reach this 30% utilization, the credit card bureaus are looking over the course of the credit period if you exceeded “good” utilization.

Don’t Close Your Cards. Canceling a credit card will cause your available credit to drop, which doesn’t look good to a bureau. One way to keep a card active is to use it for a recurring charge such as a utility bill.

Mix it up. Using a different kind of credit can make for a modest boost to your score. For example, you might take out a small personal loan from the credit union or buy a piece of furniture or appliance on installment (but only if you’re 100% sure you can and will meet the payment schedule).

Pay your bills on time. This may be common sense, but it is worth noting. Your payment history – including the ones you pay late or skip altogether – makes up a whopping 35% of your FICO score. In order to make sure you pay your bills on time, automate your recurring payments – makes your life easier. Just note that if you change cards, you will need to update this recurring payment!

If you have any questions about anything revolving credit (no pun intended), we are here to help.

Karen DeRose and Anthony DeRose are registered representatives of Lincoln Financial Advisors Corp.

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Enhancing Your Office Reception Area

By Leslie Markman-Stern, ASID

Leslie M. Stern Design, Ltd.



First impressions are important. In ten seconds a potential client sizes up your office and develops one more impression of you and your practice. A well-designed reception area can help to create a comfort level that would otherwise be difficult to achieve.

Using an interior design firm can make a difference. Among the features to consider:

1. Provide chairs with adjustable tablet arms so that clients can use their laptops and do other work. Waiting time spent productively will be greatly appreciated.



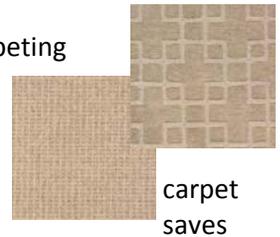
2. Use long-term color corrected "green" lighting with higher efficiency light bulbs such as LEDs to save energy and enhance your interiors with warm and attractive lighting.



3. Install a lower wheelchair-accessible reception area counter, if space allows. Taking this extra step to ac-

commodate the disabled and elderly shows thoughtfulness and consideration, each of which contributes to a positive impression of your practice.

4. Replace worn or outdated carpeting with a level loop carpet for greater mobility for visitors with walkers, wheelchairs, strollers, or crutches. Properly specified or flooring has a longer life and money over time.



5. Add a closet so that your clients can hang up their coats and store luggage. This allows them to meet with you unencumbered.

First impressions do count. Do not miss an opportunity to create a positive image for your firm.

Leslie Markman-Stern, ASID

Leslie M. Stern Design, LTD

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Getty / Vstock LLC Pr

Imagine this scenario: Your employer hands you a check for \$2,000 and tells you that the company has allocated "x" amount of money to go to em-



ployees and that is your share. Would you throw the check away? Of course you wouldn't. You would put it in the bank and use it for bills or to buy something you want or need. Coupons work much the same way except the payoff is in smaller increments. Companies allocate so many dollars a year to attract customers to their products, businesses or services. Some of the money is then distributed to shoppers in money-saving coupons. If shoppers throw the coupons away instead of using them, they do not get the savings.

Facts and Figures

Surprisingly only a small percentage of shoppers (about 1%) redeem coupons. In 2011, U.S. Consumer Packaged Goods (CPG) marketers distributed coupons valued at \$470 billion for products used daily like food, beverages, clothing, tobacco and household items. The average coupon had a face value of \$1.54. Only \$4.6 billion coupons were redeemed. That left coupons valuing \$465 billion unused. Those shoppers in 2011 using CPG coupons saved an average of \$30 (\$1560 a year) to \$50 a week (\$2600 a year) depending on their level of coupon involvement. That is a nice chunk of

change when you think about it. For example, let's compare coupons savings to the amount that most US employees will get in annual merit increases.

According to [labor statistics](#), the average household in the US makes around \$41,600 a year. The average annual raise is 3% or \$1248. We all work hard to get a raise because we need the money. Yet, by using coupons, even on a casual level, the payoff could be more than the amount most of us would receive in annual pay increases, but 99% of us elect not to use them.

Dispelling the Coupon Stigma

Why do so many people not use coupons? One main reason is that they find it embarrassing. They are afraid it will make them look cheap or people will think they are poor. But why should care what the stranger in line behind them or the cashier think? It's silly thinking really, especially considering who the [average coupon user is today](#).

Based on statistical profiling, households with an income of \$100,000 or more and shoppers with college educations are twice as likely to use coupons than those who live below the average income and those who did not complete high school. In addition, another known fact is that many people who have millions in the bank use coupons.

Why Millionaires Use Coupons

In the book "The Millionaire Mind" author Thomas J. Stanley writes about the frugal lifestyles that many millionaires choose to live. For example, many millionaires have their shoes resoled, repurpose their furniture rather than buy new, and use coupons.

Why would millionaires bother with a dollar-off coupon? Stanley explains that millionaires look at the bigger picture. It is not about the money that they will save during one shopping trip, but rather the money that can be [saved and invested](#) during a lifetime by using coupons.

He uses the example of how a family that spends \$200 a week at the grocery store could cut the bill by 5% through couponing, buying in bulk and using other cost-cutting practices. The money saved could then be invested and eventually grow to more than \$500,000.

It is also the reason that many millionaires do meal planning and prepare shopping lists that they stringently follow based on the available coupons.

Bottom-Line

Using coupons is a serious way to save money and there is not a good reason that I have found for shoppers not to use them. It is not about just saving a dollar at the grocery store. The couponing mindset goes much further than that and they incorporate savings in almost everything that they buy. Anyone who dislikes wasting money will benefit by getting involved in some level of coupon usage. Devoting an hour a week into gathering coupons before shopping is financially beneficial and statistically pays off to the tune of \$100 in savings for an hour of time. That's a pretty good way to use an hour if you ask me.

Kevin O'Reilly
Coupon Cash Savers
847-537-6420



ARE YOU LOSING YOUR MIND!

How many times have we ruefully said, “And I just lost my mind!” Maybe it was yet another thing on an overfull to do list at work. Or an exasperating exchange with a teenager. Or opening the garage door and seeing huge drifts of snow in the driveway between you and the clear street.

The ironic thing is that when we really do lose our minds, we’re usually not aware of it. That means it can take us a long time to get our brains back.

Here’s a quick trip inside your head – and why it occasionally appears empty.

-- Lynne Franklin— 847-310-0455

You Are Losing Your Mind!

Let’s start with some useful neuroscience. There are three parts to your brain:

- **Survival** – This is in charge of two things: keeping your body running and keeping you alive. You basically have three choices: fight, flight or freeze.
- **Emotional** – This is where your feelings live. You generally have five choices here: mad, sad, glad, hurt and afraid.
- **Thinking** – This collects information from your other two brains, which aren’t aware of each other. Its job is to analyze what it finds and then make practical, smart and ethical decisions.

These brains layer on top of each other and are always there – until they’re not.

Your Three Brains in Crisis

When your brain perceives a severe physical or verbal threat (we won’t get into whether or not it’s *real*), you literally lose two-thirds of it. Your thinking and emotional brains leave town. All you have left is your survival brain.

Why would you lose the bulk of your brain when it appears you need it the most? Here’s how I explain this.

The Jungle, a Tiger and Your Brains

In the old-old days, when we were living in the jungle, you see a fast-moving object coming at you. If your thinking brain were in charge, it would analyze the image and ask, “What *is* this thing coming toward me?” Because “it” happened to be a tiger – *wham!* you’d be dead.

If your emotional brain were in charge, it would be asking, “How do I *feel* about this thing coming toward me?” And – *wham!* you’d be dead.

Because your survival brain is in charge, it notices the threat before your other two brains do. It already has you up the tree. And – *whew!* you’d be alive.

When you’re terrified, your body diverts impulses from the thinking and emotional brains to a particular part of your survival brain, called the amygdala. The amygdala is in charge of scanning your environment for threats. When it finds these, the amygdala takes over. I love the term for this: “amygdala hijack.”

Your Body on One-Third of Your Brain

In other words, your amygdala shuts down your other two brains. You lose your emotional intelligence. Stress hormones (epinephrine and cortisol) flood your system. Epinephrine raises your heart rate – so your body can move more blood to the large muscle groups that may need it for fight or flight. It also dilates your pupils – which lets more light into your eyes so you can see better.

Cortisol puts a damper on your immune system – which reduces any inflammation you’ll suffer if you’re wounded. It also gets your brain stem to stimulate your amygdala even more – which, in turn, produces more cortisol. Now there’s enough cortisol in your system to suppress your hippocampus – which usually is in charge of putting the brakes on your amygdala. Not surprisingly, your ability to make logical choices drops drastically, and your working memory falters.

You can’t reason with someone – including yourself – when you’re in amygdala hijack. What you need to know now is how to get your brain back.

Come back next month to learn how to do this!

**Happy Birthday
from the
Executives Guild**

Birthday Wishes to...

March 15	Kris Keller, National Realty	kkeller@nationalrealtynetwork.net
March 19	Mike Moran, American Chartered Bank	mmoran@americanchartered.com
March 21	Brian Millman, Shelle Jewelers	brian@shellejewelers.com
April 5	Joy Schaefer, Home Helpers of NE IL	schaefone@aol.com
April 6	Jerry Mayster, Mayster & Chaimson	jmayster@sbcglobal.net
April 9	Erin Marcus, Caring Transitions	emarcus@caringtrnsitions.net
April 30	Ken Dermer, Remred Promo Prod.	ken@remred.com
April 30	Sue Chesler, Signs for Success	signsuccess@fsi.net

Are your dues up-to-date? If not expect a \$50.00 late charge on your next invoice! Call the office if you have questions or comments!

Action Items

EGL Open Category List

Ad Agency	Lighting Supplies/Servs
Appliance Repair	Luggage & Leather Goods
Appliance/Electronic Sales	Restaurant
Executive Recruiter	Residential Roofing
Exterminator	Sales Training

Meeting Attendance & Dress Code:

1. It is the obligation of every member that attendance at monthly general meetings should be as follows:
"Members are required to attend ten (10) meetings in a calendar twelve (12) month period."
2. Business Dress is the dress code for our meetings.

Executives Guild, Ltd.
P.O. Box 1743
Des Plaines, IL 60016-1743
Phone: 312-604-5018
E-mail: patkelps@globalgds.com



We're on the Web
www.theexecutivesguild.org

Reply Form

E-mail to: patkelps@globalgds.com

(If you are considering bringing a guest, don't forget to contact the office or V.P. Membership– Ira Chislof, Chislof Chiropractic, 847-588-0800, (before extending your invitation.)

Prospect Name:

Prospect Company:

Phone Number:

eMail:

Category represented:

Food Choices: