



Junior League of Springfield

LeagueLiner

December 2007/January 2008 Volume 60, Issue 4

Where should our League focus?

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One of the Community Council’s goals for this year was to develop a focus for future projects and volunteer efforts. The idea is to select one unmet need or emerging issue and really try to make a difference in that particular area, maximizing our impact in the community.

This way, we can give people who support our fundraisers a better idea about where the money is going, reach out to new donors who have a specific interest in our focus area and give JLS a higher profile in the Springfield area. And by concentrating our volunteer efforts, members will really be able to see a measurable impact. We think this will be exciting and very rewarding for us, as it has been for many leagues across the country that have already adopted this approach.

The concept of developing a focus to maximize our impact was part of the new strategic plan that was developed last spring and has been listed among the objectives for this year, which are in the yearbook and have been in the LeagueLiner and seat sheets. There was also a notice in the August LeagueLiner and the weekly email about this goal, calling for suggestions of unmet needs or emerging issues to consider.

After examining several community needs assessments, interviewing community service providers and researching our options, the Community Council has narrowed it down to two (see both options on page 5). We think both have a lot of potential, but now it is your turn as a league to decide which one to embrace. This will not be our focus forever, but it will be for the upcoming league year and possibly longer, depending on how it goes. Think carefully about the two choices, discuss them with each other and feel free to ask any questions you want.

The voting will take place as part of the interactive survey at January’s meeting, giving us instant feedback. In February, there will be a formal motion to adopt the top vote-getter as our focus area. If it receives enough support, we can start brainstorming and reviewing possible projects members want to try within that area.

Continued on page 5

Junior League
of Springfield

Headquarters

948 Clocktower Drive
Springfield, IL 62704

Phone: 217-787-7802

Fax: 217-787-9957

www.jlsil.org

Ronald McDonald House

The Ronald McDonald House has an opening for a JLS member to serve on their Board of Directors. Board meetings are usually the first Tuesday of every other month from 8:30 to 10. (Dec/Feb/Apr/Jun/Aug/Oct) Every board member is to be on a committee and help with the fundraisers. To find out more about our local Ronald McDonald House, please visit the website at <http://www.rmhcspingfield.org/>. If you are interested, please contact Aimee Berman at 726-8171 or berman13@aol.com



Thank you for all you have done...

- A big thank you to Julie Tucker and her NTN team. You are amazing, amazing, amazing!!!
- Thank you to Dana Kinion for organizing the October DIAD at the St. John's Breadline and to the following people who showed up to volunteer: Renee Clausner, Kate and Dave Cohorst, Jen Deaner, Kathy Dehen, Amanda Eichholz, Meagan Holt, Patricia Hopkins-Price, Dana Kinion, Stefanie Moy-Zobus, Barb Rowe, Jen Sachs and Scott Beam, Lori Smith, Meridith Swanson and Michelle Villere. Altogether we provided 79 volunteer hours with a value of almost \$1,500.
- Thank you to Amy Goldstein for organizing the November DIAD at the library.
- Thank you to Dee Dee Shaffer for planning the December DIAD stuffing gift bags for seniors.
- Thank you to the Cookbook Committee; Jill Daugherty, Kelli Kauffman, Leslie Ruyle, Laura Scott and Karen Kloppe, for decorating the beautiful Christmas tree at the Festival of Trees.
- Thanks to everyone that baked for the Next to New Sale.
- Thanks to Tricia Hopkins Price, Julie Herter and Laura Scott for their work on the annual review.
- Thanks to Stefanie Moy-Zobus for all her hard work on the Phoenix Center project.
- Thank you to Ann Schmidt and her husband for installing the floors at the Phoenix Center.
- Thank you to all the volunteers for the Phoenix Center.
- Thank you to Admissions/Provisional committee for their fine work with the new provisionals.
- Thanks you to the provisionals for joining JLS!
- Thank you Jen Deaner for taking the minutes at the Board and General meetings and getting them turned around so quickly. Our jobs run smoothly because of you!
- Thanks to Pat Jacobs for the delicious food at the Board meeting in November!



JLS Mission

On March 15, 1939, 74 volunteer workers founded the Service League of Springfield. This was incorporated as the Service League of Springfield on November 2 of the same year. Their first project was a Placement Bureau, which filled requests for volunteer service. The Service League of Springfield affiliated with the Association of Junior Leagues of America and became the Junior League of Springfield in 1950. Through the power of our association, Junior Leagues strengthen communities by embracing diverse perspectives, building partnerships, and inspiring shared solutions.

The Junior League of Springfield, Inc. reaches out to women of all races, religions, and national origins, who demonstrate an interest in and commitment to volunteerism.

With Sympathy

To the family and friends of Mary A. Turner, Sustainer Emeritus, on her recent death.

To the friends and family on the death of Charlotte Roberts Morgan, a former member JLS.

Our Mission

The Junior League of Springfield is an organization of women committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.



The Junior League of Springfield, Inc.
Women building better communities

Happy Birthday to You!

December

Lauren Davis	9
Barbara Rowe	11
Susan Larson	12
Teresa Szabo	14
Tanya DeSanto	16
Megan Holt	19
Tracy Sulwer	23
Tricia Hopkins-Price	26
Ann Schmitt	27
Jennifer Deaner	30
Stefanie Moy-Zobus	31

January

Megan Fulara	4
Melanie Capps	15
Dee Dee Shaffer	24
Karen Kloppe	26



Congratulations to Drs. Kathleen and Kevin Reuter on the birth of a baby girl, Aerilynn Ann Reuter, on October 23.

Congratulations to Stephanie and Evan Hart on adopting a baby girl, Ann Hart, born October 31.

2007—2008

JLS Board of Directors

President: Genelle Iocca

President-Elect: Jessica Dalheim

Sustainer Co-Presidents: Pat Jacobs and Cheryl Roberts

Recording Secretary: Jen Deaner

Finance VP: Tricia Hopkins-Price

Membership VP: Melanie Capps

Communications VP: Farah Salim

Community VP: Kate Cohorst

Fundraising VP: Stefanie Moy-Zobus

Treasurer: Julie Herter

Parliamentarian: Jalene Higginbotham

Done in a Day—Volunteering for Senior Services of Central Illinois

Christmas is not yet here, but we are in need of your holiday cheer! We have the opportunity to help provide a Merrier Christmas for 750 senior citizens. This annual project targets low-income senior citizens, shut-ins, those that have no relatives, or those that will be alone during the holidays. Please volunteer for a two hour shift to fill gift bags that will be delivered to their doorsteps. Volunteers have two shifts to choose from, or you can come to both! Schools and organizations around the city are donating the gifts, and we have the privilege of helping arrange them in bags so they will be ready for Santa's delivery!

Please mark your calendars:

What: Fill gift bags for Senior Services of Central Illinois

When: **Monday, December 3**

11:00 a.m.-1:00 p.m.

5:00 p.m.-7:00 p.m.

Where: Senior Services of Central Illinois, 701 West Mason St (Take Left lane ramp off Jefferson Street; SSCI will be on your left at end of ramp)

Why: Help bring holiday cheer to homebound seniors

Contact Dee Dee Shaffer at 638-1855 (notice this phone number is different from the yearbook) or cdshaffer@insightbb.com for further information and to sign up!



Board Briefs

Approved

- Minutes from September and October Board Meetings
- Financial statements
- Status changes
- Motion to send Kate Cohorst and Julie Waldrop to ODI Conference, November 16-18, 2007 in Louisville, KY
- Motion to host a wine tasting social at The Corkscrew on November 6th.
- Motion to use \$50 from The Special Events emergency fund to aid Sojourn House.
- Motion to change the Kids in the Kitchen date from April 19th to March 8th.

Discussions

- Developed a Procedure For Tracking Member Requirements based on the results from the speak-out at the October GMM.
- Addition of an additional event tied to Kitchen Tour in theme and/or timing. Suggestions include a booth at the Food Expo, or selling herb plants.
- Kids in the Kitchen marketing plan.
- Determining two emerging issues in Springfield to focus our fundraising and volunteer work for 2008. Suggestions include homelessness, literacy and The Lincoln Library, and health and nutrition. Membership will vote in January.
- The Sustainer La Cuna Social was a huge success. Dr. Moustafi, founder of the La Cuna project, is seeking someone to take over her work.
- Community VP ordered the remaining bricks for the Centennial Park Anniversary Project.
- Annual Financial Review is complete.
- Paying the \$25 reinstatement fee and \$10 late fee will reinstate members that were dropped for non-payment of dues.
- The new yearbooks look great!
- JLS will partner with St. John's Hospital for Kids in the Kitchen.
- Member will break out into councils at November GMM.
- Interactive survey will be presented at the January GMM.

Top 10 Reasons to Attend the WIIN Conference

10. Meet Sarah Jane Gillett, Director-At-Large of AJLI.
9. Attend a seminar to further your leadership skills.
8. Eat birthday cake in honor of Lincoln's yearlong celebration.
7. Learn about how to create a community impact through Junior League.
6. Do something constructive on a weekend!
5. Fantastic goody bags and door prizes from local businesses!
4. Wear the dress you've been wanting to fit into for Friday's reception.
3. You only have to drive five miles to get there.
2. Meet fellow Midwestern Leaguers.
1. Why wouldn't you?



February 8-9, 2008
Springfield, Illinois

\$85 Early Bird Fee (until Dec. 31)
\$90 Conference Fee (after Jan. 1)
Registration Deadline Jan. 27, 2008
Reception: Feb. 8 6:00 - 7:30 p.m.
Conference: Feb. 9 8 a.m. - 3:00 p.m.

Contact Tricia Hopkins-Price,
Registration Chair at (217) 787-0199 or
visit www.ajli.org for more information on
conference and hotel reservations.

Come to Lincoln's
hometown to learn
and laugh with
fellow League
ladies at the
WIIN Conference.

Stovetop hats
are optional.



Make a weekend of it!
Visit the Abraham Lincoln
Presidential Library & Museum
which is walking distance from
the conference site!

Where should our League focus? (Continued)

Option A: Revitalize Library

Need: In the last decade, Springfield's library usage has dropped significantly, even as the city's population has grown. Circulation is down 17% and the number of visitors has dropped by 20%. Programs have decreased by 40%, program attendance has dropped by 56%, and library staffing is down 20%. When compared to 10 other libraries of similar size, budget, etc., Springfield's usage numbers were by far the lowest. The library is aware of the problem and wants to do something about it, but does not have the manpower/budget to do so.

Possible projects: start a library card registration drive, literacy programs, PR and/or fundraising events, projects and programs for children (story time, children's technology lab), teens (college ambassadors, tutoring), projects with adults (ask a lawyer, tax advisors, book club) and/or projects with seniors (computer lab?). We could arrange for and promote these events, but would not have to staff them all if we solicited help from other groups, such as the Bar Association or Computer Banc.



Pros: Clear, local need, with an impact that is easy to measure and prove with statistics. JLS would be the only ones working on this, so would be easy to become known for this success. Options to work with all sectors of the population, not just kids. Library is VERY interested in working with us.

Cons: Members may get tired of having all of our events involve the library. It will take a lot of work to turn things around over there and convince the community to come back to the library.

Option B: Fight Obesity

Need: Nearly 3 million Illinois residents are obese, and it is a problem both locally and nationally. According to the U.S. Centers for Disease Control and Prevention, nearly one-third of children and adolescents are overweight or at risk of becoming overweight. Childhood obesity has been shown to be the leading cause of pediatric hypertension, is associated with Type II diabetes, increases the risk of coronary heart disease, increases stress on the weight-bearing joints, lowers self-esteem and affects relationships with peers.

Possible projects:

Kids in the Kitchen-type events throughout the year, convincing local restaurants to improve their children's menu options (not the typical chicken fingers and fries), raising a healthy eater tips/speakers, exercise events, pedometer contests for organizations, families or offices, diabetes awareness, healthy recipe promotions, healthy family cookbook, info on healthy cooking for one or two (targeted at seniors and empty nesters), nutrition awareness projects, etc.



Pros: Builds on something we already do, and ties in with AJLI-wide campaign. Opportunity to work with all sectors of the population. Great publicity opportunities for cookbook & kitchen tour. Good potential for grants or help from hospitals, doctor's groups and others with a lot more money than us.

Cons: Difficult to show measurable health impact on any specific set of people. Lots of other groups focused on this issue, so it wouldn't be something we could become known for exclusively.

Beating Holiday Stress

The holidays really are the best of times and the worst of times. Our tidings of comfort and joy can so easily be devoured by the insatiable stress to do it all, be it all, and buy it all. And that stress is nothing to ho, ho, ho about, either. It increases your risk of illness and even death. One study, published in the Oct. 12, 1999, issue of the journal *Circulation*, suggested holiday stress and overindulgence help explain the soaring rate of fatal heart attacks in December and January. Yet it is possible to survive the holiday frenzy without feeling frantic -- if you know how. Here are top tips from some of the nation's leading stress experts:

Stress Master: Psychologist Alice Domar, director of the Mind/Body Center for Women's Health at Beth Israel Deaconess Medical Center and Harvard Medical School, and author of the book *Self-Nurture*.

Strategy: Cut yourself some slack!

- Tip 1. Shop so you don't drop.**
- Tip 2. Treat yourself.**
- Tip 3. Skip the Nutcracker.**
- Tip 4. Stretch the season.**

Stress Master: Nutritional biochemist Judith Wurtman, a researcher at the Massachusetts Institute of Technology, and author of the book *Managing Your Mind & Mood Through Food*.

Strategy: Eat to stave off tension as well as hunger.

- Tip 1. Carbo-charge your body. |**
- Tip 2. Eat mini-meals.**
- Tip 3. Zero in on stress points and fix them.**



Stress Master: Robert Sapolsky, professor of biological sciences and neurology at Stanford University and author of *Why Zebras Don't Get Ulcers: An Updated Guide to Stress, Stress-Related Disease and Coping*.

Strategy: Put whatever's stressing you in perspective. Chances are your stress level isn't high because you're running for your life from an attacking lion. So just imagine explaining your angst over failing to create a Martha Stewart table to a really empathetic giraffe. If your holiday woes would sound like utter nonsense to the giraffe, you're describing stressors of your own making and you can conquer them.

- Tip 1. Ratchet down stress by lowering expectations.**
- Tip 2. Don't go it alone.**
- Tip 3. Remember the reason for the season.**

Stress Master: Eric Brown, spokesman for the Center for a New American Dream, a Maryland-based, nonprofit organization

urging Americans to shift their consumption to improve quality of life and the environment.

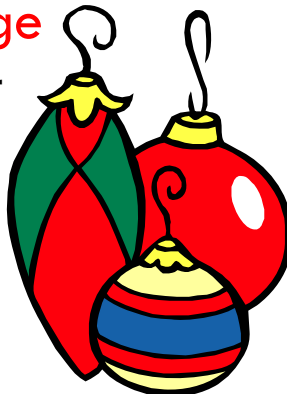
Strategy: Learn how to have more fun with less stuff! (A 1998 poll commissioned by the center and conducted by EDK Associates of New York found that 44% of Americans feel pressure to spend more than they can afford at holiday time, and only 28% report the holidays leave them feeling "joyful.")

- Tip 1. Give the gifts money can't buy.**
- Tip 2. Lick overspending.**
- Tip 3. Follow your holiday bliss.**

For the entire article on Beating Holiday Stress published by Vicki Haddock on WebMD, go to <http://www.webmd.com/content/Article/78/95689.htm>.

Holiday Ornament Exchange

The Ornament Exchange will be **December 10th** from 6-8pm at the Illinois State Museum. Members are encouraged to purchase ornaments from the gift shop since they are staying open late and providing snacks and beverages. In addition, all proceeds will benefit the museum.



Raise Money for League while Shopping

There is a Junior League shopping mall link on our website that is a painless way to raise money for our League. Visit our website, www.jlsil.org and click on the shopping mall link.

2007-2008 MENTOR GROUPS

<i>Ann Schmitt</i>	<i>Aimee Berman</i>	<i>Paulette Dove</i>	<i>Julie Waldrop</i>	<i>Melanie Capps</i>
Sinead Madigan	Martha Mote	Jennifer Madiar	Laura Pizarek	Brandy Moore
Cressence McHenry	Anna Richie	Stefanie Moy-Zobus	Barbara Rowe	Sara Ratcliffe
Laura Scott	Leslie Ruyle	Valerie Rife	Farah Salim	Kathleen Rueter
Meridith Swanson	Lori Smith	Jennifer Sachs	Michelle Villere	Dee Dee Shaffer
Karen Thomas	Julie Tucker	Janel Veile	Kate Cohorst	Teresa Szabo
Joyce Burkhart	Britta Brackney	Renee Clausner	Amanda Eichholz	Amanda Vinicky
Jessica Dalheim	Jennifer Deaner	Kathy Dehen	Melissa Hansen	Angie Condon
Tanya DeSanto	Michelle Griffith	Marque Hauptert	Julie Herter	Julie Harris
Amy Goldstein	Stephanie Hart	Genelle Iocca	Tricia Hopkins-Price	Jalene Higginbotham
Erica Hofferkamp	Megan Hart	Karen Kloppe	Jill Daugherty	Kelli Kauffman
	Dana Kinion			

Please let your mentor or provisional advisor know if you will not be able to attend a General Meeting or complete a requirement. If you have any questions, please do not hesitate to contact Melanie Capps or Aimee Berman.



Historic Springfield Scarves make great gifts!

Cost: \$50 (includes tax)

The scarves come in gold gift boxes tied with attractive JLS ribbon. An information sheet as to what historic places are on the scarves is included in each box.

To purchase: Call Junior League Headquarters at 787-7802 or Joyce at 546-1851 or e-mail joyce9479@sbcglobal.net.

The scarves are also available at the following local businesses: Illinois State Museum gift shop, Shoetopia, Tinsley Dry Goods, and The Wardrobe.

Get to know your League members a little more

1. Name/profession/number of children

Jennifer Madiar/Stay-at-home mom (Domestic CEO!)/One son, Jack, born in May of 2007

Karen Thomas/ Physician Educator at Memorial Medical Center/One son, Brecken, born in May of 2006

Teresa Szabo/Academic Professional/ 3 girls



Jennifer Madiar

2. Years in League

This is my third year (member of the 05-06 provisional class)

Third Year

3 years

3. Favorite Hobby

Daydreaming

Shopping

Going to the movies



Karen Thomas

4. Which item would you run back and save if your house caught on fire (NOT including children/spouse/pets)?

Jack's diaper bag (which is always stocked and organized!)

Video Camera Bag—it has all of the videos we have taken thus far as a family

Something my girls made for me



Teresa Szabo

5. What did you want to be when you grew up and why?

Gosh, it changed every year ... doctor, teacher, actress, fashion designer, architect ... the list goes on... and this probably explains why I still haven't figured out what I'd like to be when I grow up!

I wanted to be a Mom.

It varied, an architect (I love old houses), a doctor (I love helping people), I was very lucky to have parents that knew the importance of an education and that I could be anything I wanted to be, now I'm more interested in encouraging my girls to be whatever they want to be.

6. Can you name a famous person you'd like to meet dead or alive? And why that particular person?

I'd love to meet Madonna; she and I share the same birthday (well, Madge is many years older than I am) but besides that, I am continually intrigued by how she reinvents herself. And, I'd love to have her show me the exercises that make her arms so taut!

Katie Couric - she has an amazing career and still keeps her family life personal.

I just got done reading Mike Wallace's book about his many years working on 60 minutes. I have such a curiosity about people and he has interviewed so many politicians, statesmen, celebrities. I think he would be awesome to talk with

7. What is one thing you wish you could change about the world?

I wish that, for one day, everyone in the world could have a positive outlook – it would be awesome to see what we all could accomplish if negativity were banned from the world!

The war would be over and everyone could have their loved ones home.

We all need to stop and notice every blessing that we have, even the little things..the best thing to pass on to everyone you meet each day is a smile.

8. What is your fondest JLS memory?

I loved being so involved with the Go Red For Women drive and working with League members to share information about women and heart disease. It was totally empowering!

The month long Diaper Drive that our provisional class conducted during the tornados and snow storm.

Its got to be our provisional project....the diaper drive!!! We had two awesome chairs and we all pulled together through all of the challenges of mother nature.

9. Do you have a motto song, or a song that would completely describe you/your life?

It would be a motto - one of my favorite quotes is, "In order to feel alive and experience something wonderful you have to risk great loss." (Credit to John Travolta!) I just think it's so true, that many times the best way to experience life is to jump in feet first – like investing, the greater the risk, the greater the reward!

I have a quote that I keep with me at work, "It is easy to learn something about everything, but difficult to learn everything about anything."

So much has happened to me in this last year and I know it sounds cliché, but "stop and smell the roses" has been goal of mine these days.

Status Changes October & November 2007

Provisionals (12)

Navonna Bunn

1621 Wiggins Ave.
Springfield, IL 62704
217-622-1621 (H)
nmbunn@hotmail.com

Rebecca Rader

2312 Lombard
Springfield, IL
217-898-4491 (H)
217-843-6924 (W)
Becky2000@aol.com

Actives (53)

Teresa Szabo

Status Changes, Home, Work and E-mail changes

3 Month Leave of Absence

Paulette Dove

Distinguished Active

Amanda Vinicky

218 S. 5th, Apt E
Springfield, IL 62701

New Work Info.

Giffin, Winning, Cohen & Bodewes
Work phone - 525-1571

Erica Hofferkamp

Reinstated

Resignations

Amy Martin

Resignation in good standing

Jaclyn Emrick

Dropped for non-payment

Susan Larsen

Dropped for non-payment

Jennifer Miller

Dropped for non-payment

Lisa Steelman

Dropped for non-payment

Megan Stieren

Dropped for non-payment

Bonnie Williams

Dropped for non-payment

Tiffani Hammerlink

Dropped for non-payment

Non-Resident Actives (2)

Sustainers (202)

Status Changes, Home, Work and E-mail changes

Resignations

Susan Bown

Dropped for non-payment

Stephanie Chipman

Dropped for non-payment

Linda Chronister

Dropped for non-payment

Jennifer Gill

Dropped for non-payment

Debbie Prather

Dropped for non-payment

Barbara Scheibling

Dropped for non-payment

Janet Shures

Dropped for non-payment

Tami Silverman

Dropped for non-payment

Nancy Smith

Dropped for non-payment

Margie Stuart

Dropped for non-payment

Brigid Thomas

Dropped for non-payment

Margaret VanMeter

Dropped for non-payment

Amy Voigt

Dropped for non-payment

Emeritus Sustainers (24)

**Please note there will be a \$25 reinstatement fee & \$10 late fee for all Members dropped for non-payment.

Get out there and volunteer!!

Congratulations ladies! Already this League Year, JLS has volunteered more than 166 hours on community projects! We've helped economically disadvantaged kids have a stellar summer camp experience, beautified a section of downtown, created shawls for breast cancer patients, fed the hungry at St. John's Breadline, helped with story hour at the library and are in the midst of an amazing remodeling project for the children's room at the Phoenix Center, an agency that works with families touched by HIV/AIDS. We have a lot more great volunteer opportunities planned throughout the year.

Each volunteer hour has an estimated value of \$18.77, according to the latest figures from Independent Sector, a national coalition of charities and non-profit organizations. That means we have already donated the equivalent of more than \$3,000 to our community!

We now have 18 members who have already achieved their 5-hour goal (some are well above that!), and we are proud to recognize their achievement with special certificates. They are: Stefanie Moy-Zobus, Karen Kloppe, Renee Clausner, Jen Deaner, Amanda Eichholz, Megan Holt, Dana Kinion, Barb Rowe, Jen Sachs, Lori Smith, Meridith Swanson, Michelle Villere, Ann Schmitt, Genelle Iocca, Tricia Hopkins-Price, Julie Herter, Kathy Dehen and Kate Cohorst. As each of you complete your five hours, you will get a certificate as well, and the person with the most hours will win a special award at our May banquet. We will also be tracking our overall number of volunteer hours as the year goes on so you can see what an impact League is having on the community.










Please see Community VP Kate Cohorst for more information, or send her an email at Katiecanoe@aol.com.

Reminder from the Admissions/Provisionals Committee


Just a reminder that the A/P Committee is accepting new members until January 8th. Please refer any names to Amanda Eichholz at aeich78@insightbb.com. The committee is also looking for project ideas for the provisional project. If you know of a need in the community for a project idea, please submit to Amanda by December 3rd.

Junior League of Springfield

December 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Phoenix Center Dedication
2	3 DIAD Senior Center	4 Board Meeting	5 	6 	7 	8 
9 	10 Ornament Exchange 	11 	12 	13	14	15
16	17	18	19	20	21	22
23	24	25 	26	27	28	29
30	31 WIIN Conf. Early Bird Deadline					

January 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2	3	4	5
6	7	8 Board Meeting	9	10	11	12
13	14	15 General Meeting	16	17	18	19
20	21	22	23	24	25 PE Training	26 PE Training
27 PE Training	28	29	30	31		