



# WIN *women* in networking

**Find support for your business** in one of the area's largest women's business groups  
**Meet our diverse membership**, learn about local resources and business opportunities  
**Grow your business** through member contacts and support  
**Learn more about business topics** with our educational offerings

**Interested in joining us?** WIN meets twice a month, generally on the 2nd & 4th Wednesday.  
 We meet at Alpine Chapel (Echo Lake & Miller, Lake Zurich), 8:00-9:45am.

To learn more, please visit  
**WINLZ.com**  
[facebook.com/WINLZ](https://facebook.com/WINLZ)

## MEET OUR MEMBERS



### ATTORNEY- RESIDENTIAL REAL ESTATE

**RANDY S. HEIDENFELDER**  
 Randy Heidenfelder  
 847-438-0754  
[HeidenLaw@me.com](mailto:HeidenLaw@me.com)



### BANK

**INLAND BANK AND TRUST**  
 Rosey Madulara  
 847-796-7107  
[rmadulara@inlandbank.com](mailto:rmadulara@inlandbank.com)  
[inlandbank.com](http://inlandbank.com)



### BEAUTY SALON

**AVALON SALON & DAY SPA**  
 Bonnie Conte  
 847-726-8855  
[bonnie@avalondeerpark.com](mailto:bonnie@avalondeerpark.com)  
[avalondeerpark.com](http://avalondeerpark.com)



### BRAS AND SHAPEWEAR

**ESSENTIAL BODYWEAR**  
 Liesl Kochanny  
 630-865-1781  
[thebralady@comcast.net](mailto:thebralady@comcast.net)  
[myessentialbodywear.com/LIESL](http://myessentialbodywear.com/LIESL)



### CATERING & EVENT PLANNING

**ON OCCASION CATERING & EVENTS**  
 Kathy Pedersen  
 847-963-6700  
[Kathy@OnOccasionCatering.com](mailto:Kathy@OnOccasionCatering.com)  
[OnOccasionCatering.com](http://OnOccasionCatering.com)



### CAREER AND LIFE COACHING

**ONE TRUE YOU, LLC**  
 Debbie Petropoulos  
 847-287-2281  
[onetruyoucoaching@gmail.com](mailto:onetruyoucoaching@gmail.com)  
[onetruyou.website](http://onetruyou.website)



### CLEANING AND HOME SERVICES

**INSIDEOUT CLEANING AND HOME SERVICES**  
 Gretchen Alvarado      Kim Splingaire  
 442-234-5643              847-287-6422  
[lvaradog1701@gmail.com](mailto:lvaradog1701@gmail.com)      [kspling@yahoo.com](mailto:kspling@yahoo.com)



### CONSULTING

**STRATEGIC SOURCING RESULTS**  
 Lynn O'Brien  
 847-922-1365  
[L-obrien@sourcing-results.com](mailto:L-obrien@sourcing-results.com)  
[sourcing-results.com](http://sourcing-results.com)



### ENERGY CONSULTING

**NAVIGATE POWER AND VERDE SOLUTIONS**  
 Christine Shiel  
 847-212-2542  
[cgoshm@comcast.net](mailto:cgoshm@comcast.net)  
[cshiel@navigatepower.com](mailto:cshiel@navigatepower.com)



### FINANCIAL PLANNING

**MORGAN STANLEY WEALTH MANAGEMENT**  
 Denise Schirmann, CFP®  
 847-382-3753  
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[morganstanleyfa.com/schirmanngroup](http://morganstanleyfa.com/schirmanngroup)



### FITNESS TRAINING

**MAX FITNESS**  
 Lisa LaManna  
 847-507-0389  
[maxfitnesslisa@gmail.com](mailto:maxfitnesslisa@gmail.com)



### GRAPHIC DESIGN

**CHRIS GEIMER DESIGN**  
 Chris Geimer  
 847-533-5868  
[Chris@ChrisGeimerDesign.com](mailto:Chris@ChrisGeimerDesign.com)  
[ChrisGeimerDesign.com](http://ChrisGeimerDesign.com)



### HOLISTIC THERAPIES

**SAPPHIRE WELLNESS**  
 Xanthi Zafiris  
 847-660-4324  
[xanthizafiri@gmail.com](mailto:xanthizafiri@gmail.com)  
[xanthizafiri.com](http://xanthizafiri.com)



### INSURANCE

**NATIONWIDE INSURANCE**  
 Pat Muir  
 847-550-9900  
[muirp1@nationwide.com](mailto:muirp1@nationwide.com)  
[patmuir.com](http://patmuir.com)



### JEWELRY

**PREMIER DESIGNS**  
 Lynn Ivan  
 847-778-8775  
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[premierdesigns.com/lynnivan](http://premierdesigns.com/lynnivan)



### KITCHEN PRODUCTS

**PAMPERED CHEF**  
 Linda Iser  
 847-909-8938  
[lindaiser@gmail.com](mailto:lindaiser@gmail.com)  
[pamperedchef.biz/lindaiser](http://pamperedchef.biz/lindaiser)

Membership  
 continued on  
 back side >

**KITCHEN STORAGE, MICROWAVE COOKING & PREP**

TUPPERWARE  
 Rosemarie Fagan  
 847-778-6161  
 tupperrose@comcast.net  
 rosemarie.my.tupperware.com

**LIBRARY**

ELA AREA PUBLIC LIBRARY DISTRICT  
 Melissa Keegan  
 847-438-3433 ext. 219  
 mkeegan@eapl.org  
 eapl.org

**MEDITATION TEACHER**

TOUCHING SKY  
 Susan Short  
 847-540-6995  
 susnat@ameritech.net  
 touchingsky meditation.com

**NON-PROFIT SERVING LOCAL WOMEN & CHILDREN**

CARING WOMEN'S CONNECTION  
 Susan Passaglia  
 847-370-8282  
 outreach@caringwomensconnection.com  
 caringwomensconnection.com

**NON-PROFIT - PRESERVATION OF LOCAL NATURAL AREAS**

ANCIENT OAKS FOUNDATION  
 Judi Thode  
 847-571-7450  
 info@ancientoaksfoundation.org  
 ancientoaksfoundation.org

**NUTRITIONAL SYSTEM**

ISAGENIX  
 Lisa LaManna  
 847-507-0389  
 maxfitnesslisa@gmail.com

**PAYROLL**

ADMINIPAY PAYROLL SOLUTIONS INC  
 Audrey Kitral  
 847-540-6441  
 info@adminipay.com  
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**PRINTING**

PRINT BY NUMBERS  
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 847-756-0888  
 printbynumbers@gmail.com  
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**RENTAL EQUIPMENT**

RENTAL MAX  
 Katherine Taylor  
 847-438-9490  
 ktaylor@rentalmax.com  
 rentalmax.com

**RETAIL BAKERY**

NOTHING BUNDT CAKES  
 Caryn Simons  
 847-404-4319  
 caryn.simons@nothingbundtcakes.com  
 nothingbundtcakes.com

**RESIDENTIAL REAL ESTATE**

BAIRD & WARNER  
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 847-726-1300  
 arlene.fields@bairdwarner.com  
 arlenefields.com

**SCREEN PRINTING/EMBROIDERY**

MELON INK SCREEN PRINT, EMBROIDERY & PROMOTIONS  
 Nancy Solomon  
 847-540-8003  
 Nancy@MelonInk.com  
 MelonInk.com

**SIGNAGE**

SIGNS BY TOMORROW  
 Jill Loeff  
 847-255-0123  
 arlingtonheights@signsbytomorrow.com  
 signsbytomorrow.com/arlingtonheights

**SKIN CARE & COSMETICS**

MARY KAY INC.  
 Kate Zwiefelhofer  
 847-691-0132  
 katez@marykay.com  
 marykay.com/katez

**SOCIAL MEDIA**

CALL ME SOCIAL BUTTERFLY  
 Laurie Wilhoit  
 laurie@callmesocialbutterfly.com  
 847.334.6755 phone/ text

**TRAVEL**

LAKE ZURICH TRAVEL  
 Sue Shimkus  
 847-438-5551  
 Sue@LZTravel.com  
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**WEIGHT LOSS COACHING**

KICK IT UP COACHING, LLC  
 Sandy Smith  
 847-404-5706  
 Sandy@KickItUpCoaching.com  
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**WELLNESS**

MELALEUCA  
 Pamela Ventrone  
 847-710-5733  
 PJV@VentroneLTD.com  
 Melaleuca.com/ProductStore/ProductStore.aspx

**WOMEN'S FASHION**

CABI CLOTHING  
 Sharon Adilman  
 847-542-1227  
 sharon@adilnet.com  
 sharonadilman.cabionline.com

**YOGA STUDIO**

PULSATION YOGA  
 Sandy Smith  
 847-989-7792  
 sandy@pulsationyoga.com  
 pulsationyoga.com

Membership is open to all women whose attendance would be mutually beneficial. We do, however, accept only one member in a related field.

We welcome attendance by guests who would like to explore membership in our group. If there is a current WIN member in your business category, you may ask to be added to our waiting list for future consideration.

Visit [WINLZ.com](http://WINLZ.com), or contact our Membership rep for info:  
 Pamela Ventrone • 847-710-5733 • [PJV@VentroneLTD.com](mailto:PJV@VentroneLTD.com)