

F.E.W. Newsletter

APRIL 2009



Carol Howe-Veenstra
2009 President
of FEW

President's Message

Is Mother Nature trying to play an April Fool's joke on us? ☺

April Showers – gosh, it has been pouring rain for days and now snow is once again in the forecast. What a start to spring!

In spite of Mother Nature's surprises, spring is clearly on the way and will bring new energy to our lives. This recent snowfall will melt and soon the tulips will emerge. The changing seasons are always what I love about living "up north"!

Changes, whether it be the season or the economy, are a part of our lives. This past month, we were fortunate to hear insight shared by our March guest speaker, SCSU Professor King Banaian. Data on our Minnesota and local St. Cloud area economy was helpful in understanding the current business situation. I am even more appreciative of our health care and educational systems for the stability they bring to the area. Understanding the shift in production these past years and how that will continue was also helpful in gaining a better perspective of our future. All of our members certainly enjoyed Professor Banaian's presentation and are asking for him to return at some future time.

Looking ahead to our April speaker, I am excited to hear Lynn Holmwig from Nahan Printing, on what "Lean Manufacturing in the Office" is all about. This is a topic that also addresses change in old systems and looking at new and improved ways to operate. Her background in speech communications, organization and leadership training will provide our membership with some great knowledge on this very important topic.

In closing, our 4th month of inspiration from Pat Summit's book and her "Definite Dozen System for Succeeding at Whatever You Do" is all about great communication. Take a moment to think about how you communicate, and reflect on your strengths and areas to develop. I particularly need to work on that last one...hmmm. Less is more? OK, time to stop... ☺

#1 Respect Yourself and Others

#2 Take Full Responsibility

#3 Develop and Demonstrate Loyalty

#4 Learn to Be a Great Communicator

- **Communication eliminates mistakes.**
- **Listening is crucial to good communication.**
- **We communicate all the time, even when we don't realize it. Be aware of body language.**
- **Make good eye contact.**
- **Silence is a form of communication, too. Sometimes less is more.**

Meeting Information

Please join us for our next FEW meeting on **Wednesday, April 8th, 2009** from **11:30 a.m. - 1:00 p.m.** at the **Radisson**. We are eager to present as our speaker, Lynn Holmwig, Organizational Development Coordinator at Nahan Printing, presenting "Lean Manufacturing in the Office - Is It Possible?" Lean Manufacturing is a methodology that focuses on the identification and elimination of waste (non-value added activities) to reduce costs. The tools associated with Lean can be carried over to the office environment - so yes, it is possible. This presentation will focus on what Lean Manufacturing is all about, the difference between value add and non-value add, the eight wastes associated with lean, lean tools you can use in the office, and how to apply the tools to make yourself more efficient.

Upcoming Programs for 2009!

April 8	Radisson	Lean Office Today- Lynn Holmwig
May 13	Holiday Inn	Healing the Human and Earth Relationship-Beth Waterhouse
June 10	Holiday Inn	Y Go Green? Preparing for the New World of Work- Diane Amundson
July 8	Holiday Inn	Martial Arts for Women- Jessa Swift
August 12	TBD	Internet Technology-What you should know- Eric Brown
September 9	Holiday Inn	Big Program- Jolene Brown
October 14	Holiday Inn	Team Script-The Art of Getting (and Staying) on the Same Page- Pete Machalek
November 11	Radisson	FEW Annual Business Mtg. Speed Networking
December 9	Holiday Inn	FEW Holiday Party 2009

Guests

FEW welcomes guests and prospective new members to attend our meetings for a fee of \$20 (payable at the meeting.) Please email April Mastey at amastey@stifel.com or call at 320-253-1300 if you intend on bring a guest.

Website Updates!

We pleased to announce that we are working on creation of a new website for FEW! We have reviewed the proposals and are working on making a decision on which company has the ability to create a website that benefits our members the most.

We understand that the current website is not working up to par as it should. If you have any issues with your login or membership access, please contact April Jacques at april@inhproperties.com or Brenda Schermerhorn at brenda@agency128.com and we would be happy to check into it for you. We appreciate your patience with the issues at hand as we work to create a new, more modern website for FEW.



We Are On Facebook!

FEW is now has a site on Facebook! To become a “fan” please visit www.facebook.com and search for Forum of Executive Women, and you will be directed to the site for up-to-the minute events and information about FEW. Just another great way to network with those in the community and other members of FEW.



Vegetarian Meals

Vegetarian Meals are available upon request. If you are interested in a Vegetarian meal at the meeting, please contact Debbie Spaniol at wellgetitdone@aol.com or 320-249-0576.

Are You Involved?

Are you or WERE you previously involved in any small groups within FEW? If so, please contact Pam McIntosh at pamm@rasmussen.edu. We would like to know who you are and which groups you attended as we would like to continue to offer networking opportunities for other FEW members.

We'll See You in September...

STAND UP!

STEP OUT!

LEAD

FEW's extended program will be on September 9th, 2009 at the Holiday Inn from 11:30 - 1:30 pm. This year we are welcoming Jolene Brown, CSP. We are thrilled to hear her insight on how we can utilize our strengths to succeed!

From thought to action, from ideas to influence – it's time we utilize our strengths, work with others and get things done. This fun-filled, eye-opening session explores the critical difference between those who sustain and those who advance and achieve. We'll take a practical look at the behaviors and "commercials" of successful leaders. We'll increase our confidence as we learn the value of intentional self-presentation, positioning and partnering. With lots on interaction, real life examples, and a whole lot of fun, we'll practice the skills necessary to "Stand Up! Step Out! Lead!"

Objectives:

- Learn eight critical questions that must be answered before someone will follow you.
- Compare your behaviors and "commercials" to those who advance and achieve
- Increase confidence as we practice the skills of intentional self-presentation, positioning and partnering.
- Discover three ways to enjoy the journey as you "Stand Up! Step Out! Lead!"

Been speaking professionally for 20 years:

Presented across North America and countries beyond.

Audiences are diverse, deserving and demanding. They include those in banking, insurance, education, retail, customer appreciation events, chamber celebrations, agriculture and more!

Specialty:

Leadership – "Stand Up! Step Out! Lead!"

Family business – "The Top Ten Stupid Things Families Do to Break Up Their Business"

Humor - "Who's Hiding the Humor?"

Celebration - "The Celebration of Change!"

Women's Programs – "The Confident Woman"

She's an in-demand family business consultant:

Joined families at their kitchen tables and business board rooms to help them face reality, share insight and provide solutions. Her goal is to move them toward becoming a successful "business first family."

Focus Statement:

As a professional speaker, Jolene brings humor, hope and helpful ideas to people who want to celebrate the human and sometimes humorous side of their work.



New F.E.W. Academic Membership Program

The Forum of Executive Women is proud to announce the creation of a new Academic Membership program. This program takes the place of the two high school and non-traditional scholarships that F.E.W. had offered in the past. Through the Academic Membership program, up to 16 area female college students will be able to attend the three F.E.W. meetings in September, October, and November at no cost to them.

By attending these meetings, students will:

- Experience the variety and scope of F.E.W. meetings by attending the Big Event meeting (September), the team-building speaker (October), and the business meeting/speed networking (November).
- Gain contacts and grow their networks by interacting with F.E.W. members and each other.
- Gain a professional experience to enhance their resumes.
- Learn enough about F.E.W. to consider future paid membership after graduation.

By offering this Academic Membership opportunity, F.E.W. will:

- Increase community exposure and awareness of the organization and its goals.
- Stay true to its mission of encouraging “women as leaders” and serving “as a resource for its members and the community.”
- Create a pool of potential future members.
- Gain mentorship and networking opportunities for current members.

Female students enrolled in a post-secondary institution and who are within one year of graduation are eligible for this opportunity. Traditional, nontraditional, graduate, and undergraduate students are all encouraged to apply. Students must commit to attending all three F.E.W. meetings in September, October, and November. Applications can be found on the F.E.W. website and are due **May 1, 2009**.

Please feel free to pass this information on and encourage anyone you know who might be eligible to apply. **Applications are available on the website at www.fewstcloud.org.**

Questions may be directed to Katie Kustritz, Vice President of Scholarships (kkustrit@css.edu) or LaVonne Rykhus, Assistant Vice President of Scholarships (lavonne.rykhus@gmail.com).

“Certainly, what one is, is of far greater importance than what one appears to be.”

Emily Post (1872–1960), American writer and etiquette expert



Announcements and News!

Dear Meeting Planner/Staff Educator:

You (or the person of your choice) are invited to a showcase – an opportunity to experience *ha!* as a **resource to develop your staff or speak at your conference**. Our intention is that you

- Receive value beyond the commitment of your time,
- Gain ideas for meeting your top three training/conference goals,
- Learn of ways we might assist in meeting those goals.
- Have your morale boosted and
- Be acknowledged for the difference you make with your work.

When: Thursday, April 9

Choose one: 11:30 – 1:30 (with lunch served at 1pm – no charge for lunch) OR
3:00 – 5:00 (with beverages and snacks included)

Where: Country Inn and Suites E. – downtown St. Cloud

Possible themes for the session include: (identify your top three interests)

- increase **sales** (learn the Platinum Rule) *ask about a sales action planner
- improve customer **service**: make their day
- build **morale**: be a C.M.O. Chief **Motivational** Officer
- appreciate **diversity** and build **community** across cultures
- build **team**: **innovate** with C.A.R.E.* **Create, Advance, Refine, Execute = a team process**
- reduce **stress** (**humor** and other ways of reducing stress)
- manage **time** effectively
- lead** teams through rough waters
- see **conflict** as an opportunity

In both sessions we will discuss how **to shift our current paradigm of fear and scarcity to courage and abundance**.

To register: Reply via email or by phone ASAP. We are requesting \$10 (which will be donated to the food shelf) to reserve your space; send to address below. (Let me know if you are interested in this opportunity but unable to make this date.)

***Free Innovate with C.A.R.E. profile (\$20 value) for the first ten who accept this invitation.**

You will have the opportunity to meet the newest AHA (Associate of Hutchinson Associates), Norma Dickau.

Wishing you many laughs and a light heart,

Linda Hutchinson
CFO, Corporate Fun Organizer
Hutchinson Associates, *ha!*
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P.S. **A special thanks to Lyn Kaczmarek at Country Inn and Suites** for offering the prize of the meeting space and food for this showcase. I won the prize at the FEW, Forum of Executive Women luncheon. There will be an opportunity for a tour of the inn after the session for those who choose.