

F.E.W. Newsletter

DECEMBER 2009



**Carol Howe-
Veenstra
2009 President
of FEW**

President's Message

Happy Holidays to all!!

We are ready to wrap up 2009 and our FEW Board has been busy with their reflections of the highlights and challenges from this past year. Both of our 2009 and 2010 Board members will meet on Monday the 21st for a transition meeting – a time to share ideas and look ahead to another year of great networking and programs!

Personally, this has been a fabulous experience for me, working with a group of high caliber women that each bring special gifts and talents to this organization. It certainly has stretched me at times and there were days that I wondered if I could get it all done. But I want to thank Kris Smith for asking me to serve on the FEW Board and to all current Board members for the great support you have provided me this past year as President.

This holiday season is truly a time to enjoy the many celebrations and special holiday concerts, family meals and sharing of presents. No matter what your beliefs, this is a time to enjoy the season!

“Christmas is forever, not for just one day, for loving, sharing, giving, are not to put away like bells and lights and tinsel, in some box upon a shelf. The good you do for others is good you do yourself...”

~Norman Wesley Brooks, "Let Every Day Be Christmas," 1976

“I will honor Christmas in my heart, and try to keep it all the year.”

~Charles Dickens

And here it is, the final month of the Definite Dozen! It has been fun sharing all of these with you and I hope they have provided inspiration for you in your 2009 journey. Personally and professionally, they are simply good advice; the lessons from the world of sport are truly lessons in life.

The complete list is included at the end of the newsletter for your reference. Enjoy!

12. Handle Success Like You Handle Failure

- You can't always control what happens, but you can control how you handle it.
- Sometimes you learn more from losing than winning. Losing forces you to re-examine.
- It's harder to stay on top than it is to make the climb. Continue to seek new goals.

Meeting Information

You are cordially invited to attend our next FEW on **Wednesday, December 9th 2009** from **11:30 - 1:00 pm** at the **St. Cloud Country Club—our Annual Holiday Party!**

Join us for a celebration to include:

- Live background music
- Networking opportunities
- Wonderful appetizers and beverages

We will have a \$10 wrapped gift exchange for anyone interested in participating. In addition, we will also be accepting cash donations for a local food shelf if you wish to participate.

Guests

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

OR...NOW AVAILABLE - ONLINE REGISTRATION!

Please have your guests visit our website at www.fewstcloud.org for meeting information and to register online for the next FEW program. Payment available online through PayPal or at the door the day of the event.

We Are On Facebook!

FEW is now has a site on Facebook! FEW is on Facebook! [Visit our page](http://www.facebook.com/pages/Forum-of-Executive-Women/67147842136) (<http://www.facebook.com/pages/Forum-of-Executive-Women/67147842136>) and become a fan today 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 April Mastey at amastey@stifel.com or call at 320-253-1300

Looking Ahead in 2010!

It's that time of year again! Time to look forward to the Programs for 2010! Next year promises to be another year of tremendous educational programs for you to enjoy.

| Date | Location | Program - Speaker |
|--------|------------------------|---|
| Jan 13 | Holiday Inn | Mimi Bitzan - The City's New Cultural Plan: Creating a place where people are drawn to live |
| Feb 10 | Holiday Inn | Marian Bender – The Non Profit Choice: How to Make it Work for You |
| Mar 10 | Holiday Inn | Sandy Hansen – Working on You to be the Best Leader You Can Be |
| Apr 14 | Holiday Inn | King Banian – Economic Update |
| May 12 | Holiday Inn | School Superintendents |
| Jun 9 | Holiday Inn | Maretta Johannes - Beyond Botox and Breast Implants |
| Jul 14 | Holiday Inn | Women Venture |
| Aug 11 | Holiday Inn | Bruce Miles Big River Consulting - Developing the Best 2 nd |
| Sep 8 | Holiday Inn | Chris Freytag – Fitness and Health |
| Oct 13 | Radisson | Central Minnesota Gang Task Force |
| Nov 10 | Holiday Inn | Business Meeting and Networking |
| Dec 8 | St. Cloud Country Club | Holiday Social |

Time to Renew your Membership for 2010!

Yes, it is that time again! We are offering 2 great options for renewal this year! Either renew your membership online or pay by check through the mail or at a meeting. Dues for 2010 are \$170 and please make sure you renew your membership *no later than December 31st, 2009*.

- To renew online, simply login with your username and password on our website at www.fewstcloud.org and click the link to “renew” in the announcements section of the Members Only page. You can pay through Paypal or by check.
- If you prefer to pay through the mail or at a meeting, please print the attached invoice and submit with your payment.
- **Please be sure your member name is accompanying your payment.**

Welcome New Board Members for 2010!

President—Jill Magelssen, *Express Employment Professionals*

Immediate Past President—Carol Howe-Veenstra, *College of Saint Benedict*

Vice President for Programming—Lori Lewandowski, *Wells Fargo Wealth Management*

Assistant Vice President for Programming—Laura Tomczik, *Mahowald Insurance*

Vice President for Communications/Publicity—Brenda Schermerhorn, *Agency 128*

Asst. Vice President for Communications/Publicity—Katie Kustritz, *College of St. Scholastica*

Vice President for Membership—Patti Gartland, *City of Sartell*

Assistant Vice President for Membership—Kristie Revering, *Kern, Dewenter, Viere*

Vice President for Bylaws—Carol Klaphake, *Gray, Plant, Mooty*

Historian/Board Secretary—Doris Illies, *Productive Alternatives*

Vice President for Meeting Coordination—April Mastey, *Stifel Nicolaus & Co., Inc.*

Asst. Vice President for Meeting Coordination—Kelly Hansen, *Essilor of America*

Treasurer—Yvonne Cooney, *Midwest Vision Center*

Vice President for Special Projects and Community—Lori Johnson, *Schlenner, Wenner Co.*

Vice President for Academic Membership—LaVonne Rykhus, *Leighton Broadcasting*

Assistant Vice President for Academic Membership—Lee Hurd, *Bursch Travel*

Thank you for 2009!

A special thank you to all the board members who have worked so hard to make FEW a success in 2009! We truly appreciate the time and energy you have dedicated to this organization and wish you well in 2010!

Carol Howe-Veenstra—President
College of Saint Benedict

Jill Magelssen—VP of Programs
Express Employment Professionals

Lori Lewandowski—AVP of Programs
Wells Fargo

Lisa Mauer—Past President
Bremer Bank

April Jacques—VP of Communications/Publicity
Bank of America Home Loans

Brenda Schermerhorn—AVP of Communications/Publicity
Agency 128

Laura Supan—VP of Membership
U.S. Bank

Patti Gartland—AVP of Membership
City of Sartell

Carol Klaphake—VP for Bylaws
Gray, Plant, Mooty

Doris Illies—Historian/Secretary
Productive Alternatives

April Mastey—VP for Meeting Coordination
Stifel Nicolaus & Co., Inc.

Lori Johnson—Treasurer
Schlenner Wenner & Co.

Pam McIntosh—VP for Special Projects & Community Liaison
Rasmussen College

Katie Kustritz—VP for Scholarship/Academic Membership
College of St. Scholastica

La Vonne Rykhus—AVP for Scholarship/Academic Membership
Leighton Broadcasting

Pat Summitt's "Definite Dozen"

Pat Summitt's "Definite Dozen"

1. Respect Yourself and Others
2. Take Full Responsibility
3. Develop and Demonstrate Loyalty
4. Learn to Be a Great Communicator
5. Discipline Yourself So No One Else Has To
6. Make Hard Work Your Passion
7. Don't Just Work Hard, Work Smart
8. Put the Team Before Yourself
9. Make Winning an Attitude
10. Be a Competitor
11. Change is a Must
12. Handle Success Like You Handle Failure

1. Respect Yourself and Others

- There is no such thing as self-respect without respect for others.
- Individual success is a myth. No one succeeds all by herself.
- People who do not respect those around them will not make good team members and lack self-esteem themselves.
- When you ask yourself "Do I deserve to succeed?" make sure the answer is yes.

2. Take Full Responsibility

- There are no shortcuts to success.
- You can't assume larger responsibility without taking responsibility for the small things, too.
- Being responsible sometimes means making tough, unpopular decisions.
- Admit to and make yourself accountable for mistakes. How can you improve if you're never wrong?

3. Develop and Demonstrate Loyalty

- Loyalty is not unilateral. You have to give it to receive it.
- The family business model is a successful one because it fosters loyalty and trust.
- Surround yourself with people who are better than you are. Seek out quality people, acknowledge their talents, and let them do their jobs. You win with people.
- Value those colleagues who tell you the truth, not just what you want to hear.

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.

Pat Summitt's "Definite Dozen"

5. Discipline Yourself So No One Else Has To

- Self-discipline helps you believe in yourself.
- Group discipline produces a unified effort toward a common goal.
- When disciplining others, be fair, be firm, be consistent.
- Discipline helps you finish a job, and finishing is what separates excellent work from average work.

6. Make Hard Work Your Passion

- Do the things that aren't fun first, and do them well.
- Think big, work small.
- Plan your work, and work your plan.
- See yourself as self-employed.

7. Don't Just Work Hard, Work Smart

- Success is about having the right person, in the right place, at the right time.
- Know your strengths, weaknesses, and needs.
- When you understand yourself and those around you, you are better able to minimize weaknesses and maximize strengths. Personality profiles help.
- Be flexible.

8. Put the Team Before Yourself

- Teamwork doesn't come naturally. It must be taught.
- Teamwork allows common people to obtain uncommon results.
- Not everyone is born to lead. Role players are critical to group success.
- In group success there is individual success.

9. Make Winning an Attitude

- Combine practice with belief.
- Attitude is a choice. Maintain a positive outlook.
- No one ever got anywhere by being negative.
- Confidence is what happens when you've done the hard work that entitles you to succeed.

10. Be a Competitor

- Competition isn't social. It separates achievers from the average.
- You can't always be the most talented person in the room. But you can be the most competitive.
- Influence your opponent: By being competitive you can affect how your adversary performs.
- There is nothing wrong with having competitive instincts. They are survival instincts.

11. Change is a Must

- It's what you learn after you know it all that counts the most.
- Change equals self-improvement. Push yourself to places you haven't been before.
- Take risks. You can't steal second base with your foot on first.

12. Handle Success Like You Handle Failure

- You can't always control what happens, but you can control how you handle it.
- Sometimes you learn more from losing than winning. Losing forces you to reexamine.
- It's harder to stay on top than it is to make the climb. Continue to seek new goals.



INVOICE FOR RENEWAL OF
FEW MEMBERSHIP FOR 2010

Member Name:

2010 Membership Dues: \$170

Please remit payment to:

Lori R. Johnson, Treasurer

Forum of Executive Women

PO Box 1451

St. Cloud, MN 56302

Please include member name with your payment!

Please pay your dues no later than December 31st, 2009! You can send it in the mail or bring it with you to the next FEW meeting! Thank you!