

F.E.W. Newsletter

FEBRUARY 2009



Carol Howe-Veenstra
2009 President
of FEW

President's Message - Have a Heart!

February – the month we associate with pink, red, love and hearts can mean many things. Maybe it is getting ready to celebrate Valentine's Day with someone special, or exercising for heart health or maybe simply to “have a heart” in our everyday lives.

At last month's meeting, Warden Patt Adair shared fascinating information about our prison system. One comment that was particularly insightful was how the guards were reminded that prison is the punishment. In a sense, it was to encourage “heart” in their every day work with those convicted and serving time.

Encouraging heart - exercising your heart, they can go together. We can work our hearts while on that treadmill. Working our hearts can also mean collecting soup cans for the food shelf. Both activities are good for us!! Every day we hear more and more bad news on the economy. It is tough to listen to the radio or watch the TV news reports. So this month, let's give our hearts a workout by reaching out to help someone in need.

Last month I introduced you to the “Definite Dozen System for Succeeding at Whatever You Do” from Pat Summit's book “Reach for the Summit”. If you watched or heard any of the sports highlights this past week, you may know that Tennessee Lady Vols Coach Summit reached her 1000 basketball career win – what a milestone! Just think of how many heart stopping wins (and losses) she has experienced in her career.

The first of the “Definite Dozen” was to Respect Yourself and Others.

Number Two is: 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 are never wrong?**

Yes, February is Heart month; let's take responsibility to care for our hearts and share some love with others. See you on the 11th for another great FEW gathering when we meet Ruth Stanley and talk about “Feeling Groovy”!

Meeting Information

Please join us for our next FEW meeting on **Wednesday, February 11th 2009** from **11:30 a.m. - 1:00 p.m.** at the **Holiday Inn**. We welcome Ruth Stanley, OSB, PharmD, MA, FASHP Central MN Heart Center, Director of Holistic Services and her talk about Feeling Groovy: Becoming Whole in a Fragmented World. How we perceive the world is one of the most important lenses through which we also perceive our sense of wholeness.

This program will focus on ways in which we can improve our health and well being by recognizing ways in which we fragment ourselves and those around us.

Upcoming Programs for 2009!

February 11	Holiday Inn	Feeling Groovy: Feeling Whole in a Fragmented World- Ruth Stanley
March 11	Radisson	Our Local Economy-King Banaian
April 8	Radisson	Lean Office Today- Lynn Holmvgig
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 2008



Get to Know Us!

Each month we will feature a member of FEW! The member was chosen at our last meeting and given a questionnaire to fill out which we show below. For the month of February we would like to feature **Patti Gartland!**

Name: **Patti Gartland**
 Business Name: **City of Sartell**
 FEW Member Since: **1989**
 Office Phone Number: **(320) 258-7305**
 Hometown: **St. Cloud**

Family: **Spouse - Bob, Children - Lacey (& James), Bobby, Grandchildren - Addi & Levi**

What FEW subgroups are you involved with? **None currently, previously the investment group, Winvest**

What do you do for work?: **As City Administrator for the City of Sartell, I work with a team of department managers to deliver municipal services in the most cost efficient and cost effective manner.**

Is your desk/office messy or organized? **At any given time, it may be either or both, an organized mess.**

Are you a task oriented person or a people-oriented person? **A blend of both.**

Last book read? **The Last Lecture by Randy Pausch**

Last vacation spot: **Aruba**

What do you do for fun? **Cabin time, golf, grandbaby time**

What do you think you'll be doing in 5 years? **Leading the City of Sartell to continued greatness and enjoying my family.**

What one word would friends say best describes you? **I can't imagine that a single word could describe me.**

When you were a kid, what did you want to be when you grew up? **A farmer.**

I recommend (book, movie, show, activity, restaurant, website, ect) and why? **Movie - "It's a Beautiful Life"**

What is your favorite clean joke? **A little girl asked her father, "Daddy? Do all Fairy Tales begin with Once Upon A Time?" He replied, "No, there is a whole series of Fairy Tales that begin with 'If elected, I promise.'"**

What would other FEW members be surprised to learn about you? **That I caught a shark while deep sea fishing in The Gulf of Mexico.**

What is your personal or business philosophy? **Know your purpose, be passionate about what you do and do it with persistence.**

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 looking for a new company to create a new website for FEW! Within the next month, we will be sending out proposals to various companies in the St. Cloud area. If you have a recommendation on a company, please email April Jacques or Brenda Schermerhorn at april@inhproperties.com or brenda@agency128.com. We will keep you updated as the process continues!

Not sure where or when the next meeting is? Check out our website at www.fewstcloud.org and to export the meetings directly from the FEW website to your appointment calendar.

The FEW website is an excellent tool to use to reach out to other members of FEW. To find out who the members of FEW are, login to the website at www.fewstcloud.org and on the left hand side of the screen click "Member Directory".



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.

“The journey of a thousand miles must begin with a single step.”

Lao Tzu (604 BC?531 BC) Chinese philosopher

We want you to Renew Your Membership!



It is time to renew your FEW membership for 2009! To pay online, please visit our website at www.fewstcloud.org or print the attached copy of the invoice and send it in the mail. The cost of membership for the entire year is \$170.00. You can either send your check in or bring payment to the next FEW meeting! Please pay your dues as soon as possible. Thank you!

Virtues of FEW Membership

- A networking luncheon from 11:30 a.m.-1:00 p.m. on the 2nd Wednesday of each month. Annual membership: \$170
- Interaction that enhances personal and business relationships.
- A variety of programs on business, personal and civic topics
- A monthly newsletter with program information, member features, and community announcements.
- Small groups that gather women to explore personal interests and deepen friendships, including investment group, book club, women business owners, and more.

Please visit our website at www.fewstcloud.org for more information!

Have You
Heard?



Announcements!

It is Girl Scout Cookie Time!

It is the time of year that we all look forward to - getting those delicious Girl Scout Cookies! Please look for every opportunity to buy cookies from a local Girl Scout, to support their programs and development as leaders in our community. Lisa Maurer will be bringing order forms to the February meeting, but any member is welcome to bring order forms for their daughter as well. Cookies will be delivered to you at the March meeting and payment is due at time of delivery. If you would like to order cookies, please contact Lisa Maurer at lmmaurer@bremer.com or 320-656-3300.

New FEW Members!

Please welcome our new members to FEW:

Laura Tomczik
Commercial Account Executive with Mahowald Insurance Agency
320-257-2692
l.tomczik@mahowald.net

Tammy Champion
Senior Planner with The City of St. Cloud
320-255-7218
tcampion@ci.stcloud.mn.us

We are pleased to have you join us!

Have a wonderful February and
A Happy Valentines Day!



December 15, 2008

INVOICE

Name of Member:

2009 Membership Dues \$ 170.00

Membership follows a calendar year
(January 1, 2009 through December 31, 2009).

2009 membership dues are due and payable by December 15, 2008.

Include the name of the member on this invoice or somewhere on the check.

Please remit your payment (by check) to:

Forum of Executive Women
PO Box 1451
St. Cloud, MN 56302

(Your membership dues payment may also be presented to the Meeting Coordinators, Treasurer, or Membership Vice-Presidents at our monthly meeting.)