

F.E.W. Newsletter

JANUARY 2009



Carol Howe-Veenstra
2009 President
of FEW

President's Message - Welcome to a New Year!

It's that time of year as the holiday season wraps up and our focus shifts to the year ahead – yes, it's reflection and resolution time! For me, reflection on this past year is filled with gratitude. A wonderful family, a job that fills my passion and makes work “fun”, and friends to support me in tough times and celebrate those great victories.

In addition, FEW provided many learning experiences as I met and worked with a new group of professional women. Their efforts on behalf of FEW are to be admired! Special thanks goes to Past President Kris Smith and '08 President Lisa Maurer for their leadership. Their dedication to FEW is so appreciated!

Now here's to some resolutions...the quick ones might be to read more books, lose 10 pounds or just keep those darn weeds out of the garden! But really, when I stop and think about it, what I want is more about creating a “pause” in my life and being open to change. It seems we get so caught up in the day to day details that we miss what is important. There is inspiration out there just waiting to be tapped!

As some of you may know, my background is in athletics; Title IX came along just in time to allow me to play college sports and to pursue a career in coaching and athletic administration. What fun! One of my long distance role models has been a woman who many of you may know, Pat Summit, the amazingly successful basketball coach of the University of Tennessee Lady Vols. I love her passion, her tough yet caring attitude and the fact she has combined phenomenal success with family.

So this year, let's take a pause together as I share her inspiration with you. We will journey through her “Definite Dozen System for Succeeding at Whatever You Do” from her book “Reach for the Summit”.

Number One: 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 probably lack self-esteem themselves.

When you ask yourself “Do I deserve to succeed?” make sure the answer is yes.

So here you go – our resolution for 2009: let's start by believing we can succeed!

Meeting Information

Please join us for our next FEW meeting on **Wednesday, January 14th 2009** from **11:30 a.m. - 1:00 p.m.** at the **Radisson**. We welcome one of our own FEW members, Patt Adair with the MN Department of Corrections here to speak to us regarding Crime in Central MN.

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 Baniyan
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 2008

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!

Welcome the new Board of Directors for 2009

As an exciting new year of FEW begins, so does a new Board of Directors for 2009. The Board is here to provide the service needed to our members for continued success of FEW. If you have any questions, comments or feedback regarding FEW please feel free to contact anyone one of the Board Members below. We look forward to another great year!

President	Carol Howe-Veenstra	College of St. Benedict	choweveenstr@csbsju.edu
VP of Programs	Jill Magelssen	Express Employment Professionals	jill.magelssen@expresspros.com
AVP of Programs	Lori Lewandowski	Wells Fargo Wealth Management	lori.a.lewandowski@wellsfargo.com
Past President:	Lisa Maurer	Bremer	lmmaurer@bremer.com
Treasurer	Lori Johnson	Schlenner Wenner	ljohnson@swcocpas.com
Historian/Secretary of the Board	Doris Illies	Productive Alternatives	dorisi@paiff.org
VP of Bylaws	Carol Klaphake	Gray Plant Mooty	carol.klaphake@gpmlaw.com
VP of Communications	April Jacques	INH Commercial Real Estate	april@inhproperties.com
AVP of Communications	Brenda Schermerhorn	Agency 128	brenda@agency128.com
VP of Meeting Coordination	Debbie Spaniol	We'll Get It Done	wellgetitdone@aol.com
AVP of Meeting Coordination	April Mastey	Stifel Nicolaus	amastey@stifel.com
VP of Membership	Laura Supan	USBank	laura.supan@usbank.com
AVP of Membership	Patti Gartland	City of Sartell	patti@sartellmn.com
VP of Scholarship	Katie Kustritz	College of St. Scholastica	kkustrit@css.edu
AVP of Scholarship	LaVonne Rykhuis	Leighton Broadcasting	lavonne.rykhuis@gmail.com
VP of Special Projects	Pam McIntosh	Rasmussen College	pamm@rasmussen.edu

Website

Did you know that one of the perks of your membership is that you have access to all of the FEW members and their contact information through the FEW website? The website is an excellent tool to use to find those individuals that can offer new friendships and business relationships! To contact other members of FEW go to www.fewstcloud.org, sign in on the left hand side of the screen and click "Member Directory".



Time 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!

**Young Women's Political Leadership Program
July 15-19, 2009 Washington, DC
Application deadline: February 16, 200**

The Young Women's Political Leadership Program encourages high school girls to channel their leadership into politics. Running Start is hosting our second annual program this July to train high school girls in political leadership skills and to plant the seed that they should run for office. Fifty girls chosen for their leadership potential from around the country will come to Washington, DC for this exciting program. The girls are chosen from public, charter and private schools and we pride ourselves on recruiting a diverse group of young women to attend our program. The program is entirely free of charge, and travel scholarships are available.

The program, which takes place at American University over 4 days and 3 nights, allows the participants to meet extraordinary women leaders of diverse backgrounds and to learn about the importance of having more women in political leadership and of running for office themselves. They learn by doing through the highly interactive sessions. By the end of the summer retreat, they will have gained confidence in their own leadership abilities, and be ready to bring their leadership to their schools and communities. The girls learn about political leadership by working with inspirational women leaders, including Congresswomen and other elected officials and leaders in business, media and the law.

The program trains the girls in important skills necessary for political leadership including:

- **Public Speaking and Presentation:** Students will learn how to structure a speech and adjust to an audience, as well as learning and practicing the importance of posture, tone and answering post-speech questions.
- **Advocacy:** Students will learn the art of persuasive speaking and will practice basic debate and advocacy.
- **Persuasive Writing:** Students will learn critical thinking skills that correlate to the kinds of applications necessary in advocacy and politics. The girls will examine campaign materials, floor speeches, as well as grammatical and literary tactics that are often incorporated into successful persuasive writing.
- **Campaigning:** As a culmination of the program, the students will create a campaign for themselves tying in the aspects learned from the workshops throughout the leadership program, and they will give campaign speeches to the class and their parents.

Our goal is to create political leadership programs for high school girls across the US, so that young women can learn the value of political participation and the importance of their leadership in this area.

THANK YOU TO OUR 2008 TITLE SPONSOR WAL-MART FOR MAKING THIS PROGRAM POSSIBLE!

For more information click this link below:

<http://www.runningstartonline.org/leadership-program/index.php>



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.)