

F.E.W. NEWSLETTER



FORUM OF EXECUTIVE WOMEN

July 2008

President's Message - FEW's Mission of Networking



Lisa Maurer
President of F.E.W.

One of the primary means that the Forum of Executive Women "values the connections between and among women" is through networking opportunities. Networking is cited as the greatest benefit of FEW membership, and a mission that the Board takes very seriously. Our membership is comprised of women from almost every industry, every demographic, every product/service to buy/sell, every achievement, and every challenge.

What can FEW do for you?

Over the years, the Boards of FEW have sought numerous ways to foster networking in our membership. Last year, we started having table hosts from the Board lead introductions and discussion of table topics that helped us get to know each other. We also expanded the number of small groups that gather women who have like interests in books, investments, gardening, golfing, travel, etc. We are featuring members in our newsletters and announcements, and trying to incorporate aspects of networking into more of our meetings. In the upcoming survey, please share comments about your satisfaction with networking and your suggestions to improve in this area.

What can you do for FEW's networking mission? Come to the meeting ready to meet new

people. Pick a seat at a table randomly, and work through that initial awkwardness until you are comfortable in discussion. Bring your business cards so you can readily exchange contact information to follow up with others. Bring a guest, and draw in especially close to the new members of FEW that could benefit from your gift of hospitality.

Pure and simple... beyond every business-related benefit of networking, we sing the praises of the friendships that burst forth from FEW. We are companions on this journey in life and as executive women. Members support each other with congratulations upon a job promotion or personal achievement, and encouragement in the midst of a job change, health condition or loss. As for all FEW members... I call you friends!

Meeting Information

On **Wed., July 9th**, our meeting is at the **Radisson from 11:30 a.m. – 1:00 p.m.** and we welcome Nicole M. LaVoi, PhD, Associate Director, Tucker Center for Research on Girls & Women in Sport.

Did you know that currently girls' participation in organized sports is at an all time high, but that girls are less physically active than boys at all ages? Girls' reap numerous developmental and health benefits through their participation in physical activity, but often discontinue participation precisely at a time they have the most to gain. How can we work together to

reduce barriers and create environments that enable girls to reach their full potential through sport and physical activity? The Tucker Center for Research on Girls & Women in Sport [www.tuckercetner.org] at the University of Minnesota, the first and only one of its kind in the world, has released a new report that helps us answer this critical question. The 2007 Tucker Center Research Report, *Developing Physically Active Girls* is a 10-year update of the ground breaking 1997 President's Council on Physical Fitness and Sports Report, *Physical Activity & Sport in the Lives of Girls*.

The purpose of the initial report, as well as the 10-year update, was to ask respected scholars in academic fields of study ranging from exercise physiology to sport psychology, to share the latest research findings about how involvement in sport and physical activity enable girls to reach their full potential. Dr. Nicole LaVoi, a St. Cloud native, graduate of Technical High School and one of the report's authors, will discuss key findings of the report as well as solutions to ensure the health and well-being of one of our greatest national assets—girls!

Meeting Dates and Locations:

*ALL MEETINGS ARE HELD FROM
11:30AM - 1:00PM*

JULY 9TH, 2008
RADISSON

AUGUST 13TH, 2008
CSB GORECKI DINING CENTER

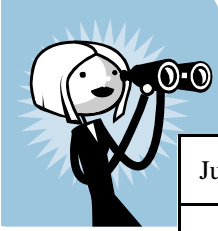
SEPTEMBER 10TH, 2008
HOLIDAY INN

OCTOBER 8TH, 2008
RADISSON

NOVEMBER 12TH, 2008
RADISSON

DECEMBER 10TH, 2008
HOLIDAY INN

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Looking Ahead in Programs!

July 9, 2008	Radisson	University of Minnesota Tucker Research Center: "Developing Physically Active Girls"
August 13, 2008	CSB Gorecki Dining Center	Stacy Sjogren: "What is Happening in the Board Room?"
September 10, 2008	Holiday Inn	League of Women Voters
October 8, 2008	Radisson	FEATURED PRESENTATION Anna Maravelas: "Self-Defeating Habits of Otherwise Brilliant People"
November 12, 2008	Radisson	FEW Annual Business Meeting and Networking
December 10, 2008	Holiday Inn	FEW Holiday Party 2008

New Member Welcome!

FEW is proud to welcome **Eileen Bitzen**, Coordinator of Women's Programs at Anna Marie's Alliance! Eileen can be reached at eileenb@annamaries.org or 253-6900. Please introduce yourself and welcome Eileen to FEW.

Guests

FEW welcomes guests and prospective new members to attend our meetings for a fee of \$15 (payable at the meeting.) Please email Laura Supan (laura.supan@usbank.com) by Thursday, July 3rd if you intend to bring a guest to our July 9th meeting. Late registrants pay a guest fee of \$20.

Web Site!

Did you know that you can have access to all of the FEW members contact information through the FEW website? If you haven't created a username and password for yourself simply go to the website at www.fewstcloud.org, click "Sign In" on the left hand side and create your profile. This is one of the many benefits offered to you as a member of FEW, so utilize it!

Vegetarian Meals

If you are a member who would prefer a Vegetarian Meal at our monthly meetings, please email Laura Supan (laura.supan@usbank.com).

We're on the web!
www.fewstcloud.org
Check it out!

July 2008

July Announcements!



- Yvonne Kinney-Hockert of Consulting Solutions is pleased to announce the release of her newly published book, “Blueprint for Success.” This book is co-authored by 13 other authors including notable authors like Stephen R. Covey, author of “The 7 Habits of Highly Effective People”, and Ken Blanchard, author of “The One Minute Manager”. In her chapter, Yvonne shares her philosophy of “growing your people so you can grow your business”. To learn more about the book and order online at: www.growingyourpeople.com, call 320.759.9054 or contact info@consultingsolutions.info
- Wacosa is now announcing their new DOCUSHRED Program! DOCUSHRED is a simple, economical way to destroy your confidential documents. Come view their new facility or for more information contact Wacosa DocuShred at 320-251-0087
- Central Minnesota Habitat for Humanity is organizing its fifth Women Build project, August 18-22nd in St. Cloud. Women Build celebrates women working together to end the affordable housing crisis and build community. This year, Women Build’s goal is to raise \$125,000 to support the construction of the 2008 Women Build home. They have reached their goal and they hope to surpass it, thanks to the generosity of ING Direct as the Dream Realizer sponsor. If your company is interested in sponsoring the project, please contact Anne Walters at awalters@cmhfh.org or 320-656-8890 ext. 2. Sponsors are signed up first for volunteers but if you would like to be added to the waiting list, please contact Anne as well.
- FEW Member Survey: The FEW Board has its annual 1/2-day planning retreat during July. In July, you will be encouraged to complete a brief survey so we can hear from our members, both praises and suggestions, and move confidently toward FEW’s future. We know your time is valuable, so we will make the process as efficient as possible. We will also be sending a version of the survey to past members to see if there are key factors that led to them leaving FEW’s membership. If you have any specific areas you recommend that we inquire about, please contact Lisa Maurer at (320) 656-3341 or by email to lmmaurer@bremer.com.

**“LIFE ISN’T
JUST ABOUT
WHAT YOU
CAN HAVE;
IT’S ABOUT
WHAT YOU
HAVE TO
GIVE.”
- OPRAH
WINFREY**

FEW members are welcomed to make an announcement about news in their business or the community. Announcements are shared through this monthly newsletter, during our monthly meetings, on the FEW website and on the display table at the back of the room at each FEW meeting. Please submit any announcements to the VP of Communications, Doris Illies (dillies@wacosa.org) or give a readable announcement to Lisa Maurer on the meeting date.

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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 June we would like to feature **Maxine Barnett!**

FEW Member since: **FEW Started**

Business Name: **Anna Marie's Alliance**

Office Phone Number: **#320-253-6900**

What FEW subgroups are you involved in? **None at the moment**

Hometown? **Sioux Falls, SD**

Family? **I have two lovely daughters, 2 grandchildren, 10 brothers and sisters**

How do you help others succeed? **I work at Anna Marie's Alliance – We work to not only provide safety for women in abusive relationships, we also assist them in their healing.**

Is your desk/office messy or organized? **Messy. There is no other word to best describe it.**

Are you a task-oriented person or a people-oriented person? **Both - but much more people-oriented.**

Last book read? **The Absolutely True Diary of a Part Time Indian by Sherman Alexil**

Last vacation spot? **Visited my daughter in Central Florida**

Biggest Indulgence? **Sleeping in on Saturday mornings**

What do you do for fun? **Hang out with my friends, go to movies, play cards**

What do you think you'll be doing in 5 years? **I will be retired from my job but involved in some kind of volunteer work**

What green (energy savings) tip can you share? **Don't print out anything you receive from emails unless you really need to**

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

I recommend (book, movie, show, activity, restaurant, website, etc.) and why? **The Absolutely True Diary – Though written for young adults it's beautifully written, has wonderful illustrations, it's both heartbreaking and funny**

What is your favorite clean joke? **Why did the chicken cross the road? Obama – because it was time for change. Clinton – When I was first lady I personally helped the chicken cross the road. This experience makes me uniquely qualified to ensure from day one that every chicken gets the chance it deserves to cross the road. McCain – my friends, the chicken crossed the road because he recognized the need to engage in cooperation and dialogue with all the chickens on the other side of the road.**

What would other FEW members be surprised to learn about you? **That I love opera**

What is your personal or business philosophy? **That leadership is a matter of how to be, not how to do it – it is the quality and character of leaders that determines performance and results.**

Thank you Maxine!

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Get to Know Us!



Along with a feature member this month, we would also like to take the opportunity to highlight a Board Member of FEW. For the month of June we would like to feature **Carol Howe-Veenstra!** Not only is Carol our 2008 VP of Programs but next year's (2009) President of FEW!



Professionally - Just finished my 23rd year at CSB, 15 years as volleyball coach and 21 as AD. Prior to that I taught physical education at Tech High School and coached volleyball and track.

Growing up - Raised “up north” on Serpent Lake in Crosby-Ironton; my dad ran a department store and all five of us kids learned how important a family business is for a small town. Dad was a great role model for me in his community service, work ethic and outgoing personality. I was a “Title IX” sports kid – during my senior year of college, I student taught at Moorhead HS and helped coach their volleyball team to a 3rd place in the first ever MN State Volleyball Tournament. I was officially hooked on coaching!

Career - Came to St. Cloud for my first teaching and coaching job and really got to capitalize on new opportunities for girls when I started teaching and coaching at Tech HS just a few years after this law passed. Our first years were interesting – gee, asking for uniforms and travel funds and equipment and even taking turns in the gym. So many things that are now in place for our girls!

Family - married 28 years to Steve Howe-Veenstra, a Special Ed teacher in St. Cloud; we met while playing on a teacher's intramural basketball team and the rest is history! He has coached many years and is now an assistant coach at CSB. Our son Ryan will be a senior at SJU and is in China right now with a physics research study. Less than 200 miles from the earthquake epicenter; is mom worried? Yup!

We are about to get a new yellow lab pup and can't wait for that new adventure!

About FEW - I have been an FEW Member for many years and have loved the great variety of programs and meeting women from different careers. Through FEW and my connection with Sandra Cordie from Resource Training and Solutions, I began presenting on Gender and Communication. This has been great fun and a year ago I produced a DVD as part of a grad school course. For over five years, I was also part of a small investment club and we earned money! Thanks to my FEW connections, I have met so many new and great people.

Thank you Carol!