

# F.E.W. Newsletter

JUNE 2009



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

## President's Message

Hello to FEW!

The month of June has me dreaming about the outdoors...planning trips to the Clemens Gardens, logging miles on my bike and taking a relaxing trip canoeing down the Mississippi. It is time for your spirit to come alive with the splendor of summer's official start!

Using Google, I thought it would be fun to know what special events we can celebrate this month; would you believe there are 11? Have some fun and pick one to celebrate...or two!! (young moms note the potty training, would you believe it?!)

- **Dairy Month** [http://familycrafts.about.com/cs/painting1/a/Milk\\_Painting.htm](http://familycrafts.about.com/cs/painting1/a/Milk_Painting.htm)
- **Great Outdoors Month** <http://familycrafts.about.com/gi/dynamic/offsite.htm?site=http://www.greatoutdoorsmonth.org/>
- **National Adopt-A-Cat Month** [http://familycrafts.about.com/od/catcrafts/Cat\\_Craft\\_Projects.htm](http://familycrafts.about.com/od/catcrafts/Cat_Craft_Projects.htm)
- **National Drive Safe Month** [http://homeschooling.about.com/od/dedivesafe/Drivers\\_Education\\_Driving\\_Safely.htm](http://homeschooling.about.com/od/dedivesafe/Drivers_Education_Driving_Safely.htm)
- **National Fresh Fruit and Vegetable Month** <http://familycrafts.about.com/cs/autumncrafts/a/blhrvstbwl.htm>
- **National Iced Tea Month** <http://coffeetea.about.com/od/icedtea/a/odeicedtea.htm>
- **National Rose Month** [http://gardening.about.com/od/rose1/Rose\\_Gardens\\_Growing\\_and\\_Tending\\_Roses.htm](http://gardening.about.com/od/rose1/Rose_Gardens_Growing_and_Tending_Roses.htm)
- **National Safety Month** <http://familycrafts.about.com/gi/dynamic/offsite.htm?site=http://www.nsc.org/>
- **National Tennis Month** [http://familycrafts.about.com/od/tenniscrafts/Tennis\\_Related\\_Projects.htm](http://familycrafts.about.com/od/tenniscrafts/Tennis_Related_Projects.htm)
- **Potty Training Awareness Month** <http://familycrafts.about.com/b/2007/06/01/printable-potty-training-chart-and-stickers.htm>
- **Turkey Lovers Month** [http://familycrafts.about.com/od/turkeycrafts/Turkey\\_Crafts.htm](http://familycrafts.about.com/od/turkeycrafts/Turkey_Crafts.htm)

Our May speaker Beth Waterhouse suggested to us to think "less is more" and of the ability to let go. Not owning a house provided some new freedoms and could create different energy for yourself. She reminded us that time = money and asked how does this fit into your life today. Good questions to ponder!

This month's presentation "Y Go Green?" by Diane Amundson will draw us into the thinking of Generation Y, also known as the millennials. They are the fastest growing segment of the workforce! To learn more, check out this USA Today article:

[http://www.usatoday.com/money/workplace/2005-11-06-gen-y\\_x.htm](http://www.usatoday.com/money/workplace/2005-11-06-gen-y_x.htm)

As someone who works in the college setting, I find this new generation of future employees to be very exciting, bringing their values and challenges to our workplace. However, every time I read about their "description", I find someone who does not fit it at all. As usual, it can be difficult to box everyone in a group.

Before I close, I would like to share a reminder on the value of giving blood. Just a day ago I took some time to donate – and there was one of our FEW members to take care of me! Nurse Mary was so kind and we talked about FEW and reminisced about the great programs she had attended over many years. I told her I would add a message to my newsletter - so here is a shout out to everyone to check in with the Red Cross, give blood and save a life!!!

<http://www.cenmncross.org/>

From "Reach for the Summit": The Definite Dozen #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.

## Meeting Information

Please join us for our next FEW meeting on held on **Wednesday, June 10th** from **11:30 - 1:00pm** at the **Holiday Inn**. The Forum of Executive Women (FEW) is pleased to welcome Diane Amundson, owner of Diane Amundson & Associates as our guest speaker. Diane will be sharing information on how Generation Y is redefining the way work gets done and how they are doing it with a 'green' filter. Diane's session is designed to help business owners, human resource representatives and management in general better understand how to attract and retain this cyber-literate, earth-friendly generation in the workplace.

Diane Amundson is the owner of Diane Amundson & Associates. She has 17 years of training, speaking and consulting experience in the areas of leadership development, generational diversity, team building, sales communication, conflict resolution and strategic planning. She has worked with Fortune 500 Companies like General Mills and Pepsi Cola and has co-authored a book titled Success Strategies: A High Achiever's Guide to Success. She is a member of the National Speakers Association and has served as Adjunct Professor of Organizational Behavior at Winona State University. Diane is also a Rotarian that has traveled the world on humanitarian projects in Mongolia and India.

## Upcoming Programs for 2009!

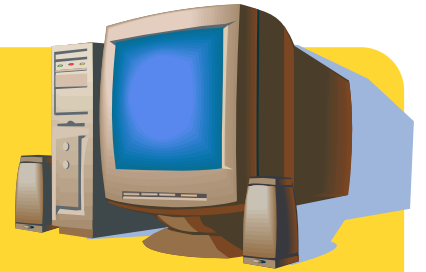
June 10	Holiday Inn	Y Go Green? Preparing for the New World of Work- Diane Amundson
July 8	Holiday Inn	Martial Arts for Women- Jessa Swift
August 12	Stearns History Museum	Internet Technology-What you should know- Eric Brown
September 9	Holiday Inn	Stand Up, Step Out, Lead! - Jolene Brown
October 14	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	St. Cloud Country Club	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](mailto:amastey@stifel.com) or call at 320-253-1300 if you intend on bring a guest.

## Website Updates!

We are getting closer to a final design on the FEW website and it is looking fabulous! Although, we have a lot of details to work through, we our expectant timeline on going live will be this August - September.



During this time, 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](mailto:april@inhproperties.com) or Brenda Schermerhorn at [brenda@agency128.com](mailto: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 and you, our members.

## 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 Debbie Spaniol at [wellgetitdone@aol.com](mailto: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](mailto: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.



## Get to Know Us!



Each month we will feature a member of FEW! The member was chosen at one of our meetings and given a questionnaire to fill out which we show below. For the month of March we would like to feature **Miraim Ardolf!**

Name: **Miriam Ardolf, OSB**

FEW Member since: **2006**

Business: **Sisters of the Order of Saint Benedict**

Hometown: **Silver Lake, MN**

Family: **Family of 5 children; only my brother who is a priest and my sister who taught at Mankato State and now has ALS are still living**

How do you help others succeed: **I believe I am a very supportive person and will do what I can to enable others to succeed**

What do you do for work: **I am a Donor Relations Specialist and raise money for the monastery to keep our ministries going; I also am very involved in health care administration and will be the Chair of the Saint Cloud Hospital Board of Trustees beginning July 1, 2009; I am also on several committees of the CentraCare Health System.**

Is your desk/office messy or organized? **messy**

Are you a task-oriented person or a people-oriented person? **Both but with a tendency to task-orientation**

Last book read? **Three Cups of Tea**

Last vacation spot? **Duluth**

Biggest indulgence? **Popcorn**

What do you do for fun? **Walk, read, watch movies and spend time with friends**

What do you think you'll be doing in 5 years? **As I am doing now but without the hospital board work**

What one word would friends say best describes you? **Have lots of ideas**

What green (energy savings) tip can you share? **Not to drink bottled water**

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

What would other FEW members be surprised to learn about you? **That I have walked on fire and bent rebar using only the energy in my throat**

What is your personal or business philosophy? **Do what you believe is right for you**

Anything else you would like to share? **My most demanding job was that of being Vice President of Finance for the College of Saint Benedict and my most rewarding personal thing I did was to become a Benedictine Sister. – and I enjoy coming to FEW and meeting the great women leaders.**



## Announcements and News!

Women on Stage . . . On the River is Tuesday, June 23, 2009 at Munsinger Gardens. This event is a fundraising event for the Women's Fund of the Central Minnesota Community Foundation. Funds raised will be used for Starfish Fund, Education Fund for Anna Marie's, Women's Fund Scholarships, Whitney Without Walls, and Women's Fund Endowment.

Drinks and Dinner amidst the Hostas, Music by Granite City Brass, General Store and Silent Auction. Reservations are required and are \$60 per person (\$25 tax deductible). Online reservations at [www.CommunityGiving.org](http://www.CommunityGiving.org), Byerly's or the Central Minnesota Community Foundation (253-4380).

## Welcome New Members to FEW!

We are pleased to welcome the following new members for the month of June!

**Kelly Hansen, Regional Human Resource Manager, Essilor Laboratories of America**

**Shaunna Johnson, City Administrator, City of Waite Park**

**Sarah Lueck, Branch Operations Officer, Minnwest Bank**

**Megan McClure, McClure Insurance**

**Lee Hurd, Bursch Travel**

We are thrilled to have you as part of our organization!

**HAVE A WONDERFUL AND SAFE JUNE!**