

F.E.W. Newsletter

MARCH 2009



Carol Howe-Veenstra
2009 President
of FEW

President's Message - March Madness!

It is March Madness and for those of us who are involved with sports, whether transporting our children and their friends to contests or simply being a great fan of a high school or college team, March is the time to be *in the spirit!*

Sports offer us so much – a chance to win and experience that incredible high of success through your favorite team. It also shows the character of each athlete as demonstrated through their challenges of injury, a tough officiating call or just an error in play. What an opportunity to learn about reboundability, a skill we need in our personal and work lives too!

Our February speaker, Dr. Ruth Stanley, shared some great advice with us about Feeling Groovy; there were several take-aways from her presentation that were meaningful. I loved her comment “anxiety is an insecurity storm” and also her insistence that we tell ourselves “I have plenty of time”. These can be applied this month for sure!

Gee, thinking of madness and our work lives, listening to the stock market report or contemplating the government stimulus plan is enough to create even more of this March Madness! I find it tough to imagine what a trillion dollars would actually look like, much less spend it.

That is what makes our March topic and guest speaker so exciting – SCSU Professor King Banaian will help take out some of the “madness” and allow us to better understand our St. Cloud economy.

In keeping with my ongoing theme from Pat Summit's book and her “Definite Dozen System for Succeeding at Whatever You Do”, here is a review and our new inspiration:

#1 Respect Yourself and Others

#2 Take Full Responsibility

#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.

Yes, it's March Madness...get out and enjoy the game whether it be in the gym or at your business. May the luck of the Irish be with you and may your favorite team win!

Meeting Information

Please join us for our next FEW meeting on **Wednesday, March 11th, 2009** from **11:30 a.m. - 1:00 p.m.** at the **Radisson**. We look forward to welcoming the St. Cloud State University's Professor King Banaian, professor and chairman of the Department of Economics. This program will be about "How the U.S. Recession Plays in St. Cloud". The current recession is now entering its sixteenth month and its impact has been felt in every sector of the U.S. economy. How do national trends influence us in Central Minnesota? And how will policies in Washington right now help St. Cloud recover? We will review local economic conditions as well as what has happened so far in the new Administration and Congress.

Upcoming Programs for 2009!

March 11	Radisson	Our Local Economy-King Banaian
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.

Website Updates!

We pleased to announce that we are working on creation of a new website for FEW! We thank you very much for your recommendations of web development companies last month. We have submitted Requests for Proposals to various companies in the St. Cloud Area. Our primary goals of the new website is:

- 1.) To build membership in order to sustain and enrich the organization's impact on its members, businesses and the community at large. This includes the need for a straightforward and user-friendly site that makes applying for membership and registration for monthly meetings and special events simple, quick and hassle-free. The site shall be easy to find, capture interest immediately and can stand on its own, when needed, to promote the organization and benefits of membership as efficiently and effectively as possible.
- 2.) To add value to our existing membership by providing timely and/or relevant information as well as an avenue to build new relationships within the organization and leverage the connections they have made through membership in FEW. This includes the need to have an up-to-date member database that is easy for members to renew memberships, make membership and guest payments online and keep their profiles current. It shall also allow easy access to fellow member contact information. The website shall also allow for varied use of membership data by administrators, including export of membership data for group communications and mailing lists.

We will be reviewing all the proposals by the end of March and hope to have a company selected by the April meeting! If you have any questions, please email April Jacques or Brenda Schermerhorn at april@inhproperties.com or brenda@agency128.com. We will keep you updated as the process continues!



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.

We Want You!

The FEW Program Committee is looking for FEW members that would like to volunteer your time in assisting in program set up and future speaker possibilities for 2009 and 2010! If you are interested in helping out on the Program Committee or would like more information, please contact Jill Magelssen at jillmagelssen@expresspros.com.

New F.E.W. Academic Membership Program

The Forum of Executive Women is proud to announce the creation of a new Academic Membership program. This program takes the place of the two high school and non-traditional scholarships that F.E.W. had offered in the past. Through the Academic Membership program, up to 16 area female college students will be able to attend the three F.E.W. meetings in September, October, and November at no cost to them.

By attending these meetings, students will:

- Experience the variety and scope of F.E.W. meetings by attending the Big Event meeting (September), the team-building speaker (October), and the business meeting/speed networking (November).
- Gain contacts and grow their networks by interacting with F.E.W. members and each other.
- Gain a professional experience to enhance their resumes.
- Learn enough about F.E.W. to consider future paid membership after graduation.

By offering this Academic Membership opportunity, F.E.W. will:

- Increase community exposure and awareness of the organization and its goals.
- Stay true to its mission of encouraging “women as leaders” and serving “as a resource for its members and the community.”
- Create a pool of potential future members.
- Gain mentorship and networking opportunities for current members.

Female students enrolled in a post-secondary institution and who are within one year of graduation are eligible for this opportunity. Traditional, nontraditional, graduate, and undergraduate students are all encouraged to apply. Students must commit to attending all three F.E.W. meetings in September, October, and November. Applications can be found on the F.E.W. website and are due **May 1, 2009**.

Please feel free to pass this information on and encourage anyone you know who might be eligible to apply.

Questions may be directed to Katie Kustritz, Vice President of Scholarships (kkustrit@css.edu) or LaVonne Rykhus, Assistant Vice President of Scholarships (lavonne.rykhus@gmail.com).

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. 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.

“Do not go where the path may lead, go instead where there is no path and leave a trail.” - Ralph Waldo Emerson

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 [Linda Hutchinson!](#)

Name: Linda Hutchinson
 Business Name: Hutchinson Associates, *ha!* CFO - Corporate Fun Organizer
 Office Phone Number: (320) 271-1144 or (651) 214-1853

Hometown: Hayfield, MN (it is 11 miles from Blooming Prairie, 30 miles from Grand Meadow and 1000 miles from Toadsuck, Arkansas)

Family: my 27-year-old son, Jesse

What FEW subgroups are you involved with? The Program Committee

How do I help others succeed? Teach others to work effectively together in the workplace using teamwork, laughter, play, service and appreciating differences. I also deliver keynotes at conferences which create a learning community among the participants.

Is your desk/office messy or organized? Messy, although, I work hard to be organized.

Are you a task oriented person or a people-oriented person? Definitely people oriented, thus the messy desk.

Last book read? I am currently enjoying [Aprons, Flour Sacks & Other Folk Histories](#), written by FEW member, Marilyn Brinkman.

Last vacation spot: S. Africa, a fascinating country, I highly recommend it.

Biggest Indulgence: Books, I devour books and books on CD.

What do you do for fun? Play cards and games, read, walk, swim, drum.

What do you think you'll be doing in 5 years? The same (I love my work!) perhaps more writing. I hope being a grandma.

What one word would friends say best describes you? Haha, is that a word?

What green (energy saving) tip can you share? Put your money where your values are - consider socially responsible investing.

When you were a kid, what did you want to be when you grew up? A telephone operator like my older sister.

I recommend (book, movie, show, activity, restaurant, website, ect) and why? Elizabeth Berg, Wendell Berry, Maeve Binchy, Loma Landvik, Lisa Scotolini, Kate Wilhelm, Ann Perry to mention a few.

What is your favorite clean joke? As a humor educator, I can't resist pointing out how we label humor as dirty or clean. We still tend to label any sexual innuendo as dirty; perpetuating the notion that sex is dirty. My intention is to get people to discern when humor is harmful or when it makes a positive difference. Now, one of my favorite jokes: my friend, Merrillyn Belgum, an 80 year old stand up comic, spoke in front of 2000 women in Milwaukee. When she returned to Minnesota, she reported that she got a standing **ovulation**.

What would other FEW members be surprised to learn about you? That I have a Masters Degree in Theology and teach a college course on Spirituality and Sexuality at the College of St. Catherine.

What is your personal or business philosophy? We are all hungry for the experience of community, a sense of belonging. Laughter and play are two of the most abundant, renewable resources that help us create community.



Announcements and News!

Nun Banquet to Benefit Central Minnesota Habitat for Humanity on March 13

Join the Sisters for a Lenten Soup Supper on **Friday, March 13, 4:30-7 p.m.**, in the Monastery Dining Room. Vegetarian soups and chili, bread (some donated by the Collegeville Artisan Bakery), beverages and cookies will be served. Entertainment will be provided by student musicians.

This Fourth Annual Nun Banquet to benefit Central Minnesota Habitat for Humanity has become a fun and relaxed tradition at the monastery.

Tickets are \$8 for students, \$10 for adults, and \$30 for families, available in advance in the Gathering Place and at the door on the night of the event.

2009 Museum Exhibit Opens Saturday, March 8

"By the Work of Our Hands," the 2009 exhibit at the Haehn Museum at the Art and Heritage Place at Saint Benedict's Monastery in Saint Joseph runs through December 23. The exhibit celebrates the sustainable way of life practiced by the Sisters of the Order of Saint Benedict for 152 years. Artifacts range from the James Company weathervane from the chicken coop to a unique nutcracker from the kitchens. Exhibits tell the story of the turkey operation, the cobbler shop and bakery, the "hired girls" who joined the monastery, and much more. Make plans to experience this lively portrait of monastery life. For museum and gift shop are open: 10 a.m. to 4 p.m. Tuesday through Friday and 1 – 3:30 on Saturday and Sunday.

On behalf of the Red Carpet Authority, Kristen Semerad would like to say:

"Thank you to all the women who attended the Oscar's Party on Feb 22nd. We had a great time watching the Red Carpet and the Academy Awards. With our Luck Buck Auction items we were able to raise \$949 for the Coborn Cancer Center Enhancement Program. We expect they will be able to purchase 18-20 more wigs with that donation for women with cancer and who have been through chemotherapy. Thanks again for coming and making it a great event!"

Gather the Women Event

In honor of International Women's Day, the 7th annual *Gather the Women* celebration will be held on Saturday, March 21, 2009 from 1:30 – 4:30 p.m. in the Gorecki Conference Center at the College of St. Benedict, St. Joseph, MN. This free-of-charge event will feature Sue Smith-Grier, who will tell the story of Harriet Tubman and the Underground Railroad. Her vivid portrayal will spark a sharing of experiences in small groups of ethnic diversity, giving participants a better understanding of themselves and each other. For more information, please e-mail wellgetitdone@aol.com.

The Central MN Society for Human Resource Management is offering an Annual Half-day Seminar:

Wednesday, March 18, 2009
St. Cloud Regional Library - Mississippi Room
Time: 8:00 a.m. to Noon

How to Plan and Succeed in Today's Economy:

In Tough Economic Times, it Takes True Business Leaders to Shine.

This seminar will assist Business Leaders and Human Resource Professionals to step out of your day-to-day environment to becoming a strategic partner within your company and the communities you serve.

Cost is \$55 per person or \$45 for CMSHRM members.

7:30 - 8:00 a.m. Registration and Continental Breakfast

8:00 - 9:00 a.m. "When does this end? (It does end, doesn't it?) The St. Cloud Economy in 2009" by Dr. King Banaian.

9:10 - 9:30 a.m. Community Update by the St. Cloud Area Chamber

9:30 - 10:20 a.m. "Attracting Jobs to Central Minnesota" by Tom Moore, President of St. Cloud Area Economic Development Partnership.

10:20 - 10:35 a.m. Break

10:35 a.m.- 12:00 p.m. "Leadership in Challenging Times"

by Shelly Bauerly Kopel, MBA, EdM, PhD, Managing Partner Venture Allies, and June Roos, Consultant, Venture Allies.

Bring food shelf items to be donated to the Catholic Charities Food Shelf, March is MN Foodshare Month.

For more information or to register today, go to

<http://cmshrm.shrm.org> and click on events



More Announcements and News!



Build a team of family, friends, neighbors, and co-workers, to join us at the **CSB 3rd Annual Women's Walk, Sunday April 26, 2009, 2pm!** Family friendly pre-walk activities, including a Kids' Fun Run, are followed by a 30 minute walk that loops around the CSB campus.

CSB athletics and recreation work in partnership to ensure every student has the opportunity to develop her mind, body, and spirit. Funds raised support Blazer Athletics and Campus Recreation.

For more information and to pre-register please visit the Women's Walk website at www.CSBBlazers.com



College of St. Scholastica WAKE-UP CALL Writing for Business: The Business of Writing

Leaders in today's business world need to exude confident writing styles that accurately reflect the tone and pace of their organization. Writing skills are crucial for managers and leaders from simple emails and letters to more complex business proposals and year-end reports. The business of writing takes practice and ongoing education.

This breakfast seminar will wet your appetite providing several key ingredients needed for all levels of efficient, effective business writing. Writing is an important "threshold" skill. This skill is needed to retain current employment and move forward in organizations. This seminar will provide you take-to-work applicable writing skills.

Facilitator: Cheryl L. Anderson, PhD, PT, MBA, GCS

Date: March 11, 2009

Time: 7:30-9:00am

**Place: The College of St. Scholastica, St. Cloud Campus
4150 2nd Street South, Suite 330, St. Cloud, MN 56301**

Please join us for CSS WAKE-UP CALL. This workshop is free and open to all business and community members but pre-registration is required. Contact Katie Wayne by March 6 to reserve your spot at 320-529-6663 or kwayne@css.edu



Dreams to Reality: An Evening of Inspiration!

Date & Time: Saturday, March 28, 6:30 PM

Location: St. Cloud Holiday Inn and Suites

Cost: \$75 per person

Girl Scouts of Minnesota and Wisconsin Lakes and Pines is pleased to invite you to Dreams to Reality: An Evening of Inspiration. This premier St. Cloud event is to support and celebrate the leadership development program that builds strong leaders for our communities.

Theme:

Girl Scouting builds Girls of courage, confidence and character who make the world a better place.

An evening of inspiration highlights girls developing leadership potential.

Evening Highlights

·Cocktail hour, Dinner, Live Music and Silent Auction

·A brief video highlighting the Girl Scouts of today

Please plan to join us in support and celebration of the New Girl Scout Leadership

Experience impacting young women in our community!

Tickets

For tickets, please contact Pam Wostrel at 320-252-2952, ext. 239. Completed form may also be submitted by mail to: Girl Scouts MN and WI Lakes and Pines, 400 2nd Avenue South, Waite Park, 56387, by fax at 320-253-9403, or register on-line at www.gslakesandpines.org.