

F.E.W. Newsletter

MAY 2009



Carol Howe-Veenstra
2009 President
of FEW

President's Message

It happened - April Showers brought May flowers! One of my hobbies is to photograph flowers...I love creating my own cards and sharing them with others. This time of year is amazing, watching the tulips and daffodils bloom as Mother Nature "wakes up". Enjoy one of my favorite photos as a May Day gift to FEW!



Last month Lynn Holmwig from Nahan Printing shared some relevant information with us on "Lean Office" and the local application of a global concept. Her passion was evident as she explained how these practices have positively impacted their business. She shared several methods such as the "5 Whys" to get to the root cause of a problem (and yes, it did remind me of parenting!).

May is a month of preparation for endings and beginnings as we clean house and plan for graduations. The end of school is near, whether on to a new grade or off to start a career. Plans for futures are bright and exciting! Our recent Earth Day celebrations keep us focused and mindful of the legacy we want for our children and their world.

Our May speaker, Beth Waterhouse, will be addressing that future with challenging thoughts about our earth and how we take care of it. She will share ways to change our lifestyles to better the world for ourselves and our children.

Our 5th message from Pat Summit's book and her "Definite Dozen System for Succeeding at Whatever You Do" is about discipline. This is one skill that needs constant practice, especially if you are in a leadership role supervising others. I often discuss the concept of being fair vs. equal and recognizing there is a difference in those actions. And gee, isn't it tough to be consistent?

- #1 Respect Yourself and Others
- #2 Take Full Responsibility
- #3 Develop and Demonstrate Loyalty
- #4 Learn to Be a Great Communicator

- #5 Discipline Yourself So One Else Has To
 - Self-discipline helps you believe in yourself
 - Group discipline produces a unified efforts toward a common goal
 - When disciplining others, be fair, be firm, and be consistent.
 - Discipline helps you finish a job, and finishing is what separates excellent work from average work.

See you May 13th and Happy Mother's Day!

Meeting Information

Please join us for our next FEW meeting on held on **Wednesday, May 13th** from **11:30 - 1:00pm** at the **Holiday Inn**. We are pleased to welcome Beth Waterhouse, Executive Director at Ernest Oberholtzer Foundation as our guest speaker.

Ms. Waterhouse will cover the topic of Healing the Human and Earth Relationship. Her own life's turns have given her the opportunity to teach Environmental Ethics at the University of Minnesota, to help run a St. Paul based nonprofit called The Minnesota Project, and currently, the opportunity to work with the Oberholtzer Foundation, an island study and retreat center located on Rainy Lake. The session will examine Ms. Waterhouse's own unconventional life choices within the areas of transportation, food, and housing, and will help the audience grapple with a wider band of options in those and other areas where one might consider living more sustainably with the earth.

Upcoming Programs for 2009!

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|-------------|------------------------|--|
| 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 | 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 or call at 320-253-1300 if you intend on bring a guest.

Website Updates!

Our new website is in the works! After reviewing proposals, we made a decision to work with **Agency 128 and Meta 13** on the development of our new site. We expect the new site to be up and running in 2-3 months and we will keep you updated as the process continues.

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 or Brenda Schermerhorn at 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.



We Are On Facebook!

FEW is now has a site on Facebook! To become a “fan” please visit the FEW site at <http://www.facebook.com/pages/Forum-of-Executive-Women/67147842136> 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 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. 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.



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 were due by May 1, 2009 but we are continuing to take them for a very short period longer, so please submit your application as soon as possible.**

Please feel free to pass this information on and encourage anyone you know who might be eligible to apply. **Applications are available on the website at www.fewstcloud.org.**

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).

“A discovery is said to be an
accident meeting a prepared mind.”

Albert Szent-Gyorgyi US (Hungarian-born) biochemist (1893-1986)