

# F.E.W. Newsletter

NOVEMBER 2009



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

## President's Message

Welcome November! How fun - a month dedicated to thankfulness and appreciation for the many wonderful people and gifts in our lives. The leaves are down, the cold weather is here to stay and we prepare for family gatherings with the upcoming holidays.

Within FEW, November is also a time of thankfulness, especially to the many who serve on our Board as we prepare for our annual business meeting. It is a time to review our core mission and address by-law changes and the budget, to vote for new Board members and of course, spend some time networking. The past Board meetings have focused on the organization and closure of 2009 as well as to affirm plans for 2010.

This month's message from Tennessee Women's basketball coach Pat Summit is about CHANGE. It is particularly fitting as FEW has launched its new website and connected with Facebook and LinkedIn. Not only has technology advanced our opportunities to grow and be more connected, but so have the many great speakers and programs from this past year. Just think about how much this new information has helped you to grow/change both personally and professionally!

### **The Definite Dozen #1 | Change is a Must!**

- It's what you learn after you know it all that counts the most.
- Change equals self-improvement. Push yourself to places you haven't been before.
- Take risks. You can't steal second base with you foot on first.

Here are some thoughts to reflect upon:

- Does change come to you or do you seek it out?
- Has your lifestyle adapted to technology and do you make it work FOR you?
- What happens to you when you leave the "known" of your current environment; does fear set in or a sense of adventure? Or both?
- Does your confidence grow through taking risks and if so, how do you manage them with good judgment?
- Does being "afraid to fail" prevent you from growing new skills? What does it take to trust yourself??

Remember, life is always at some turning point!!!

# Meeting Information

Please join us for our next FEW meeting held on **Wednesday, November 11th, 2009** from **11:30 - 1:30 pm** at the **Radisson**.

## Annual Business Meeting and Speed Networking Event!

During this month's meeting we are inviting you, the members of FEW to vote on the following changes for FEW in 2010!

- Proposed slate of officers and board directors.
- Proposed amendments to FEW Bylaws.
- Proposed amounts for dues in the amount of \$170. This represents no change from the previous year.
- Financial information as of October 31st, 2009. Year-to-date financial information and the 2010 proposed budget will be presented.

For specific information on these above items, please visit our website at:

<http://www.fewstcloud.org/events.php?id=7>

## Wrapping up for 2009!

Believe it or not, 2009 is coming to an end and it is time to celebrate a great year in FEW! For our celebration, please join us for our final 2009 program, our **Holiday Party**, on **Wednesday, December 9th, 2009** at the **St. Cloud Country Club from 11:30—1:00pm**. This is a time to relax and reminisce some of the great moments in 2009 and look forward to a new and exciting 2010!

## Guests

FEW welcomes guests and prospective new members to attend our meetings for a fee of \$20. 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.

### OR...NOW AVAILABLE - ONLINE REGISTRATION!

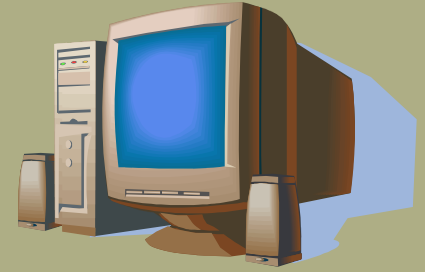
Please have your guests visit our website at [www.fewstcloud.org](http://www.fewstcloud.org) for meeting information and to register online for the next FEW program. Payment available online through PayPal or at the door the day of the event.

## Looking Ahead in 2010!

It's that time of year again! Time to look forward to the Programs for 2010! Next year promises to be another year of tremendous educational programs for you to enjoy.

Date	Location	Program - Speaker
Jan 13	Holiday Inn	Mimi Bitzan - The City's New Cultural Plan: Creating a place where people are drawn to live
Feb 10	Holiday Inn	Marian Bender – The Non Profit Choice: How to Make it Work for You
Mar 10	Holiday Inn	Sandy Hansen – Working on You to be the Best Leader You Can Be
Apr 14	Holiday Inn	King Banian – Economic Update
May 12	Holiday Inn	School Superintendents
Jun 9	Holiday Inn	Maretta Johannes - Beyond Botox and Breast Implants
Jul 14	Holiday Inn	Women Venture
Aug 11	Holiday Inn	Bruce Miles Big River Consulting - Developing the Best 2 <sup>nd</sup>
Sep 8	Holiday Inn	Chris Freytag – Fitness and Health
Oct 13	Radisson	Central Minnesota Gang Task Force
Nov 10	Holiday Inn	Business Meeting and Networking
Dec 8	Holiday Inn	Holiday Social

## Website Updates!



Please check out our new website at [www.fewstcloud.org](http://www.fewstcloud.org)! Here you will find up to the minute updates on meetings and events sponsored by FEW or the members of FEW!

If you haven't taken the time to create your new profile on our new website, make sure you do! We need all current members to do this, as it is a benefit of membership for all and a great networking tool. To create your profile simply:

- Go to [www.fewstcloud.org](http://www.fewstcloud.org)
- Click Join FEW at the top-right corner
- Scroll down and click Join Now!
- Fill in your profile information (*be sure to remember your username and password as you will need it!*)
- Click "Register"

Once you register, your information is sent to Communications for review. Your registration is not complete until it is approved and you will receive a confirmation email once your registration is approved. If you have any questions, please contact April Jacques at [april.jacques@bankofamerica.com](mailto:april.jacques@bankofamerica.com) or Brenda Schermerhorn at [brenda@agency128.com](mailto:brenda@agency128.com).

## Time to Renew your Membership for 2010!

Yes, it is that time again! We are offering 2 great options for renewal this year! Either renew your membership online or pay by check through the mail or at a meeting. Dues for 2010 are \$170 and please make sure you renew your membership *no later than December 31st, 2009.*

- To renew online, simply login with your username and password on our website at [www.fewstcloud.org](http://www.fewstcloud.org) and click the link to "renew" in the announcements section of the Members Only page. You can pay through Paypal or by check.
- If you prefer to pay through the mail or at a meeting, please print the attached invoice and submit with your payment.

\*\*Please be sure your member name is accompanying your payment.\*\*

## 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 April Mastey at [amastey@stifel.com](mailto:amastey@stifel.com) or call at 320-253-1300

# A Letter From the Treasurer

The Forum of Executive Women is a viable, growing, and ever changing organization. The financial success of our organization is dependent upon the fact that we have many hardworking and capable women sharing their talents with our organization. Our Board of Directors has shown their expertise in planning and execution over the past two years.

Our programming committee (headed by Vice-President for Programming, Jill Magelssen and Assistant VP for Programming, Lori Lewandowski) does a fabulous job with the dollars allotted to them of finding interesting speakers across a spectrum of topics. Our current Vice-President for Membership (Laura Supan) and Assistant VP for Membership (Patti Gartland) immediately follow up leads or respond to problems and have done a great job of leading all of our members in new membership recruitment.

A year and a half ago, our then Vice-President and Assistant VP of Scholarship (Pam McIntosh and Katie Kustritz) were given the unclear task by the Board of Directors of coming up with "something else more in line with the goals of our organization". We now have in place a revamped, evolving, and exciting mentoring program headed by our Vice-President and Assistant VP of Academic Membership (Katie Kustritz and LaVonne Rykhus). It even comes down to having some excellent Meeting Coordinators over the past few years. Laura Supan, Debbie Spaniol, and now April Mastey have shown extreme proficiency in estimating meal counts for meetings and yet choosing a variety of meals at reasonable prices.

Creating a website that worked was an important goal of the Board of Directors over the past two years. The website is an essential method of communication with our members and potential members. As members, we access our membership directory through the website. The organization sends out "e-blasts" (member communications) that are tied to that member directory and thus the website. None of these functions were working appropriately on our previous website and could not be fixed. Over the past two years our current Vice-President for Communication, April Jacques, and over the past year Assistant VP for Communication, Brenda Schermerhorn, have been "miracle workers" in cobbling together fixes enabling members to receive communications. We commend them for all of their efforts and congratulate them on our new working website.

Carol Klaphake, Vice-President for By-Laws, and Doris Illies, Historian/Secretary, have thoroughly cleaned up our By-Laws and Minutes. Without the leadership of President Carol Howe-Veenstra and Past President Lisa Maurer, none of this would have been accomplished.

Attached is a copy of the proposed budget for 2010. The first column contains the proposed budget amounts. The second column is actual 2009 amounts through 10/31/09. There are also comparative budgeted amounts for 2009 and 2008 and the second from the last column is the actual 2008 amount.

The actual amounts for 2008 and 2009 are numbers that I think we should all be proud of. Our net receipts/disbursements for 2008 were a positive \$728. This was achieved even with a 22% drop in total membership from the previous year (2007). In other words, we only spent as much money as we received for 2008.

The Board of Directors made the decision last fall to use reserve funds to develop a new website. We have recently paid the invoice for \$8,005 for that website. If you factor out that extraordinary expense, we are on target this year to again end the year with a positive net receipts/disbursements amount. I project it to be about \$1,000 (not including the extraordinary website expense). At this time the cash balance in all of our accounts is \$15,800. There will be approximately \$1,500 of remaining expenditures paid in 2009.

Our current membership in 2009 totals 114. That total includes 21 new members in 2009. In these economic times, this is an indicator of a strong organization.

Treasurer's Report 10/31/09

Submitted by Lori R. Johnson, Schlenner Wenner & Co.

# FEW 2010 Budget

Forum of Executive Women 2010 Proposed Budget	Proposed 2010	Actual to date	Budgeted 2009	Actual Final 2008	Budgeted 2008
		114 members (21 new)		120 members (16 new)	
<b>10/31/2009</b>	111 members				
<b>Receipts</b>					
Returning Member Dues	14,450.00	14,754.95		16,690.91	
New Member Dues	1,600.00	1,995.27	18,700.00	1,476.00	23,800.00
Affiliate Member Dues	300.00	300.00	100.00	100.00	225.00
Interest Income	50.00	40.73	25.00	103.02	50.00
Labels Purchased/Misc. Income		15.19	0.00	0.00	45.00
Monthly Guest Fees	2,500.00	2,574.12	2,000.00	2,905.00	1,000.00
<b>Total Current Year Receipts</b>	<b>18,900.00</b>	<b>19,680.26</b>	<b>20,825.00</b>	<b>21,274.93</b>	<b>25,120.00</b>
Future Dues received in current year				6,900.00	
Transfer From Reserve Fund	900.00		11,450.00	0.00	3,205.00
<b>Expenditures</b>					
Communications Committee:					
Website Monthly Hosting	450.00	311.61	400.00	336.90	400.00
Website Programming/Training		8,100.00	8,000.00	57.00	500.00
Program Promotion	300.00		500.00	0.00	0.00
Advertising	300.00	382.50	200.00	505.00	200.00
<b>TOTAL Communications Committee</b>	<b>1,050.00</b>	<b>8,794.11</b>	<b>9,100.00</b>	<b>898.90</b>	<b>1,100.00</b>
Meeting Coordinator:					
Lunches	9,000.00	7,805.87	9,000.00	8,716.56	15,400.00
Supplies & Signage	100.00	58.93	100.00	130.47	100.00
<b>TOTAL Meeting Coordinator</b>	<b>9,100.00</b>	<b>7,864.80</b>	<b>9,100.00</b>	<b>8,847.03</b>	<b>15,500.00</b>
Membership Committee:					
Miscellaneous	100.00	120.17	350.00	0.00	100.00
<b>TOTAL Membership Committee</b>	<b>100.00</b>	<b>120.17</b>	<b>350.00</b>	<b>0.00</b>	<b>100.00</b>
Program:					
Speaker Fees	5,000.00	5,386.09	8,500.00	6,564.56	6,000.00
Holiday Party	2,500.00	2,131.23	2,500.00	2,630.68	1,500.00
Postage & Copies	200.00	344.55	200.00	445.26	200.00
<b>TOTAL Program</b>	<b>7,700.00</b>	<b>7,861.87</b>	<b>11,200.00</b>	<b>9,640.50</b>	<b>7,700.00</b>
Academic Membership Committee:					
Recipient Awards			0.00	0.00	2,500.00
Misc.	500.00	156.07	1,050.00	0.00	50.00
<b>TOTAL Scholarship Committee</b>	<b>500.00</b>	<b>156.07</b>	<b>1,050.00</b>	<b>0.00</b>	<b>2,550.00</b>
Special Projects & Liaison:					
Chamber Membership	400.00	395.00	500.00	395.00	500.00
<b>TOTAL Special Projects &amp; Liaison</b>	<b>400.00</b>	<b>395.00</b>	<b>500.00</b>	<b>395.00</b>	<b>500.00</b>
Treasurer & Board of Directors:					
Board Gifts	350.00	0.00	350.00	505.14	350.00
Postage & PO Box	200.00	102.80	200.00	155.11	200.00
Transition Meeting/Planning Re- treat	400.00	52.98	425.00	105.00	325.00
<b>TOTAL Treasurer &amp; Board of Directors</b>	<b>950.00</b>	<b>155.78</b>	<b>975.00</b>	<b>765.25</b>	<b>875.00</b>
<b>Total Expenditures</b>	<b>19,800.00</b>	<b>25,347.80</b>	<b>32,275.00</b>	<b>20,546.68</b>	<b>28,325.00</b>
<b>Net Receipts and Expenditures</b>	<b>(900.00)</b>	<b>(5,667.54)</b>	<b>(11,450.00)</b>	<b>728.25</b>	<b>(3,205.00)</b>

# Announcements and News!

## Now Accepting Applications

### AgStar Grants Available to

### Support Agricultural and Rural Interests

The AgStar Fund for Rural America, a corporate-giving program of AgStar Financial Services, is proud to announce they are accepting grant applications to support farmers and rural residents. Up to \$10,000 is available per organization in one of AgStar's four focus areas: Education, Environment, Technology or Quality of Life.

"Committed to enhancing the quality of life and future opportunities for rural residents and their communities" is the mission of the Fund. It was created to demonstrate our support for agriculture and the rural communities within our service area.

To date, the AgStar Fund has contributed over \$2.4 million to support rural America in our service area. This grant application allows AgStar to continue its mission and support organizations working to benefit farmers and rural areas.

For more information regarding the grant application process please visit [agstar.com](http://agstar.com). Applications must be completed on-line and will be accepted through November 30, 2009. Organizations receiving a grant will be notified in March 2010.

Through this grant program and the other programs of the AgStar Fund, we are helping to ensure a strong future in rural America.

More details on [AgStar's Fund for Rural America Grant Program](#).

For questions, contact Jody Bloemke via email at [jody.bloemke@agstar.com](mailto:jody.bloemke@agstar.com) or call 507-345-5656.

## Welcome New FEW Members!

Kathy Zenzen  
United Way of Central MN  
[kzenzen@unitedwayhelps.org](mailto:kzenzen@unitedwayhelps.org)

Jennifer Mrozek  
Marco Inc.  
[jenniferm@marconet.com](mailto:jenniferm@marconet.com)

Very often a change of self is needed more than a change  
of scene.

~ Arthur Christopher Benson~

The reality is that changes are coming... They must come.  
You must share in bringing them.

~John Hersey~

We must learn to view change as a natural phenomenon -  
to anticipate it and to plan for it. The future is ours to  
channel in the direction we want to go... we must  
continually ask ourselves, "What will happen if...?" or  
better still, "How can we make it happen?"

~Lisa Taylor~

When patterns are broken, new worlds emerge.

~Tuli Kupferberg~

It is not the strongest of the species that survive, nor the  
most intelligent, but the one most responsive to change.

~Charles Darwin~

Things do not change; we change.

~Henry David Thoreau~

The curious paradox is that when I accept myself just as I  
am, then I can change.

~Carl Rogers~



INVOICE FOR RENEWAL OF  
FEW MEMBERSHIP FOR 2010

Member Name:

2010 Membership Dues: \$170

*Please remit payment to:*

Lori R. Johnson, Treasurer

Forum of Executive Women

PO Box 1451

St. Cloud, MN 56302

Please include member name with your payment!

Please pay your dues no later than December 31st, 2010! You can send it in the mail or bring it with you to the next FEW meeting! Thank you!