



# August 2010 Newsletter

## President's Message

As we continue through 2010, it is common to hear conversations speaking about a thread of constant review. Such review can help focus on where we have been, where we are going, allowing for any adjustment of direction if needed- with success as the ultimate goal. We review business plans, organization objectives, personal initiatives, outcomes, and performance- just a small list of the many opportunities for review.

In July, the FEW Board held its annual retreat for the very purpose of review. I believe so much was accomplished in just an afternoon! Your FEW Board, comprised of many very talented and inspiring women worked hard. It reviewed strategies, recognized accomplishments, and identified future initiatives that will help make our organization even better. One of the more important items discussed included networking. You asked, and we heard- the August program has been changed to focus on networking, which often is defined as 'the act of meeting new people in a business or social context'.

Join us for our August 11<sup>th</sup> FEW Meeting when Diane Amundson, a professional speaker with an informative and highly interactive style presents "Creating Connections that Count: Tools & Tips for Effective Networking". Bring business cards, invite guests and learn to use tools that will help enhance your networking skills.

A famous quote by Tony Robbins provides some insight to benefits of networking.

*It's never the environment, it's never the events of our lives, but the meaning we attach to the events – how we interpret them – that shapes who we are today and who we'll become tomorrow.*

Best wishes for a prosperous August, continued growth and many networking opportunities!

Proud to be your FEW President,

Jill Magelssen



Jill Magelssen  
2010 Forum of  
Executive Women  
President



# Exciting Lineup of Meetings

## *August 11th*

*“Creating Connections that Count: Tools & Tips for Effective Networking”*

- ◆ Discover How to Introduce Yourself so People Want to Know More About You
- ◆ Learn How to Connect With Others Through Small Talk
- ◆ Understand How to Make a Positive Lasting Impression
- ◆ Learn How FEW Can Create More Opportunities for Members to Connect



Diane Amundson is the owner of Diane Amundson & Associates. She has over sixteen years of training, speaking and consulting experience in the areas of leadership, 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 she 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. She is a Rotarian that has traveled the world on humanitarian projects in Mongolia, India and Brazil. Her style of speaking is informative and highly interactive, so please be sure to join us. *(Remember to bring along a stack of business cards!)*

## *September 8th*

Come to our *biggest* meeting yet and hear national fitness guru and author Chris Freytag's entertaining talk called "Eat Healthy, Move More, Perform Better." She'll share how to improve your employees' physical and mental health and empower you with strategies to promote productive change. Bring your checkbook—**Chris's awesome books will be available for purchase.**

See the flyer on pages 6 & 7 for more details.

☞ Members attend free, but they must pre-register at [www.fewstcloud.org](http://www.fewstcloud.org).

# FEW Announcements

## FEW Seeks Your Feedback

There was a glitch with our annual survey last month that didn't allow some of you to complete one of the questions, If you didn't get to complete the survey, please visit the brief online survey (now fixed) to share your feedback. <http://www.surveymonkey.com/s/G9TMO5G>

Starting with the August meeting, we'll be sending out a quick email right after the meeting to ask members for feedback in case they didn't have an opportunity to fill out the form at the meeting....Or to find out what kept them from attending. Watch for details.



## Guests

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

### **NOW AVAILABLE - ONLINE REGISTRATION!**

Please invite 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. Please email Kelly Hansen at [khansen@essilorusa.com](mailto:khansen@essilorusa.com) or call at 320-203-4004 if you have questions regarding bringing a guest.

## Vegetarian Meals Available

Vegetarian meals are available at our meeting upon request. Please contact April Mastey at [amastey@stifel.com](mailto:amastey@stifel.com) or at 320-253-1300.

# FEW Announcements

## Member Bios

Our website is a wealth of great information—particularly when it comes to member information. Log in to our Members Only section ([http://fewstcloud.org/few\\_members.php](http://fewstcloud.org/few_members.php)) to see just how many terrific member biographies are available.



## FEW Happy Hour

We're starting a new occasional tradition for those who are interested. An informal happy hour will be held at Ciatti's on August 19th from 4:30 to 6:00+. Others will be scheduled later.

Lori Johnson, Schlenner Wenner & Co. is graciously organizing these celebratory get-togethers. Watch for more details at meetings and in our newsletters.

## Ways to Follow FEW

facebook

LinkedIn



## Member Announcements

### Zonta Club Golf Outing and Jewelry Fun

The Zonta Club of St. Cloud invites you to the 6th Annual Golf Outing & Jewelry Fashion Show.

**September 10, 2010**  
**Rich Spring Golf Course**  
**7:30 a.m. Registration, 8:00 Shotgun Start**  
**(followed by lunch and jewelry show)**

For additional information, you can visit the Zonta website at: [www.zontastcloudmn.org](http://www.zontastcloudmn.org) or contact FEW members Jan Bensen or Susan Voeltz. They will bring along brochures for the next couple meetings.

### Welcome, 2010 FEW Academic Members!

FEW is delighted to introduce our 2010 FEW Academic Members.

**Anita Florez - St. Cloud Technical and Community College**

**Lisa Locher - College of St. Benedict**

**Blair Brookman - College of St. Benedict**

**Heather Maloney -**

**Lora Bennett - St. Cloud State University**

**Molly Noel - College of St. Benedict**

Please join us in congratulating these ambitious young women on their selection as FEW Academic Members. You'll have your chance to meet them at the September meeting. Please take a moment to say hello and get to know them!



# Eat Healthy, Move More, Perform Better

Wednesday, September 8, 2010

11:30-1:30

Holiday Inn, St. Cloud

Lack of time and stress are two of the most common complaints among American adults. These problems lead to poor eating habits, failure to exercise, lack of sleep and lack of energy. Let Chris motivate you to take action. Chris will give strategies to overcome life's daily challenges and promote positive and productive change. Her real life stories and humor will not only entertain but empower. Chris shows her audiences how to achieve greater life balance, reduce stress and live healthier in order to perform better in the workplace and in life. You won't want to miss this important message!

“Working with Chris changed my life by building my confidence, transforming my body and helping my posture. I feel better, stronger and healthier than I ever have.

-Angie, Orono, MN”



Featuring *Chris Freytag*, renowned healthy lifestyle specialist and featured expert on KARE 11's "Motivation Monday"!

Chris has been teaching fitness, training clients and coaching on the subjects of nutrition and health for the past 20 years. She holds a BA in Journalism and is a certified Group Fitness Instructor, Personal Trainer and Lifestyle and Weight Management consultant. Chris is also a Prevention Magazine columnist and Radio Trainer for "Walking on Air," a syndicated radio show about healthy lifestyles. She is a national fitness presenter, motivational speaker, has written 3 books and has over a dozen Fitness DVD's in the marketplace.

Companies need to run leaner and meaner, achieve higher goals with fewer resources, and keep health care costs down.

***How much does stress cost you and your organization?***

Chris will motivate you to take ownership of your health and be a leader in inspiring healthier lifestyles for those around you.



**RSVP Now and reserve your space for this fun-filled, eye-opening session.**  
(Both members and non-members MUST RSVP)

### Costs

- Cost includes lunch and speaker
- No cost for FEW Members
- \$30.00 Non-Members
- \$40.00 Non-Members After Sept 1, 2010

### Register

Online at: [www.FEWStCloud.org](http://www.FEWStCloud.org)  
(for credit card payment)

### Sponsors

Special thanks to in-kind sponsors



This one-of-a-kind event is just one example of the ways FEW helps its members be better people and professionals. Join us and feel the power of FEW connections today! Log on to [www.fewstcloud.org](http://www.fewstcloud.org) or call 320.258.7305 for more information about membership.

**Register Soon –  
This Dynamic  
Event Will Fill  
Up Fast!**



### Mission Statement

The Forum of Executive Women is a non-profit organization of managers and professionals who value the connection between and among women and affirm their gender. The Forum of Executive Women encourages women as leaders and serves as a resource for its members and the community.

FEW offers monthly meetings featuring dynamic speakers on a wide variety of topics to enrich your professional and personal lives. Benefit from networking opportunities with the area's most respected women leaders, each with contacts and experience to share!