



June 2010 Newsletter

President's Message

*"We are all faced with a series of great opportunities
brilliantly disguised as insoluble problems."*

-John W. Gardner,
Former Secretary of Health, Education and Welfare



Jill Magelssen
2010 Forum of
Executive Women
President

This quote seems to adequately describe our current economic times- filled with challenges and opportunities in all aspects of life. We handle challenges in our business and personal lives each and every day. Using the resources available, decisions are made, opportunities uncovered and "doing more with less" can often become the way of handling problems while trying to make the best of any situation. We work to make life better, more productive, more efficient and when possible more enjoyable.

At the forefront of many business articles and discussions today is "Healthcare Reform." We hear about potential changes, opportunities and impacts on business and the world we live in. How do we sort it all out? Just what are we looking at?

This month, we are pleased to have some assistance looking at this timely topic of **Healthcare Reform** with **Dave Borgert**, Director, Community & Government Relations, CentraCare Health System/St. Cloud Hospital. Join us Wednesday June 9th at the Holiday Inn when Dave will share his knowledge on the subject and entertain questions about Healthcare Reform as it is currently presented.

As we start the summer months which often includes making choices to spend time doing what matters, it is my hope that you will find opportunities to enjoy moments that make you smile in the process. Perhaps our upcoming June meeting can be one such opportunity to network and spend time with other talented business professionals. It's an impressive group to spend a lunch meeting with, I have found. Hope you do, too!

Proud to be your 2010 FEW leader,

Jill Magelssen



Join us at the June Meeting

Health Care Reform

Wednesday, June 9th, 2010 from 11:30 - 1:30 pm at the Holiday Inn

**David Borgert, Director of Community & Government Relations,
CentraCare Health System/St. Cloud Hospital**

David Borgert will be sharing an overview of the Patient Protection & Affordable Care Act passed on March 23, 2010 and implemented beginning in 2010. The PPACA will have a profound impact on America's health care system, business climate and the Federal Budget in coming years as it seeks to provide access to affordable health care insurance, improve the quality of health care and reduce the future cost of health care. The presentation will focus on what is in the bill from an insurance and delivery system perspective and identify issues that employers will need to address as the reforms are implemented – including an overview of the timeline of implementation and costs.

David is a lifelong resident of Central Minnesota who is responsible for maintaining relations with local, state and national elected officials and government staff on behalf of CentraCare Health System. He provides research and support for public policy formulation at CentraCare as well as through the St. Cloud Area Chamber of Commerce (where he chairs the Government Affairs Committee), the Minnesota Chamber of Commerce Health Policy Committee, the Minnesota Hospital Association and the American Hospital Association. David is a member of the Board of Directors of the Minnesota Rural Health Association and represents CentraCare on the Administrative Uniformity Steering Committee of the Minnesota Department of Health. He is a graduate of St. John's University and the University of St. Thomas and lives in St. Cloud.



Guests

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

NOW AVAILABLE - ONLINE REGISTRATION!

Please have your guests visit our website at 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 or call at 320-203-4004 if you have questions regarding bringing a guest.

Member Announcements

Women on Stage

A fun night for a great cause, Women on Stage takes place June 22nd at the ranch home of Elaine and Jerry Bauerly. This year's Women on Stage is a fundraiser for the Women's Fund of the Central Minnesota Community Foundation. The proceeds from the event will benefit the Julianne Williams Fund, Hands Across the World, Women's Fund scholarships, Quiet Oaks Hospice House, and the Women's Fund endowment. The event this year is a salute to the 50s with a parade of classic cars, a malt shop themed menu and plenty of fun for everyone.

So cruise on out to the Bauerly ranch June 22nd for a return to the 50s party. The event is casual in attire but muscle shirts, poodle skirts and leather jackets will add to the fun. Tickets are \$65 and available at the Central MN Community Foundation, online at <http://www.communitygiving.org> or at Byerly's.

Exciting Lineup

Mark your calendars! FEW has tremendous programs for you to enjoy!

Date	Location	Program - Speaker
Jul 14	Holiday Inn	Women Venture
Aug 11	Holiday Inn	Bruce Miles Big River Consulting - Developing the Best 2 nd
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

Member Announcements

Do you have announcements about upcoming business or community events you would like to share? You can do so here in the FEW Newsletter! Please email your information to Rebecca Kurowski (rkurovski@gw.stcdio.org) by the appropriate deadline listed below. Newsletters are typically published during the first week of the month. Submissions received after the deadline may not be printed.

2010 Newsletter Submission Deadlines

Publication

Month	Deadline
July	June 28
August	July 26
September	Aug. 23
October	Sept. 27
November	Oct. 25
December	Nov. 22

Better with Age

*12th Annual
Historic Southside Home & Garden Tour
...with wine tasting*

Tour desk: First Presbyterian Church
Corner of 5th Ave. S. & Ramsey

Visit <http://www.fewstcloud.org/news.php> for more information.

Belief Management Mini-Course

FEW member Linda Hutchinson is inviting FEW members to a Belief Management Mini-Course at her home, 133 Fifth Avenue SE, St. Joseph on Thursday evening, June 10th from 7pm to approximately 9:30pm. The mini-course is an introduction to the Avatar® Course in which you get to explore your beliefs and your perspectives (www.theavatarcourse.com). It is a series of experiential exercises that enables you to rediscover yourself and align your consciousness with what you want to achieve. Contact Linda Hutchinson, 320-271-1144, linda@haha-team.com.



Vegetarian Meals

Vegetarian meals are available at our meeting upon request. Please contact April Mastey at amastey@stifel.com or call at 320-253-1300.



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
(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 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!