



# October 2011 Newsletter

## President's Message

By Lori Lewandowski, Wells Fargo

Fall is my favorite season of the year. I love the changing of the seasons. I have heard on the news that this is supposed to be one of the best autumns in recent years to see the changing of the leaves. I hope you take the opportunity to go see some of the amazing natural beauty this fall.

I am reading a good book right now called *The Four Corners of the Sky* by Michael Malone. It is about a female navy pilot and her family. In the book she is one of the best female navy pilots in the United States. Of course, as you would expect, Amelia Earhart is often mentioned in the book. Many of you probably saw the recent movie about Amelia Earhart, but here are a few tidbits about her life and impact on the world of females in aviation.

At the age of 26, Amelia became the 16<sup>th</sup> woman to be issued a pilot's license. She first took flying lessons when she was 23 from a pioneer female aviator, Anita Snook. In an effort to fit in among other male and female pilots she cut her hair short and even slept in her leather jacket for three nights to give it a more "worn" look. She had numerous successful and monumental flights including being the first women to fly over the Atlantic Ocean and the first person to have flown over both oceans. In 1937, at the age of 40, her last flight ended in tragedy as she attempted to circumnavigate the globe from the equator.

Our speaker on October 12 is Maribeth Overland who will be educating us on the Enneagram Inventory and "Tapping Your Potential as a Leader". Please watch your e-mail for the Enneagram Inventory to be distributed prior to the meeting. If you would like to, you can take the inventory and bring it with you to the meeting, but even if you don't, the meeting will prove to be enlightening.



Lori Lewandowski  
2011 Forum of  
Executive Women  
President



# Exciting Meetings Ahead

## October 12: Enneagram Inventory: Tapping Your Potential as a Leader



What is your leadership paradigm? Discover your leadership style and how it impacts your leadership potential to effectively lead. Through the wisdom of the Enneagram, a centuries old personality theory of what motivates us to make choices (or not) in life, you will discover what inspires you to lead; challenges your success; and the insight to know the difference in order to lead authentically.

Please join us on October 12 as Maribeth Overland takes us through this interesting leadership inventory . **The Enneagram Inventory is included on pages three and four of this newsletter.** Prior to the meeting, please take a moment to read it and bring it to the meeting. However, if you forget to bring it, still come to the meeting!

The program starts at 11:30 a.m. at the Le St-Germain Suite Hotel (formally the Radisson) in St. Cloud and includes lunch. PLEASE PARK IN THE HOTEL SIDE OF THE PARKING LOT, THERE WILL BE SPACE AVAILABLE ON THAT SIDE EVEN IF THE LOT SIGN SAYS FULL. REMEMBER: PARKING IS FREE AT THE LE ST-GERMIAN SUITE HOTEL IF YOU ASK THE FRONT DESK TO VALIDATE YOUR BLUE PARKING TICKET!

## 2011 Meetings

November 9	Business Meeting, Le St-Germain Suite Hotel  Please be sure to join us—this will NOT be a boring business meeting! We will be doing an interactive networking activity using sticky notes and getting an EXCITING update on the Focus Groups and the next steps.
December 14	Holiday Social, Saint Cloud Country Club

# *Enneagram*

## *Personality Type Indicator*

**Instructions:** Read through both pages and check 1 or 2 paragraphs that most accurately describe you most of your life. For this exercise to be most effective, I would ask you to reflect on significant decisions you have made throughout your adult life regarding such things as education, professional career path, job changes, relationships, etc. as you review the paragraphs below. Choose 1 or 2 paragraphs that best reflect you throughout your adult life, not just recently. *Please print and bring the Indicator to the October 12 meeting.*

Being the best at what I do is a strong motivator for me. I have received much recognition for my accomplishments. I am adaptable, self-assured, ambitious and charming. I get a lot done and identify strongly with what I do. I often do several things at once because I always have more to do than will fit into the time available. I set aside feelings and self reflection in order to get things done. I do tasks quick and like to feel and appear “on top” of any situation. I like to compete and am also a good team player. 3

I am an optimistic, enthusiastic, spontaneous person who enjoys thinking of new and interesting things to do. My mind is very active and moves quickly between different ideas. I tend to be playful, high spirited and have a lot of energy to devote to things that interest me. I have a harder time sticking to repetitive and unrewarding tasks. I like to be in on the beginning of a project when there are many fascinating options to consider. If something gets me down I prefer to shift my attention to more pleasant ideas. I believe people are entitled to an enjoyable life. 7

I approach issues that matter to me in an all or nothing way. I place a lot of value in being strong, honest and dependable. What you see is what you get. I don't trust others until they have proven themselves to be reliable. I can tell when someone is manipulative or devious and like people to be direct with me. I have a hard time tolerating weakness in people. I prefer to be my own boss and have a hard time following orders, especially if I disagree with the person in authority. I stick up for friends and relatives as their protector. When I am angry, I find it difficult not to show my feelings. If you have been in a battle with me, you will know it. 8

I am conscientious, idealistic and have high internal standards for correctness. I expect myself to live up to these standards. I can easily see what is wrong with things as they are and how they can be improved. It is hard for me to ignore or accept things that are not done the right way and I may be perceived as overly critical or demanding perfection. If I am responsible for something, you can be sure that I will do it right. When others act irresponsible or unfairly I have feelings of resentment although I usually try not to show it to them openly. For me, work comes before pleasure, and I suppress my desires as necessary to get the work done. 1

*More paragraphs on the next page, please read all before making your selection(s).*

# *Enneagram, cont.*

☐ I am sincere, warm hearted and very sensitive to other people's feelings. I can see what they need even when I don't know them. It's easy for me to give of myself. I sometimes wish I were better at saying no because I put more energy into caring for others than into taking care of myself. I am people oriented, friendly, generous and self-sacrificing. It hurts my feeling if people think I'm trying to manipulate or control them when all I'm trying to do is understand and help them. I like to be seen as a good person, but when I'm not taken into account or appreciated I can become very emotional or even demanding. Good relationships mean a great deal to me and I am willing to work hard to make them happen. 2

☐ I have a vivid imagination especially when it comes to what might be threatening to safety and security. I can usually spot what could be dangerous or harmful and may experience as much fear as if it were really happening. I am loyal, committed, reliable, trustworthy and likable. I either always avoid danger or always challenge it head on. My imagination also leads to my ingenuity and a good sense of humor. I would like for life to be more certain but in general I seem to doubt the people and things around me. Some people may consider me very astute because I can usually see the shortcoming in the view someone is putting forth. I tend to be suspicious of authority and am not particularly comfortable being seen as the authority. Because I can see what is wrong with the generally held view of things, I tend to identify with underdog causes. 6

☐ I am a sensitive person with intense feeling. I sometimes feel misunderstood and lonely because I feel different from others. I am intuitive, self aware, sensitive and gentle. I sometimes am moody and my behavior can appear like a drama to others. I have been criticized for being overly sensitive and over-amplifying my feelings. I long for deep emotional connections and deeply felt experience of relationships. I have a tendency to want what I can't have and to disdain what I do have. I have experienced melancholy and I sometimes wonder why other people seem to have happier lives and better relationships than I do. I have a refined sense of aesthetics and I experience a rich world of emotions and meanings. 4

☐ I am a perceptive, quiet, insightful, cuprous, analytical person who needs more time alone than most people do. I usually prefer to observe what is going on than to be involved in the middle of it. I don't like people to place too many demands on me or to expect me to know and report what I am feeling. I am able to get in touch with my feelings better when alone than with others. I often enjoy experiences I have had more when re-living them than when actually going through them. I am almost never bored when alone because I have an active mental life. I am independent, innovative and inventive. It is important to me to protect my time and energy, live a simple uncomplicated life and be as self sufficient as possible. 5

☐ I seem to be able to see all points of view pretty easily. I may appear indecisive at times because I can see advantages and disadvantages on all sides. I am good at helping people resolve their differences. This same ability can sometimes make me more aware of other people's positions, agendas and personal priorities than of my own. I am easy going, accommodating, trusting and stable. I tend to be good natured, optimistic, straight forward and supportive, but can also be willing to go along with others to keep the peace. I have a hard time knowing what is really important to me. It is not unusual for me to become distracted and get off task. When this happens, my attention is drawn to trivial, unimportant facts. I like life to be comfortable, harmonious and accepting. 9

## *Featured FEW: Meet Rebecca Kurowski*



Just a few months into her FEW membership, Rebecca was invited to serve on the Board as the AVP of Communications. Now in 2011, she is the VP of Communications. The role is an easy fit for Rebecca, who has spent her entire career in communications. She has spent the majority of her vocation as a strategic planner and occasional copywriter for a number of Midwestern advertising agencies, often working with dynamic, wise women.

The summer of 2008, Bishop Kinney asked her to leave her roots in Fargo, N.D. and come work for him as the Director of Communications for the Roman Catholic Diocese of Saint Cloud. She still does a large amount of strategy work at the diocese, but has quickly learned that working for a non-profit sometimes means working without a full staff, without IT and automation, and without a company-wide understanding of marketing/image/customer service. This new venture also has brought to light the incredibly good hearts of the people working in ministry. Since joining the diocese, Rebecca has become a producer of a televised weekly Mass that airs on ABC, a sound technician in a recording ministry for the

blind, a grant writer, a training video script writer and producer, and a website developer, among lots of other things she had never done before.

When she isn't learning new technologies and the intricacies of religious culture, Rebecca devotes her free time to her family. Her husband gave up his successful general contracting company in Fargo to join Rebecca in St. Cloud about 6 months after she made the initial move. Together they are networking and building a new contracting company locally called Brilliant Contracting. They are having a lot of fun getting to know the locals and the lay of the land. A lot of their work done together happens late at night, once their three little ones are asleep. They have twin daughters, who are 5, and a 3-year-old little guy.

Rebecca is a big believer in leading by example. She admits that she will never be known for her dynamic sense of humor or her knowledge of anything athletic, but often hears praise about her knack for finding good people and connecting them with one another. She doesn't indulge in TV, movies, fiction, etc., but she is known for doing whatever she is doing to the max. She dreams big, works hard, and strives to be kind while doing it.

Though she often appears to be a "girly girl" with a fresh manicure, Rebecca has a dirty side that occasionally surfaces. While in college, she drove a Mac beet-hauling truck during the sugar-beet harvests. And when she first was dating her husband, she hand stained all the finish carpentry for every house he trimmed. She tries to make it to a stock car race on a dirt track at least once a summer, but you won't catch her bent over a garden. She draws the line at anything with worms.

# Upcoming Events



## Fireside with FEW on hold

Due to low turnout, the Board has decided to put Fireside with FEW on hold until we gather feedback regarding these sorts of events from you. There will be additional survey questions in the online survey you receive after the October meeting. It is especially important to fill out the online survey because of these additional questions, even if you do not attend the October meeting. The Board wants to ensure that they are being responsive to your needs.



## October 15: Oktoberfest at Saint John's!

Herr Emmerich Sack and his wife Burgie welcome you back to Saint John's Prep's annual Oktoberfest celebration. Join us this year for an affordable good time at your local Oktoberfest at Saint John's University, Sexton Commons. Included in the ticket price is salad, artisan rolls, soft pretzels, your choice of authentic entrée, a non-alcoholic beverage and a little something for the SJP scholarship fund. (Beer, wine and dessert are sold separately.) Stick around for polka music, singing and dancing! Tickets are on sale now for \$25 each. Seating times begin at 5:00 p.m. and continue on the half hour. For tickets and seating reservations, please contact Mary Ritter at 320.363.3317 or [register online](#).



## October 25: Spirit Girls' Night Out

Good health and good taste go hand-in-hand. Join us for an accessory fashion show, mini-makeovers, image consultant, mini-manicures/hand massages, bra-fittings, refreshments, health screenings and speakers. The night includes door prizes to suit your purse-onality! Free. No registration required. **Spirit Girls' Night Out**—Oct. 25, 4:30-7 p.m. at the Holiday Inn Hotel & Suites, 37<sup>th</sup> Ave. & Division St., St. Cloud. For questions, call (320) 229-5139 or visit [www.centracare.com](http://www.centracare.com). Take action for your health! Sponsored by St. Cloud Hospital Breast Center and Women & Children's Center.

# ***FEW Announcements***

## **Update your profile today**

In the early days of FEW, each member received a coveted printed directory of members. This was your direct link to the other members of the group. That directory still exists, but it is now a members-only online directory, found on our website. If you have not yet created your personal profile, please make a point to do that soon. And if you have set up your profile, but haven't visited it in awhile, please review your information to make sure its current and PLEASE upload a photo.

## **Website updates**

Take a moment and check out the new video on the front page of the FEW website and use it to refer new members to the group! A big thanks to Pam Nelson, Designed for Purpose Coaching, for putting this great video together for FEW.

Also, the monthly board meeting minutes are on our the home page of the Member's Section of the FEW website. You are invited to read up on what's happening with this great organization. To see the minutes from the most recent board meeting, visit

[www.fewstcloud.org](http://www.fewstcloud.org).

## **Make the most of your membership: get involved!**

We need someone who is handy with the camera to take digital photos at FEW events and meetings! If you are a shutterbug, or just don't mind snapping a few shots, please contact Brenda Brown, AVP Communications at [bbrown@sjprep.net](mailto:bbrown@sjprep.net).



## **Mission Statement**

**The Forum of Executive Women is a non-profit organization that promotes growth and connection among professional women.**