



September 2010 Newsletter

President's Message

Fall for many of us is the time of change. We say goodbye to summer days, looking forward to the leaves changing, cooler temperatures, and kids going back to school. I recall one of my dear friends remarking that fall is her favorite time of year for the many changes it brings. One could say it is all about outlook and attitude. Or even a positive change in attitude.

Our September program features Chris Freytag, renowned healthy lifestyle specialist who will help inspire healthy changes for busy professionals today. She will share strategies to overcome life's daily challenges and promote positive and productive change. Join us on September 8th for an extended program this month and an opportunity to learn how to be a healthy lifestyle leader. I understand Chris will have books available for signing and purchase if interested.

As we start the fall season, I am reminded of a famous quote. According to tire executive Harvey Firestone,

"You get the best out of others when you get the best out of yourself."

The working world today requires many of us to run leaner and meaner, doing more with less and staying healthy too. I will be listening intently on September 8th, so I too may learn strategies to be my best!

May fall 2010 be to a wonderful season of change for you!

Proud to be your F.E.W. President,

Jill Magelssen



Jill Magelssen
2010 Forum of
Executive Women
President



Exciting Meetings Ahead



September 8th Meeting

*“Eat Healthy,
Move More,
Perform Better”*

Come to our *biggest* meeting yet and hear national fitness guru and author Chris Freytag’s entertaining talk about how to improve your employees’ physical and mental health and empower you with strategies to promote productive change. Freytag’s session will use humor, hope and helpful ideas to inspire participants to take ownership of their health and inspire healthier lifestyles around them. Specifically, Freytag will help us understand how much stress costs us and our organizations.

Chris’s books will be available for purchase—cash or checks only.

If you still haven’t registered for this meeting, please contact: April Mastey at (320) 253-1300, amastey@stifel.com or Kelly Hansen at (320) 266-1752, khansen@essilorusa.com

*Everyone must be preregistered.

See the flyer on the back pages of this newsletter for more details.

Check out the nice write-up on this event in Saturday’s *Saint Cloud Times*.

<http://www.sctimes.com/apps/pbcs.dll/article?AID=2010109040013>

October 13th Meeting

Get Up to Speed on Local Crime Activities

Sgt. Joe Kraayenbrink from the St. Cloud Police Department, Commander of the St. Cloud Metro Gang Strike Force and St. Cloud Drug Unit will be sharing updates on the local crime scene, specifically in the gang and drug arenas.

Promote Thyself

Featuring Laura Tomczik

F.E.W. Member since 2009



Business? Mahowald Insurance Agency

Family? Husband and three boys ages 6, 8 & 10

Hometown? Born in Columbus, GA. Have lived in St Cloud area for 30 years

What F.E.W. subgroups are you involved with? Current Board Member – AVP Programming

How do you help others succeed? By making the complex simple

What do you do for work? Help people manage risk (Scooby Doo response yet? :0)

Is your desk/office messy or organized? Organized

Are you more task-oriented or people-oriented? A little of both but definitely always on task

Last book read? "A Vintage Affair" by Isabel Wolff

Last vacation spot? Two week trip out West this summer with the boys

Biggest indulgence? Going to the Spa

What do you do for fun? Spend time with friends & family

What do you think you'll be doing in 5 years? Helping people manage their risk

What one word would friends say best describes you? Classy

When you were a kid, what did you want to be when you grew up? Marine Biologist

I recommend Google Information because: have you tried it? 800-466-4411

What is your favorite joke?

Q: How many psychiatrists does it take to change a light bulb?

A: Only one, but the light bulb has to **WANT** to change.

What would other F.E.W. members be surprised to learn about you? I like to eat cold cereal for a snack. Favorite is Froot Loops.

What is your personal or business philosophy? "Everything should be made as simple as possible but not simpler." -Albert Einstein

Announcements

America the Beautiful

September 20, 6-9 p.m. at the Paramount Theatre

Plan a date with your daughter to attend the critically acclaimed film *America the Beautiful*. The movie begins at 6:30 p.m., followed by a discussion led by the documentary's filmmaker, Darryl Roberts, about our obsession with physical beauty and its effect on females of all ages. The first 200 attendees receive a gift bag and all attendees have a chance to win a door prize. Presented by St. Cloud Hospital Behavioral Health Clinic Eating Disorder Program, St. Cloud Hospital Women & Children's Center and CentraCare Health Foundation. Rated PG-13. **FREE**. No pre-registration necessary. For questions, call (320) 229-5139.



Fireside with F.E.W.

Lively conversation and camaraderie among friends

Date: Thursday, September 30, 2010

Time: 5 p.m. to 6:30 p.m.

Place: Red Carpet Martini Lounge (St. Cloud)
by the fireplace

Come for 5 minutes or stay the entire time. Whatever you can fit into your schedule, we look forward to seeing you there!

Follow F.E.W.





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!