



# The Minnesota Business Woman

WEB EDITION • WINTER 2008

The Official Publication of the Minnesota Federation of Business and Professional Women's Clubs, Inc

Vol. 74, No. 3 • Winter 2008

## WBOD dates

Jan. 21 ..... Hotel Deadline  
Feb. 13 . Registration Deadline  
Feb. 14 .... Packet Reports Due  
Feb. 22-23 ..... WBOD

And remember to attend your political caucus on Feb. 5!

If someone in your local is planning to participate in the

### BPW/MN Virginia Allan Young Careerist Competition

at the Winter Board of Directors' meeting contact  
**BPW/MN VAYC Chair Elizabeth Weinandt** at  
**507-245-3763** or  
**eweinandt@bgklaw.com**

## In this issue

- 2 President's message
- 3 Report from the President Elect
- 3 BPW/MN seeking leaders for 08-09
- 4 MN Foundation • Legislation report
- 4 Report from the Vice President
- 5 PSP message • Training Director report
- 5 BPW/USA • Webinars
- 6 Call to BPW/USA Convention in DC
- 6 Patty Tanji honored as Dreamer & Doer
- 7 Fact Sheet on Women Veterans
- 8-9 Around the State
- 10 WBOD tentative agenda & call
- 11 WBOD registration form
- 12 Calendar • BPW/USA Career Center
- 12 Notice to Local Organization treasurers

## WBOD SPEAKER: *Personal Trainer & Weight Loss Coach* **Susanna Sidoti Gorodisher** **“Shape YOUR Success”**

Susanna Gorodisher holds a bachelor of science degree from Boston University and is certified by the American College of Sports Medicine as a personal trainer. She has a personal training and group fitness certificate from the National Exercise Training Association and is certified in Kinesis training. Gorodisher is an avid tennis player and a U.S. Professional Tennis Association developmental tennis coach.

She describes herself as a lifelong student and strives to be informed on a variety of health, fitness and weight management issues. Among her specialties are BOSU\*, Kinesis, Pilates, step aerobics, stretching/relaxation and strength training, which she uses in the studio and often incorporates into the exercise prescriptions for her clients.

Gorodisher enjoys training clients of any fitness level, and — because she has lost more than 100 pounds herself — she is especially committed to helping those with weight management issues.

Gorodisher has been featured in the 2007 *Better Homes and Gardens DIET* publication, the *Minneapolis Star Tribune* “How I Got This Body” column, and has been a motivational speaker for several organizations.

*\*The BOSU Ball is a dome-shaped device used in fitness training to increase balance and body awareness.*

## BPW/MN book club continues

The book club was so well attended at SBOD, that we decided to continue the book club at WBOD. We will discuss the book, *The Idea that is America: Keeping Faith with Our Values in a Dangerous World* by Anne-Marie Slaughter. The discussion will be led by Bonnie Bell Ewert, BPW/MN PR Chair, Fergus Falls BPW.

This books reminds us of the essential principles upon which our nation was established: liberty, democracy, equality, justice, tolerance, humility and faith. These are the values that have shaped our history and that bind us together as a nation. We have struggled to make them real, through the civil rights movements for women, African-Americans and other minorities; through campaigns for religious tolerance and tolerance of waves of immigrants; through demands for voting rights and equal protection of the law; and through the steady surge of reform and resistance that defines our democracy. When we seek to promote and support these values in the rest of the world, we must be honest about these struggles and about our own imperfections. We have much to learn from other nations as well as much to teach them.

Pick up your copy of the book now, so you'll be ready for the discussion at WBOD in February!



Holly Morey, President

# BPW has exciting changes ahead!

## Plan to attend the state and national meetings in February to learn more

In doing a little Internet research, it didn't take long to find some of the more popular New Year's resolutions. New Year's Eve has always been a time for looking back to the past, and more importantly, looking forward to the coming year. It's a time to reflect on the changes we want or need to make and resolve to follow through on those changes. I hope you will incorporate BPW into some of those resolutions!

Within the next couple of months BPW/USA and BPW Foundation will be moving to an incubator model. The incubator model allows BPW/USA to continue to serve members within the structure of Plexus, an association management firm. Other than the address change, the move should be relatively seamless to members. This is a very positive move for BPW. It will lead to improved customer service at reduced costs, give more access to specialized services and help reduce administrative costs, which will help as we continue to evolve our membership models, marketing and leadership training.

I am looking forward to attending this year's Policy & Action Conference, BPW/USA Interim Board Meeting and BPW/USA Convention while

in Washington D.C. Looking at the tentative agenda, it is action packed. Presenters are Dr. Sheridan Harvey, Women's Studies Specialist, Library of Congress and the American Heart Association *Choose to Move* speaker. Attendees will learn how policy changes are created and how Congress is addressing and impacting issues of working women and families. This year's legislation will be HEART for Women Act, Fair Pay Restoration Act and Family Leave Insurance Act. Through workshops and dynamic speakers, members explore how they can partner to impact public policy.

A BPW/USA Convention will be held on Saturday, Feb. 16 from 11 a.m. to 4 p.m. CST. Webinar only participation is available. The cost to attend via webinar is \$45. The registration form can be found in the member area of the BPW/USA Web site. For those who have registered for the Interim Board meeting, there will not be an additional cost. All members wishing to participate must register whether attending in person or via webinar. Registration must be completed and submitted by Jan. 20, 2008 for credentialing and planning purposes.

I encourage you to attend

the Winter Board of Directors' meeting on Feb. 22-23 at the Ramada Minneapolis Northwest in Brooklyn Park. The registration deadline is Feb. 13 and the hotel deadline is Jan. 21. Friday night, President Elect Jaci Olson and Vice President Patty Tanji will deliver a presentation of a short video and conversation about Generations. Following that, Three Rivers BPW, our WBOD hosts, promise a night of magic.

Have you shared BPW with someone new lately? Remember, the next person you share BPW with could be your newest member.

*Holly*





## Winter Board just around the corner

President Elect Jaci Olson

Hi Everyone!

I can hardly believe that the Winter Board of Directors' meeting is just around the corner, can you? Patty Tanji and I have planned a great session on Generations for Friday night (see agenda for time) and want all of you to attend. During this session we will have a round table discussion about what you want out of this organization over the next few years. Learn more about what it is like to have all four generations in your Local Organization and across the state. Do you know what the four generations are? Do you know what the other generations are about? Is what you know true or a myth? What do you want out of BPW?

As you all know much of my time is being spent recruiting for positions for the Board of Directors for 2008-2009. If you have any interest in serving, please contact me or Pam DeMarce. I still have a few positions available. I do have position descriptions if you want to see them before you commit. Some of them require more commitment than others but either way you will truly enjoy and gain much personal and professional development. Thank you for those of you who have already signed up!

### \*\*\* WBOD \*\*\* Packet Reports Due February 14

The deadline for the Winter Board of Directors' meeting packet reports is Thursday, Feb. 14. State officers, elected positions, standing committee chairs, special appointments and Local Organization presidents should submit a report.

Reports should be sent via e-mail as a Word attachment to [jaci.olson@nahan.com](mailto:jaci.olson@nahan.com) or fax a copy to 320-217-7209.

If you do not have access to a fax machine or e-mail, please mail your report to me at 11090 Wild Life Ct, Holdingford, MN 56340.

Remember this is your commitment to the organization to tell us about your Local. We want to hear how things are going!

### Let's get 100%!

State Convention packets reports are due April 19... Mark your calendar now!

Would you like to serve BPW at the national level?

BPW/USA area rep and officer forms are available in the Member Center of [www/bpwusa.org](http://www/bpwusa.org). The forms are due March 1, 2008.

## BPW/MN seeking nominees

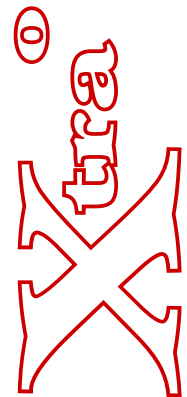
by Pamela J. DeMarce,  
2007-08 BPW/MN Nominations Chair  
[demarceadvertising@charter.net](mailto:demarceadvertising@charter.net)  
(B) 507-381-4279 (H) 507-387-3791  
11 Oriole Place, North Mankato, MN 56003



BPW/MN is looking for candidates interested in serving in the following positions: BPW/MN Executive Committee, Nominations Chair and National Legislative Platform Committee Member. Please e-mail Pam DeMarce at [demarceadvertising@charter.net](mailto:demarceadvertising@charter.net) to receive information on the documents and procedures for applying. This information is also being sent directly to each Local Organization president. As BPW/MN LO Executive Committees, please talk with your members and together submit names of women in your organizations who would be interested in serving our state. For additional information, please feel free to connect with Pam through e-mail or phone at 507-381-4279.

## Positions open for nominations are:

- President Elect
- Vice President
- Recording Secretary
- Treasurer
- Nominating Chair
- National Legislative Platform Committee Member



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## Families

Anne Andreasen, President, Minnesota Business and Professional Women's Foundation, Inc.

We have many families. There are those unique people we have a blood relation to, friends who we regard as family, co-workers or units of people who have some common thread in our lives or perhaps a church family. I would like to remind you about your extended family.

Contributions to the Minnesota Business and Professional Women's Foundation, Inc. can help support your extended family. She may be your child's next teacher or cut your hair someday, police your streets or comfort your pet at the vet; but it's unlikely that either of you will know the impact you've had on each others' lives.

Helping women to achieve economic self sufficiency is our goal. Your contribution is the answer. She will have you to thank. And we do too! For a contribution form, visit [www.bpwmn.org](http://www.bpwmn.org), click on **Foundation** on the left side menu, then select **MNBPW Foundation Contribution Form**.

## BPW builds powerful women ... politically!

Jane Geisinger, BPW/MN Legislation Chair  
[janegeisinger@charter.net](mailto:janegeisinger@charter.net) or 218-739-5201

If you're like me, you don't particularly like politics — by "politics," I mean the nasty, mud-slinging distortions of the issues, laws and people that make up our governmental system. At the same time, I think it's important that everyone be as informed as possible about the laws that govern our everyday lives. BPW can help teach us to sort through all the muck and mire to find the truth about the laws and issues we care about.

Attending BPW/USA's annual Policy & Action Conference in Washington D.C. is a great place to start. It offers training, objective information, lobbying experience, and a chance to meet with our members of Congress and their staff. Policy & Action 2008 is Feb. 14-15. The three bills we will lobby for this year are: HEART for Women Act, Fair Pay Restoration Act, and Family Leave Insurance Act. You can find the details at [www.bpwusa.org](http://www.bpwusa.org). Register online in the **Member Section**.

**If you do plan to go, or would like more information, please contact me.** I'll also be posting information at [www.bpwmn.org](http://www.bpwmn.org) on the **Legislation** page.

**Reminder: Minnesota Political Caucus Day is Feb. 5!**



## February is Foundation Month!

Vice President Patty Tanji  
BPW/USA Legislation Chair

It's that time of year when we recognize all the good work our national Foundation does to raise awareness about issues that affect working women. This February at the Policy & Action Conference in Washington, D.C., BPW/USA members will lobby Congress and Senate members for their support of the Health for Women Act. A fundraising luncheon sponsored by the BPW/USA Foundation will bring awareness to all who attend of the importance of "knowing our numbers." Do you know your blood pressure? What's a healthy range for you? Do you know your cholesterol levels? What about your triglycerides? Better yet, what can you do to improve these number to stay healthy? This is just one of the many services the Foundation provides for working women. While sometimes directly affecting the workplace (addressing pay discrimination) and sometimes indirectly (women's health), the initiatives of the Foundation are vast and wide reaching. Also, the BPW/USA Foundation has given away more than a million dollars in scholarships over the years and will continue to support women's educational needs. Here's your opportunity to help:

**Each Local is being asked to bring an item to WBOD to be included in our silent auction Foundation Fundraiser.**

Baskets of any theme are encouraged as well as separate items you think our members will enjoy. Individuals may donate an item as well. Here's your chance to get creative!

**Please let me know what you will be donating in advance**, with an approximate dollar value, so I can put together bid sheets. My contact information is [ptanji@aol.com](mailto:ptanji@aol.com) or cell 651-271-1462. And don't forget to bring your item to our meeting in February!

Our BPW/MN awards are being updated. Check out the new awards format at [www.bpwmn.org](http://www.bpwmn.org) — click on **Forms**. They should be ready by mid-January. Your Local can nominate a BPW/MN member, BPW/MN committee, BPW/MN local, or an employer for the following awards: Employer of the Year, Outstanding Individual, Eleanor Roosevelt, Innovation, Presidential Theme, Equal Pay Day, National Business Women's Week, Community Involvement, Legislation, Mentoring. Please see the awards form for more details. Awards will be announced at our state convention in the spring.

If you have any questions please contact me at [ptanji@aol.com](mailto:ptanji@aol.com). I look forward to seeing you in February.

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Publisher/  
editor of: **Forward Thinking Woman**

A quarterly publication designed to encourage awareness and thoughtful discussion about legislative and social issues that are of concern to women • [www.forwardthinkingwoman.com](http://www.forwardthinkingwoman.com)

## Why do you belong to BPW?

Karen Howell, BPW/MN Past State President

### Do you belong because:

**you want to further your career?** BPW develops skills that get you promoted: budgeting, public speaking, leadership and self-development.

**you believe in the issues that BPW supports?** BPW advocates at the local, state and national levels on women's health, fair pay and the prevention of violence against women.

**you enjoy meeting women from all walks of life?** BPW members have many different talents and abilities, but they all come together to support women's issues.

Share this experience! Invite a guest to your next meeting! Invite a new member to join you at the next state meeting. Be a part of the Minnesota delegation to the next national meeting, The Policy & Action Conference in Washington, D.C., will be held February 14-16. Find out why so many members belong to BPW.

## Stepping up to BPW leadership: You need more than a ladder

Beth Gibson Lilja, BPW/MN Training Director

Climbing the BPW ladder of leadership success is not done alone. Developing a strong team to hold the ladder is equally important. How do you plan to build your BPW Local Organization teams for the 2008-09 year? Please do not rely solely on the movie phrase, "if you build it, they will come."

First of all, I highly recommend that you seek out a BPW mentor to be one of your ladder supports. Each Local Organization has been assigned a Past State President Mentor who is more than willing to guide you. Perhaps there may be someone else in either the state or national federations whose wisdom and/or past experience you can relate to.

Next, you must verbally offer the team opportunities to your members. Let your members know that you are interested in having them serve with you. You just cannot rely on a general announcement at your monthly meetings or an advertisement in the monthly newsletter. You **MUST** contact each person on an individual basis — this is critical to building your team and to building your own personal and professional development. Please be mindful that e-mail is **NOT** the most effective means of communication.

Most of the time people tend to shy away from BPW volunteering because they may not be familiar with the available positions or what is expected for each particular role. Therefore, it is critical to have job descriptions and timelines to share with your prospective team member(s). If you do not have this information available, I, as your Training Director, am more than happy to assist in the preparation of this information.

Finally, many times we tend to shy away from asking questions (or seeking assistance) because we do not want people to think that we are asking "dumb questions" or worse yet that we are "stepping on someone's toes." I strongly encourage you to remove this negative thinking and to remember that we are all here to assist each other with our personal and professional development. Asking questions is definitely a way to build a stronger support system.

We are the leading advocate for working women... let's never let one another fall from the step ladder of success.

## BPW/USA: We miss you!

BPW/USA encourages all members to keep their personal information on the national Web site current. We receive a large volume of returned mail from the US Postal Service because of insufficient addresses for our members. You can easily update your address online in three steps:

- Log in to the BPW/USA Member Center
- Click on your Member Profile Name
- Click on the Edit button.

BPW/USA also encourages Local contacts to review the monthly Dues Activity reports; these reports contain the contact information for your local members. If there are changes, you have the ability to update contact information for those members of your state and local, as well as e-mail addresses, through the BPW/USA Member Center: click on your Member Directory on the blue Menu Bar, type in the name or member ID of the member, click on the member's name and "Edit."

Current and up-to-date information will ensure that your mailings are received in a timely fashion.

## Have you tried a BPW/USA webinar?

The webinar series is a free benefit of BPW/USA membership. Webinars are 1-hour long, unless otherwise specified. The next webinar is:

### "Women & Money" Tuesday, Jan. 15 at 1 p.m CST

Statistics show that at some point in their lives, most women will be responsible for handling their finances. For some, that responsibility is exciting, but for others it may be terrifying. Lauren Lindsay, CFP, is a planner and educator who has spent years conducting seminars to educate people on how to make better financial decisions.

In this webinar, she will address the financial issues specific to women, such as the fact that we are likely to live longer — but on a smaller amount of money. She will teach tips to help with budgeting and to get your debt under control, as well as review basic tenants of financial planning areas such as insurance, education planning, benefits and estate planning. There will be opportunities for questions throughout the webinar so you will have a chance to get your specific concerns answered. We hope you will join us for this insightful, educational event.

For more information and directions on how to participate in the BPW webinar, visit the Members Section at [www.bpwusa.org](http://www.bpwusa.org).

## Call to BPW/USA Convention on Feb. 16

Barbara A. Henton, BPW/USA President

On behalf of the BPW/USA Executive Committee, I am pleased to issue the official Call to the BPW/USA Convention. I hope you will plan to attend this special Convention on Saturday, Feb. 16 in Washington, D.C.

The primary purpose of the Convention is the consideration of Proposed Amendments to the BPW/USA Bylaws. The BPW/USA Bylaws and the Handbook of Policies & Procedures can be downloaded from the BPW/USA Web site from the **Members Only** section.

There are two options for attendance at the Convention. Members are encouraged to attend the Convention onsite in Washington, D.C. Others may attend via webinar. Please note that audio-only attendance will not be available for this Convention. All members who wish to attend the Convention, whether in person or via webinar, must register.

Registration forms for the BPW/USA Convention are online. Go to [www.bpwusa.org](http://www.bpwusa.org) and click on the conference link to download the registration form. Room reservations at the Capital Hilton may also be made through this link.

The preliminary schedule is to convene on Saturday, Feb. 16 at noon EST and adjourn about 5 p.m. EST.

Please come join us in Building Powerful Women for the future of BPW/USA!

I look forward to seeing you in Washington, D.C. Safe travels to all.

### BPW/MN Directory Update

Judy Berry's new e-mail address is:  
[jmberry2801@comcast.net](mailto:jmberry2801@comcast.net)

# Xtra° Xtra° Xtra° !

## Patty Tanji to be honored as a Dreamer & Doer

For the second year in a row, one of BPW's leaders is being recognized at the Minnesota Women's Consortium Annual Celebration. Patty Tanji is being honored in the Economic Justice category for her work on pay equity. Last year, Connie Hill was honored in the category of Business Women at the Consortium celebration.

Celebration 28 is set for Thursday evening, January 31, from 6:30 to 8:30 p.m. at the Science Museum of Minnesota in St. Paul. It promises to be a glamorous evening with fabulous hors d'oeuvres, an excerpt from the "Meeting At Seneca Falls" opera, a cash bar and mingling. MPR's Cathy Wurzer will emcee the event.

Tickets are \$40. Several BPW members are planning to attend the event. President Holly Morey has appointed Jane Geisinger to act as a ticket coordinator so that we know who is going and to make it easier for us to all sit together. **If you plan to attend the event, please contact Jane at [janegeisinger@charter.net](mailto:janegeisinger@charter.net) as soon as possible.**

### This year's Dreamers & Doers are:

#### An Equal Place at the Table

- Rep. Phyllis Kahn, Coalition for National Girls and Women in Sports Day
- Shirley Nelson, Women Candidate Development Coalition;
- Farheen Hakeem, Grasstops

#### Health Care for Everyone/Women's Health

- Raj Chaudhary, SEWA, Asian Indian Family Wellness
- Rep. Karen Clark, Women's Environmental Institute at Amador Hill;

#### Self-Determination

- Kathy Ahrens, National Organization for Women, Minnesota
- Ann DeGroot, OutFront Minnesota

#### Peace & Safety Everywhere

- Polly Mann, Women Against Military Madness
- Lonna Stevens, Sheila Wellstone Institute/MN Coalition for Battered Women

#### Economic Justice

- Angela Buechner, Welfare Rights Commission
- Patty Tanji, Pay Equity Coalition of Minnesota
- Tené Wells, WomenVenture

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## Fact sheet on Women Veteran's released Dec. 7

Submitted by Patty Tanji

From an e-mail from the Office on the Economic Status of Women, [www.oesw.leg.mn](http://www.oesw.leg.mn)

The Office on the Economic Status of Women (OESW) released a new fact sheet on Women Veterans on Dec. 7, 2007. It is posted at <http://www.commissions.leg.state.mn.us/oesw/fs/Veterans.pdf>

The OESW is looking forward to partnering with the Minnesota Department of Veteran's Affairs to bring more attention to the specific needs of women veterans in Minnesota.

Dec. 7 is also National Pearl Harbor Remembrance Day. This day has historical importance for women: it brings attention to the start of women's official role in the military and an important step forward for women in the workforce.

### Pearl Harbor & WW II: The Beginning of Women's Official Presence in the Military

Four days after the bombing of Pearl Harbor, and 23 years after the idea of women in the military was born, the Bureau of the Budget bill to "Establish a Women's Army Auxiliary Corps" was amended, reintroduced, stuck in committees, and stalled. The search was on for a director, a training center and the appropriate equipment. The military men in charge of logistics searched for ideas for

no regulations existed. Finally on May 14, 1942 the bill became law and Oveta Culp Hobby, wife of the former governor of Texas, was named director. This was the first step towards women's auxiliary forces in each branch of the military, and eventual participation of women in nearly all aspects of military service.

Military nurses were very much involved in the turmoil at Pearl Harbor on Dec. 7, 1941, working under tremendous pressure during the aftermath of the morning's raids. The Japanese attack left 2,235 servicemen and 68 civilians dead. Eighty-two Army nurses were serving at three Army Medical Facilities in Hawaii that morning. Hundreds of casualties suffering from burns and shock were treated by Army and Navy nurses working side-by-side with civilian nurses and doctors. Nurses at Schofield Hospital and Hickam Field faced similar overwhelming numbers of wounded personnel. The Chief Nurse at Hickam Field, 1st Lt. Annie G. Fox, was the first of many Army nurses to receive a Purple Heart and the Bronze Star.\*

### World War II and Women in the Workforce

Back on the mainland, US involvement in World War II was creating new opportunity for women in the workforce. Many jobs, formerly dubbed "not fit for women" were now open to women to pursue.\*\*

Minnesota women participated

a great deal in the home front war effort. In the Twin Cities Ordnance Plant, sixty percent of the workers during the war were women. Women worked in the shipyards in Duluth and on Lake Superior and as streetcar conductors for the Twin Cities Rapid Transit Company. They also worked on farms to replace their husbands and the hired workers who had gone to fight. Wives and daughters were often left in charge of family farms when their husbands and fathers were drafted.\*\*\*

In spite of pressure on women to give up their jobs after the war, the seeds of permanent change had been planted. Women began to question social and economic rules and demand equal access to educational and career options.\*\*

The link to the OESW's most recent publication regarding women and the job market (originally posted in February 2007) is at: <http://www.commissions.leg.state.mn.us/oesw/WomenMNecono.pdf>

### Resources:

- \* Captain Barbara A. Wilson, USAF (Ret), <http://userpages.aug.com/captbarb/femvets5.html>.
- \*\* Library of Congress: <http://www.loc.gov/exhibits/wcf/wcf0001.html>
- \*\*\* Minnesota Historical Society: [http://www.mnhs.org/library/tips/history\\_topics/131women\\_homefront.htm](http://www.mnhs.org/library/tips/history_topics/131women_homefront.htm)

# Xtra<sup>o</sup>

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## Stillwater

*Joan Sirotiak, president*

Stillwater BPW hopes that everyone had a safe and happy holiday season. We were serenaded by the beautiful quartet, “4-Star Collection” from our local Sweet Adelines chapter during our December meeting. Stillwater has a long tradition of participating in our local Holiday Basket campaign and we were very excited to be able to join in this good cause again this year. We were successful in our Ways and Means fundraiser by selling coupon books for the Herberger’s Community Event Day held in November. We’re looking forward to hearing from local author Mary Clare, who will be speaking at our January meeting. February finds us learning about selling ourselves with a presentation from a local career coach. Wishing you all a warm, cozy winter.

## Skyway

*Beth Gibson Lilja, president*

December has always been a special time for our members. With all of the focus on gift giving, it is nice to take some time to reflect on how much each of us has to give — our own personal gifts. Instead of hosting a speaker, we all brought a gift with personal meaning to share with another member or guest. We hear great stories and learn new things. These exchanges have helped us to get to know one another on a personal as well as a professional level. One of our organization’s goals this year is to sponsor a family through the holiday “Adopt-a-Family” program. We had the good fortune to buy gifts for a single mother with one child. What a great way to “Celebrate Our Gifts” for which we are so greatly blessed.

## Fergus Falls

*Kelsey Felstul, president*

Fergus Falls BPW is having a great year. We are looking forward to our Awards Banquet that will be held on Monday, Jan. 28. This event will consist of a keynote speaker, a speech by our Virginia Allan Young Careerist Katrina Wass, the announcement of our 2008 Woman of the Year and recognition of the Large and Small Employer of the Year. This year the VAYC and the WOY will be selected from our local membership. This is the first time that we have structured the awards banquet like this. The committee has been working very hard and they are doing a great job. It is going to be a great event. If you would like to attend the Fergus Falls BPW Awards Banquet, please contact me at [kelseyfelstul@hotmail.com](mailto:kelseyfelstul@hotmail.com).

## St. Paul

*Connie Hill, president*

St. Paul meetings are held on the 4th Wednesday of the month at George’s on Plato in St. Paul at 5:30 p.m.

The Jan. 23 meeting will feature Valerie Hill, Hirschfield’s Colorist, “The Waitress of Color,” and Listening House Donations. Feb. 27 and March 26, programs are to be announced.

For reservations, contact Connie Hill at 651-270-9144 or e-mail [connie@llewellyn.com](mailto:connie@llewellyn.com).

## St. Cloud

*Kristen Jacobs, president*

St. Cloud BPW celebrated the holiday season by enjoying a pampering night out with our BPW friends for our holiday social. At the same time, we worked to make someone else’s holiday bright by collecting donations for the Crisis Nursery.

After only hosting evening meetings for the past few years, we are giving day meetings another shot. In lieu of a program, for these meetings we are inviting members to do a short presentation on their business to give members the added value of promotion and to encourage networking.

Our Brown Bag Lunch and Coffee Club events continue to bring the Local Organization positive exposure in the community and have both contributed to new members joining. Members and potential members are responding positively to the programming options ranging from early morning Coffee Club discussions to noon time Brown Bag Lunch with Women Leaders to our evening program meetings.

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## More BPW Around The State

### Dala of Mora

Nancy Helmbrecht, president

The Dala of Mora BPW held a Girls Night Out! on Dec. 11 at the Grand Event Center, which included a silent auction fundraiser. Judy Janish provided a humorous presentation on Pushing Your Own Buttons: Creative Ideas for Stress Management, which was perfect for this time of the year. Each attendee received a hand-painted holiday wine glass, compliments of past president Wendie Anderson. Chances were sold for a goodies basket (won by Theresa Stenstrom), and a beautiful, hand-made quilt donated by Wendie Anderson.

The very successful silent auction raised funds for The Refuge and F.I.S.H. (Friends In Service to Humanity). Borrowing an idea from the Summer Board of Directors' meeting, new/slightly used suitcases and duffel bags were also collected. Rahya Iliff spoke on behalf of The Refuge and Debra Lawrence spoke on behalf of F.I.S.H.

The Refuge will be sent a check for \$900 (plus an additional \$110 in separate, monetary donations), as well as over two dozen bags, some filled with personal toiletry items and some with brand new children's pajamas and robes!

F.I.S.H. will be sent a \$400 check (the remaining silent auction proceeds) plus some other gifts collected. Two big boxes of food plus monetary donations were collected for the Mora Area Food Shelf, too. WOW! What a very successful event! Hats off to everyone!

Upcoming events include a regular meeting plus Style Show on Jan. 28 with officers showcasing clothing outfits from local businesses. Regular meetings will be held on Feb. 25, March 24, April 21, and May 19 — all at Freddie's Restaurant in the Pine Room. The speaker for the April meeting will be BPW/MN Training Director Beth Gibson Lilja. The election of officers will also be held during the April meeting, and the installation will be in May.

**Xtra**®

### Mankato

Pam DeMarce and Diane Norland, co-presidents

In November, Mankato BPW was happy to have Dr. Ann Vogel of the Open Door Health Center, a non-profit organization that seeks to provide care to uninsured and under-insured people in southern Minnesota, as our speaker. They provide the Clinical, Dental, and Medication Assistance Program (MAP) Services. Dr. Vogel said that besides these main services, they also provide referrals, health education material, counseling related to nutrition, exercise stress management and support groups according to interests and needs of clients. They believe that health is a basic right and all people should have access to health-related services that are affordable, accessible and safe. Future programs will include Domestic Violence and the Virginia Allan Young Careerist Program.

On Monday, March 10, we will have a joint meeting with our local YWCA, WEB and ZONTA organizations presenting: *Church Basement Ladies*, a musical comedy featuring four distinct characters and their relationships as they organize the

food and solve the problems of a rural Minnesota church about to undergo changes in 1965. Networking and exhibits open at 4:30, dinner is at 6:15 and the program is at 7 p.m. Held at the Holiday Inn in downtown Mankato, it will be a fun-filled evening for all who attend.

### Alexandria Area

Lynn Grueneich, president

January is an exciting month for the Alexandria Area BPW. Our Jan. 23 meeting will feature our Virginia Allan Young Careerist Stacy James. She will present the speech that she will give at the Winter Board of Directors' meeting. We will also have a short presentation by guest speaker Tom Andert on generational differences. His presentation will focus on Generation Y. On Jan. 29, AABPW is planning a multiple generational panel discussion for BPW members and our community. The panel will have representation from Baby Boomers, Generation X and Generation Y. The event is planned from 3 to 5 p.m. and is open to the public. Planning is underway for our annual Dollars for Scholars style show, which will be held on April 3. We would love to hear from you — please contact Lynn Grueneich at 320-763-2100 or [lynn.grueneich@tastefullysimple.com](mailto:lynn.grueneich@tastefullysimple.com).



Alexandria Area VAYC Stacy James (center) pictured with AABPW President Lynn Grueneich (left) and VAYC Committee Chair Michelle Lehn (right).

## Minnesota Business and Professional Women Winter Board of Directors' Meeting

Ramada Minneapolis Northwest  
Brooklyn Park, Minnesota  
Friday & Saturday, Feb. 22-23, 2008

### Tentative Agenda

#### Friday, February 22, 2008

5:00 p.m.-8:00 p.m. Registration  
6:00 p.m.-7:00 p.m. "BPW Generations: A Discussion"

***What do you want out of BPW? What's it like to have all four generations in your Local Organization and across the state? Do you know what the four generations are or what they're about? Find out at this interesting round table discussion!***

7:00 p.m.-8:30 p.m. Friday Fun Night  
***Three Rivers BPW is planning a great Friday Fun Night. First up is entertainment by a woman magician for about an hour, then there will be a fun game to get people talking to each other, and of course, there will be refreshments and a prize. Don't miss it!***

8:30 p.m.-9:30 p.m. Executive Committee Meeting

#### Saturday, February 23, 2008

7:30 a.m.-8:00 a.m. Exhibitor Set-Up  
7:30 a.m.-9:00 a.m. Registration  
8:00 a.m.-8:45 a.m. Breakfast  
8:00 a.m.-4:00 p.m. Exhibits  
9:00 a.m.-4:30 p.m. Business Session  
Opening  
Pledge/Collect  
Welcome from Three Rivers BPW  
Introductions  
Roll Call  
Agenda Approved  
First Timers Introductions  
Reports including special  
Legislation Report  
Unfinished Business  
New Business  
Break/Vendor Visits  
10:45 a.m.-11:00 a.m. Speaker  
11:00 a.m.-11:45 a.m. Lunch  
11:45 a.m.-1:00 p.m. Vendor Visits  
1:00 p.m.-1:15 p.m. Breakout Training Sessions  
1:15 p.m.-1:45 p.m. Individual Development Workshop  
1:45 p.m.-2:15 p.m. Virginia Allan Young Careerist  
2:15 p.m.-3:30 p.m. Speak Off  
3:30 p.m.-3:45 p.m. Break/Vendor Visits  
3:45 p.m.-4:45 p.m. Business Session  
4:45 p.m.-5:00 p.m. Announcements  
5:00 p.m. Adjourn  
5:30 p.m. Social/Dinner

## Official Call to the BPW/MN 2008 WBOD Meeting

The 2008 Winter Board of Directors' meeting of the Minnesota Federation of Business and Professional Women's Clubs, Inc. (BPW/MN) will be hosted by Three Rivers BPW at the Ramada Minneapolis Northwest, Brooklyn Park, Minnesota on Friday and Saturday, Feb. 22 and 23, 2008. Registration for the meeting is due by Wednesday, Feb. 13, 2008. The hotel registration deadline is Monday, Jan. 21, 2008.

All state officers, Local Organization presidents (or their representative), immediate past state president, standing committee chairs, special committee chairs, and appointments are required to attend. In addition, a written report should be provided for the meeting packet. Reports are due to President Elect Jaci Olson by Feb. 14. The meeting is open to all current members in good standing. All members are encouraged and welcome to attend this meeting.

Your attendance at the Winter Board of Directors' meeting will give you the opportunity to develop additional leadership skills through training, as well as strategize for building and retaining membership at the local level. You will hear first hand the reports from BPW/MN leadership and participate in the business of the Federation. In addition, you will receive reports from the Minnesota delegation to BPW/USA's National Policy & Action Conference. Friday night will include a workshop on Generations along with a fun night event hosted by Three Rivers BPW.

Don't miss this opportunity to renew your BPW friendships and make new ones! According to our bylaws, every Local Organization must be represented.

Your executive committee looks forward to seeing you in Brooklyn Park, Minnesota. Let us continue the process of Building Powerful Women!

Holly Morey, President  
Kathy DeLonais, Admin. Assistant



# BPW/MN Winter Board of Directors' Meeting

## February 22-23, 2008 — Ramada Minneapolis Northwest

### Registration Form Due By February 13, 2008

**MAKE YOUR ROOM RESERVATIONS WITH: Ramada Minneapolis Northwest**

6900 Lakeland Av N • Brooklyn Park, MN 55428 (I-94/694 @ Exit 31) • PHONE: 763-566-8855

Room Block under: "BPW Minnesota" • Single/Double — \$99 + tax [9.5%]

**HOTEL DEADLINE:**  
**Thursday**  
**January 21, 2008**

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Work Phone \_\_\_\_\_

Home Phone \_\_\_\_\_

Fax \_\_\_\_\_

Email \_\_\_\_\_

Local Org. \_\_\_\_\_

I CANNOT ATTEND, SEND PACKET ONLY . . . . . \$ 15.00 \$ \_\_\_\_\_

REGISTRATION FEE: . . . . . \$ 36.00 \$ \_\_\_\_\_

FRIDAY NIGHT: Are you attending the event? YES NO

**SATURDAY:**

**Breakfast** ALL AMERICAN BUFFET: fluffy scrambled eggs, country style breakfast potatoes, applewood smoked bacon, maple sausage links, seasonal fresh fruit & berries, pastries with sweet cream butter & preserves and beverage . . . . \$ 18.00 \$ \_\_\_\_\_

**Lunch** DELI SALAD PLATE: house made tuna salad and grilled chicken salad with grapes and almonds, fresh fruit, assorted fresh baked rolls, house soup, beverage . . . . . \$ 20.00 \$ \_\_\_\_\_

**Dinner** MINNESOTA CHICKEN: roasted breast of chicken stuffed with a wild rice sage dressing topped with a white wine chicken cream sauce, salad, rolls, beverage and chef's choice of dessert . . . . . \$ 34.00 \$ \_\_\_\_\_

LATE Registration Fee (AFTER FEBRUARY 13, 2008) \$ 10.00 \$ \_\_\_\_\_

*(PLEASE NOTE: Late registrations are not guaranteed availability of meals as count must be given early to the hotel.)*

Contribution to Minnesota BPW Foundation. . . . . \$ 25.00 \$ \_\_\_\_\_

**TOTAL ENCLOSED** . . . . . \$ \_\_\_\_\_

Check # \_\_\_\_\_

**Please check one or more of the following if you are attending the Board of Directors' Meeting:**

\_\_\_\_ Member . . . is this your 1st state meeting? \_\_\_\_\_

\_\_\_\_ State Officer: \_\_\_\_\_

\_\_\_\_ State Administrative Assistant (Year \_\_\_\_ / \_\_\_\_)

\_\_\_\_ State Parliamentarian

\_\_\_\_ L.O. President or \_\_\_\_ L.O. Representative

\_\_\_\_ State Committee Chair: \_\_\_\_\_

\_\_\_\_ Past State President (Year \_\_\_\_ / \_\_\_\_)

\_\_\_\_ YC Candidate      \_\_\_\_ Speaker      \_\_\_\_ Guest

**MAIL CHECKS PAYABLE TO: MFBPW-Meetings • P.O. Box 404 • Grand Rapids, MN 55744-0404**

*Meetings Committee Contact: Days - 218-326-6200 & Evenings - 218-326-4058 (Paula Hritz-Nobs)*

**EXHIBITOR REGISTRATION - BPW/MN WBOD Meeting — Form Due By February 13, 2008**

**INVITATION TO EXHIBITORS** — An opportunity to market products and/or services to professional and business women in Minnesota.

**EXHIBIT HOURS:** Saturday, February 23, 2008 — 8:00 a.m. to 4:00 p.m.

**EXHIBIT TABLE:** (one table and chair) **RATE: \$50.00** (BPW Members: \$35.00)

Name \_\_\_\_\_ Amount Enclosed: \$ \_\_\_\_\_

Company \_\_\_\_\_ Check # \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_ Fax \_\_\_\_\_

Description of Product or Display \_\_\_\_\_

*Note: Room reservations are to be made directly with the Ramada Minneapolis Northwest, 763-566-8855*

**PLEASE NOTE:** Exhibitors must have valid MN Tax ID Number and collect appropriate sales tax or display a tax exempt certificate.

*With my signature below, I assume responsibility and liability for losses, damages, and/or claims arising out of injury to individuals or property during this conference.*

Signature \_\_\_\_\_ Date \_\_\_\_\_

**VENDORS AT BPW/MN MEETINGS**

Vendors who wish to sell items at BPW/MN meetings shall:

1. Request space for selling on appropriate form made available by Meetings Planner.
2. Provide certificate of insurance.
3. Collect and submit to the State of Minnesota the appropriate sales taxes.
4. Post their sales tax number in a visible spot on their table.

**POLICY STATEMENT ON EXHIBIT RENTAL REFUNDS AT BPW/MN MEETINGS**

Vendors who are registered for a meeting and not able to attend may:

1. Request refund from the meetings planner no later than 7 days prior to the 1st day of the meeting to receive full refund of exhibit rental cost.
2. All other requests for refund of exhibit rental cost will be at the discretion of the executive committee.

## BPW/MN Calendar

Jan. 20.....	Registration Deadline for BPW/USA Convention Webinar on Feb. 16
Feb. 1 .....	Healthy Heart Makeover: Wear Red Day!
Feb. 5 .....	Minnesota Political Caucus
Feb. 14 .....	WBOD Packet Reports due
Feb. 14-16 ....	BPW/USA Policy & Action (Thur./Fri.) Interim Board (Fri. afternoon/evening, Sat. morning), and Convention (Saturday afternoon), Washington, D.C.
Feb. 22-23 .....	BPW/MN WBOD Meeting, Brooklyn Park, hosted by Three Rivers
March 3.....	Spring MBW deadline (mailed week of March 17-21)
April 19 .....	State Convention Packet Reports due
May 2-3 .....	BPW/MN State Convention, Lake Elmo, hosted by Stillwater BPW
July 22-26 .....	National Conference, Atlanta, GA

## Notice to local treasurers!

Xtra<sup>o</sup>

Beginning in 2008, small tax-exempt organizations whose gross receipts are normally \$25,000 or less will be required to submit an annual electronic notice, Form 990-N.

BPW/USA Local Treasurers: Please read the letter posted online in the Leadership Team Information Center from the BPW/USA Finance Committee.

Please review the filing information as posted on the IRS Web site and contact your State Federation Treasurer or local not-for-profit tax accountant for additional information. You may contact any member of the Finance Committee or Chair Kathy Beals at kbealsmk@hotmail.com or 217-273-1687.

## Looking for a new job or a new employee?

BPW/USA Career Center is the premier electronic recruitment resource for working women across all sectors and industries. With nearly 5,000 searchable resumes, employers and recruiters seeking to fill positions with business and professional women can be front and center with our intuitive online career center. Active job seekers can showcase their skills and work experience to prospective employers to find the best job opportunities, while others can take advantage of networking, training and career development services. In addition, there are more than 500 jobs available to search from to see if your perfect job is waiting for you.

The BPW/USA Career Center will provide job seekers and employers a better way to find a perfect career fit, a unique opportunity that is unlike no other online job board!

**Job Seekers:** Post resumes at no cost and search for employers with veteran and women-friendly policies. Whether you're looking for a new job, or ready to take the next step in your career, get your resume noticed by the people in your field who matter most.

**Employers:** Target your recruiting to meet your diversity goals and reach qualified women professionals and veterans. Highlight unique work-life benefits offered by your company. Search the resume database to contact candidates and get automatic e-mail notification of criteria.

Time flies so don't wait! Go to the BPW/USA Career Center today!

**BPW/MN Members should NOT send address changes to the editor! The mailing labels are printed directly from the national Web site, so please do your address changes online at: [www.bpwusa.org](http://www.bpwusa.org)**

## MINNESOTA BUSINESS WOMAN

**ADVERTISING:** *Minnesota Business Woman*, the official publication of Minnesota Business and Professional Women's Clubs., Inc., is published four times each year (August, November, January, and March). Ads are welcome, but BPW Minnesota reserves the right to refuse advertising for alcoholic beverages, tobacco products, or any other product or service which does not meet the standards of the organization and this magazine. For ad rates, contact the editor.

• **ADVERTISING DISCOUNTS:** BPW members receive a 20% discount. An additional 20% commission is available to Local Organizations selling

advertising. Ad copy may be sent via e-mail. Payment should be mailed to the editor at the time the ad is submitted. Contact the editor for current rates.

• **ARTICLES & PHOTOS:** Submissions for the *Minnesota Business Woman* are welcome. All Local Organizations are encouraged to submit at least one paragraph for each issue. Items for "Around the State" should be no more than 150 words. **USE A WORD COUNTER!**

• **Articles** about program ideas or membership growth/retention projects that have been successful for your Local are also wanted. Please

note that all submissions are subject to editing for space availability, clarity, etc.

• **Photos** are appreciated. High resolution digital photos are preferred, but regular photos may also be submitted by postal mail.

• **CONTACT:** Jane Geisinger, editor, e-mail preferred:

[janegeisinger@charter.net](mailto:janegeisinger@charter.net)

Mail: 602 W Cavour Ave, Fergus Falls, MN 56537. Phone: 218-205-1151 or 218-739-5201

• **NEXT DEADLINE:**

Spring 2008....March 3, 2008

(mailed week of March 17-21)