



The Leader



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WOMEN'S LEADERSHIP NETWORK

January 2012

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President's Message - Marcie Rowan

Happy New Year! Hoping you had a great celebration but most importantly, that 2012 will turn out great for you!



I have one word for this year - SIMPLIFY. For those of you who know me, simplify is anything but me! I'm going to tackle three components in

my life that need to be simplified. The three components are: simplify my life to spend more time with family and friends, my career, and my faith.

To achieve this, I will do a process map for each component. Process mapping is something I am learning from my co-worker Seth Gilbert. He's the most organized and motivated person I know. What's great about Seth is that he gets it, and I'm learning new tricks of the trade from him daily. Process mapping consists of three steps.

The first step is what is the issue? What is it that I want to simplify? The second step is what would this component look like in a perfect world? There is no perfect world, but it's important to keep your eyes on the prize. The third step is to identify the steps I need to do to

make it perfect. I will be making adjustments and do some realigning of my tasks but having the end result in my mind will keep me on task.

Completing a process map has customized a plan for me. I have encompassed the beginning with the end in mind. This will be a difficult and rewarding journey. I'm committed and will persevere to "SIMPLIFY" my life in 2012.



Welcome New Members

January 2012

JANELL CANNAVO
Graphic Design
Kendall Hunt Publishing Company

BETH KAISER
Accounting Manager
Cottingham & Butler

KATHRYN PERRIN
Agent
Farm Bureau Financial Services

January Luncheon



Megan Horstman

Your Health Reality Check

As women, we take care of everyone around us: family, friends, coworkers: it's the nurturing side of us. However, how often do we take time to care for ourselves?

Very few of us are fully aware of the short and long-term effects of our daily choices and habits. Will the decision to chill on the couch instead of working out really have an effect later on? Will your skin pay you back for the sunburn you get at the beginning of each summer? Does one more chocolate chip cookie really matter?

Hy-Vee dietician, Megan Horstman, will be with us this month to provide us with a health reality check. She'll share information to give you a baseline regarding your health and strategies for improvement.

About our speaker

Megan Horstman, RD, LD, received a bachelor's degree from Dominican University in nutrition and dietetics and completed a clinical internship from Iowa State University. She received additional training from the Culinary Institute of America and Harvard Medical School Osher Institute, which involved bridging nutrition science, health care and the culinary arts.

Megan offers enthusiastic programs for Hy-Vee promoting health and nutrition to the Dubuque community such as Live Health Iowa – Dubuque, a 10-week healthy lifestyle

program, cooking classes and fitness boot camps. Her roles include hosting local media programs The Garden Organic and Kids in the Kitchen that involve educating youth on the importance of health.

Corporate wellness programs are a strong interest, which involve lunch-and-learn seminars, grocery store tours and employee health programs. Megan is also available for screenings, consultations and private shopping assistance.

MEETING INFORMATION

Date: Tuesday, January 24, 2012

Time: 11:30 a.m. to 1 p.m.

Where: Hotel Julien - 200 Main Street, Dubuque, Iowa

Menu: Homemade bread bowl with house white chicken chili; salad; assorted bars; coffee, iced tea and water

Cost: \$12 for members and \$15 for guests and late RSVPs

RSVP: Noon, Friday, January 20 (There is a \$3 additional fee for registering after this time so be sure to register early!) Use the online registration form at www.dubuquewln.org.

Meet a Member *Beth Kaiser*

1. Tell us about your family and social life. My husband, Jeff and I, met the day after I had sworn off men for one year. He changed my plan when he asked me to dance. We will celebrate our 25th this year. We don't have children but keep very busy as we both come from large families. I spend most of my free time assisting my younger sister who lives independently but is mentally challenged and physically handicapped. Jeff and I like to spend as much time outdoors as possible, anything from fishing to motorcycle rides.

2. Where do you work and what is your position? I am the accounting

manager at Cottingham & Butler. I have been with the company for 15 years.

3. What did you enjoy most about the WLN holiday luncheon? The gift of course! What girl doesn't need a new bag? I knew immediately when I saw it that it was a Nicole Pfeiffer's idea!

4. How is being a member of WLN valuable to you? Being part of WLN has enabled me to connect with other women in similar positions. I learn something new from them every time I attend a luncheon. I have a feeling that I am going to make some great friends through this group.

5. What are the qualities of a great leader? I heard this at a seminar a few years ago, "People don't leave companies; they leave managers." I keep that phrase in mind when I interact with my staff. A great manager is one who is an effective communicator, thanks employees for good work, provides coaching for sub-par work, shows respect and is compassionate about family issues.



Beth Kaiser

WLN Receives Generous Donation

WLN member Ashli Armstrong was selected as the 2011 John Deere Dubuque Volunteer of the Year. Ashli has been active in Junior Achievement classroom training and the JA Bowl-a-Thon

for 3 years, has mentored at Sageville for 3 years, and has volunteered at a number of organization in the community this past year, including: National Mississippi River Museum, ARC Games, Opening Doors Run/Walk, Career Exploration Fair presenter, coaches Little Stars Hockey, is a member of the VNA Junior Board and participated on the VNA Gala publicity team, and is a member of WLN and the Society of Women Engineers.

As the recipient of the Volunteer of the Year, Ashli was presented a \$500 check to be given to a non-profit organization of her choice. Ashli selected WLN to be specifically used at the 2012 WLN Leadership Conference. WLN greatly thanks Ashli and John Deere for their generosity!



Accepting this award on WLN's behalf was Lynne Hager, WLN president-elect.

Ashli was presented this award on December 20th by Byron Taylor, John Deere Dubuque Works General Manager, during the 2011 Volunteer Luncheon.



December Holiday Luncheon Recap



WLN's annual holiday luncheon this year provided members with a fun pampering experience with local vendors and a rousing game of holiday Jeopardy. Thank you to the Grand River Center for incredible ambiance and service, thank you to our vendors for sharing your treasures with us and thank you to our members for attending!

