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President's Message

Perception of Reality

How does perception of reality relate to accomplishment? According to Jerry Mitchell, perception is strongly influenced by how you feel about your ability to make changes in your life. If you feel helpless, you won't be able to see the possibility of change. Even deeper is the realization that you are ultimately responsible for who you are and what you achieve. Knowing that and being able to act on it to bring about positive changes are vastly different. One exists only in the mind, and the other is where the rubber meets the road.

We all deal with the rationalizations of others, and we all rationalize. Take the word apart and you see the oxymoron: rational-lies. If you can accept that rationalization is lying to yourself, you'll be ready for



**Wendy Wheelock,
MBA**

the next step; an inner dialog. Becoming aware that when your rationalizing self and your rational self are in conflict, there will be consequences of what you decide. The un-shakable reality is that you're responsible for a lot of what happens. That simple but profound fact governs how your life plays out. We are the master of our decisions and the decisions we make are connected to our character.

So you have two choices: Embrace the gifts you have been given and make the

changes that will lead you to success or don't. One builds character; the other depletes it. Each decision is a choice and every choice carries a consequence. While raising children our household motto was "choices are free, consequences are not!" Every decision makes your character either stronger or weaker.

A strong character will equip you with the tools you need to deal with rationalization. That inner strength will enable you to take charge and reach your goals. Being honest with yourself is one of life's most important and difficult lessons and one you never stop learning.

I hope you choose to never stop learning and join us for our Women's Leadership Conference on September 13, 2007 at the NICC, Professional Development Center.

Upcoming Events

August 28

Shalom Retreat Center
"Spirituality & Chocolates"
Sr. Margaret Jungers

September 13

Annual Conference
NICC Town Clock Center
8 am - 4:30 pm

October 23

Holiday Inn Downtown
"Is Your Identity Safe?"
Jon McDowall, partner
Fraud Resource Group

November 27

Holiday Inn Downtown
"Stress Management"

**Check out our new
and improved
website!**

www.dubuquewln.org

**You will find forms, links,
membership application,
monthly business
articles and much more!**

*If you have any news, contact Pam
Brookens at brookensp@osfdbq.org.*

Monthly Meeting

Chocolate and the Spiritual Journey

As we prepare to move from care-free summer days to the more structured fall season, we pause to consider our spiritual journey from the perspective of chocolate. We will sample various kinds of chocolate* as we reflect on the light and dark, sweet and bitter, smooth and rocky nature of our spiritual journey.



Sister Margaret Jungers, OSF

Presenter: Margaret Jungers, OSF, Director, Shalom Retreat Center

* Special thanks to Doris Gorius, *Cookin Something Up*, for providing the samples of the various chocolates.

Menu:

Oriental Chicken Salad (Tossed salad greens with grilled chicken strips & add your own toppings (a delectable warm sweet & sour dressing will be one of the dressing options)

Strawberries Dipped in Chocolate (or Plain)

Assorted Sweet Breads

Rocky Road Ice Cream Dessert

Coffee, Milk or Iced Tea

Date: Tuesday, August 28, 2007

Time: 11:30 - noon: Registration, Networking and Lunch
Noon - 1:00: Program

Where: Shalom Retreat Center
1001 Davis St., Dubuque —
Your Center for Peace, Inspiration and Hospitality!

Cost: Member price: \$10.00

RSVP: by 10:00 AM, Monday, August 27 to Christine Krambeck at ckrambeck@premierbanking.com

"Life is just a chance to grow a soul."

- Powell Davies

WLN Annual Conference



Leading on all levels...

in tune with your future.

A day-long conference designed to promote personal and professional development for all women.

Thursday, Sept. 13, 2007

8:00 am - 4:30 pm

NICC Town Clock Center for Professional Development

Contact Wendy Wheelock, 567-8271 ext. 130 or email wheelocw@nicc.edu

WOMEN'S LEADERSHIP network

Shalom Retreat Center Programs

Tai Chi Series

Aug 16 - Sept 20, 6:45-7:30 am or 9:30-10:15am

Margaret Jungers, CAPACITAR Trained Educator

Tai Chi improves health of body, mind and spirit. Classes include breath exercise, progressive relaxation, and focusing with a phrase from Scripture. Movement is non-strenuous, so participants will be comfortable in any attire, including work clothes. \$45/series of six classes. Registration requested by Aug. 14.

How Can I Help My Child Succeed at School?

Monday, Sept. 10, 7:00-8:30pm

Deacon Steve McDonald, award winning teacher

Help your child get off to a great start in the new school year! Practical suggestions with a prayerful touch will be discussed. Topics: religious education, homework, reading, spelling, math, standardized tests, creativity, failure and success. \$7/person or \$10/couple. Registration requested by Sept. 8.



Call 563-582-3592

for information and registration.

Visit Shalom's web site at:

<http://members.aol.com/DEQShalom/>

Don't forget to pay your dues!

Meet A Member

Kathleen Tracy

Kathleen has been a member of WLN for over a year. She is married to her husband, Jeff and has a yellow lab named Chloe. Kathleen enjoys having her family close by and is excited about vacationing with them to Myrtle Beach this month.



1. Why did you join WLN? I wanted to join a group to socialize with women in the business community, network, and meet new people. My mom (Michelle Brown) invited me to a meeting and I loved it! I signed up to become a member that day.

2. What do you like best about being a part of WLN? It's empowering to be surrounded by such strong, driven women.

The meetings are a nice way to get out of the office and mingle with other women.

3. Where do you like to go out to eat and what do you have? My favorite restaurants are Olive Garden and Houlihan's. I love so many things at both places, but my top picks include chicken parmesan, lasagna, and stuffed chicken breast.

4. What are you most afraid of? Spiders, snakes, and losing someone I love.

5. What is your definition of success? Success isn't about how much money you make or your job title, but loving what you do and being good at it.

6. If you were to receive an award, what would you want that award to be for? I would love to be recognized for helping others, whether it's through my job, volunteer work, or personal life.

"The greatest work that kindness does to others is that it makes them kind themselves."

- Amelia Earhart

 <p>all ages. all stages.</p> <p>Ava Neuman, age 4 Heart disease survivor</p>	<p>all ages. all stages.</p> <p>Heart disease can strike anyone—grandmothers, young mothers, even children. Learn how you can prevent it!</p> <p>GO RED FOR WOMEN LUNCHEON & SILENT AUCTION</p> <p>Friday, September 21, 11am—1:30pm Lunch served at 12pm Grand River Center, Dubuque, IA</p> <p>Back by Popular Demand, Keynote Speaker — DR. JO (A.K.A.) JOANNE OWENS-NAUSLAR</p> <p>Save the date! Friday, September 21, 2007</p>	<p>Go Red for women Love your heart! American Heart Association 1035 N. Center Pt. Rd. Ste B Hiawatha, IA 52233</p> <p>Non-Profit Org. U.S. Postage PAID Hiawatha, IA 52233 Permit No. 16</p> <p>Supported by: her studio & design</p>
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