

2008-2009 Board of Directors

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President's Message

by Pam Hillary, WLN President



Pam Hillary

It is time to recognize and salute the outstanding women in our community! Think of the women you know who are entrepreneurs, great thinkers, innovative and exciting to be around. Think of the women who work in non-profits, are volunteers, who work tirelessly without recognition. Women who work, raise their children, participate in the community, and do it all with flair. The Women's Leadership Network wants their names! Our Women of Achievement Awards program wants to recognize these women who contribute to our community, organizations, home and family.

Our 2nd Annual Awards Ceremony will be Tuesday, April 28, 2009, at the Grand River Center, starting at 5:30 p.m. with cocktails, 6:30 p.m. dinner, and 7:30 p.m. awards. This is an event you won't want to hear about from someone else....you will want to be there!

Our awards dinner is designed to recognize and honor women in several areas as evidenced by:

- Contributions to addressing significant issues
- Positive influence in the community
- The application of creativity or innovation on solving problems or overcoming challenges
- Mentoring colleagues or others
- Sustained record of accomplishments in and contributions in her field

Nominate a deserving woman for this prestigious award. WLN will host this year's event and we will be recognizing selected women and participating employers. Nominees do not need to be a member of WLN.

The Employee Recognition Committee will review nominations and refer final selection to the WLN Board of Directors. Awards may be given to one or more women in each of the categories below:

Achievement in Her Field: Accomplishments that go beyond a single company or organization and favorably contribute knowledge or benefit to an industry, profession or field.

Growth and Accomplishments in Personal Life: Demonstration of accomplishments and/or obstacles overcome that have significantly enhanced honoree's personal life.

Service and Support of Community: Contributions of time and effort made by the honoree within her place of employment or through personal/volunteer efforts to her community.

Organizational Impact: Achievements or efforts of the honoree within her place of employment or volunteer environment that have significantly impacted the quality or enhanced the performance of the organization.

Unsung Champion: A behind the scenes woman without whose efforts an enterprise could not have succeeded.

The Wuppy: A young woman (between the ages of 20 and 35) who is demonstrating leadership ability within the community or her place of employment.

Please take the time today to complete the nomination form located at www.dubuquewln.org and look for Women of Achievement category. AND....please share this information with others. All nominees will be recognized. We are looking forward to an amazing event, and we want to see you there!

What's happening?

February Luncheon: Reflexology

Oh! "When my feet hurt, I hurt all over." How often have you heard that comment? Why is it so true? How can reflexology make a difference? Foot and hand reflexology is a scientific art based on the premise that there are zones and reflex areas in the feet and hands which correspond to all parts of the body. The physical act of applying specific pressures using thumb, finger and hand techniques result in stress reduction which causes a physiological change in the body.

Join us for our February lunch meeting in which Mary Benedict will discuss the history of reflexology and the goals and benefits of reflexology. Learn simple reflex points to strengthen the immune system, help a sore throat, eliminate a headache before it becomes a migraine, and calm emotions. There will be handouts and demonstrations showing major reflex points in the hands and feet. Learn how a golf ball can be your best friend!

Mary is the owner of Integrating Wellness and has over eight years of experience as a state licensed massage therapist. She is a Certified Reflexologist, as well as a Usui Reiki Master Teacher and Registered Karuna Practitioner. Mary is a Nationally Certified in Therapeutic Massage and Bodywork and a Professional Member of the American



Mary Benedict

Massage Therapy Association. She serves on the Massage Therapy Advisory Board for Capri College.

Date: Tuesday, February 24, 2009

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

Where: NICC Town Clock for Professional Development
680 Main St., Downtown Dubuque
Parking is FREE if you park in the Iowa Street ramp. Bring your ticket to the luncheon and we will validate the parking.

Menu: Beef Tips, Homemade Noodles
Green Beans Almondine
Lettuce Salad
Main Street Cheesecakes
Water, coffee and iced tea

Cost: Member price: \$10.00
Non-member/Guest: \$15.00

RSVP: E-mail Feb@dubuquewln.org
by Friday, Feb. 20.

UPCOMING EVENT:

Tuesday, March 24, 2009

11:30 a.m. – 1 p.m.

Battling Workplace Bullies

Jim Jelinske

NICC Town Clock Center for Professional Development

Member News

Congratulations!

Congratulations to **Maggie Curry** who earned her master's degree from the University of Iowa in Educational Policy and Leadership Studies in December 2008.

Congratulations to **Shannon Singsank** on her new position as account executive at OnMedia Advertising Sales.

New Members

Deb Lockhart

Domino's Pizza

Cindi Gyger

Telegraph Herald

Miki Robinson

Bell Tower Theater

"Spread love everywhere you go: first of all in your own home. Give love to your children, to a wife or husband, to a next-door neighbor."

- Mother Teresa

Meet someone new!

Meet A Board Member

Jenny Daughetee



1. What is your position on the board? How did you come to be on the board? I am currently President Elect and will begin my term as president in July. Several years ago, I joined WLN and attended monthly meetings but wanted to make the commitment to really get to know the other members by getting more actively involved. They were recruiting for the Treasurer position at the time - as a CPA, it was a perfect match.

2. Where do you work and what is your position? I was recently promoted to general services partner at Honkamp Krueger & Co., P.C., an accounting firm here in Dubuque that I've been with since 1994. I work with small businesses and their owners, providing them with timely, accurate financial statements that they can use as tools to manage their business. My particular passion is to dive into their accounting processes to find more efficient, cost effective ways to operate.

3. Tell us about your family life. I am the youngest of 8 children and fortunate to live near and maintain a close relationship to my parents. I am happily married to my high school sweetheart, Andy, and we have two daughters, Erin (7) and Emma (4).

4. What do you like to do for fun? We spend a lot of time with both of our families. Personally, I love to bargain shop, read and go on vacation - my favorite is to the ocean or lake.

5. How would you describe a great leader? A great leader leads by her own example. She is innovative and embraces change. Confidence and humility are both important characteristics, and a sense of humor is a must.

6. What words of wisdom do you have for WLN members? Get actively involved and make things happen for yourself, rather than waiting for someone else to control your destiny. Educate yourself, and surround yourself with positive, motivating people who can help you grow and learn.

Meet A Member

Diane Hanson



1. Tell us about your family. Where did you grow up? I grew up in Dubuque and married my high school sweetheart. We have 3 children: Jeff and wife, Dianna who have one son and two daughters. Jody and her husband, Kurt, have three sons, and Jill and husband, Joe, have a new baby boy. After 38 years of marriage, Mike passed away in June from cancer. With the support of family and friends, I was able to move on and live one day at a time. On a sunny day you will find this master gardener tending her flowers, playing with her grandchildren, or riding her Harley Davidson. I have a passion for my family, my community and living life to the fullest!

2. Where do you work and what is your position? For the last 39 years, I have held various positions at Alliant Energy, formerly Interstate

Power Company. In my current role as trade account manager, I am responsible for enhancing our relationships with the trades and educating them on new energy efficiency programs and products.

3. What did you enjoy most about the January luncheon? I enjoyed the listening skills presentation by Ronald Toebaas. He was easy to listen to and had some good examples of how people think they are listening but do not hear the message.

4. Why did you join WLN? I primarily work with men in my job so I joined WLN for the networking with other women in the community. It is a great way to meet successful business women and learn about new businesses in the community.

5. Who do you admire? I had a lot of respect for my dad. He was a great believer in faith, family and friends. He only had a high school education but served his country and then came back to Dubuque to open his own business, which is still run by the family today.

"True love is when you put someone on a pedestal, and they fall - but you are there to catch them."

- Anonymous

January Luncheon Recap



Ronald Toebaas, consultant, trainer and motivational speaker spoke on the role of listening in leadership. He emphasized that being a manager doesn't make you a leader, but the skills that you have and how you use them give you informal powers of being a leader. He also demonstrated tactics we can use to demonstrate that we are listening to others, and how nonverbal cues can give the

speaker the impression that we aren't listening.

Attendees enjoyed this valuable reminder from Ronn and found his suggestions useful and relevant for becoming a better listener and therefore a better leader. Thank you, Ronn, for your expertise, thank you to our attendees for their time and participation and thank you to Bricktown for hosting our event.

"Love doesn't make the world go round, love is what makes the ride worthwhile."

- Elizabeth Browning



WOMEN'S LEADERSHIP NETWORK

Women of Achievement Awards

The **Women's Leadership Network** invites you to nominate women in your organization, church, family and community who you feel deserve recognition for their tremendous impact and outstanding achievements.

Your nomination guarantees recognition of your nominee at the event. In addition, the Recognition Committee will select one or more outstanding honorees in each of the nomination categories. *Nominee does not need to be a member of the Women's Leadership Network.*

[NOMINATION FORMS ARE AVAILABLE AT:
www.dubuquewln.org]

THE AWARDS CEREMONY:
April 28, 2009 at 5:30 p.m.
Grand River Center

DO YOU KNOW A WOMAN
WHO DESERVES RECOGNITION?
NOMINATE HER TODAY!

Contact Wendy Wheelock, WLN Past-President at 563-557-8271 ext 130
or email wheelocw@nicc.edu with any questions.

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