

**2010-2011  
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## President's Message by Jennifer Steines, WLN President



**Jennifer Steines**

The beginning of a New Year brings floods of resolutions. They usually relate to being the best one can be and make this New Year the best year to date. Some people set goals to improve their health, strengthen relationships, set new production goals at work, and others plan things, such as a vacation. Many find great success with their resolutions and goals, but unfortunately, many fail.

The years I attended Weight Watchers meetings, each January was filled with new members. By March, the group had once again leveled off to its normal amount of attendees. Why do so many of us fail at our resolutions when they would improve ourselves or make our lives easier? There are many factors, but I will share with you why I feel I have failed in the past.

**1. I set an unrealistic goal for myself.** In looking back, if I would have scaled some goals back, I may have been more successful. Each year I say to myself, "I am going to keep my entire house clean going forward." It never happens. There is always an area (or sometimes the whole house) that becomes dirty as I fall behind. Maybe if I broke the goal into smaller tasks, such as one week clean my bathrooms, another week vacuum and dust, and a third week touch-up clean, I would find more success. Breaking a large goal into mini-goals has helped me in the past and makes a large goal seem less overwhelming.

**2. I didn't share my goal with others.** Once I tell others about a goal, it's harder for me not to reach that goal. Much greater success is found sharing my goals with others as I gain a lot more support along the way. If you speak or write your goals down, it holds you accountable.

**3. I listened to others instead of what was right for me.** Sometimes a goal is important to you but not others. Sometimes others, knowingly or not, will lead you off track. Listen to your voice inside, and do what's right for you!

**4. I did not persevere.** Sometimes I have gotten lazy. When I exercise on a normal basis, I feel better and accomplish more. My husband says I am more positive and have more energy. So why don't I consistently keep up my exercise routine? Why do I stop and start with this lifelong goal? Because it's hard work! Many of our goals include pure determination and hard work. If you know the hard work is worth reaching the goal, be ready to commit. Be realistic and make sure the goal is an important one!

**5. I was too hard on myself.** Sometimes when I get off track, I am hard on myself and eventually quit working toward my goal. Even if you stumble on the way, don't be too hard on yourself. Each day is a new day. Start over.

As you are working toward your New Year's resolutions and goals, learn from past mistakes – both yours and mine. Use your support system wherever you can find it (how about fellow WLN members?!). The WLN board of directors and I wish you a happy, healthy and prosperous 2011!

### REGISTER NOW!

#### February Luncheon

Time Management Skills  
by Ronn Toebaas

Tuesday, February 22, 2011  
11:30 a.m. -1 p.m.

Diamond Jo Casino Banquet Room

Register online at [www.dubuquewln.org](http://www.dubuquewln.org)

# January Luncheon

## Wellness Panel

How many of you have New Year's resolutions related to improving your health? That's what we thought! In honor of the New Year and by popular demand of the feedback forms, WLN is happy to host a Wellness Panel during our January Luncheon. Our panelists include:

- Julie Ehlinger, ARNP, Cardiology Department, Medical Associates
- Holly Paulsen, Dietician, Mercy Medical Center
- Roberta Proffitt Lavin, PhD, APRN – BC, Chair and Professor of Nursing and Health, Clarke University

### MEETING INFORMATION:

**Date:** Tuesday, January 25, 2011

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

**Where:** Diamond Jo Casino  
Banquet Room, 2nd Floor  
301 Bell St  
Dubuque, IA 52001

**Parking:** Recommended to park in the parking ramp on the 2nd or 3rd level. Go in the door marked "Casino." Walk through the bowling alley area, past Mojos and around to the banquet rooms.

**Menu:** Pork loin with warm apple chutney, house salad, oven roasted potatoes and asparagus

**Cost:** Member price: \$12.00  
Non-member price: \$15.00 and late RSVPs

**RSVP:** Noon, Friday, January 21.  
**(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](http://www.dubuquewln.org).

*"To accomplish great things, we must not only act, but also dream; not only plan, but also believe."*

*- Anatole France*

### CELEBRATING THE FRIENDSHIP OF WOMEN ... A 24-HOUR GET-AWAY

Friday, Feb. 4, 7:00pm – Saturday, Feb. 5, 7:00pm



**Presenters:**  
MARGARET JUNGERS OSF  
& EILEEN MILLER OSF

Bring your friend(s) and enjoy a cozy winter get-away on this day designed for good friends –

women to women. With presentations, sharing, good food and prayer, we will explore and celebrate friendships throughout the years of our lives.

Offering: \$80/person. Register/prepay by Tuesday, Feb. 1.



1001 Davis St., Dubuque, IA • [www.shalomretreats.org](http://www.shalomretreats.org)

**TO REGISTER, call 563-582-3592**

### Welcome New Members!

#### Lindsay Adolphs

Director of Career Services  
Clarke University

#### Ashli Armstrong

Engineer, John Deere

#### Jody Fosdal

Independent Representative, Wildtree

#### Becky Jenkins

Special Projects Coordinator  
Operation New View Community Action  
Agency

#### Shelby Wartick

Community Outreach Director  
Dubuque Regional Humane Society

### Congratulations!

Congrats to **Jessica Rose** who was recently promoted to the furniture supervisor at Younkens. Also, Jessica has launched her own business called Jessica Rose Styling where she works with clients on an individual basis to consult on career attire, print and commercial advertising. Way to go, Jessica!

## Meet a Member

### Nicole Kaiser

**1. Tell us about your family and social life.** My husband's name is Cole, and we have three children: Brandon age 13, Mallory age 8 and Mason age 6. I enjoy spending time with my family, which consists of playing board games, reading, attending their sporting events, and any outdoor activities with the kids.



**2. Where do you work and what is your position?** I am the program director at the Teresa Shelter.

**3. What did you enjoy most about the December WLN Holiday Luncheon?** What I enjoyed most about the December WLN Holiday Luncheon was the atmosphere. Everyone was in the holiday spirit. I also enjoyed listening to the different holiday experiences.

**4. How is being a member of WLN valuable to you?** I am a new WLN member, and so far I have enjoyed meeting new people. Everyone has been so friendly! I feel networking is so important, whether it is for work or social reasons.

**5. What are the qualities of a great leader?** I think a person who is a great leader possesses the following qualities: honesty, openness and a straightforward manner.

## Board Member Spotlight

### Jenny Daughetee

**1. Describe your role on the board.** I am the past president for WLN, and my role is to assist the board as needed, take charge of special projects, and help the president make a smooth transition to her new role. I joined WLN about seven years ago and participated in some of the planning committees for special events but wanted to get more involved. I served as the treasurer for a two-year term, and when the opportunity was available for president-elect, I took it! This is my fifth year serving on the WLN board.



**2. Where do you work and what do you do there?** I've been with Honkamp Krueger & Co., P.C. for over 16 years consulting with small and mid-sized businesses on ways to manage their operations, control their income tax liability, and maximize their personal wealth.

**3. Tell us about your family and/or social life.** I've been married to my high school sweetheart for over 15 years, and together we have two daughters, Erin (9) and Emma (6). Both attend Carver Elementary School and keep us on the go with softball. I love to travel, and particularly enjoy spending time near the lakes and ocean. Shopping and reading are also favorite past-times.

**4. What is your leadership style?** I generally solicit and consider input from group members when making decisions and solving problems. An important part of accomplishing your goals is to have everyone believe in them and feel part of achieving them. I also think it's important to lead by example – I have the same expectations of myself that I do for others.

**5. What advice do you have for future leaders?** Get involved, try new things, and always challenge yourself. The only thing worse than failing at something is never trying at all!

"The question should be, is it worth trying to do, not can it be done."

- Allard Lowenstein

# December Holiday Luncheon Recap

Warm memories, some fuzzy and some new, brought laughter and camaraderie to the attendees of WLN's December 20, 2010 luncheon.


Thank you to Lynne Hager for facilitating all of the fun (LEFT, RIGHT!) and thank you to the Diamond Jo Casino for a beautiful meeting space and a delicious lunch!



*"The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart."*

*-Helen Keller*

## SEMI-ANNUAL FURNITURE SALE

Wednesday, January 19<sup>th</sup> – Saturday, January 29<sup>th</sup> 

### Get the best deal during our SPECIAL PREVIEW DAYS!

On Wednesday, January 19<sup>th</sup> through Sunday, January 23<sup>rd</sup> save an **EXTRA 20%** when you use your Younkers charge card on sale price furniture, mattress, and furniture accessory purchases. Including clearance merchandise and customer orders purchases! Save 15% off with any other method of payment.

#### **PLUS, ONE-DAY ONLY FREE DELIVERY WITH NO MINIMUM PURCHASE!\***

\*Pre-sell orders included in free delivery, normal delivery area only.

Save 15% from Monday, January 24<sup>th</sup> – Saturday, January 29<sup>th</sup> with any method of payment.  
Free local delivery with \$599 or more purchase from Thursday, January 20<sup>th</sup>–Saturday, January 29<sup>th</sup>.

***Don't let the FREE local delivery and 24 MONTH NO INTEREST\* slip away! Shop early and reserve you order, pre-sell going on now!***

\*Minimum \$600 purchase the entire sale for 24 month no interest.

**Call the Dubuque Younkers Furniture Department at (563) 584-2968**