

2006-2007 Board of Directors

President

Kristie Fens

Kristie Fens Insurance
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President Elect

Wendy Wheelock

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Programming

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Special Events

Wendy Wheelock

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Member at Large

Viva Betzner

Mary Kay Cosmetics
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President's Message



Kristie Fens,
MBA, RHU, CLTC

Hello Ladies!

It was great to see those of you who attended our social at Cooking Somethin Up. Thanks to Doris Gorius for the great food and recipe ideas.

I hope that all of you will join us for our upcoming meeting in May. We will be voting for new board members and transitioning into a new year. There is a great speaker scheduled and as always the Country Club has a beautiful view.

Make sure and mark your calendar for the Golf Outing on Monday June 25th.

WLN Annual Meeting

Increase your Health, Double your Wealth

For many of us, the arduous task of exercise falls low on the priority list when we are overcome with our everyday work and social demands. During "Increase your Health, Double your Wealth", Matt discusses the steps to properly integrate an exercise and nutritional program into your life and shows the benefits this can bring to your pocketbook.

Matt Wiese has owned and operated a successful personal training and motivational speaking business since 1999. He contributes monthly articles to several publications, appears as a regular guest on local television talk shows, and has been named a top "Leader Under 40" in the Quad City metropolitan area. Matt has helped hundreds of people shed thousands of pounds by utilizing his simple yet effective principles.



Matt Wiese

Member ONLY event

Date: Tuesday, May 22, 2007

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

Where: Dubuque Golf and Country Club

Cost: Member price: \$15.00

RSVP: by Monday, May 21 to Pam Hillary at phillary@mchsi.com or at www.dubuquewln.org

Look what's cooking!

As WLN members we are very efficient in the work field, and we also seem able to balance work and home quite well. One of the ways we do this is by making meals for our families. I mentioned at the December luncheon about how I love to collect cook-books. I have thought about this often and would enjoy putting together a WLN cookbook. Maybe you have a time saving recipe, a special family recipe, holiday specialty or family favorite.

Please share any of these recipes by sending an email to: grandmaxxooo@aol.com (Include WLN recipe in the subject line and include your name). Or drop in mail to: Sharon Harmon, 19076 Mud Lake Rd., Dubuque, IA 52001

Send or email as many as you would like. To keep them organized, include WLN recipe, your name and add a little information about the recipe you submit. This will be a good spring project and I would love to have it compiled and ready for distribution in the fall.

Thank you for your participation!!
Sharon Harmon

Discover Dubuque's Hidden Treasure of Spiritual & Educational Programs

Memorial Mass & Social

Thursday, May 24, 7:00pm; **Presenter: Fr. Jack Paisley**
In anticipation of Memorial Day, the deceased loved ones of Shalom friends and benefactors will be remembered at a Eucharistic liturgy.

Summer Breakfast: Tending Your Garden...Weeds and All

Wednesday, June 6, 7:00-8:00am, Mass at 8:15am (optional)
Presenter: Virginia Jennings OSF
Your secret garden is calling you. Accompanied by Wisdom, we will travel the path that leads into one's inner landscape and explore the "garden of your heart". You will visit that holy place, knowing that it is the sacred ground of God's creative energy.
Offering: \$7.50. Registration required by June 4.

Taize Prayer

Thursday, June 7, 7:30 - 8:30pm
Includes sung repetition of short refrains, Scripture reading, and intercessions in the Shalom Chapel. People of all faiths welcome.
Free will offering. Registration not required.

Intro to Yoga Sample Class

Wednesday, June 13, 6:00-7:10pm, *Offering: \$5. Registration required.*
Deb May, Certified Yoga Instructor
Discover the benefits of yoga. Mats/props provided. *Deb leads a variety of Yoga classes in the peaceful, inspiring atmosphere of Shalom. Check our web site for a complete listing.*



Call 563-582-3592
for information and registration.
Visit Shalom's web site at:
<http://members.aol.com/DBQShalom/>

Nominations

At our annual meeting in May, we will be announcing the new WLN Board for 2007-2008. We have some board positions that need filling so if you know of anyone who would like to work with a great organization and fun professional women, nominations are accepted by email to Heather Jungblut at heatherj@theisens.com

Job descriptions are available if interested.

Open Nominations

- **President Elect**
- **Secretary**
- **Special Events Director**
(includes Christmas, Annual Meeting, Annual Conference)
- **Program Co-Chair**

The new positions will begin July 1, 2007. Board meetings are held every second Tuesday of the month at noon.

Come join us!

HELP WANTED!

Volunteers to help plan the Golf Outing. If interested in being on the planning committee please contact Kristie Fens at Kristiefens@qwestoffice.net

Upcoming Events

June 25
WLN Golf Outing
Lacoma, East Dubuque, IL
1:00pm Shot Gun start

July 24
Summer Picnic
Catfish Charlie's
Self Defense Presenter

August 28
Shalom Retreat Center
"Chocolates"

"Let no one ever come to you without leaving better and happier."

- Mother Theresa