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DUBUQUE

wln

DESIGNED TO PROMOTE AND SUPPORT WOMEN IN BUSINESS AND THEIR PROFESSIONAL PRACTICES.

A LETTER FROM THE WLN PRESIDENT

Happy Thanksgiving

Thanksgiving is as much about gratitude as it is about turkey and dressing and pumpkin pie. Did you know that being grateful is good for your health? True story.

As I mentioned at our last luncheon- It's nice to count your blessings on Thanksgiving, but being thankful throughout the year could have big benefits on your quality of life.

I had dinner with someone recently who complained the entire time. I was doing everything possible to navigate the conversation to something happy and positive, but none of my defenses worked. I left what I imagined would be a stressful fun evening instead feeling anxious and grumpy.

Feeling grateful and happy is healthy for your heart. Higher gratitude scores are linked to better mood, higher sleep quality and less inflammation. Gratitude can even help you make new friends, and who doesn't want more of those? Expressing gratitude is a great way to build new relationships.

Gratitude reduces a multitude of toxic emotions from envy, resentment, frustration and regret. Those feelings are ugly and don't do anything good for your complexion. I have no scientific proof that it's bad for your complexion but it sounded good to me. Gratitude effectively increases happiness and reduces depression...and that my friends has to help a complexion!

Grateful people are more likely to behave in a prosocial manner, even when others behave less kind. Grateful people are less likely to retaliate against others. They experience more sensitivity and empathy toward other people and have a decreased desire to seek revenge. It also contributes to overcoming trauma. Gratitude plays a major factor to resilience even during some of the worst times of your life.

We all have the ability and opportunity to cultivate gratitude. And based on all the above facts – why the heck wouldn't we? It's simple to take a few moments to focus on all that you have – rather than complain about all the things you think you deserve. Developing an "attitude of gratitude" is one of the simplest ways to improve your satisfaction with life.



A friend sent me an article this week titled "The holidays need more chill". I couldn't agree more. Start this wonderful season out by feeling calm and in control, improve your relationships and live more intentionally. Have a Happy Thanksgiving and enjoy every moment of every day.

Kim Budde, President, Dubuque Women's Leadership Network

Kim Budde

Membership Renewal Reminder

Renewal time for WLN is January 1, 2016. Check online for NEW membership options from all-inclusive to Corporate Packages. Please contact Jennifer Mond, Membership Director, with any questions: jennifermond@gmail.com

Welcome New Members:

Dawn Cogan – St. Mark Youth enrichment
Jordan Fullan – Hodge Company
Karen Olson – Dubuque Bank & Trust
Katherine O'Brien – Celtic College Consultants

Kristin Foxen – US Bank
Rachel Daykin – Honkamp Krueger
Serena Darling – John Deere
Suellen Flynn – Ruhl & Ruhl

MEET A MEMBER:

Jordan Fullan

Project Manager | Hodge Company

jrfullan@hodgecompany.com



1. Tell us about your family and social life.

I am a native Dubuque. I am grateful to have a very healthy, active family that challenges me to be my best self. My parents, Connie and Tim Hodge, as well as my brother, Zach Hodge, are a daily inspiration and reminder of the success I hope to have in my own life. My husband, Michael Fullan, is relentless in his desire to learn and make an impact on the community. My sister-in-law, Laura Hodge, keeps me sane and makes sure I keep life in perspective. All of us enjoy outdoor adventures,

hiking, biking, running, etc. Name a new excursion and as long as we don't have one already scheduled, we have a hard time saying no. My social life consistent of spending time with the people who bring light to my life. Often time these are individuals who have a passion for adventure and being active. In the last few years I have met numerous people from CrossFit Dubuque who have changed my life. I strongly believe individuals are contagious, so I surround myself with people who challenge me to be better both mentally and physically.

2. Where do you work and what do you do there?

I am the Project Manager for Hodge's Human Resource department. As Project Manager, I am involved in anything and everything we see has opportunity to expand or improve. Some people would label me as a Type A, so the role is a natural fit.

3. How is being a WLN member valuable to you?

My response to this question will likely change once I have the opportunity to participate in more networking events. Currently I am optimistic I will meet great leaders in the community who have a strong passion for personal growth and making an impact on anything they touch. I hope to bring another perspective to the group, assisting the network in growing and diversifying.

4. What is your favorite Thanksgiving food or tradition?

This is a tough question. I was born on Thanksgiving so the holiday has always had a special place in my heart. My husband would tell you my favorite Thanksgiving food is sweet potato casserole. He is not lying, but I would have to say turkey and dressing is my favorite because it is a dish I only have around Thanksgiving. Sweet potatoes make their way into my life almost weekly.

REGISTER NOW

DECEMBER BREAKFAST

Date: Thursday, December 8, 2016

Time: 7:30 a.m. – 9:00 a.m.

Location: Shalom Retreat Center
1001 Davis St, Dubuque, IA 52001

Menu: Breakfast bar

Cost: \$15 Members, \$20 Guests

RSVP: Noon, Monday, December 5

[Click Here to register today!](#)

SAVE THE DATE

JANUARY LUNCHEON

Date: Tuesday, January 24, 2017

Time: 11:30 a.m. – 1:00 p.m.

Location: Diamond Jo Casino
1301 Bell St, Dubuque, IA 52001

Menu: Chicken BLT sandwich, side salad and cup of fruit. Chef's Choice Dessert.

Cost: \$15 Members, \$20 Guests

RSVP: Noon, Friday, January 20

[Click Here to register today!](#)

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