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DUBUQUE

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

A LETTER FROM THE WLN PRESIDENT

Work-Life Balance

I often feel there is a tremendous quest to find the golden answer to finding the perfect work-life balance in today's hurried life.

Let's first define what work-life balance is not.

Work-life balance does not mean an equal balance. Trying to schedule an equal number of hours for each of your various work and personal activities is usually unrewarding and unrealistic. Work-life balance will change over time. Heck, it can change on a daily basis! Work-life balance for someone just beginning their career will certainly change once marriage and children are introduced to the mix.

There isn't a one-size fits all work-life balance. We all have different priorities and lead different lives so what works for me, may not work for others.

I read an article recently with a quote from Brittney Castro, founder of a financial planning firm called Financially Wise Women. She stated: "Balance is a weird, abstract concept. The way I interpret it is, sometimes I'm focused on one or two areas in my life more than others, whether that's for a day, a few months, even a year. But things change; seasons change. So instead of it being a pie chart where I have to give a little bit of my time and energy to everything, every day, I'm learning to better communicate my current focus to people around me. I find that once I stop thinking about the balance, it just happens."

Her quote takes me back to my earlier comment regarding not having a one-size fits all solution. There are many tips and resources to apply towards having a "balance" such as; delegation, following a schedule, setting boundaries, being present, saying no, prioritization, and the list goes on.

There is nothing wrong with having a practical solution. Sometimes trying to FIND a practical solution is what's most difficult. What I'm suggesting is to be open to the idea that there isn't a perfect answer. However, we can adopt simple and healthy practices. With the right attitude and motivation you will be able to recognize what tools work best for you and stop stressing and hunting for the "right" answer.

Please join us for the May luncheon, Lead Yourself First...with Work-Life Balance Tools. I look forward to seeing you.

Kim Budde

President, Dubuque Women's Leadership Network



A New and Improved dubuquewln.org!

Please take time to explore our new website. The content remains generally the same, but we were able to simplify the information and pages. If you recall from an earlier communication, registration for luncheons, networking events and conferences will all take place via the website. Additionally, WLN enrollment and renewals will all happen through the website as well. We appreciate your patience with our old website, patience in inevitable errors as we work through the new website, and support in our attempt to go green and accepting all payments online. We hope you enjoy it!

MEET A MEMBER:

Samantha Fluhr

Accounts Payable, Rainbo Oil

563-582-7291 | samf@rainbolubes.com



1. Tell us about your family and social life.

I am from a small, but tight-knit family of four. I have one younger brother, a hard-working father, and a beautiful mother who is now our guardian angel. My mom, Carol, was diagnosed with Ovarian Cancer when I was twenty years old, and passed away just two short years later. Since her passing, my dad has nailed the art of being both "mom" and dad, my brother and I have become closer than ever, and I've finally met my "better half"! We love taking advantage of the nice weather and spend a lot

of our time hunting, going out on the river, grilling out, and tossing a few back while reminiscing with friends.

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

I work in the finance department at Rainbo Oil Company. I provide financial, administrative, and clerical support by ensuring payments are completed and expenses are controlled. I love numbers, and I love number-crunching, which is one of the many reasons why I chose this profession; there are no "close enough's". It's down to the decimal every-single-time.

Fortunately for me, I've found an amazing company that isn't all work and no play. There are ALWAYS fun things going on throughout our office and we're given endless opportunities to give our brains a break by getting out, and getting involved in our community.

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

Having just entered the professional world two years ago, I am working diligently to build connections with women who share similar (personal and professional) goals and who have the same passions as I do. The Women's Leadership Network enables me to do just that. The diversity amongst this group makes WLN all the more valuable to me. I love that we're composed of women from many different professions and who are at different stages in their career and in their life. Some (like me) are just beginning this journey, others have decided to change paths and take on new, exciting challenges, and many are advanced in their careers and are where I hope to one day be.

4. What is your favorite Dubuque event/festival?

Dubuque's Relay for Life—it is such an amazing and heart-warming event to be a part of. Aside from fundraising to create a world free of cancer, Relay for Life and the American Cancer Society takes the time to honor all who have been affected by the disease that robs loved ones from so many of us. It is the world's largest support group for survivors and their caregivers and gives those of us who have lost someone, a chance to honor the lives of our loved ones by releasing doves and dedicating luminaria in their name.

REGISTER NOW

MAY LUNCHEON

Date: May 24, 2016

Time: 11:30 – 1:00

Topic Title: Lead Yourself First...With Balance

Presenter: Jennifer Zach

Location: Holiday Inn

Menu: Traditional Lasagna, steamed vegetables, garlic breadsticks, chef's choice dessert.

Cost: \$15 Members, \$20 Guests

RSVP: Noon, Friday, May 20

[Click Here to register today!](#)



SAVE THE DATE

JUNE GOLF OUTING

Monday, June 20, 2016

Lacoma Golf Course

[Click Here to register today!](#)



Welcome New Members:

Jill Gogel – Dupaco Community Credit Union

Lauren Parkinson – Northwestern Mutual

Katie Shemak – Dupaco Community Credit Union

Shelby Wartick – Wartick Designs Portrait Photography

Membership List and Directory

The membership list and directory has been updated on our website, dubuquewln.org. Please take a few moments to double check your contact information. The information on the membership directory is for paid members only and is password protected. If you have forgotten the password, please contact a board member.

MEET MAY'S SPEAKER:

Jennifer Zach

Jennifer Zach is from rural Ely, IA. She is a wife and mother of a one and only fourteen-old daughter.

In the world of business, Jennifer serves as a business coach for busy women entrepreneurs and leaders. Her signature products and services include the "This is My Year" quarterly planning system, "Focused 15" coaching, and her book titled "Let Your Light Shine."

Jennifer's top 5 values include, spirituality, relationships, creativity, vitality, and integrity. She enjoys gardening, reading, arts and crafts, quality time with friends and family, and practicing yoga.

Please join us, Tuesday, May 24 when Jennifer speaks on the meaning and application of values-based living. Members will be led in a written exercise that allows you to identify your top 5 personal values. Additionally, you will learn how to apply their values to: time management, decision making, self-reflection (asking ourselves the tough questions), boundaries, relationships.



LUNCHEON BOOTH SPOTLIGHTS

Showcase your business or volunteer opportunities at a monthly luncheon. Open dates are available! There will be a max of 2 booths per luncheon and are on a first call first served basis.

Please send your booth request to Katie Kenne at: kkenne@DubuqueFightingSaints.com



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