



## **This Issue of Focus**

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## **Words from the President**

### **The Buzz from Beverly**

We can learn so much from books. Perhaps this is why book clubs are popping up all over the place. During Easter dinner I learned about a book club that had just formed for girls ages 10-15. Two of my great nieces are enrolled in it. When they stood up and talked about what a book meant to them in front of their peers, wonderful things happened. If a book club can do this for young, undeveloped

minds, imagine what reading personal development books can do for adults.

Someone gave me a book recently called “How Full is Your Bucket?” by Tom Rath and Donald O. Clifton, Ph.D. I thought I would share some thoughts with you from this 2004 publication which focuses on positive strategies for work and life. Here they are:

- The #1 reason people leave their jobs: They don't feel appreciated.
- Bad bosses could increase the risk of stroke by 33%
- The cost of disengagement: \$250-\$300 billion per year
- A study found that negative employees can scare off every customer they speak with – for good
- 65% of Americans received no recognition in the workplace last year
- 9 out of 10 people say they are more productive when they're around positive people
- We experience approximately 20,000 individual moments every day
- The magic ratio: 5 positive interactions for every 1 negative interaction
- Too much positive emotion: More than 13 positive interactions for every 1 negative interaction could decrease productivity
- Extending longevity: Increasing positive emotions could lengthen life span by 10 years

The general message here is that we all need to spread more positive energy. Show your family, friends and colleagues that you appreciate them because every moment counts!

How full is your bucket?

*For more information on this book go to [www.bucketbook.com](http://www.bucketbook.com)*

*Beverly Brown  
President, Flint Women's Forum*

## **Our Mission**

The Flint Women's Forum brings together people of professional achievement and influence. Through educational programs and the exchange of ideas, experiences and resources, the members contribute to one another's professional advancement, increase the visibility of women leaders and facilitate the effectiveness of women in the community.

## **The Sharing Section** – *Submission Deadline is the 3<sup>rd</sup> Friday of the Month*

- Big Brothers Big Sisters' **BIG Magic Raffle** tickets are available for a chance to win one of three prizes. Grand prize: 1-Week Vacation at a resort condo in Williamsburg, VA; Second prize: Nintendo Wii; Third prize: \$200 Cash. Tickets are \$15 each; drawing date is June 20. Contact Ellen at 810.235.7274 or [ebrothers@bbbsflint.org](mailto:ebrothers@bbbsflint.org) for tickets.
- Let **Avon** be your source for holiday ideas, great gift deals and convenient shopping. Visit Lynn Barbee's website, [www.youravon/lynnbarbee](http://www.youravon/lynnbarbee) to place an order and have the items shipped directly to your home or office. Lynn is also available by phone and email: 810-743-1036; [lookbeautifulwithavon@yahoo.com](mailto:lookbeautifulwithavon@yahoo.com).

## **Forum Meeting – Annual Celebration of Women Luncheon**

**When:** *Friday, April 18, 2008 - Noon*  
**Where:** *The Flint Golf Club – Fireside Room*  
**Speaker:** *JoAnne Shaw, CEO and Founder of the Coffee Beanery*  
**Menu:** *Italian Sausage Stuffed Pork Loin or Baked Totellini*  
**Cost:** *Members & Guests: \$25.00 (must pay in advance)*

## **May Save the Date:**

The Flint Women's Forum regular schedule will resume **May 20, 2008** with guest speaker, **David Tucker, Director of the Genesee County Humane Society.**

**Website** [www.flintwomensforum.org](http://www.flintwomensforum.org)

## **Membership**

### Recruitment Incentive

Building our membership strengthens the resources of the Flint Women's Forum and increases the networking benefit for all members. As an incentive for membership recruitment, any member who sponsors a new member is entitled to a certificate good for one free lunch at a regular meeting. Certificates are given upon new member induction.

### Birthdays

- Mona Hendrickson – April 3



### Member News

- **Tremaine Real Estate Co.** is proud to announce that effective April 1st they will be known as **Tremaine GMAC Real Estate**. After 20 years as an independent real estate brokerage they have teamed up with GMAC to be the only GMAC franchise in Genesee County. Stay tuned as they introduce the new logo and over 300 residential signs as they change overnight. Tremaine GMAC Real Estate's new responsibilities include representing GM Domestic and GM International relocation clients. In addition, GMAC Mortgage and Ditech lending institutions will rely heavily on Tremaine GMAC Real Estate to meet the real estate needs of their customers. Please join Mary Ann, John and Jennifer Tremaine and over 45 agents as they look forward to another 20 years serving Genesee County families. TremaineRealEstate.com was founded on April 1,1988. There are two locations at 512 E.Grand Blanc Rd. Grand Blanc,MI. 48439 810-579-HOME and 1032 N.Leroy St., Fenton, MI. 48430 /810-750-HOME . Whether it's residential or commercial the Tremaine family of Realtors is dedicated to the real estate profession. Clients are represented with integrity and a skill level that only comes through years of experience and extensive knowledge of the real estate market. Congratulations to FWF member, Jennifer Tremaine and her family on the new merger!
- Kimberly Buster-Williams, FWF Member and UM-Flint Office of Admissions Director, has had several articles published this semester as a contributing writer to the Greentree Gazette. To read her work, visit the following listed sites:
  - Journal of College Admission; *An Admissions Metaphor: Who Moved My Cheese*, publication date Fall- 2007

- The Greentree Gazette; *Don't Provide Data without Context* - September 2007  
<http://www.greentreegazette.com/MistakeWeek/load.aspx?art=360>
- The Greentree Gazette; *Never Be Too Busy to Sharpen Your Saw* - October 23, 2007  
<http://www.greentreegazette.com/MistakeWeek/load.aspx?art=387>
- The Greentree Gazette; *Don't Overlook the Performance Evaluation* – November 6, 2007- <http://greentreegazette.com/MistakeWeek/load.aspx?art=402>
- The Greentree Gazette; *Don't Discount the Quite Leader* – November 13, 2007  
<http://greentreegazette.com/MistakeWeek/load.aspx?art=376>
- The Greentree Gazette; *Do not display a lack of cultural literacy* - February 19, 2008  
<http://greentreegazette.com/mistakeWeek/load.aspx?art=698>
- The College & University Journal; A Journal of the American Association of Collegiate Registrars and Admission Officers, *Still staying Fit while on the Road*, Winter 2008

*Do you have news to share or know some news about a fellow FWF member? This section is used for celebrating notable accomplishments, special occasions, and recognition. Send details to Mona Hendrickson, Membership Chair or Ellen Brothers, Newsletter Editor. See below for contact information.*

## Membership Benefits

Sheree Blazejewski and Mona Henderickson, both Financial Advisors, would like to offer 401(k) analysis to help FWF members properly allocate funds within their plan. Just contact either one of us, a call or fax your statement and we will be happy to look at it for you.

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## **Sustaining Membership**

To recognize past membership involvement and a continued desire to be supportive of the Forum and its mission, a sustaining membership level was developed. Benefits and requirements for this membership level include:

1. Members in good standing of the FWF for a minimum of three years (not necessarily consecutive).
2. Must pay an annual membership fee of \$45.00.
3. Must have the ability to attend two monthly meetings per year at the member rate; additional meetings will be at the visitor rate.
4. Will be included in the member directory and identified as a 'Friend of the Flint Women's Forum'.

## Our Board Members

President – Beverly Brown .....(810) 760-1444..... [brownbev@gasc.flint.k12.mi.us](mailto:brownbev@gasc.flint.k12.mi.us)  
Past President – Teri Irland-Munley ..(810) 762-5404..... [teri.irland@abnamro.com](mailto:teri.irland@abnamro.com)  
President Elect – Valerie Bradley .....(810) 579-5000, ext. 709..... [valw@deecramer.com](mailto:valw@deecramer.com)  
Secretary – Kathy Zandstra.....(810) 767-0136..... [kathy@mfo.com](mailto:kathy@mfo.com)  
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## Board Notes

The **Outstanding New Member Award** is presented at the April Celebration of Women Luncheon. The person selected to receive the award will be the member who has best demonstrated (1) success in advancing women in the spirit of the FWF purpose statement, by providing direct help to women and/or serving as an effective role model for women and (2) networking skills. Forward your vote to Mona Hendrickson by April 8, 2008.

The following eligible members for the 2007-2008 Award have joined and been in good standing January 1, 2006 through December 21, 2007:

**Tera Hamo-Anderson** Member: February 2007  
**M. Lynn Barbee** Member: April 2007  
**Valerie Bradley** Member: May 2006  
**Roxanne Cain** Member: August 2006  
**Shirley Cochran** Member: September 2006  
**Yuliya Gaydayenko** Member: October 2006  
**Edna Green Perry** Member: March 2006  
**Colleen C. Mansour** Member: October 2006  
**Kathy Rometty** Member: August 2007  
**Diane Stephens** Member: August 2006  
**Ginger Virkler** Member: March 2007  
**Kimberley Buster-Williams** Member: August 2007

***FOCUS***

Ellen Brothers, Editor

***FOCUS*** is a monthly publication of Flint Women's Forum. Submissions are welcomed and appreciated. Send to Ellen Brothers, 2560 Tyrone St, Flint MI 48504, or email: [ebrothers@bbbsflint.org](mailto:ebrothers@bbbsflint.org)