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Words from the President

There's no disputing it, the dog days of summer are upon us. When I was a young girl, I looked forward to these days, as a neighborhood parent would consistently take pity on my friends and me and allow us to play in the cool of a basement rather than sweltering heat outside. That meant an opportunity to bring ALL of our Barbie paraphernalia together and to "play Barbie's" all day long with my girlfriends- NO BOYS ALLOWED!

While we all have aged a few years since those days (and some of us have aged QUITE a few years), I still believe these long hot days offer a great opportunity to stay cool while bonding with friends. Here are Teri's Tips to Stay Cool & Reconnect:

- 1) Make a date with a girl friend to go out for ice cream. If you are really disciplined make it a cone, if not, go for the more exotic concoctions (I highly recommend the Coconut Cream Pie Blizzard at DQ- yum!)
- 2) Invite a friend over for an evening of scrapbooking last year's Christmas photos or to work on a holiday craft. When the over-achievers tell you in October that they are finished with their Christmas shopping, you can respond by showing them the new ornament that you made.
- 3) Haul out the lawn chairs and share iced tea with friends while letting your feet swim in a kiddie pool. Or make it festive with Long Island Iced Tea as long as no one is driving home.
- 4) See a chic-flick with a girl friend that you have been promising to get together with for years, but it never seems to happen. Your husband or significant other will be relieved that you did not ask him to go!
- 5) Stay in your air-conditioned home, and call a long lost friend or female relative and catch up. The call will make both of you smile and wonder what took you so long.

Why not seize the chance to have some fun and create a fond summer memory for both you and someone you care about? You will be so happy that you made the connection!

Best wishes to all for a delightful and memorable balance of summer! I am looking forward to seeing you all on August 15th!

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.

Forum Meeting

When: *Tuesday, August 15 – noon*

Where: *The Flint Golf Club*

Speakers: *Jeanette Hall, President of The League of Women Voters-Flint and Meghan Riley, U of M Flint student*

Theme: *Michigan Civil Rights Initiative*

Menu: *Assorted rolls including sticky buns, Small Greek style salad, Chicken & broccoli strudel OR Pasta Primavera (meatless choice) and Crème Brule'*

Cost: *\$17.00 for members and \$19.00 for guests. It is essential that you RSVP to Sara Jo Gallock at (810) 233-3130.*

The Sharing Section

– Submission Deadline is the 4th Tuesday of the Month

- **CRIM 30 Years "The Long Blue Line"**-- a 144 pages hardbound pictorial history of the CRIM. Only \$29.95 if ordered before **August 11, 2006**. Call The Flint Journal at (810) 766-6179.
- **Girl Scout Fair Winds Council Guest-Griller Night** is **August 17, 2006** @ bd' Mongolian Barbeque from 5 – 8 p.m. Form more information contact Dawn Reha via email dreha@gstwc.org
- **Border's Benefit Days** are **August 16 & 17, 2006**. Save 10% on purchases and Border's donates 10% of sales to the Girl Scouts.
- This month **WCRZ and ABC12** are joining together to fill a school bus with school supplies for needy children – for more information contact Sara Jo Gallock @ sara.jo.gallock@abc.com
- **The Boys & Girls Club of Greater Flint** is collaborating with Genesee Valley Center for the first annual Empty Hangers Event. This event is designed to provide less-fortunate children with an opportunity to buy new back-to-school clothes. Through **August 22, 2006**, you can purchase an "empty hanger" for \$10 at the Genesee Valley Center customer service desk. You will receive a high-quality wooden hanger, and your \$10 buys a Genesee Valley Center gift card for a less-fortunate Boys & Girls Club member. The goal is to sell 300 hangers, providing 30 youngsters with \$100 for back-to-school shopping. Thank you for helping area youngsters have a positive return to school! For more information please contact Teri Irland-Munley via ph: (810) 762.5404 or email: teri.irland@abnamro.com

- Let us expand our life ~ University of Michigan **Outreach Classes** are online and in your community! Classes include Ballroom Dancing, Introduction to Computers, Healthy Cooking, etc. For further information, call (810) 767-7030. To register online: <http://www.umf-outreach.edu/outreach/amaizing.htm>

Membership

Recruitment Incentive

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 – July & August

- Betty Bennett – July 7th
- Roxanne Caine – July 17th
- Tanya Jefferson – July 19th
- Diana Hedderman – August 4th
- Sara Jo Gallock – August 7th
- Viva Cain – August 15th
- Kathy Zandstra – August 20th
- Shelly Hoffman – August 25th



Anniversaries

- Viva Cain, Mona Hendrickson, Dawn Reha – 1 yr.
- Stacey Doyle – 3 yrs.
- Adrienne Wells – 9 yrs.
- Ruth Kramer – 13 yrs.

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.

Sheree Blazejewski
 Financial Advisor
 UBS Financial Services
sheree.blazejewski@ubs.com
 (810) 733-8907 (p)
 (810) 733-8927 (f)

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Sustaining Membership

In recognition of this commitment, previous membership, and continued desire to be supportive of the Forum and its mission, we have a new category of membership: Friend of the Flint Women’s Forum.

Requirements for joining this category and attendant benefits include:

1. Must have been a member 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.’

Website

Visit our website. www.flintwomensforum.org

Our Board Members

President – Teri Irland-Munley.....	(810) 762-5404.....	teri.irland@abnamro.com
President Elect – Beverly Brown.....	(810) 760-1444.....	brownbev@gasc.flint.k12.mi.us
Past President – Ellen Brothers.....	(810) 238-7621.....	ellenbrothers@ywcaflint.org
Secretary – Kathy Zandstra.....	(810) 767-0136.....	kathy@mfo.com
Treasurer – Sara Jo Gallock.....	(810) 233-3130.....	sara.jo.gallock@abc.com
Membership –Lois Revenaugh.....	(810) 766-6161.....	lrevenaugh@flintjournal.com
Program Chair – Sherry Stewart.....	(810) 342-4477.....	sherryst@mclaren.org
Public Relations – Dawn Reha.....	(810) 720-9037.....	dreha@gsfwc.org
Editor – Jamie Cowan.....	(810) 238-4617.....	jcowan@lewis-knopf.com
Member At Large – Gloria Koster.....	(810) 732-6000.....	gloria@coopercom.com

Board Notes

- The Board Meetings are scheduled for the first Tuesday of the month, at the Flint Golf Club at noon.
- The Flint Women’s Forum would like to recognize Lewis & Knopf, CPAs for their help in the printing of our newsletter.

FOCUS

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FOCUS is a monthly publication of Flint Women's Forum. Submissions are welcomed and appreciated. Send them to Jamie Cowan, 5206 Gateway Ctr., #100, Flint, MI 48507, fax to (810) 238-5083, or email to jcowan@lewis-knopf.com.