



# Flint Women's Forum

Volume 23

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Issue 3

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## 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.

## President's Scribbles

Hello Ladies:

In light of the current decision the FWF has to make regarding the direction of the organization, I thought this saying was appropriate:

*Every problem you encounter has hidden in it  
an opportunity so powerful that it literally dwarfs the problem.  
The greatest success stories were created by people  
who recognized a problem and turned it into an opportunity.  
You'll find that every situation,  
properly perceived, offers you opportunity.  
As fast as each opportunity presents itself, use it.  
No matter how tiny an opportunity it may be, use it.  
You'll discover new directions  
when you have an open mind and a willing hand.  
Successful people didn't achieve their distinction  
by having some new talent or opportunity presented to them.  
They developed an opportunity that was at hand.  
You must make your own opportunities if you want success.  
They are all around you.*

~ Sheree W. Blazejewski

## The Sharing Section

- Planned Parenthood is offering a **Breast Cancer Awareness Seminar** on **October 19**, 6:00 - 7:30 pm in the Evelyn Golden, MD Education Center at Planned Parenthood (3371 Beecher Road, Flint, 48532). The seminar, facilitated by a Planned Parenthood Nurse Practitioner and Educator, will explore the risk factors
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associated with breast cancer and arm participants with life-saving information, including the proper technique for performing self-exams. Refreshments will be served. Call (810) 238-3631, ext. 332 to reserve a spot.

- The upcoming *Libby Award* given by the Community Foundation of Greater Flint on **October 14** at 6:00 p.m. at the Northbank Center. For more information, contact Teri Irland-Munley, Standard Federal Bank at (810) 762-5404.
- The *Mott College Distinguished Alumni Awards* will be held on **October 19** at the Prah Center at on the Mott campus at 6:00 p.m. For more information, contact Teri Irland-Munley, Standard Federal Bank at (810) 762-5404.
- The Flint Jewish Federation has the *15th Annual Donald Riegle Community Service Award* Event scheduled for **October 20** at the U of M-Flint Theatre beginning at 6:30 p.m. For more information, contact Teri Irland-Munley, Standard Federal Bank at (810) 762-5404.
- *The Community Newspapers Golden Times Senior Health Expo*, Thursday, **October 28**, 9 AM to 3 PM at the Holiday Inn Gateway. Free Admission. Services include: Health Screenings, Flu and pneumonia shots, and Lots of product demonstrations and speakers. For additional information contact: Lois Revenaugh, Marketing Manager at Ph. 810-766-6161.
- *YWCA Circle of Women Luncheon* - The Flint Women's Forum will host a table again at the YW's Circle of Women annual luncheon. Anyone interested in attending this special event on Wednesday, **November 10**, 2004, 11:30am - 1:30pm, should contact Betty Bennett or Stacey Doyle.
- *Athena Banquet* will be **November 11** at Holiday Inn Gateway Center. The price per person is \$40.00. Sponsorship opportunities are available. For more information contact Betty Bennett at (810) 577-9572.
- 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>
- Get support for your business – whether your business is existing or just in your head! Contact the *Small Business & Technology Development Center* for individual assistance and workshops @ (810) 767-6494. This center is operated through the University Outreach, University of Michigan – Flint.

## Membership 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.

## Sustaining Membership

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

The requirements for joining this category and the attendant benefits include:

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

## Forum Meeting

- When:** Tuesday, October 19 – noon
- Where:** Flint Golf Club
- Speaker:** Pam Tracy
- Theme:** Pam is a social worker and clinical therapist who has practiced holistic health for over 30 years. She will be addressing one of the key ingredients to a woman's good health is wearing the right bra to promote healthier breast tissue, a healthier lymphatic system, and good physical support and posture.
- Menu:** Chicken Pot Pie or Petite Spinach Salad, rolls and sticky buns will also be served.
- Cost:** \$17.00 for members and \$19.00 for guests. It is essential that you RSVP Lin Baumbach at (810) 238 – 4617 ext. 209.

## Standing List

Lin Baumbach	Sherry Collins	Jenean Kleinedler
Betty Bennett	Jamie Cowan	Michele Nichols
Pam Bishop	Sara Jo Gallock	Janette Sullivant
Ellen Brothers	Diana Hedderman	Adrienne Wells
Kathy Condon	Teri Irland-Munley	

## RSVP to FWF Luncheons

Members who are not on the standing list need to **RSVP by calling Lin Baumbach at (810) 238-4617, ext. 209 before the Friday prior to the luncheon meeting.** If she is unavailable, please leave her a voicemail with your name, the name(s) of any guests, and luncheon selections (if applicable).

Members who are on the standing list do not need to RSVP unless they cannot attend. **Cancel by calling Lin Baumbach at (810) 238-4617, ext. 209 before the Friday before the luncheon meeting.** Members on the standing list will be charged for missed meetings, if a cancellation is not received timely.

## Board Members

President – Sheree Blazejewski .....	(810) 733-8907.....	<a href="mailto:sheree.blazejewski@ubs.com">sheree.blazejewski@ubs.com</a>
President Elect – Ellen Brothers .....	(810) 238-7621 .....	<a href="mailto:ellenbrothers@ywcaflint.org">ellenbrothers@ywcaflint.org</a>
Past President – Betty Bennett.....	(810) 577-9572.....	<a href="mailto:bettyboop48506@comcast.net">bettyboop48506@comcast.net</a>
Secretary – Teri Irland Munley.....	(810) 762-5404.....	<a href="mailto:teri.irland@abnamro.com">teri.irland@abnamro.com</a>
Treasurer – Lin Baumbach.....	(810) 238-4617.....	<a href="mailto:lbaumbach@lewis-knopf.com">lbaumbach@lewis-knopf.com</a>
Membership –VACANT .....		
Program Chair – Sherry Collins.....	(810) 342-1058.....	<a href="mailto:sherryc@mclaren.org">sherryc@mclaren.org</a>
Public Relations – Pam Bishop.....	(810) 233-3130.....	<a href="mailto:bishopp@abc.com">bishopp@abc.com</a>
Editor – Jamie Cowan.....	(810) 238-4617.....	<a href="mailto:jcowan@lewis-knopf.com">jcowan@lewis-knopf.com</a>
Member At Large - Kathy Condon.....	(810) 733-9532.....	<a href="mailto:kathyc@mclaren.org">kathyc@mclaren.org</a>

**Website**

Visit our website. We want to know what you think. [www.flintwomensforum.org](http://www.flintwomensforum.org)

**Note of Thanks**

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](mailto:jcowan@lewis-knopf.com)

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