



Flint Women's Forum

Volume 25

February, 2007

Issue 6

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Words from the President

February is the month to let our loved ones know just how much we care about and appreciate them. But it is also a good time to show some love to ourselves! We do this by taking good care of ourselves: both our minds and bodies. If you haven't had a physical exam or mammogram in a few years, now is a great time to schedule an appointment. What a relief it is to complete an exam and find out that you are in good health! And if something isn't going quite right, wouldn't it be best to find out as soon as possible? If you have been taking care of your physical self, why not now expand to growing your knowledge, or your emotional or spiritual well being by taking a class, reading a new book, or even having a stimulating conversation with friends. Enjoy the month of February by sending some love to yourself!



Warm regards,

~ Teri

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 4th Tuesday of the Month*

- In partnership with Metro Housing, Genesys Health System, and Carman-Ainsworth Community Schools, we started a great program "**Economic Empowerment for Teenage Girls.**" To enhance the program and to increase the positive impact on girls, we would like to match them with women-mentors. We need women of all professions who could devote a few hours a month. For More Information please contact Yuliya Gaydayenko, Executive Director of Jewish Community Services (p) (810) 767-5922 or view information on the website www.flintjewishcommunity.org.

- Big Brother Big Sisters of Greater Flint's 2007 Annual Bowling Challenge will be held Wednesday, February 21 at the Grand Blanc Lanes and Thursday, February 22 thru Sunday, February 25 at the Galaxy Lanes. Opportunities for sponsorship, volunteer or bowling – everyone, bowlers, non-bowlers, families, friends, co-workers . . . there is not limited to who can come out to BOWL FOR KIDS. For more information call (810) 235-0617 or visit the website at www.supportbbbskids.org.
- 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>

Forum Meeting

- When:** *Tuesday, February 20 – noon*
- Where:** *The Flint Golf Club*
- Speaker:** *Matt Coates, Asst. Dir. Marketing and Public Relations, Bishop International Airport*
- Theme:** *Security Issues and Upcoming Airport Projects*
- Menu:** *Chicken with creamed mushrooms and roasted redskin potatoes or the Vegetarian selection of Grilled seasoned vegetables and butternut squash risotto.*
- Cost:** *\$17.00 for members and \$19.00 for guests. It is essential that you RSVP, in advance, with Pam Bishop by phone (810) 341-6462 or via email pam.s.bishop@abc.com*

Website

Visit our website. www.flintwomensforum.org

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

- Edna Green-Perry – February 6
- Teri Irland-Munley – February 24

Anniversaries

- Shelly Hoffman – 3 yrs.
- Sherry Stewart – 3 yrs.



Member News

- Congratulations! Dian Stephens of Jung Do Martial Arts Academy won a Children's Champion Award. The category "Outstanding Business, Organization or Community Initiative" provides volunteerism/service-learning opportunities for youth. These awards are given out annually by Priority Children.

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.

UBS Financial Services has merged with Smith Barney, Inc.

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

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) 235-7274..... | ebrothers@bigbrothersbigsistersflint.org |
| Secretary – Kathy Zandstra..... | (810) 767-0136..... | kathy@mfo.com |
| Treasurer – Sara Jo Gallock..... | (810) 233-3130..... | sara.jo.gallock@abc.com |
| Membership – Mona Hendrickson..... | (810) 230-2922..... | mona.l.hendrickson@smithbarney.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..... | (248) 563-3067..... | gloriaakoster@yahoo.com |
| Member At Large – Pam Bishop..... | (810) 341-6462..... | pam.s.bishop@abc.com |

Board Notes

- The Board Meetings are scheduled for the first Tuesday of the month, at the Flint Golf Club at noon.
- Looking for a volunteer to take over the position of Public Relations Chair. If you are interested please contact any board member.

Speaker Flashback

Nine Lessons from Mary Ellen Sheets Founder and CEO, Two Men and a Truck

- Lesson #1: Even if you are shy, you can do public speaking if you do it enough.
- Lesson #2: Always give back to your community.
- Lesson #3: The Customer always comes first!
- Lesson #4: Love what you do – Life is not a dress rehearsal.
- Lesson #5: Don't listen to negative comments.
- Lesson #6: Always say yes to any opportunity, as you don't know where it will lead you.
- Lesson #7: Don't lose your focus.
- Lesson #8: Take lots of pictures! You will be so glad some day you did.
- Lesson #9: If you want to do something bad enough, I believe you can make it happen. Even if you can only do a little each day – do something and when you look back, you will see you have accomplished a lot!

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.