



Women's Focus INCORPORATED

An organization for women Business Owners, Management Executives and Professionals

www.womensfocus.org

2013 Newsletter

Dear Women "with Focus",

At our July meeting we did traditional introductions but added an extra element asking each member to add a comment to their personal introduction about a current or continuing conflict they might be working through. It was a very interesting gathering and sharing of information.



Scott Lesnick (the Never Give Up! Guy) sure provided inspiration to each of us as our July speaker. He explained how his wife took his children to Israel and how he was able to get them back to live in the United States. He spoke of overcoming fear due to his desire to have his children with him. His was a story of tenacity and meeting personal challenges head on. He provided each of us with a personal "Top 10 Tips" to work through conflicts of our own.

There are always nuggets to take home from such a moving speaker. May I suggest one of them might be remembering ... or learning ... to trust yourself. The ability to do this effectively is a vital component to achieving success from the inside out. All of us have within us an inner compass ... so to speak ... also known as intuition or instinct. It is one of the best tools we have and it is free! It is available in our personal lives as well as in our professional lives.

The best way we can understand how to trust ourselves is to learn from the times when we don't. Jeanne Sharbuno, in her book entitled 52 Ways to Live SUCCESS ... From the Inside Out!, suggests the following exercise:

"1. Think of a time when you didn't trust your instincts, your intuition, or your gut feelings. Describe this in detail. Why didn't you trust yourself? What were the results of not trusting yourself? How did it feel? What did you learn? If you could replay this situation, what would you do differently and why? What might the results be?"

She suggests we ask ourselves these questions whenever we find we didn't follow our inner voice to learn and improve our trusting skills. Writing down our thoughts and feelings makes them more real and easily available for the next time.

"2. Now think of a time when you did trust yourself. How did your instincts, intuition, or gut feelings - your inner compass - show up for you? What did it feel like? Was there an 'inner knowing?' Did it feel 'just right?' Was it a body sensation or an emotion? A nagging thought? A solid feeling in your body? Anything else? Describe this in detail. What were the results of trusting yourself?"

This personal trusting time can then become a barometer or point of reference for our future decision making. It can teach us to determine whether or not it is our inner compass leading us or something else not as desirable.

If we trust our inner compass ... even if it may fly in the face of conventional wisdom or may be different than what others think we should do ... we will know our decision is right. The key for all of us is to trust our knowing and then follow it.

Our inner compass is always guiding us. The more we trust it and ourselves, the easier our lives will flow. We will stay on course and do what is right for ourselves thereby experiencing more joy, satisfaction, and fulfillment. And of course, it is easy to understand how this thinking holds true in both our personal and professional lives.

Scott Lesnick certainly trusted his inner compass as he triumphed over his life challenges and adversities. I believe he challenges each of us to do the same.

Have a great month trusting in yourselves!

In Service,

WOMEN'S FOCUS LUNCHEON

August 21, 2013

AUGUST 2013

MARK R. TAYLOR, FACHE
President & CEO,
Columbia St. Mary's Inc.



With health care being at the forefront of our business and personal lives, learning about the facilities in our area and how they impact our lives is of great interest. Women's FOCUS welcomes Mark Taylor, President & Chief Executive Officer of Columbia St. Mary's (CSM) in Milwaukee, to our August program.

Columbia St. Mary's (CSM) is a multi-hospital system which includes four hospitals in Milwaukee and Ozaukee Counties. CSM operates over 60 physician clinics throughout Milwaukee, Ozaukee, Sheboygan and Washington Counties as well as a major ambulatory care center in Glendale and several express/urgent care centers.

The luncheon will be held at Ozaukee Country Club, 10823 North River Road, Mequon. Networking and registration begins at 11:30 am. Reservations can be made at our web site www.womensfocus.org. You may also contact Sally Ward at reservations@womensfocus.org or sjsward@sbcglobal.net.

The cost of the luncheon program is \$20 and the event is open to members and guests. If you purchased a prepaid luncheon package, please contact Sally to confirm your reservation.

We encourage all members to bring a guest or potential member. Please contact Sally with your guest's name and company.

A Blooming Memory

In Honor of Sandy Stein, Redbud trees were planted along the Milwaukee River, east side of Green Bay Rd., just north of Mequon Rd.



Redbud trees planted at the corner of Mequon Rd. and Green Bay Rd



Bill Wandsnider planting a Redbud tree



Mequon-Thiensville Rotary Club, Boy Scout and other volunteers planting Redbud trees along the Milwaukee River



Last year, many FOCUS members honored former member Sandy Stein through a very generous donation to her husband's Rotary Redbud project and to the Wisconsin Breast Cancer Coalition. Sandy was an active member of FOCUS for years and a former President. She passed away of breast cancer in 2012.

Last year her husband, Bill Wandsnider, and Rotary volunteers planted 100 redbud trees in Thiensville Park. In May, they planted another group of trees. Enjoy the beautiful pictures and take time to remember Sandy.

End of Summer Focus Member Event



Join us in beautiful Port Washington, WI for
Dinner, History, and Chocolate.

WHEN

Tuesday, August 27th, 2013

WHERE

Dinner - 6:00 pm at
the Twisted Willow Restaurant
www.twistedwillowrestaurant.com



Port Washington's History
A short conversation with Jackie Oleson
President of the Port Washington Historical Society

TOUR

Tour the Chocolate Chisel
With Elizabeth McCrimmon



RSVP - August 20 - Mary Ellen Mueller, Event Co-ordinator
262-377-6853 | maryellenmueller305@gmail.com

Come early to - Shop, Walk the Harbor, Visit the Art Galleries

UPCOMING Events!

MAKE A DIFFERENCE DAY Celebration National Day of Volunteering



Volunteer Fair

Saturday, Oct. 26, 2013 10:00-12:00

Hosted by: Vineyard Community Church
1597 County V Grafton WI

Volunteer Fair

20 Community agencies will share their volunteer needs and offer ways your family can volunteer together

Make a Difference

Community wide collection of personal care items

- Host your own Collection Drive of personal care items for the community agencies and drop off at the fair.

Make a Difference collection sponsored by:



Family Activities

- * Face Painting
- * Costume Judging
- * Trick or Treating at community agency booths
- * Refreshments
- * Brat fry by youth group

Contact us:

Volunteer Center of Ozaukee County

262-377-1616 email: vc@volunteerozaukee.org
www.volunteerozaukee.org



VOLUNTEER CENTER'S LET'S DANCE

November 2, 2013
Shully's Watermark
146 Green Bay Rd, Thiensville
\$60 per person

7:00 Appetizers & Cocktails
Shully's Cuisine & Larry's Market

Wine Tasting

Complimentary Beer
Provided by Milwaukee Brewing

Raffle & Silent Auction

7:45 Group Dance Lesson
Donated by Fred Astaire Dance Studios

8:00 Dance Competition
Community members volunteered to perform dance routines

8:45 - 9:00 Group Dance Lesson
Donated by Fred Astaire Dance Studios

Let's Dance winner announced

Open Dance

All proceeds benefit the Volunteer Center of Ozaukee County. Enriching our community by connecting people to meaningful volunteer opportunities.

Volunteer Center's fundraiser Let's Dance has community members participating in a dance competition with the audience buying votes for their favorite dancer. Vote for your favorite dancer at: www.volunteerozaukee.org

2013 DANCERS

JOHN AMUZU
KIM BORS
BARB BRINKMANN
ROBERTA CAMPBELL
RICH ERICKSON
PAT & TAMMY FERRY
DAN & KARLY KROPIDLOWSKI
CATHERINE LESZCZYNSKI
SUSAN MILLER
MARY ROEMING
BOB & BARB SENZIG



Volunteer Center of Ozaukee County
email: vc@volunteerozaukee.org
www.volunteerozaukee.org
262-377-1616

Advertise your event or promotion in each newsletter!

4 Ads per month (4"x 5" space each)

- Tell us about an event
- Invite us to attend

Cost to Focus Members -

- Free - Non-profit business
- \$25 - For-profit business

Email a camera ready document to Kathie Schaefer
kmschaefer8@yahoo.com by the 20th of the month.
Published on a first come basis.

Tell us
what's
happening!

2013 Officers and Directors

POSITION	NAME
Chairperson	Darcy McManus
President	Barbara Dickmann
President Elect	Paige Engle
Treasurer	Amelia Macareno
Secretary	Kathy Hopp
Director at Large - Reservations	Sally Ward
Director at Large - Publicity	Sharon Scaccia
Director at Large - Scholarship	Carol Roche
VP - Programs	Lynn Eckstein
VP - Membership	Phyllis Nasiopulos
Director at Large - Newsletter	Kathie Schaefer



Clockwise from right side of piano bench: President Barbara Dickmann, All Fired Up, Potter; Chairperson Darcy McManus, FERI Designer Lines; Treasurer Amelia Macareno, First Bank Financial Centre; First Vice President (Programs) Lynn Eckstein, CJ & Associates Inc.; Director at Large (Publicity) Sharon Scaccia, Association Management Professionals LLC; Secretary Kathy Hopp, Independent Event Planner; Director at Large (Newsletter) Kathie Schaefer; Director at Large (Reservations) Sally Ward, Shorewest Realtors; Second Vice President (Membership) Phyllis Nasiopulos, Arbonne International; President-elect Paige Engle, The Language Mom. Not pictured: Director at Large (Scholarship) Carol Roche, CMR Castles, LLC.

2013 CALENDAR OF EVENTS

JANUARY

Board of Directors Meeting
Fiddleheads Coffee Cafe,
Mequon; January 3; 12:00 PM

Focus Monthly Luncheon
January 16; 11:30AM

Speaker: Wesley Manko

FEBRUARY

Focus Monthly Luncheon-
February 20; 11:30AM

Speaker: Joan Stewart

Sister Act Broadway Show-
February 19

MARCH

Board of Directors Meeting
Fiddleheads Coffee Cafe,
Mequon; March 6; 8:30 AM

Focus Monthly Luncheon
March 20; 11:30AM

Speaker: Mark J. Goldstein, S.C.

APRIL

Focus Monthly Luncheon-
April 17; 11:30AM

Speaker: Tamara Leigh

Toute Sweet Event-April 4

MAY

Board of Directors Meeting
Fiddleheads Coffee Cafe,
Mequon; May 1; 8:30 AM

Focus Monthly Luncheon-
May 15; 11:30AM

Speaker: Sue Gresham

JUNE

Focus Monthly Luncheon-
June 19; 11:30AM

Speaker: Dr. Flip Troiano

JULY

Board of Directors Meeting
Fiddleheads Coffee Cafe,
Mequon, July 10; 8:30 AM

Focus Monthly Luncheon-
July 17; 11:30AM

Speaker: Scott Lesnik

AUGUST

Focus Monthly Luncheon-
August 21; 11:30AM

Speaker: Mark R. Taylor

SEPTEMBER

Board of Directors Meeting
Fiddleheads Coffee Cafe,
Mequon; Sept 4; 8:30 AM

Focus Monthly Luncheon-
September 18; 11:30AM

OCTOBER

Focus Monthly Luncheon-
October 16; 11:30AM

NOVEMBER

Board of Directors Meeting
Fiddleheads Coffee Cafe,
Mequon; Nov 6; 8:30AM

**Professional Showcase
November 20, 2013**

DECEMBER

Holiday Party and Luncheon
December 11; 11:30AM

Register Online or through Email!



FOCUS Luncheon Reservation for
August 21, 2013 at 11:30 am

Ozaukee Country Club,
10823 N. River Road W43, Mequon.
Cost for luncheon and program is \$20.

FEATURING: MARK R. TAYLOR, FACHE President & CEO, Columbia St. Mary's Inc.

Reservation Deadline:

Noon on Friday, August 16, 2013. Cancellations after Monday, Aug 19, 2013 are non-refundable and the fee must be paid by the member or guest who made the reservation whether they were present or not. Reservations are required for all attendees!

Send Reservations to:

Sally Ward: Email: sward@shorewest.com
Online: <http://womensfocus.org>

When registering through email, please include the following information:

- Luncheon date.
- List the name(s) of guest(s).
- If you have an idea for a program-share it with us!
- If you would like to do a 5-minute member spotlight presentation, let us know!

Please make checks payable to FOCUS if you are paying at the door.

**Members, if there is a speaker who a co-worker or friend (male or female) may benefit from hearing, please bring him or her as a guest!
Men are welcome to attend our meetings anytime!*

Please have your guests sign in at our registration table. It will help with introductions and signing them up for our newsletter. Guests are always welcomed and encouraged. Please bring the women you do business with or would like to do business with!

Reminder, Ozaukee Country Club has a no denim rule for members and guests of the club. Thank you.

The FOCUS newsletter is published monthly by FOCUS, an organization which serves as a "source of growth and development in managerial skills, a milieu for camaraderie among women in decision making positions, and a vehicle to promote the interests of women in business and in the professions".

All articles for future newsletters must be submitted to Kathie Schaefer by the 20th of each month. The FOCUS newsletter will be mailed to all members who have supplied their email addresses.

For additional information, please contact Kathie Schaefer at kmschaefer8@yahoo.com
Visit www.womensfocus.org