



Message from the President: Is your day Above or Below the Line?

I was recently at an employee in-service at Osakis Public Schools. The presenter was Willow Sweeney of Top 20 Training. Top 20 does training of students and faculty and staff of schools. Their concept is about what makes a person Top 20 or an organizational culture a Top 20. There were quite a few useful concepts and reminders that stuck with me that day that I think can apply to all parts of my life. It is really about how we use our TLC (thinking, learning, communicating).



Shari Maloney

In the "thinking" aspect is the Above and Below the Line concept. My short interpretation of this concept is that we deal differently with life in general, depending on if we are Above the Line or Below the Line. Our attitudes, state of mind, and moods Above the Line are significantly different than our attitudes, state of mind, and moods Below the Line. Above the Line there is a positive view on life and how we see the world: hopefulness, positive beliefs and attitudes. We are energetic, optimistic and feel that we have the power to control our life. Below the Line experiences a negative view on life and how we see the world. We may express negative attitudes and beliefs, hopelessness, depressing moods and pessimism. We have feelings of sadness and anger and feel a powerlessness.

When we are Below the Line (BTL) we are having a bad day; our thought life is serving us poorly — we may not make the best decisions. When we are Above the Line (ATL) our thinking power is serving us well. It is doing what it is designed to do and it is bringing out the best in us.

All people fluctuate between these two states of mind. It is normal to have highs and lows. The key is to be able to identify our Above the Line and Below the Line moments. Our mental and emotional experience and decision-making is greatly influenced by whichever state of mind we are in. We view problems differently — we see everything differently.

It is neither good nor bad to be Above or Below the Line. It is just a life thing, a human thing. However, there is a big difference between living versus visiting. Where we are most of the time is where we live. If we are Top 20, consciously or unconsciously, intentionally or unintentionally we have learned how to live Above the Line even when conditions aren't favorable. When we visit Below the Line we have an awareness of being BTL, take responsibility for being BTL, develop skills to change our state of mind when we are BTL, don't take our thinking at face

continued on page 2

CALENDAR

September 28

Monthly Membership Meeting
 11:30 am-noon - networking
 noon-1:00 pm - lunch/
 program
Program: Lakes Area Theatre
 Holiday Inn

October 12

Deadline to submit newsletter
 content

October 13

Leadership Team Meeting
 Alexandria Technical College
 4:00 pm

October 19

Professional Women's
 Recognition Dinner
 Social: 5:15 pm;
 Dinner: 6:30 pm
 Holiday Inn

REMINDER

No membership meeting in
 October

THIS MONTH'S ISSUE

2	3	4	5	6
September Meeting Preview	LAPW Newsbytes Impact Alexandria	Business Spotlight	Mentorship Application	Professional Women's Week Recognition Dinner



2011-12 LEADERSHIP TEAM

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September Meeting Preview!

Steve Allen said, "Radio is the theatre of the mind; television is the theatre of the mindless." That is exactly what happens when all movement, props, set and costumes are removed from the theatre equation. What is left is just the story ... all else is made up in our minds. Join Ann Hermes, Artistic Director of Lakes Area Theatre, at our September 28 meeting as we explore how we can Live Fearlessly in the world of radio theatre. Be fearless — be prepared to volunteer!



Ann Hermes

Welcome, new members!



New members Randi Thompson, Peggy Angell and Leah Gulbrandson were installed at the August membership meeting.

August Meeting Guests:

- Danielle Justice (guest of Sue Justice)
- Debbie Balgaard (guest of Nancy Doebbert)
- Stacie Kimball (guest of Tara Bitzan)
- Julie Critz (guest of Katie Perry)

President's Message, continued from page 1

value. So then we should avoid making important decisions when we are Below the Line.

The key is being able to honestly identify when we are BTL (or have a good honest friend that will tell us!) and what are the triggers that head us there. Then, just as we have triggers that get us going Below the Line, we need to need to create our own positive triggers. These could be spending some quiet time alone, talking to a trusted friend, listening to music, exercising, helping out someone, meditation, or maybe just not saying something that we may regret later!

One of the points that struck home to me was what a waste of time it is to spend a lot of time Below the Line. Do I want to waste a day of my life Below

the Line if I don't have to? It is all up to me! My personal example is that I hate Mondays — I really do hate Mondays — you can ask anyone I work with ☺. So I would say that I'm generally Below the Line on Monday, just because it is Monday (I'm even below the line Sunday night sometimes!) What a waste of 52 days a year if I "choose" to visit Below the Line every Monday! So let's live fearlessly and take charge of our days and where we spend them. We will visit Below the Line — but let's not stay very long and make as many days as possible Above the Line. Life is short — let's make the most of it!

LAPW Newsbytes

Upcoming
Events!

COMMUNICATIONS TEAM.

Our Communications Team is complete! Members include:

- Newsletter - **Keri Mohror**
- Historians - **Karla Brummond** and **Sue Justice**
- Website - **Kathryn Liesemeyer** (Terri Rosenstock, consultant)

Contact these members with your communications needs!

PHILANTHROPIC TEAM.

Do you have a philanthropic idea for LAPW? The team will be meeting soon. Please email Chair **Carol Wenner** (ccwenner@yahoo.com) with your suggestions.

MENTORSHIP. Mentors Wanted!

Webster's dictionary defines a mentor as "someone who teaches or gives help and advice to a less experienced and often younger person, a trusted counselor or guide." The LAPW mentorship program pairs professional women with students from Alexandria Technical and Community College (ATCC).

The LAPW Mentor program is an excellent opportunity for students to connect and grow with our professional community. In turn, mentors have the satisfaction of giving back and gaining fresh, new perspectives through the eyes of their mentees.

Mentors and mentees meet twice a month — once during our regular LAPW meetings and at a mentor/mentee lunch meeting at ATCC.

If you are interested in participating, please complete the application (see page 5) and return it to **Karen Meuwissen** by October 7. An introductory lunch is scheduled at ATCC on October 18 at noon. If you have any questions, please ask either **Karen Meuwissen** (320-762-4443 or karenm@alextech.edu) or **Sue Justice** (320-759-3162 or justicefamily@charter.net)

impact Alexandria®

Event to be Held
October 4, 2011
3:00-4:30 pm
Geneva Christian
Center



This year's speaker is David Horsager, a Minnesota author, business strategist and keynote speaker. Combining humor, illustrations and memorable stories with research and insight, David sheds light on personal and professional success.

In his book, *The Trust Edge*, Horsager reveals the single uniqueness of the greatest leaders and organizers of all time: Trust. With research made practical for today's leader, Horsager shows that trust is a measurable competency that brings dramatic results. When leaders learn how to implement the Eight Pillars of Trust, they change relationships, retention, reputation and the bottom line.

Those of you who signed up for a ticket, please pick it up at the September 28 membership meeting or contact **Shari Maloney** to make other arrangements. There is one ticket still available. Email Shari at sharim@alextech.edu if you are interested in attending.

Summer Social

Fun!

The social was held at the Maritime Museum in Alexandria on August 25.





Business *Spotlight!*

United Way is an opportunity to strengthen our community for everyone. Every dollar raised by United Way stays in Douglas and Pope Counties to meet local needs and serve local people. We invest in the programs and services that are hard at work 24/7, 365 days a year, right here in our community, serving our friends, families, and neighbors. United Way of Douglas & Pope Counties is responding to the community need by concentrating efforts on creating long lasting changes that prevent problems from happening in the first place. It is less about helping one person at a time and more about changing systems to help all persons. United Way is about LIVING UNITED and delivering positive results in the lives of many. Three ways to LIVE UNITED are giving, advocating and volunteering.

Give. Invest in Your Community. Open Your Heart

Giving is made simple for your lifestyle; in addition to cash and checks, United Way accepts credit cards and donations stock. Ask your employer about donating through payroll deduction. Create a lasting legacy; remember United Way in your will or estate plan.

Advocate. Communicate the Need. Find Your Voice

You can make change happen with your voice. Get informed about the needs in your area. Tell your friends what they can do to make a difference. Write a letter to the editor, contact your local elected officials or just start a conversation with your neighbors about a pressing issue. United Way needs people who are passionate about their community to make some noise. Sign up today for our e-newsletter to stay in the know about what is going on.

Volunteer. Give Your Time. Lend Your Muscle

Join hands, influence the condition of all. Give an hour; give a Saturday. Think of we before me. Reach out a hand to one and influence the condition of all. Visit www.uwdp.org for a list of local volunteer opportunities in both Douglas and Pope Counties.

Our community has been hit hard by the recession. Our partner agencies report a greater demand for human services- this year more than ever. So as our individuals belts tighten, we need to pause to reflect on our neighbors who can't tighten their belts any more. Everyone needs to get involved in the community they live in and work to advance the common good as a community effort.

"United Way recognizes there are people who want to work, but can't afford the full cost of daycare. They need to go to the doctor, but don't have the transportation or health insurance. They are hard-working residents whose incomes don't allow them the necessities of life in our community. There are people laid off from long term jobs, struggling for the first time to keep a roof over their heads. These problems don't just affect these individuals; they affect our community as a whole," said **Jessica Boyer**, Executive Director.



Lakes Area Professional Women Mentorship Program Application 2011-2012

Name _____
Profession _____
Street Address _____
City, State, Zip _____
Telephone (H) _____ (C) _____ (W) _____
Email address _____

Short essays:

Why I would like to participate in this program and what I hope to gain from a mentorship:

A little about myself, my interests and my hobbies:

I came to be involved in my current job or career by:

Please turn in your application by October 7, 2011 to:

LAPW Mentorship Committee

Karen Meuwissen
Alexandria Technical and Community College
1601 Jefferson St.
Alexandria, MN 56308
karenm@alextech.edu
Questions should be directed to (320)762-4443 or
karenm@alextech.edu

Minimum Expectations for Participants

1. Agree to participate in the program from October 2011 until April 2012.
2. Contact your mentoring partner in a timely manner after pairings are announced. Mentors are expected to take the lead on this.
3. Invite your mentoring partner to regularly scheduled LAPW meetings. All mentees are welcomed at regular LAPW meetings and their lunch fees will be covered by the mentoring committee.
4. Meet as a group with other mentors and their partners one time per month outside of the regularly scheduled LAPW meetings. Our goal is to have one monthly group meeting where all mentors and mentees can share programming that is beneficial to both. These dates will be discussed and confirmed at the first meeting in October.
5. Telephone contact and email contact are encouraged. However, the mentoring partners will determine what works with their schedules.
6. Make your best effort to attend the "get to know you" pizza party at the Alexandria Technical College with your mentoring partner. The party is scheduled for Noon on Tuesday October 18, 2011 at the Office and Technology Building in room 747. (This is the southernmost building and parking is across the street.)
7. Make your best effort to attend the "Speed Networking" Program with your mentoring partner during the January regular LAPW monthly meeting. January is National Mentoring Month! We would like to see all the mentoring partners participate in the program!
8. Be forthcoming to your mentoring partner about what you need from the program and what you hope they can do for you or help you learn.
9. If there is just no "connection" or "chemistry" between mentoring partners or your partner cannot or will not make an effort to participate fully in the program... Please notify a Mentorship Committee member and we will attempt to resolve the issue or re-pair you with another mentoring partner. We want this to be fun and beneficial to all participants!

LAKES AREA
Professional
Women

Professional Women's Week
Recognition Dinner
Wednesday, October 19, 2011
Holiday Inn

5:15 pm *Social & Reception*

6:30 pm *Dinner & Program*

Tickets are \$20 and can be
purchased at the door
or:

Elden's Food Fair - 320-763-3446

Pete's County Market - 320-762-1158

Trumm Drug (downtown) - 320-763-3111

For more information contact:

Joyce Moe - 320-491-4518

Honorees:

Professional Woman of the Year

Large Business of the Year

Small Business of the Year

