

**Renea**

**From:** Women's Development Connection [henderson.sara@wcdsm.ccsend.com] on behalf of Women's Development Connection [rsvp@wcdsm.com]  
**Sent:** Thursday, January 14, 2010 5:20 PM  
**To:** contactus@wcdsm.com  
**Subject:** News from Women's Development Connection

# Women's Development Connection Newsletter

January 2010

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**Don't Forget to  
RSVP**



Email your RSVP to  
[rsvp@wcdsm.com](mailto:rsvp@wcdsm.com)

RSVPs for the January 21st meeting received by noon on 1/19 will be charged \$18.00. RSVPs received after 12:01 PM on 1/19 will be charged \$25.00.

Cash and checks are accepted on the day of the meeting.

If you need to cancel your reservation, please do so 48 hours in advance to avoid being billed for your lunch.

**Oh Baby!**

Dear WDC,

Welcome to 2010! As I write my first letter was WDC President I realize how exciting it is to be a part of an organization of women supporting women. If you haven't had the opportunity yet I hope you consider renewing your membership and if you have renewed-*Thank You!* You are the future of Women's Development Connection.



There's are lots of ways to be a part of this organization-you could help at the lunch check in table, be a greeter, speaker sponsor, host a night of networking, consider becoming involved with one of the sub-committees, suggest a future guest speaker or perhaps be a speaker yourself! Help this organization be what you want it to be. Let me know your thoughts. I'm just an email or phone call away.

I hope to see you all at the January 21<sup>st</sup> luncheon when we welcome one of our WDC mentors --Past WDC President, Roni Schuling as our guest speaker.

Renea Burg  
[burg.renea@wcdsm.com](mailto:burg.renea@wcdsm.com)  
515-282-9287

## December Speaker: Roni Schuling

Please join us on Thursday, January 21st as we welcome long time WDC member and Past President, Roni Schuling.

Mentoring - you hear the buzz word all the time, but do you really understand what it means and how having one could benefit you?

The original Mentor is a character in Homer's epic poem The Odyssey. When Odysseus, King of Ithaca went to fight in the Trojan War, he entrusted the care of his kingdom to Mentor. Mentor served as the teacher and

Your 2009 WDC Board of Directors saw quite a few pregnancies!

In January 09 Secretary Stephanie Zeller & Husband welcomed their first baby, Jackson.

In August 09 Communication Chair Ashley Wayland & Husband welcomed their first baby, Everett.

Also in August 09 Vice President Renea Burg & Husband welcomed their first baby, Abigail.

Now we would like to introduce Jonah Douglas Feilmeier!



In October 09 Community Connection Chair Stacie Feilmeier & Husband welcomed their first baby, Jonah weighing in at 6lbs & 18in long.

Congratulations!

## Help wanted

WDC is currently looking for a member to serve on the 2010 Board as the Community Connections Chair.

The Community Connections Chair is responsible for philanthropic outreach including indentifying volunteer opportunities for our members, helping to raise awareness and market WDC to the community, and planning the Annual Fall Forum.

If you are interested or would like more information on the Community Connections Chair board position or please contact Renea Burg by email at [burg.renea@wcdsm.com](mailto:burg.renea@wcdsm.com) or by phone at 515-282-9287.

## Sponsor a Speaker

overseer of Odysseuss' son, Telemachus.

The Merriam-Webster

[WWWebster Dictionary](#) defines a mentor as "a trusted counselor or guide." For their Mentor/Protege Program, the [Anesthesiology Department](#) of Cleveland's MetroHealth System defines mentor as "a wise, loyal advisor or coach."

A mentor is an individual, always more experienced, who helps and guides another individual's development. This guidance is not done for personal gain. One of the most valuable assets your career can have is a good mentor.

If you are interested in being a mentor, or are considering finding one for yourself, come hear what the buzz is all about. I will do my best to educate you on the process - and how to begin a new mentoring relationship (whether you are to be the mentor or the mentee)!

Send your reservation to [rsvp@wcdsm.com](mailto:rsvp@wcdsm.com)

## Roni Schuling



Roni, a native of Altoona, is a graduate of DMACC with an Associated of Applied Science degree in Computer Programming. She also graduated from Simpson College in Indianola, IA with a B.S. in Computer Information Systems, and obtained a Master of Science in Computer Information Systems from the University of Phoenix. Roni is a Senior IT Analyst with the

Principal Financial Group in the Specialty Benefits Division. Her current focus is leading the information technology database efforts to support the systems for Dental, Vision, Disability, and Group Life insurance products.

Volunteering is a passion for Roni and she is currently serving as the Volunteer Chair for the Susan G Komen for the Cure Foundation, Des Moines affiliate. Roni is also actively involved in her church, the First Church of Chris in Ankeny, and participates in various other volunteer activities associated with the United Way of Central Iowa. Roni is a current resident of Bondurant where she lives with her husband Eric and two children. She spends a good part of her free time playing in pool leagues and tournaments through the American Pool Players association based in Des Moines. She was introduced to WDC many years ago through her mother, Judy Smith, who is also a past-president of our organization.

## Membership Renewal Time!

2010 is here and it's time to renew your WDC membership. Join us as we start another great year of member luncheons, networking time and women supporting women.

Mail your WDC membership application to WDC PO Box 892, Des Moines IA 50304-0892.



December Speaker Jeff Schulz of K. Rene and Speaker Sponsor Michelle Swanson of PAETEC.

The benefits of sponsoring a speaker at the business luncheons include an article in the monthly newsletter, the opportunity to share information about your business with the attendees, and provide a thank you gift for the speaker.

If you are interested in sponsoring a speaker at any of our 2010 business luncheons please email [contactus@wcdsm.com](mailto:contactus@wcdsm.com).

### Susan G. Komen Donation



WDC Past President & Komen Board Member Roni Schuling, WDC President Sue Schooler, and WDC Member & Komen Board Member Diane Farris join together as the Women's Development Connection presents the Susan G Komen For The Cure, Des Moines Affiliate with a check for \$800.00. The donation was raised at the Annual WDC Fall Forum.

Or print the WDC membership application and bring it with you to the January WDC meeting!

## [2010 WDC Membership Application](#)

### Why Goals Are Better Than Resolutions This New Year

You can start off the New Year on the right foot by setting your goals in advance. Many people find that establishing goals is more beneficial than setting resolutions.

Try the following simple starters to make sure that each goal you set is achievable and memorable and encompasses every aspect of your life:

#### Goals Rather Than Resolutions:

By their very nature, goals tend to be positive and achievement oriented, but it's still possible to take it a step further. Write down each goal and the benefit to be derived from reaching that goal. Keep it in a visible place as a constant reminder.

#### Round It Out:

A healthy body leads to a healthy mind, but both are necessary for maximum performance. Take time to select at least one goal for your body, mind, spirit, finances and social life, and then share your goals with others. Don't focus on the negative. Emphasize the positive instead. You'll be surprised to learn how quickly each builds upon the success of the other and how willing others are to help you reach your goals once they know about them.

#### Reward Yourself:

Make sure that you reward the small stepping stones of success along the way. Each goal should consist of smaller steps that are significant enough to garner recognition while remaining within reach for the allotted time. If you keep it up, it won't be long before you begin to truly enjoy a New Year that transforms all your wishes into reality.

Submitted by WDC Member Molly Maguire, Inlanta Mortgage. Contact Molly today at 515-975-1870.

### Cleaning for a Reason

If you know any woman currently undergoing Chemo, please pass the word to her that there is a cleaning service that provides **FREE housecleaning** - 1 time per month for 4 months while she is in treatment.

All she has to do is sign up and have her doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service.

[www.cleaningforareason.org](http://www.cleaningforareason.org)

## Article Submissions

The WDC newsletter is a great way to tell your story, share your knowledge or talk about an event you're passionate about. If you'd like to be included in a future issue, please email your article or entry by the 7th of the month to [costanzo.sue@wcdsm.com](mailto:costanzo.sue@wcdsm.com).

Items received after that deadline will be included in the next month's issue.

Please pass this information on to bless a woman going through cancer treatment. This organization serves the entire USA and currently has 547 partners to help these women. It's our job to pass the word and let them know that there are people out there that care.

Be a blessing to someone and pass this information along.

[Join Our Mailing List!](#)

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