

# Greater Rochester



Volume 1, Issue 2

June 2006

## Congratulations to the New Board Members for 2006-2007

### **President – Kimberly Radke**

The President presides at all meetings of the network and the Executive Board; countersigns checks with network VP Finance, or VP in absence of VP finance; brings agendas to the meeting; and coordinates Greater Rochester Express Network Annual Business Plan.

### **Vice President – Barbara Brown**

VP serves as the official hostess of the network; performs duties of the president in her absence or when called upon by president; reviews the Standing Rules; countersigns network checks in absence of either President or VP Finance; arranges for help at the front desk for meetings. She shall receive payment of and give receipts for network dues or other monies in the absence of the VP finance. She assists in member retention efforts. At the end of her one-year term, she is encouraged to become president of the network.

### **VP Finance – Kathy Lessard**

VP Finance has custody of network funds and is responsible for all money collected, for depositing network money and for collecting network dues. She shall disburse all money as approved by the network or executive board; all disbursements shall be made by check, countersigned by president or in her absence, the vice president. She shall present a monthly financial report to network and shall be responsible for obtaining and filing all necessary tax forms.

### **VP Communication – Kari Toft**

Records the minutes of each network and executive board meeting; she provides one copy of minutes to the president and sends a quarterly meeting report to National Headquarters. She preserves in a permanent file all minutes and records of value to the network. She handles network correspondence as requested; provides monthly meeting notices to local media; distributes the meeting notices to members.

### **VP Marketing/Publicity – Leslie Hall**

VP sends promotional information to all appropriate media covering national, network, and member achievements as well as network activities. She sends copies of major publicity coverage to National Headquarters and also lists or files information about network with sources for potential member contact in community such as local chamber of commerce or public libraries. Oversees the brochure manager and develops plan for distribution of the brochure.

### **VP Programming – Angie Slattery**

Is responsible for the planning, selection, and scheduling of educational programs/speakers for network meetings and other special events as requested. Responsible for coordinating the networking time at monthly meetings and special events as requested; responsible for planning the time, place, food, and other special arrangements needed for these meetings and events. She solicits table toppers and corporate sponsors; and oversees the facilities manager. She contacts members for display tables (2 per month).

### **VP Administration/Membership – Lindsey Stevens**

Is responsible for reporting all name, status, and address changes to network members and National Headquarters; maintains the Network member roster; maintains name tags for members and guests. Encourage membership retention and promotes membership recruitment, sends new members and guest's e-mails to VP Communication for notification of upcoming events; mans the sign-in table for each meeting.

**Web Master – Kari Toft** - Maintains and updates the Network website. Reports to the VP Communications

### **Upcoming Events**

**June GREN Meeting**  
*Networking– Bring lots of  
business cards!*

*No Meeting in July*

**NEW LOCATION:**  
Express Personnel Services  
2518 North Broadway  
Rochester, MN 55901  
(enter through the front door)

## Member Bio—Angie Slattery

**Where did you grow up?** Rochester, MN

**Month/Date of your birthday:** February 11th, 1978

**Describe your hobbies or favorite activities:** I love to travel and watch movies.

**Tell us a little bit about yourself?** I have been married almost five years. I have no children, but I have a wonderful dog named Lionel.

**Tell us something about you that we may not know:** One of my eyes is two different colors.

**Where did you train/go to school and what was your major?** Graduated from the College of St. Benedict with a degree in secondary education and social studies.

**What made you decide on this field?** I love kids!

**How did you get into this field?** I volunteered at the church for over four years and finally a full time youth ministry position opened up at my parish.

**Tell us about your company and your job with the company:** I am a Youth Minister at Pax Christi Church. I organize all the youth activities and faith formation for grades 6-12. I also lead many youth activities on a weekly basis.

**What is your favorite part about your job?** Being around kids. They are truly inspiring.

**What is your biggest professional challenge?** Kids have too many commitments these days...sports, clubs, dance, etc. They don't always put faith as number one. Plus, there's an immediate consequence for not showing up for practice which we don't have one for youth group. I wish we did.

**How did you hear about GREN and when did you join?** Margaret Heise and Donna Lun

**What do you hope to get out of GREN?** Meet women of diverse backgrounds and careers. Learn more about myself and helping to build my program.

**Please feel free to tell us anything else about yourself.** I lived in Ireland for a semester during college and backpacked Europe. I hope to do that again soon.



## Pet of the Month—Smokie

<b>Breed</b>	Bull breed mix
<b>Sex</b>	Unaltered female
<b>Date of Birth</b>	2/4/06
<b>Weight</b>	(Growing puppy)
<b>Shoulder Height</b>	(Growing puppy)
<b>Activity Level</b>	High
<b>Housetraining</b>	Smokie is working on housetraining.
<b>Leash Manners</b>	Active on leash.
<b>Grooming Requirements</b>	Low
<b>Dog Sociability</b>	Yes
<b>Adoption Fee</b>	\$150 + \$35 spay deposit
<b>Restrictions</b>	Children in the home must be at least six years of age.

Smokie was brought to Paws and Claws when her owner could no longer care for her. Smokie is a typical puppy who loves to play and get attention. She is working on potty training and walking on a leash. She loves to play outside with the other dogs. Come meet this beautiful pup today!

*Paws and Claws does have adoption policies and you can read those online or stop by our office.*

## Recipe of the Month: Crockpot Chicken Wild Rice Casserole

6 slices bacon  
1 onion, chopped  
2 cloves garlic, minced  
14 oz. Can condensed chicken broth  
1-1/3 cups water  
10 oz. can condensed cream of chicken soup  
9 oz. bag baby carrots  
1-1/4 cups wild rice  
1-1/2 lbs. boneless, skinless chicken breasts, cut into 1" pieces  
1/4 tsp. dried marjoram

### PREPARATION:

In large skillet, cook bacon until crisp. Remove bacon, crumble and refrigerate. Remove all but 1 table-spoon bacon drippings from skillet. Add onion and garlic to skillet and cook and stir for 2-3 minutes. Stir in broth, water, and condensed soup; cook and stir until bubbly, 3-4 minutes. Place wild rice and carrots in 3-4 quart crockpot. Top with chicken pieces and pour mixture in skillet over chicken. Sprinkle with marjoram. Cover crockpot and cook on HIGH for 1 hour. Stir mixture, making sure wild rice is submerged in liquid. Reduce crockpot setting to LOW and cook, covered, for 6-8 hours until chicken is thoroughly cooked and wild rice is tender. Sprinkle reserved bacon into crockpot during the last 30 minutes of cooking time. 6 servings

## Summer Challenge

John Wooden said it best when he referenced learning as a lifelong process, "It's what you learn after you know it all that counts." The truth is, there is an abundance of opportunity for new learning that confronts us each and every day. We can choose to ignore or accept, we can either put it to immediate use or store it for some point in the future.

As the weather outside warms, and you prepare for the days of summer, we challenge you to dust off the shelves of your mental storage and make time to share your learning with others. At the same time, pull up your shades and welcome new knowledge into your life. Pledge to read a book this summer, or better yet (for extra credit), write the first chapter of your book. You know, that book that you always wanted to write, but could never find the time. There is at least one book in us all, and now is the time for sharing!

~ The Growth Coach



**Nominated for Top 10 Woman of the Year— Shelly O’Groske**

**Nominated for Networker of the Year—  
Barb Wright-Quarton, Margaret Heise, Kim Radke, Shelly O’Groske**



Greater Rochester



We're on the web at  
[www.abwagren.org](http://www.abwagren.org)

**GREN ABWA Mission Statement:**

The Express Network is an opportunity for savvy, ambitious business professionals to help each other be successful by networking, sharing experiences and hearing enthusiastic, motivating speakers.

**ABWA Mission Statement:**

To bring together business women of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

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**GREN Board Members of 2005-2006**

*President – Shelly O’Groske*

*Vice President – Kimberly Radke*

*VP Finance – Barbara Brown*

*VP Communication – Angie Slattery*

*VP Marketing/Publicity – Teresa McCormack*

*VP Programming – Kristen Asleson*

*VP Administration/Membership – Cheri Ordahl*

*Web Master – Kari Toft*

***A Special Thank You***

*A special thank you to these wonderful women who offer their time and talents as board members to the Greater Rochester Express Network.*