

PROFESSIONAL

INSURANCE WOMEN

PIW
JOURNAL

February Newsletter | Issue #5

President's Message

We are turning the corner and closing out the first month of the New Year.

This is the time that I like to size up all the hope I had on Jan. 1 and compare to Jan. 30; 30 days in so to speak. It is a good time to pause and see if I am on track with my goals and my hopes for 2017.

As an avid snowmobiler, we do a very similar “check” when we start out on the trail in the morning. We start with the thumbs up, nodding to each other (remember we are all wearing helmets so all our language is body language) and then off we go. About a mile or so down the trail, the “leader” will stop at the stop sign take his helmet off and walk back to all the riders and check in – make sure all is in good order.

So as I take pause at the end of January and do a self-check, I see that I have stopped exercising, I have stopped tracking my food, and I have missed several weigh-in days. So I am way off the trail here ...

Today, I am going to my WW meeting to weigh in and I am starting NEW. No excuses, no lecture, just adjusting and moving on. The timing is actually perfect given our next meeting topic is “The Role of Good Nutrition in Health and Wellness!”

I am already feeling better about my “re-adjustment.” Of course, I would much rather be out on the trail, re-adjusting my helmet, fixing my gloves, and riding on!

Happy trails to you all!

Sincerely submitted (and adjusted),

Rose “Ride-On” Rothecker



PIW Mission Statement

Professional Insurance Women is a networking organization whose mission is to promote the professional and personal growth of its members by creating an opportunity for the exchange of ideas and mutual support.

PIW provides a forum for communication among insurance providers, brokers/agents, and buyers; used to enhance the understanding of the insurance profession.

January Meeting Recap

Mark Locke from Chubb helped us “untangle” the complexities of modern manufacturing technology during our January meeting.

27 PIW members and 15 guests were in attendance, and earned two hours of continuing education credit.

THANK YOU to Delores Van Grinsven and Chubb for your help in making the January, 2017 PIW meeting so successful.



“What an attentive and professional group! It was a pleasure, and thank you again for the venue and your audio visual expertise.” – Mark Locke

After the meeting, most of those in attendance (members and guests) met at Parma 8200 for appetizers and conversation.

Upcoming Meeting

Our next **closed** meeting is **Wednesday, February 15, 2017**.

We will be discussing “The Role of Nutrition in Health & Wellness” hosted by Jena Frizelle.

This morning meeting is back at the **DoubleTree Hotel** in St. Louis Park.

Head over to the [PIW website](#) for **more details** and to pay the meeting fee via PayPal by **February 9, 2017**.



PIW Welcomes a New Member

Jen Wolf

Jen has been in the insurance industry for 12 years and is a Senior Communications/Underwriting Specialist with MWCA. She has her INS and AINS and is currently working on her APA and CPCU designations.

Jen is originally from the Lone Star state of Texas. Jen has a 15 year old daughter who plays soccer. When Jen is not at the soccer field, she enjoys playing golf and tennis. Jen and her husband also enjoy walking their dogs and occasionally kayaking. She loves to travel, read, and enjoys cooking.

PIW Archive Project

Attention PIW members. As you recall, **Jenny Peters** has graciously volunteered to help with the archiving of PIW documents.

We are looking for any and all PIW documents that members might be hanging onto.

Should you have any documents, pictures, etc. please reach out to [Jenny Peters](#).

Membership Spotlight

If you could go anywhere in the world, where would it be and why? Italy and Greece; I am fascinated by history and would love to visit the ancient ruins and historical places.

Do you have any kids (2 legged or 4 legged-furry)? I have been blessed with many children, both 2 legged and 4 legged. We currently have 2 dogs: Benny (Pomeranian) and Louise (Lab Mix), and 2 cats: Jack and Jill. I am also co-owner, with my sister-in-law, of a horse (Digger). Not realizing what I was doing, I named my human kids "Yes" and "No." My daughter Jessica (Jess) is 20 and my son Joseph (Joe) is 23.

What is your favorite restaurant? My favorite restaurant is a little family place in downtown Farmington called Long Branch. They have great breakfasts and fantastic homemade soup.

Any upcoming vacations planned? Planning on going to Carolina Beach, NC with the kids the end of May. I can't wait to be by the ocean again.

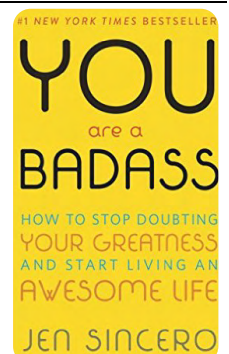
What is your best childhood memory? Spending time with my Grandma and Grandpa. They use to take me out to eat and on road trips to see my aunt in Ohio. My Grandpa would come up with the funniest projects and games.

Gerri Olson, Arthur J. Gallagher

Book Highlight

In keeping with Rose's theme of "re-adjustment," consider reading this book.

From [amazon.com](https://www.amazon.com): "...*You Are a Badass will help you: Identify and change the self-sabotaging beliefs and behaviors that stop you from getting what you want, blast past your fears so you can take big exciting risks, figure out how to make some damn money already, learn to love yourself and others, set big goals and reach them - it will basically show you how to create a life you totally love, and how to create it NOW.*"



16-17 PIW Meeting Schedule

Mark your calendars. Here is the schedule of our 16-17 PIW year.

You can always view our schedule for additions and changes [online](#).

DATE	TYPE	TOPIC	GUEST SPEAKER
Wednesday, October 19	Open Breakfast 7:30 – 9:00AM	Raise Financially Aware Kids	Donald Droegemuller, CFP Peak Financial Consulting
Wednesday, November 16	Open Breakfast 7:30 – 9:00AM	The Ten Minute Leadership Challenge	Margaret Smith, President UXL Consulting
Tuesday, December 6	Open Afternoon 4:00 – 7:00PM	Annual Holiday Reception Rojo Mexican Grill	
Wednesday, January 18 (2 CE Credits)	2:00 – 4:00PM <i>(meeting)</i> 4:00 – 6:00 PM <i>(happy hour)</i>	The Manufacturing Transformation – an Era of Disruptive Complexity	Mark Locke Chubb Insurance Meeting hosted at Aon
Wednesday, February 15	Closed Breakfast 7:30 – 9:00AM	The Role of Good Nutrition in Health & Wellness	Jena Frizelle Nourishing Nutrition Wisdom
Wednesday, March 15	Open Breakfast 7:30 – 9:00AM	Presentation Skills/Impromptu Public Speaking	Eve Simpson Energizers Toastmasters Club Meeting hosted at GRE
Wednesday, April 19	Closed Breakfast 7:30 – 9:00AM	Transforming your Passion into a Career	Lisa Berg, Owner Suitcase Therapy
Wednesday, May 17	Open Breakfast 7:30 – 9:00AM	Cyber Liability Hosted by May Committee	Meeting hosted at Travelers
Wednesday, June 21	Closed Breakfast 7:30 – 9:00AM	Topic TBD Hosted by Membership Committee	
July	TBD	Charity Event	
August	Afternoon/Evening	Annual Golf Outing	
Wednesday, September 20	Closed Breakfast 7:30 – 9:00AM	Annual Business Meeting	

What would YOU like to see?

If there is news, or items you would like to share with the membership, please send an email to the Executive Committee. We like to celebrate and highlight our members' accomplishments!

When a member loses an immediate family member, PIW provides a plant and condolence card to the member. We want to continue to support our members in times of need. Please contact a member of the Executive Committee any time we can provide this support.

PIW members are invited to attend an Executive Committee meeting if you have something you would like to present to the Board. Please contact an Executive Committee member to review the request prior to the meeting.