

PROFESSIONAL

INSURANCE WOMEN

PIW
JOURNAL

March Newsletter | Issue #6

President's Message

Our recent PIW meeting was such an enjoyable get together! The speaker, Jena Frizelle, was full of information and was wonderful to listen to – I couldn't write fast enough! My notes are a bit messy from that morning, but I have a lot of things to Google and look into more.

I could have listened to Jena speak all morning (a lot of members felt like that as well). We will have to ask her to join us again (and soon)!

I am looking forward to our upcoming meeting on presentation skills that will be put on by Eve Simpson of GRE Energizers Toastmasters Club. As many of you have heard me say, we all need to get "comfortable" being uncomfortable as it helps us grow. Public speaking is right up there (for me) for being uncomfortable

Lastly, I'd like to give a big shout-out to Becky Dobbs for hosting the meeting at Great River Energy in Maple Grove.

Sincerely submitted,

Rose "Growing" 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.



February Meeting Recap

The February meeting included a presentation about the role of nutrition in good health, led by guest speaker Jena Frizelle.

Jena mentioned the concept of Whole30 and the possibility of starting a group with the members of PIW. Two members, Pam Kerber and Becky Dobbs, have stepped up to organize a “PIW Whole30” group for those interested.

The cost for joining the group is \$75 per person. This includes daily information in a private group portal, 1-2 postings a day to encourage discussions, as well as recipes, and health information.

If you are interested in joining the group, please contact [Becky Dobbs](#) by **March 27**, and this program could possibly start by **April 1**.

A message from Jena ...

Whole Foods/ Whole Body

Whole30 is a short term nutritional reset, designed to help you restore a healthy metabolism, heal your digestive tract, calm systematic inflammation, and put an end to unhealthy cravings, habits, and relationships with food.

In a nutshell, it's a 30-day elimination diet, during which you eat meat, seafood, lots of vegetables, some fruit, and healthy fats like avocados, nuts, seeds, and unrefined oils.

Things that are **not** allowed include grains, added sugars, legumes, soy, dairy, and processed food and alcohol.

“No cheats, no slips, no excuses”

This is a radical shift. It's hard but that's what makes it so exciting. Change is good, change is worth it, and after 30 days it will change your life!!

Good news! We are all doing this together!

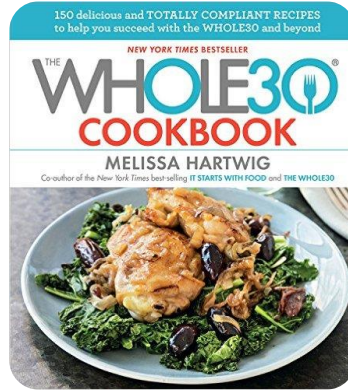
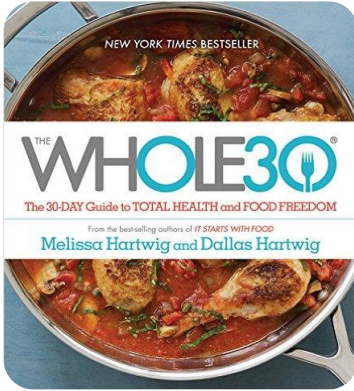
I will be here with you every step of the way providing whole body eating and wellness tips to incorporate and support you on this transformational adventure.

Along with an open group page where we can all share tips, gripes and recipes, I will share “Daily Dish” updates on how things should be progressing, shopping and food prep ideas and tips. I will also share holistic practices and functional foods to add to your plan and more intuitive eating direction.

I can assure you this is not like other “diets” you may have tried. This is transformational; this will change your life, the way you look at food, and your approach to self- love and taking care of your amazing body from the inside out! You will sleep better, you will look better, you will live better!

Honestly, the best part about this is the group support! Each of you encouraging and motivating each other through the entire 30 day process, it's incredible! Best in health, *Jena*

Whole30 Book



If you are considering doing Whole30, whether in a group or on your own, think about purchasing these books from Amazon.

Purchase the [Whole30 book](#), along with the [Whole30 cookbook](#).

Upcoming Meeting

Our next OPEN meeting is **Wednesday, March 15, 2017.**

You don't need luck to give a good presentation – you need good preparation! Join presenter Eve Simpson of Great River Energy and Mrs. Minnesota USA Dawn Hinton at the **Great River Energy headquarters in Maple Grove** to learn about presentation skills and being prepared for planned and impromptu speaking events. We'll start your day off the way every day should begin – with laughs and smiles.

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

A quick note from our Treasurer, Lori Sapp ...

*In an effort to reduce email traffic, a separate RSVP email **isn't** required if you use PayPal to pay for the meeting.*

PIW Gives Back

Save the date! On **Wednesday, July 19**, members of PIW will have the opportunity to give back. We will be volunteering at Second Harvest Heartland in Golden Valley from **1:00 – 3:30PM.**



second harvest
HEARTLAND

Puzzle Time

MAN BOARD	STAND I	READING	MIND MATTER	ECNALG	BAN ANA
TOUCH	DEATH LIFE	GOING DIET	LE VEL	CYCLE CYCLE CYCLE	++

- Answers:
1. Man over board
 2. I understand
 3. Reading between the lines
 4. Mind over matter
 5. Backward glance
 6. Banana split
 7. Touchdown
 8. Life after death
 9. Going on a diet
 10. Bi level
 11. Tricycle
 12. Double cross

Membership Spotlight

If you could go anywhere in the world, where would it be and why? If I could go anywhere in the world, I would want to complete a visit to all 50 United States (there are only a few I haven't visited) and visit all continents and/or the Seven Wonders of the World. When I was younger, I would spin the globe, put my finger on the globe, and imagine that my next trip would be to where my finger landed. Seeing the world and experiencing other cultures is very intriguing to me.

Do you have any kids (2 legged or 4 legged-furry)? I have three children: a daughter and two sons who all have college degrees (my daughter also has a Master's Degree). Our daughter lives in MN and our sons both live in WI.

What is your favorite restaurant? I love to go out for breakfast so here are a couple of my favorite breakfast spots. The Blue Willow Cafe in Tucson, AZ is my favorite out of town place for breakfast. In the Twin Cities area, my favorite breakfast spot is OPH (Original Pancake House). When I would be traveling for work, I would conduct research on "the series of tubes" to seek out locally owned breakfast spots in the town where I was headed. I found there are many great spots for breakfast throughout country.

Any upcoming vacations planned? I was fortunate to take a fantastic vacation trip to Croatia last August with my family. This year, I do not have any big trips planned.

What is your best childhood memory? I am a big Twins baseball fan. Back when the Twins played at Met Stadium in Bloomington, I fondly remember going to church on Sunday mornings during the summer and my dad asking me after the church service if I wanted to go to the Twins game that afternoon. I would always say yes! My dad and I would attend the game but after the Twins batted in the bottom of the eighth inning, my dad would want to leave even though the game was not over. He wanted to beat the traffic leaving Met Stadium. Apparently this made an impact with me because as an adult, I rarely leave events before they are completed and I sit through all the credits at the end of a movie.

Cindy Mikolajczyk

A quick note from Cindy ...

I have experienced a change with my employment. My position at RAS has been eliminated and as a result, I am no longer working at the company. I am in the process of exploring the next stop in my journey of work and welcome hearing about opportunities in the industry. I can be reached at cindymik@charter.net or 612.965.3583 or 651.398.7912.

Are you reading this?

We're testing our newsletter readership! Email [Sam Millner](#) that you've read the newsletter, and you will be entered in the chance to win a Caribou gift card. (Who doesn't love coffee?)

The winner will be drawn at our next PIW meeting. You do not have to be present to win.



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	TIME	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	You have a Cyber Liability Claim – Now What?	Meeting hosted at Travelers
Wednesday, June 21	Closed Breakfast 7:30 – 9:00AM	Topic TBD Hosted by Membership Committee	
Wednesday, July 19	1:00 – 3:30PM	Charity Event	Second Harvest Heartland Golden Valley
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.