Bozeman Business and Professional Women

Representing the Bozeman Area Business & Professional Women's Community Since 1930

JUNE 2011

Monthly Newsletter of *Bozeman* Business and Professional Women

a note from your president...

Outdoors Month. I had no idea this would be such a hard topic to write about for the June newsletter. Summer – it's all about fun, getting outside, hiking, gardening, barbeques, and vacation. It's about a quieter time at work to get some of those long, sought-after projects done and to finally have time to clean your desk. Right? If that's the case, why are we all feeling so busy still?

There used to be breaks in work flow, slower times to regroup and recharge. They were the summer months, the last two weeks of December, and the dead time in February. Not anymore. We fight to keep up, and then complain of the effort that it takes to get away for even a few days. And oy-vey, the work that piles up when we're gone. How many times have I heard (and said) "It's almost not worth it"?

We know darn well that getting away, getting outdoors is time well-spent. Recharging our batteries and reinvigorating our motivation makes us better workers, colleagues, managers, partners, and friends. Why is it so hard then? I don't even begin know, other than reciting the same old platitudes of having to work harder than men, always be the super mom, or that we just can't take a break or let our guard down in this economy.

However, I do know that just the other day, as I was complaining about something or other, I had to stop my husband and tell him that I wasn't looking for solutions out of him. I just wanted to complain a little. I didn't need him to fix anything or fight any battles for me, just listen. So... I recommend complaining. Whine and gripe about how busy you are, how you hate this weather, how tired you are of everything. Let it all out to someone with a good ear and a lot of patience.

And then move on and get outdoors. It's why we all live here and suffer through the shoulder seasons of impossible forecasts. It's time to let go of our work stress and get outside.

Website for the month – you don't have to climb Mount Everest to appreciate the feat:
http://outside-blog.away.com

paula

Blisters I suffered from a little **too** much of getting outdoors last summer – the result of backpacking in hiking boots that had already seen too many miles. Solution? Fabulous new hiking boots!

Name That Newsletter...

Let's have a little contest!

Please submit your ideas to name the BPW Newsletter to Tracey at: traceyj@speedyprintboz.com

We will then put out an email to have all members vote on the name.

No need to "design" - just name it.

Here's one idea...

women2women

HAVE FUN!

BPW Sponsors...if you would like to submit updated logos at any point in time, please do. EPS is the best format.

BPW Business Sponsors

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soma dis BROWN BAG DELI
A Real Montana Deli!

For a complete list of BBPW's sponsors go to:
www.bozemanbpw.org/sponsors.html

Summertime and Good Food...

Mojitos

submitted by Amber Guth

Ingredients:
10 fresh mint leaves
½ lime, cut into 4 wedges
2 tablespoons white sugar, or to taste
1 cup ice cubes
1½ fluid ounces white rum
½ cup club soda

Directions:
Place mint leaves and 1 lime wedge into a sturdy glass. Use a muddler to crush the mint and lime to release the mint oils and lime juice. Add 2 more lime wedges and the sugar, and muddle again to release the lime juice. Do not strain the mixture. Fill the glass almost to the top with ice. Pour the rum over the ice, and fill the glass with carbonated water. Stir, taste, and add more sugar if desired. Garnish with the remaining lime wedge.

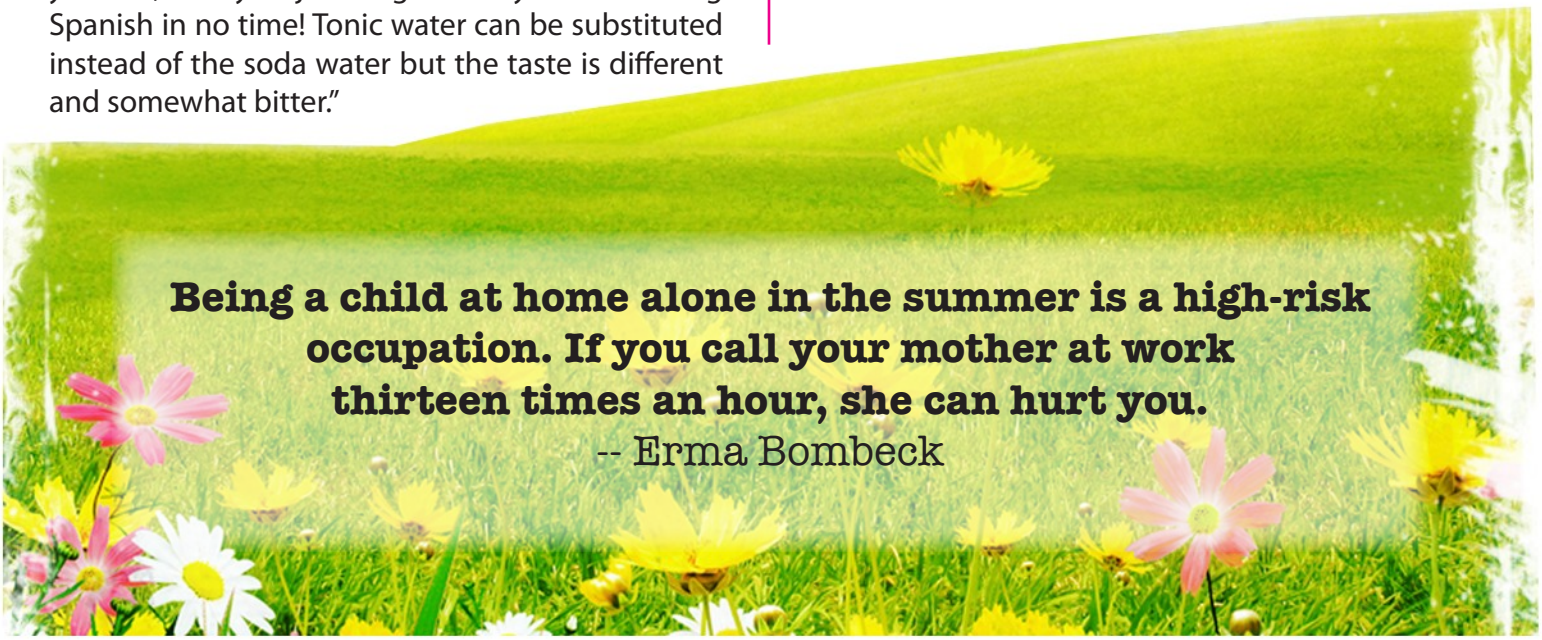
"This is an authentic recipe for mojito. I sized the recipe for one serving, but you can adjust it accordingly and make a pitcher full. It's a very refreshing drink for hot summer days. Be careful when drinking it, however. If you make a pitcher you might be tempted to drink the whole thing yourself, and you just might find yourself talking Spanish in no time! Tonic water can be substituted instead of the soda water but the taste is different and somewhat bitter."

Seafood Pasta Salad

submitted by Kelly Gaugler

Ingredients:
½ cup miracle whip
¼ cup zesty Italian dressing
2 TBS grated parmesan cheese
2 cups 8 oz cork screw noodles
1 ½ cup chopped imitation crab
1 cup broccoli (fresh-steamed-and chopped)
½ cup green pepper, chopped
½ cup tomatoes chopped fresh
¼ cup green onion chopped

Directions:
Boil cork screw noodles according to directions. Rinse with cool water. Combine dressing and parmesan cheese—mix well. Add remaining ingredients and mix lightly. Chill and Serve.



~ Member Bio ~

Kris Zimmermann

My passion is helping others learn how to use various energy techniques to enhance their lives and feel empowered to express the pure love, joy and passion of their soul.

Working with individuals, couples, animals and environments, my focus is on guiding and inspiring people to experience more balance, harmony and alignment within themselves and their surroundings. I feel that by offering unconditional love and support to each other, developing authentic relationships, honoring and respecting all energies and beings, and becoming aware of the loving, supportive, healing and aligning energies of the Universe, each one of us can help bring more balance, love and peace to the world.

I offer:
Consulting in various types of energetic healing work, including; Personal Healing sessions (with individuals, couples and animals), Energetic Space Clearing, Relationship Enhancement, and Energy Dowsing.

Workshops to help people align their relationships by learning simple techniques to offer love and support to each other, release blocked, stuck or any unsupportive energies (emotional, physical, mental, sexual, or spiritual), and experience balance together.

Qigong classes and feel that Qigong is an extremely simple and powerful practice to help people bring more balance, love, healing and alignment to themselves and their relationships. I started practicing Spring Forest Qigong in 2003 and found that it offered me the much needed balance, support and love essential to practicing the energetic healing work that I offer. I'm certified as a SFQ Level 1 & 2 instructor, offering weekly and monthly classes in the Bozeman area and can come to your area for sharing SFQ Level 1 & 2 workshops.

I live in Bozeman, MT, spending as much time as possible exploring this beautiful area and feel very fortunate to be nourished and energized by the valleys, mountains, rivers, people, animals and energy of Montana.

Just get out and enjoy the outdoors! Go for a morning walk and greet the day! Ask what it is that you can do today to experience more peace and love throughout your day. When you can feel more love for yourself, you will radiate this to others and brighten their day.
Share the **Love!**
Kris Zimmermann

2010-2011 BBPW Officers

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PROGRAM VICE-PRESIDENT
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Events Bulletin Board

Bozeman BPW wants to provide you with access to all the information available to benefit you and your business!

Our Website Bulletin Board publishes special events, classes, seminars or meetings that are being held by BBPW members, BBPW friends (non-members), other women's organizations and individual businesses.

To access the bulletin board go to:
www.bozemanbpw.org/Bulletin%20Board.html

If you have an item for our bulletin board, send it to **Pat Simmons, Website Coordinator,** at: **psimmons@imt.net**

New Members

Jodie Kunesh
Accounting Student,
MSU College of Business

Neelie Burman
CEO, Big Brothers Big Sisters of Gallatin County

Kelsey Miller
Student,
MSU College of Engineering

Christina Boyer
District Sales Manager,
Subaru of America

This makes 96 members, of which 18 are new.

Building Yourself, Building Your Business

with Jeannine Doyle

The June 22nd program will be a jam-packed 1/2 hour of proven ideas and actions to add to your strategies for success that can have a profound effect in your business career **TODAY!**

Jeannine has been an entrepreneur for over 20 years and has enjoyed great success as a business coach, author and publisher for the past 12 years.

This is a program you won't want to miss!

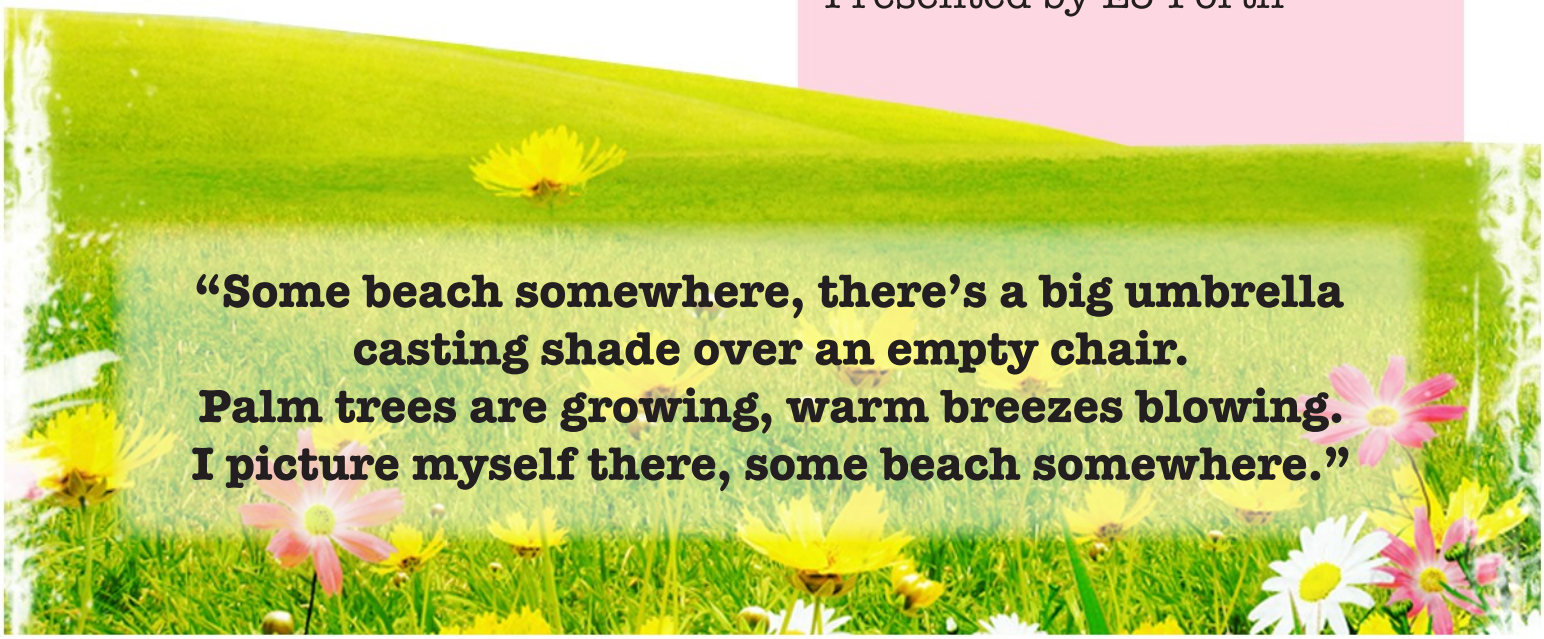
Mountain Crane PRODUCTIONS

Missed a Meeting? Read All About It...

The Bozeman BPW Program Committee has arranged very interesting programs for our meetings. If you have missed one (or more) and would like to be informed, you can read all about it at **www.bozemanbpw.org** (under the "Table of Contents," go to "BPW Business – Minutes"). The May presentations were:

Who Cares? Promoting Quality Child Care.
Presented by Jane Arntzen-Schumacher and Christel Schevilicek.

HAVEN - Domestic Violence Does Happen in Gallatin County.
Presented by EJ Porth



Calendar of Events

June 8 - Music for Life, Heather Lytle
Heather is one of our 2010 BBPW Scholarship recipients. She will be graduating from the Nursing School at Montana State University this May. Her general goal in life is "to support the underprivileged of this world that they might receive the most efficient and effective physical, emotional and spiritual support they deserve."
Her accomplishments include working with AIDS orphans in Africa for four years with Music for Life. She served as a volunteer tour leader with the African Children's Choir and led 72 children from Uganda, Rwanda, Kenya and South Africa as they performed in venues that ranged from tiny churches to the G8 Summit in 2006, performing before 200,000 people. This provided full educational sponsorships through university level for these children. She also served as a field director in Nkomazi, South Africa, where she helped train a local team that now runs relief and development programs for 400 orphans in eleven villages and developed a registered boarding school for 42 orphaned students. We felt that her story was worth sharing with our BBPW members. She will be talking about the different women that have inspired her overseas and how, in spite of circumstances, there is always a reason to hope and believe that dreams can come true. She will tell of how she was called to go and how it shaped her life. She hopes to bring awareness of how other people live, survive and find purpose in each day they are given.

June 16 - Networking Social - 5:30-7:00 -Santa Fe Reds Patio, 1235 North 7th Avenue

June 20 - Board of Directors Meeting - Noon-1 pm - Bozeman Public Library Board Room. All Members Welcome.

June 22 - "Building Yourself, Building Your Business" with Jeannine Doyle
This will be a jam-packed 1/2 hour of proven ideas and actions to add to your strategies for success that can have a profound effect in your business career **TODAY!** Jeannine has been an entrepreneur for over 20 years and has enjoyed great success as a business coach, author and publisher for the past 12 years. This is a program you won't want to miss!

Good Summer Reading...

A Few Books by

Kristen Hannah

- Firefly Lane
- Summer Island
- On Mystic Lake
- Angel Falls
- Between Sisters

Newsletter Info

Please send your articles for the JULY BPW Newsletter to:

sales@speedyprintboz.com

no later than Sunday-June 26th

Please have all articles copy ready.

Speedy Print
www.speedyprintboz.com

405 West Main • 587-3233

Tracey Jones, *owner* • **Amber Guth**, *Sales*
BPW Newsletter Editors

Get The Word Out About Your Business

Advertise on the BBPW Website www.bozemanbpw.org for only $10/year!

Check out the following Member Pages and be sure to use these members' valuable services:

Ann Schrader, Business Coach & Consultant – ***Changing Directions Inc.***

Arison Antonucci-Burns, Realtor/Property Manager – ***Keller Williams, Above & Beyond Property Management***

Barbara do Amaral, Realtor – ***Prudential Montana Real Estate***

Beth Bridgers Johns, Architect – ***Living Places Design Studio***

Casey Magan, Lawyer - ***Waddell & Magan Trial Lawyers***

Kelly Gaugler, Real Estate Loan Officer – ***Stockman Bank***

Dr. Kimberly Maxwell, CEO/Chiropractor – ***Abundant Health Family Chiropractic***

Kris Zimmermann, Consultant/Instructor – ***Energy Healing***

Laura H. Young, NCBTM – ***Holistic Hand Massage Therapy***

Sally Babcock, Owner – ***Whitepine Counseling Services PC***

Sydney Rick, Agent – ***The Prudential Insurance Company of America***

Tracey Jones, Owner – ***Speedy Print***