

MARCH 2020

MEMBER NEWSLETTER



BUSINESS &
PROFESSIONAL
WOMEN

PRESIDENT'S MESSAGE

Greetings BPW members,

2020 has been off to a great year for Sioux Falls BPW, and as we look forward to spring, we welcome new opportunities to ensure the mission of Sioux Falls BPW.

I'm excited about new and existing members who are embracing the organization, and finding opportunities to network and support each other. I invite you to get involved on our great committees and support SFBPW.

We also have wonderful networking events that provide additional opportunities for you to get to know one another and network within Sioux Falls.

Sioux Falls BPW long 100-year history of supporting women in the community provides a great platform moving forward. I welcome additional ideas to ensure an organization that supports personal and professional development. I'm looking forward to seeing you at our next meeting. Happy almost spring!

Respectfully,

Sandra Melstad

SFBPW President



MARCH NEWSLETTER

- Board and Member List, 2-3
- Committees List and Members, 4-5
- SFBPW Highlights, 6-8
- Membership Updates, 9-10
- Calendar and Events, 11
- Member Feature, 12-14
- Business Expo flyer, 15



"We need women at all levels, including the top, to change the dynamic, reshape the conversation, to make sure women's voices are heard and heeded, not overlooked and ignored." Sheryl Sandberg

MARCH MEETING:

March 10th at 11:45am-1:00pm

Ramada Hotel & Suites

MARCH BOARD MEETING:

March 5th at 12:00pm-1:00pm

Via Zoom

SFBPW'S MISSION

To enhance the business and leadership potential of all women through Networking, Professional, and Personal Development

2019-2020 BOARD

Sandra Melstad

Kelli Bullert

Megan Brown

Trisha Viss

Angie Wahl

Rebecca Zabel

Sara Misterek

Jenn Folliard

Lori Sisson

Sue Roust

President

Vice President

Recording Secretary

Treasurer

Corresponding Secretary

PDE Committee Chair

Membership Committee Chair

Policy Committee Chair

Immediate Past President

Parliamentarian

SFBPW's HISTORY AND MISSION

When the US mobilized for World War I in 1917, the government found that women were organized into religious or cultural groups, or by separate professions, but not as an overall business and professional group. A Women's War Council was established by the War Department to develop a comprehensive women's organization, which would assist in identifying and utilizing trained womanpower in the United States.

SF/BPW began in May 1919, and three SF/BPW members attended the organizing convention for BPW/USA in July 1919. The local organization affiliated with BPW/USA that fall. Dues were \$1 per year. Though American women did not yet have the right to vote (the 19th amendment was ratified in August 1920), these pioneering women recognized the need for an organization which would elevate the standards for, promote the interests of, and extend opportunities for education to women in business and the professions.

The BPW Foundation was formed in 1956 as the first research and education institution of national scope solely dedicated to issues that affect working women. SF/BPW is a member of the BPW Foundation.

The Individual Development Program had its first class in 1969. The national course outline focused on public speaking, networking, negotiations, parliamentary procedure, and leading a meeting. Our local program evolved as more advanced content was added, and we continue this educational opportunity as the Professional Development Program.

The mission of SF/BPW historically was "to work to achieve equity for all women in the workplace through advocacy, education, and information." Following a strategic planning process in 2015, the members of SF/BPW voted to update the mission statement as follows: The mission of SF/BPW is to enhance the business and leadership potential of all women through networking, professional, and personal development.



EVERYONE CAN HELP RECRUIT AND GROW OUR CHAPTER!

We are always looking to invite new people to our meetings and recruit new members. Don't be afraid to invite a friend!

SIOUX FALLS BUSINESS AND PROFESSIONAL WOMEN ROSTER

Peggy Anderson	
Shalista Anderson	Shalista Photography
Brooke Blaalid	Social Justice Research Institute
Megan Brown	First Bank & Trust
Kelli Bullert	Farm Credit Services of America
Sarah Busse Spencer	SBS Research
Heather Christiansen	Healthy Connections
Deb Cimpl	First Dakota National Bank
Keyes T Clemmer	Prairie Cocoa
Trisha Dohn	Corewell 365
Betty Durfee	
Stacie R Dykstra	Cain Ellsworth & Company, LLP
Kristy Eckhoff-Speck	Lighting A New Way Counseling Services
Casey L Eekhoff	Eekhoff Law, Prof. LLC
Kate Ericson	Mary Wubben Wellness
Kim Erkonen	Awe Financial LLC
Kimberly Fejfar	Mary Kay
Jennifer Folliard	
Crystal Freund	Infinity Appraisal Services, LLC
Alexa Giebink	Great Bear Ski Valley
Mary Ann Giebink	Glory House
Tracy L Gran	New York Life DBA Bloom Financial Services
Lucille Green	
Nicole J Griese	Griese Law Firm, P.C.
Cierra M Haffner	Fully Promoted
Robyn Hansen	Security National Bank of South Dakota
Tiffany Hansen	3 Degrees Sauna Studio
Pat Herman	USD Center for Disabilities
Karen Hieb	Department of the Treasury
Gabrielle Hoing	Kore Cares
Maria Hopkins	Maria Hopkins Real Estate at Hegg Realtors
Sharese Ihnen	The Select Team Hegg REALTORS, Inc
Dona Mae Johnson	BankWest Mortgage
Melanie Keegan	Thrivent Financial
Kylie R Keiser	Kinesio Care Center
Mary G Keller	Keller Law Office

Michelle Klobassa	TSP
Donna Kuper	Kuper Complete Accounting
Sherry Kurtz-Anderson	Lead to Inspire
Carlie Larson	Ripple Marketing
Courtney J Lens	Numbers & Such Prof. LLC
Felan Link	Legacy Law Firm, P.C
Stacey M Loen	Isagenix
Valerie Loudenback	Grand Prairie Foods
Sladjana McCord	Oien Family Chiropractic
Charity McKnight	Hegg Realtors
Sandra Melstad	SLM Consulting LLC
Maggie Miller	Hegg, REALTORS
Sara Misterek	Starmark Cabinetry
Leslie Morrow	Alzheimer's Association
Marilyn Moser	LifeVantage
Laurie Nelson-Moe	Whole Life Balance Coaching
Maureen Ohm	MarketBeat
Ruth Parkhurst	Hegg Realtors
Emily Pogue	Emily Pogue Freelance Writing
Dee Dee Raap	JourneyWorks Speaking & Training
Jennifer M Reecy	The First National Bank in Sioux Falls
Monica Rilling	Time Management Systems
Jennifer Rothenbuehler	Presentation Sisters
Sue Roust	
Cindy Schoppert-Pickett	Schoppert's Piano Gallery
April Shannon	CorTrust Bank
Cindy D Shuck	CHS
Lori Sisson	Farm Credit Services of America
Deb Snelling	CorTrust Bank
April Tellers	Raspberry Mills
Trisha Viss	Dacotah Bank
Tyana Viss	Sioux Falls Federal Credit Union
Angie Wahl	J.Wahl Home Inspection
Michele Wiggs	Make-A-Wish South Dakota
Rebecca Zabel	Prairie Family Business Association

COMMITTEES FOR THE SIOUX FALLS BUSINESS & PROFESSIONAL WOMEN

Below are brief descriptions of our various committees. Committees and chairperson are established when the fiscal year begins in July.

Information on the type of help a committee needs will be found throughout the year in the chapter's monthly newsletter. But, if you see something you are interested in or would like more information on, contact the chairperson listed on the following page.

Executive

The elected officers, immediate past president, appointed parliamentarian and committee chairs of the organization shall constitute the executive committee.

Membership

The membership committee is responsible for recruiting new members, encouraging member participation and involvement in BPW activities, arranging locations and menus for member meetings, notifying all members of meetings, collecting meal payments, welcoming members and guests, coordinating public relations, including maintaining the organization's website, social networking outlets, and informing local media of BPW programs and events, and hosting social and networking opportunities for members.

Subcommittees

Hospitality

Assists with coordinating meals and accommodations for meetings and events, greets & registers members & guests at events

Holiday Party

Coordinates December membership meeting/holiday party including meal, speaker/activity and designated charity.

Social

Keeps the chapter's website and Facebook page content current. Check's Chapter email.

Golf Outing

Plans the golf tournament, which raises funds for the chapter.

Professional Development

The professional development committee is responsible for scheduling speakers and programs for monthly membership meetings, planning and facilitating the Professional Development Program, providing leadership development and mentoring opportunities for members, awarding annual scholarships in accordance with the bylaws.

Subcommittees

Professional Development Program

Coordinates professional development speaker series for SF BPW fundraiser.

Leadership

Coordinates leadership development including but not limited to mentoring opportunities.

Meeting Agenda

Selects topics/speakers and networking activities for monthly membership meetings.

Scholarship

It shall be the duty of the Sioux Falls BPW Scholarship Fund Committee to determine the recipients of annual scholarship(s) for women pursuing post-secondary education. The committee will consider both financial need and academic achievement when awarding the scholarships

Finance/Audit

The finance committee shall review the proposed needs of BPW throughout the year and prepare an annual budget for the organization, have general supervision of all expenditures, and assist the organization in developing a sound financial policy. The committee shall audit the treasurer's records after the close of the fiscal year and prior to the August meeting, and shall report to the organization at the August regular meeting.

Nominating

A Nominating Committee shall consist of three members, one of whom shall be a member of the Board of Directors. The Chair and one member, who shall not be members of the Board, shall be elected at the Annual Meeting. Nominations for these offices shall be made by the current Nominating Committee. The other member shall be appointed by the Board of Directors at the first regular meeting following July 1.

Policy

2019-2020 COMMITTEE CHAIRS & MEMBERS

Committee volunteers are welcome and appreciated!
Contact committee chairs or Sandra Melstad for more information

Executive

Sandra Melstad, Kelli Bullert, Megan Brown, Trisha Viss, Angie Wahl, Rebecca Zabel, Sara Misterek, Lori Sisson, Sue Roust

Membership

Chair—Sara Misterek

Subcommittees **Hospitality**

Holiday Party

Chair—Maureen Ohm. Members:

Social

Golf Outing

Sandra Melstad

Professional Development

Chair—Rebecca Zabel.

Subcommittees **Professional Development Program**

Leadership

Meeting Agenda

Scholarship

Chair—Robyn Hansen. Members: Maureen Ohm

Finance/Audit

Chair—Stacie Dykstra. Member: Robyn Hansen

Nominating

Policy

Chair: Jenn Folliard

CHAPTER HIGHLIGHTS



Wendy White

FEBRUARY MEMBERSHIP MEETING

Our February membership meeting had two terrific five-minute speakers. The first was Alexa Giebink, the Director of Communications at Great Bear, who spoke about Great Bear's founding and history of philanthropy (and fun!) in the Sioux Falls area. The second was with

Wendy White from Face It Together, her talk was about the importance of support during recovery from addiction.

The Networking Activity was led by Lori Sisson, who emphasized the importance of mastering your elevator speech, asking for the sale, and not minimizing yourself when interacting with clients.



Lori Sisson



Alexa Giebink

FEBRUARY LUNCH AND LEARN

February's Lunch and Learn was led by Kerri Tiegen of KT Consulting.

Kerri is a dynamic champion for being your true authentic self in every area of your life, and led the group in a fast-paced exercise in discovering our core values.

Don't miss our last 2019-2020 Lunch and Learn in May! It's going to be led by Rana DeBoer, the Chief Culture Officer of the City of Sioux Falls. Rana is an experienced innovator with a demonstrated history of creating positive, sustainable growth in the performance of people and places. If you haven't signed up yet, click the link below!



Kerri Tiegen

Mar 18
2020



Radical Resiliency for Leaders

Rana DeBoer - City of Sioux Falls

Are you ready to dive into the factors that boost energy and help you reach your highest potential, both at work and in life? Then let's talk "radical resilience". There's no question that today's world challenges our energy and our ability to be an effective leader. Let's take a look at the science and psychology of human-beings, to find a formula that will pace you through and ignite your resilience for sustained performance. We will explore four interconnected dimensions of resilience to create lasting leadership energy: **PURPOSE, MENTAL, EMOTIONAL, PHYSICAL WELL-BEING.**

CHAPTER HIGHLIGHTS



FEBRUARY SOCIAL AT REMEDY BREWING

Our February social at Remedy Brewing was amazing! Our host Kelcey showed us the correct way to drink beer, told us some of the history of brewing in Sioux Falls, and we got to sample four of their beers, including their newest, Bulwark! Aged in a Jim Beam barrel for 18 months, SFBPW was the very first group of people not employed by the brewery to get to sample this very limited run.

All in all, a very fun night, and can't wait for the next social!



MEMBER RECOGNITION BY THE CHAMBER NEWS



Gabrielle Hoing

Two of BPW's members were featured in the February edition of the Sioux Falls Chamber News.

Gabrielle Hoing of Kore Cares answered ten questions in their 5 Questions feature, read the article [here](#).

Angie Wahl of J. Wahl Home Inspection was honored on the Faces and Places for ten years service as a Chamber Diplomat. Check that out [here](#).

Way to go ladies!

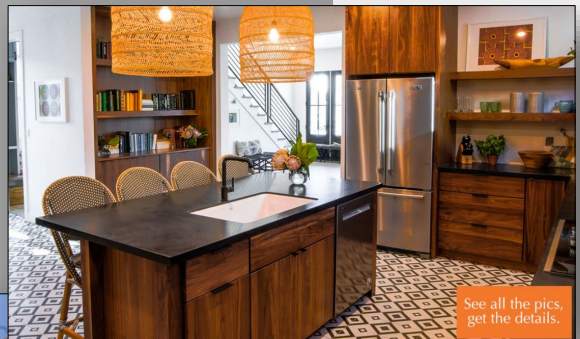


Angie Wahl

MEMBER COMPANY ON EXTREME MAKEOVER

Member Sara Misterek's cabinetry firm, Starmark Cabinetry, is being featured on five of the ten brand new episodes of Extreme Makeover, Home Edition, being produced by HGTV. New episodes coming out on Sundays through April

STARMARK®
C A B I N E T R Y



See all the pics,
get the details.



**EXTREME
MAKEOVER:
HOME EDITION**





MEMBERSHIP UPDATE

Your membership committee wants to extend a CHALLENGE to you all, and while we're at it, let's make a game of it!

- Bring a guest to a meeting and get your name put in a drawing for a FREE MEAL! One entry PER GUEST!
- If your guest becomes a member, you AND your guest get entered into another drawing where you are BOTH eligible to win \$50 gift cards!
- We will draw in May for the free meal, in June for the \$50 gift cards
- What are you waiting for? Invite some guests!

Keep checking our newsletter and our [Facebook](#) page for updates from your Membership Committee! More to come!

Sara Misterek



MARCH BIRTHDAYS

Valerie Loudenback, *March 1*

Sharese Ihnen, *March 13*

Dee Dee Raap, *March 14*

Gabrielle Hoing, *March 16*

Kelli Bullert, *March 18*

Donna Kuper, *March 26*

Courtney Lens, *March 26*



NEWSLETTER ITEMS WANTED

Submit your information to Sara Misterek (email to sara.misterek@starmarkcabinetry.com) by the second to last Friday of the month. We are looking for the following

- | | |
|--------------|-------------------|
| -Promotions | -Marriages |
| -Good News | -Company News |
| -Help Wanted | -Retirements |
| -Congrats! | -Movers & Shakers |
| -New Baby | -Kudos |



MEETING RSVP REMINDER

Just a reminder that RSVP's for our monthly meetings are due by noon on the Friday prior to the meeting. If you have changes to your RSVP after noon, please email Sara Misterek to make her aware, so she can let the hotel staff know.

Understandably, we are all busy, and sometimes last minute schedule changes are unavoidable, but the number of same-day registrations has been slowly climbing. This creates undue stress on the hotel staff, and will help in the amount of extra time spent if RSVP's can be made in a timely fashion.

Thanks for your cooperation on this!

CHAPTER CALENDAR OF EVENTS

MARCH
2020

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	5 Board Meeting	6	7
8	9	10 <u>March Meeting</u> <u>Haley Samuelson</u> <u>Featured Speaker</u>	11	12	13	14
15	16	17	18 <u>Lunch & Learn</u> <u>Radical Resiliency</u> <u>for Leaders</u>	19	20	21
22	23	24	25 <u>March Social</u> <u>Look's</u> <u>Marketplace</u>	26	27	28
29	30	31				

MARCH MEMBER MEETING:

March 10th, 11:45AM Ramada

MARCH BOARD MEETING:

March 5th, 12:00PM Zoom meeting

MARCH LUNCH & LEARN:

March 18th, 12PM Cherapa Pl

MARCH SOCIAL:

March 25th, 4:30PM Look's Marketplace

MARCH EVENTS

SIOUX FALLS BUSINESS EXPO

MARCH 5, 10:00AM—8:00PM

Sioux Falls Convention Center

SF CHAMBER OF COMMERCE MIXER

MARCH 17TH, 4:30PM

Great Shots, 2505 W Benson Rd

DTSF MIXER

Unknown at this time



UPCOMING

In April, we're going to start looking at electing officers and committee members for the 2020-2021 fiscal year.

If you're thinking you'd like to get involved, now's the time!

Additionally, BPW is hosting July's DTSF mixer, so let's start thinking about where we want to host it, refreshments, etc.

Come to the March membership meeting and talk to us, we'd love to see you.

MARCH MEMBER PROFILE

NAME:

Kelli Bullert

HOW LONG WITH BPW?

June 2017

COMPANY?

**Farm Credit Services
of America**



How long have you worked there?

Since March 18th, 2019

What is your title and what are your duties?

Consumer Lending Officer.

We are dedicated to being the most trusted lender specializing in financing the rural lifestyle. I offer unique lending options for rural land, home purchases and refinances, and construction projects in the country. I write loans that most other lenders do not.

List accomplishments you are especially proud of (work or personal):

- My greatest accomplishment and blessing is being a mom to two beautiful little girls, Penelope (8) and Pria (3).
- Vice President of Sioux Falls Business & Professional Women (2019-2020)
- Mortgage Lending Achievement Certificate & Mortgage Lending Master Certificate (2014)
- Masters in Public Administration (Summa Cum Laude; 2011)

How were you introduced to BPW?

I was introduced to BPW by a previous member when I moved to Sioux Falls.

MARCH MEMBER PROFILE

Tell us about special people in your life:

Joey (husband) – I have known him as long as I can remember. We both grew up in Webster, SD. Despite his persistence,

however, I did not go out on a date with him until I turned 18. The rest is history. Joey is a Registered Nurse in the Intensive Care Unit at the Veteran's Hospital in Sioux Falls.

Penelope (daughter, age 8) –

She has the kindest, sweetest heart of anyone I know. She loves school, her little sister (most of the time), and making people happy. She is incredibly intelligent and will probably find a career that allows her to advocate for people someday.

Pria (daughter, age 3) –

Better known as Pri Pri to those who know her well, she is a sweetheart and a spitfire wrapped in one – a real sour patch kid. She has had a challenging life for such a little girl – tackling 26 cases of croup, 13 ear infections, RSV, pneumonia, and bronchiolitis in the first 12 months of her life. She has gradually grown out of the respiratory complexities

and is one determined little girl with anything she wants and does not want. She will move mountains.



MARCH MEMBER PROFILE

What do you hope to gain from BPW?

I have already gained more from BPW than I ever would have imagined. I have formed great friendships with amazing women, found inspiration both personally and professionally, and would not have the best job I have ever had if it were not for meeting Lori at BPW!



What are your personal interests?

- Spending time with my girls/family and friends
- Working out
- Reading personal/professional development books
- Classic car shows with my dad
- Traveling
- Fishing, hunting, and target shooting

What is your favorite memory, committee, or area of interest in BPW?

My favorite memory of BPW was when we had our golf outing a few years ago and absolutely no one cared how well we golfed. We just had fun. I believe it was Lori Sisson's ball that almost hit me while I was sitting in the cart, waiting to tee off. She was on the tee box of the previous hole. It was a short hole, and her ball hit the roof of our cart.

Thursday, March 5, 2020 FREE Admission

Sioux Falls Convention Center

10:00 AM - 8:00 PM

Preregister and be automatically entered into drawings for door prizes.

Use the QR code to the right or visit the link below.

surveymonkey.com/r/2020SFBEpreregistration



Scan the QR code below to preregister



www.siuuxfallsbusinessexpo.com

Grow from our great lineup of speakers..... 12:00-7:00



Stacy Bauer Jones

Harmony Communications, LLC.

Keynote, 6:00 PM

Communication in the Digital Age
How to manage communication from your business
when information is available in seconds



Carla White



Matt Paulson



Gayle Ver Hey



Jeff Pickett



Rana DeBoer



Alex D'Augistino



Jackie Rust



Pete Kleinhan



Mariah Brunz



Jodi Schwan



Carrie Anderson



Troy Hartman



Emily Pogue



Sarah Wambach



Derek Haffner

Learn from our exhibitors..... 10:00-8:00

Advertising, Social Media Management, and Web Design
Banks, Financial, and Lending Institutions
Builders, Commercial Cleaning, and Property Maintenance
Business Consultants, Coaches, and Assistants
Commercial, Business, and Property Insurance
CPAs/Bookkeepers
Content Writing, Marketing, and Graphic Design

Financial Advisors and Planners
HR, Staffing, Wellness, and Benefits
IT and Hosting Services
Networking and Referral Groups
Office Supplies and Equipment
Promotions, Signage, and Print
Events, Team-building, Rewards, and Recognition

Network with everyone.....

Speed Networking Events

*Bring your business cards!

Coffee & Conversation
Social Hour

10:30-11:00 AM
4:15 - 4:45 PM

The Sioux Falls Business Expo is proudly sponsored by:

