

bennieconnection

November 2007

Alumnae Association Newsletter

College of Saint Benedict

Stephanie Wolf '75 – First CSB Alumna-in-Residence

As CEO of SportsMind – one of the nation's largest organizational change management consulting practices. Her client list includes; Capital One, AT&T, Microsoft and Frontier Communications.



An hour at the T-Spot with Alumna-in-Residence Stephanie Wolf '75

The T-Spot is the latest student business venture for E-Scholars of the Donald McNeely Center for Entrepreneurship at the College of Saint Benedict and Saint John's University. It is also one of the stops on the extraordinary schedule for Saint Ben's first Alumna-in-Residence, Stephanie Wolf '75.

Her candid advice establishes her as a favorite mentor among students of the Entrepreneur Center. As CEO of SportsMind in California -- Stephanie sees to it that people are living up to their highest potential. She believes if you know who you are, what matters to you, and how you are going to make a difference in the world, you are unstoppable.

She shares that knowledge and offers real-world internship experience to students who participate in the

entrepreneurial program. She also believes that mentors should give the kind of advice you don't get in textbooks.

"You have to do what you love," Stephanie advises the young entrepreneurs. "If you don't, you can't handle it when things get tough."

And, starting a new business certainly has its share of tough spots. CSB Senior, Nikki Nelson and SJU Senior, Colin Dart had no problem rattling off a laundry list of setbacks . . . from figuring out how to get the oversized equipment into the small house where they set up shop, to learning about dark rooms, and finally to realizing that they didn't have the right printer cables on hand for the office equipment. But the dynamic duo remains passionate about their enterprise.

See "Wolf" continued on inside.

Wolf

continued from cover

As Nikki explains, they knew they had a market with all of the t-shirts that are outsourced each year for student clubs, organizations and events on campus. The team obtained 5 letters of intent for printing projects, secured the capital, and is now plunging into the fulfillment of 13,000 t-shirt orders.

“You’ll be so much farther ahead when you graduate just by doing this,” Stephanie shares. “You can tell bankers, prospective employers, and others, ‘I launched a t-shirt business in college. I remember waiting for the equipment to arrive, establishing quality control measures, securing capital, and finding help.’”

On that note, Stephanie imparted her last words of wisdom.

“Develop discipline,” Stephanie tells them. “When you’re launching a business, it takes 150%.” After some hugs and high fives, Stephanie packed up for her next appointment. “Most people talk about what they want to do. Only 10-percent of them actually do it,” she said on her way out the door. “You are the real deal. You did it.” ■



A Glance at an Alumna-in-Residence

During Saint Ben’s first Alumna-in-Residence program, September 18th-23rd, Stephanie Wolf shared business leadership and life lessons with more than 500 students, faculty, staff and alumnae through management classes, the Career Resource Center, I-LEAD Fellowship Program, Alumnae Council, Center for Women, Student Athlete Advisory Committee, Inspiring Leadership Certificate Program, Residential Life staff training and Student Senate.

WHAT A WEEK!

Key themes that kept surfacing include:

Stay relevant

“Share the wisdom, skills, and contributions that you have.”

Live below your means

“You want the flexibility to make change in your life and career.”

Get a mentor

“Get a little bit of information from here. Get a little bit of information from there. Mentors will tell you things you can’t read in a book.”

Listen to your internal guide

“You have to do what you love, the things that open you up. If you don’t, you can’t handle it when the going gets rough.”

Stephanie encouraged students to try new things and be open to new experiences in their quest for finding what their passion is. Don’t limit yourself – have a palate of passions to choose from...keep your life diverse.

“My experiences this week have helped me contextualize the Saint Ben’s experience. I have more gratitude for what it meant to be a student here,” Stephanie said. “I’m in awe of what people have to do here. There’s a lot going on. The level of excellence that everyone aspires to is so high that it puts them in an environment of high performance. They deliver for the sake of the students.”

Stephanie encourages all alumnae to get involved with students in some way. “You’ll end up having a different relationship with the students, school, staff, and alumnae,” she said. “It’s a transformational experience as an adult . . . you don’t just live off the memories. You live it.”



Stephanie spends time with I-LEAD Fellowship Program students.

Young Alum Network



If you missed the summer Young Alum Network Events: Summit Brewery Tour and Twins Game (right), don't miss the great events planned for this fall!



Friday, Nov. 30 - Timberwolves Event
Saturday, Dec. 15 - Gift Distribution Volunteer Opportunity

The Young Alums have a full event schedule for the fall. On Friday, November 30 we'll be at the Target Center to support the Timberwolves as they take on the San Antonio Spurs. Go to the Young Alum home page for more information: www.csbsju.edu/alum/association/youngalum.htm



New Leadership on the Alumnae Council

The Alumnae Council met in September and welcomed 13 new members. One of the major initiatives undertaken by the Alumnae Connections Committee in 2007 was the creation of SaintStock. Members of the council have also focused energy on helping CSB/SJU Admissions recruit students by empowering ALL alumnae to be ambassadors of the College and actively recruit students. Many new initiatives have been started involving current students, including a new E-mentoring program. There are currently almost 100 CSB alumnae matched with current sophomore students in e-mentor relationships.



Instilling New Traditions

by Katie Deslauriers Sullivan '03

At the President's welcome dinner, President MaryAnn Baenninger told the freshman class they're the brightest, most accomplished, and most diverse to ever enter the college. It is true. This isn't my mom's, or even MY St. Ben's anymore. In many ways, it's the same wonderful place with many of the same traditions. However, it's getting better with age and the bar continues to rise. The caliber of women that choose to attend St. Ben's is often the best and brightest of their high schools.

This caliber of women will ensure a very bright future for the college and for that, we are all lucky and very thankful. However, they also challenge all of us – the college's alumnae – to step up our game as well. So, CSB is creating and implementing new and exciting programs and events. We want these awesome women to have a smooth transition, make the most of their four years, and give back once they've left. As alumnae we need to be visible and available, generous of our time and money to make their experience the best it can be.

One new tradition that has helped enrich their experience was the Pinning Ceremony during the President's welcome dinner. This idea was initiated by alumnae Michelle Crea '07 and Angela Sigl '07 – proving that each of us CAN make a difference! A pin, unique to the class of 2011, was created that is a symbol of their classes' unity and time spent together during their CSB journey. The freshmen were "pinned" by fellow alumnae who had generously given of their time to be at this ceremony and officially welcome them to the Bennie ranks. After the pinning, each member of their class lit a candle. The entire room was lit by a beautiful glow – literally and figuratively - of the class of 2011. The room was filled with excitement as to what they'll bring to this college and to the world. I have no doubt that the class of 2011 is going to be great!

Blazer Open 2007



SaintStock



— Mark your calendar NOW —

SaintStock 2008 is Friday, June 27
Starring G.B. Leighton!

with Alum bands
Panoramic Blue and Driven by Design



Alumnae: Student Recruitment *3 ways you can help*

The Office of Admission relies on the help of dedicated alumnae who personally and professionally exemplify the many ways in which the College of Saint Benedict can shape a young woman's future. Sharing of your time by referring prospective students to the CSB/SJU admission office will ensure that future students will be given the same opportunity you had to attend these two great schools. Getting involved is as easy as 1-2-3.

1 Refer *one* student

We encourage every alumna to identify one student who would be a good fit for the College of Saint Benedict or Saint John's University.

2 Track the progress of *two* students

Make a commitment to track the college search progress of two students assigned to you by the admissions office in addition to the one you have referred. The admission office will provide you with the names of two prospective students in your area. Develop a relationship to help CSB/SJU's recruitment efforts by sharing your experiences with these students.

3 Stay in touch with *three* students

Commit to staying in touch with your three students at least twice a year. Check in with your students by phone, e-mail or a personal visit to see how their college search is going. Your interest is meaningful and can help influence their decision. Relay any important information you learn to the admission office.



Refer a student to the admission office: e-mail admissions@csbsju.edu or call (800) 544-1489
For more information, visit: www.csbsju.edu/admission

Recent St. Ben's Graduate Puts Her Money Where Her Mouth Is



Even though Kelly Prosen '07 did NOT give back to CSB as a senior student, she decided her experience at St. Ben's is important enough to her that she has budgeted a monthly payment to CSB to fulfill her \$1000 pledge. Kelly admits how scary and painful this pledge will be for her as a new graduate.

When asked, why is it important to give back to St. Ben's, Kelly responded, "Making the \$1000 pledge was one of the scariest things I have done since graduation. I remember asking myself if I was willing to put my money where my mouth is. I realized it would be tough, but philanthropy is something you need to plan for. I had to change my spending habits, including cutting out expensive coffee to enable myself to make this annual gift. I had to sit down and REALLY analyze my spending habits and decide what is important to me. I truly want more women to have the chance to attend CSB. Making my \$1000 pledge was my commitment to St. Ben's with the hopes that more women will be able to attend CSB and become the women they are truly meant to be – a Bennie like me."

Kelly currently works in annual stewardship for the Basilica of St. Mary's and in 5 years is hopeful that she will be working in major gifts for a non-profit or be in a PHD program for English.

College of Saint Benedict Travel Opportunities

Village Life in Dordogne, France:
April 17-25, 2008

Early Booking: October 12, 2007
Final deadline January 11, 2008

Voyage of the Western Mediterranean
(Spain, France, Italy):
April 30 – May 8, 2008

Early Booking: October 1, 2007
Final deadline January 25, 2008

Mandarin China: Cruising the Yangtze
and Fabled Three Gorges:
May 12-24, 2008

Early Booking : September 14, 2007
Final deadline February 7, 2008

Alums in the News

The United States Olympic Committee announced in August the promotion of **Glennis Werner Roseboom '93** to director of the Colorado Springs Olympic Training Center. Glennis has been affiliated with the Colorado Springs center since 1997, overseeing seven departments as Associate Director. A board member and Team Captain of the Pikes Peak Women's Hockey Foundation, Roseboom was also Assistant Coach for the Colorado College Women's Basketball program from 1998-2003. She was a 1993 Division III basketball Final Four participant for the College of Saint Benedict and a two-time varsity team captain.

Karin Remington '85, Ph.D., a leader in genomics research and the development of computational tools, began her new position as director of the Center for Bioinformatics and Computational Biology (CBCB) at the National Institute of General Medical Sciences (NIGMS), a component of the National Institutes of Health (NIH) July 2007. Remington will oversee more than 1,300 research and training grants totaling about \$89 million to support projects that join biology with computer sciences, engineering, mathematics, and physics. Research activities range from software development to modeling and simulation, computational genomics, database design, and high-throughput data. CBCB also oversees NIHs Biomedical Information Science and Technology Initiative and partners with the National Science Foundation (NSF) to support research and training in mathematical biology.

Remington received a doctorate in mathematics from the University of Kentucky and completed post-doctorate work at the University of Minnesota and Oak Ridge National Laboratory. She is a member of numerous professional societies, including the American Association for the Advancement of Science and the American Association of University Women.

CSB Alumna **Ann Bowman '06** was recognized by General Mills for her leadership in initiating a service project "Operation Soldier Phone Home" that sent 4,000 greeting cards and 500 phone cards to soldiers stationed in Iraq. General Mills CEO Steve Sanger awarded Bowman and her team with the General Mills "Champion Awards" which recognizes people that have made a real difference.



Barbara Edwards
Farley '81

Barbara Edwards Farley '81 was appointed as Vice President of Academic Affairs and Dean of the College at Augsburg College in Minneapolis

Barbara Edwards Farley has recently been appointed to serve as chief academic officer for Augsburg College. Farley came to Augsburg College in 2000 as academic dean and associate dean for Faculty Affairs. Her teaching, service, and scholarship record has been recognized with tenure at St. John's University in Collegeville, Minn. and The College of St. Scholastica in Duluth, Minn. She previously served as chief academic officer at Saint

Vincent College in Pennsylvania and as department and graduate program chair at St. Scholastica and St. John's.

Farley received her MBA and Ph.D. from the University of Minnesota Carlson School of Management. She attended the Harvard Institute for Educational Management in Summer 2007.



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Lucille Malone Hittner '34, looks over scrapbooks of her travels to Europe with her granddaughter, Anna Roach, Class of 2009, before Anna leaves for her study abroad in Cannes, France for fall semester 2007.



CSB Reunion

June 27-29, 2008

SAVE THE DATE!



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Inspired Learning. Inspiring Lives.