

bennieconnection

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Master Connector and Lifelong Learner

Judy Zimmer graduated from CSB in 1984 with a degree in liberal studies – it was the broadest degree she could get, and it has served her very well. Being undecided in a major in college was a way for Judy to explore anything and everything. It allowed for things to truly unfold in her life so that she could embrace it all and accept the fact that there are still a million things that she doesn't know. Judy admits that she has loved every job she has had and thinks of herself as a lifelong learner, master connector and feels very passionate about her role in contributing to people's careers.

For the past 20 years, Judy has worked in sales, operations, executive search and coaching. She is a Certified Effectiveness Coach and has been practicing since 2006, specializing in career coaching for entrepreneurs and senior level executives.

Judy joined SÁLO in January 2007 as a Consultant Advocate and Coach to senior level finance and accounting professionals. In this role, Judy provides associates with personal branding and marketing skills, social media and networking expertise and career development resources.

Judy believes she has found her dream job. When she joined SÁLO, there was nothing defined about it – leaving lots of room to create and invent as she developed the position. Judy believes that SÁLO is like working in a living case study – it's a prime example of how work environments will be structured in the future.

SÁLO has experienced double digit growth year after year and has been able to attract the top tier of Senior Level executives. One of the



JUDY ZIMMER '84

BA in Liberal Studies
Study Abroad – London/Dublin Program
Internship – Minneapolis Institute of Arts

VOLUNTEER WORK:

Twin Cities RISE! Volunteer Speaker and Interviewer
Financial Executives Networking Group –
Career Services Volunteer
MN CPA Association Volunteer Speaker
Girl Scouts – Volunteer Speaker
Saint Ben's Alumnae Board

main differences in SÁLO's work environment is that employees have a lot of fun while they are at work! Judy and her SÁLO colleagues know they are working for a ground breaking organization with passionate leaders and committed associates.

NETWORKING

Judy strongly believes that networking is no longer an option – "It used to be something that was nice to do, but now it's necessary – regardless of where you are in your career. "It is not what you know – but who you know" – this still rings so true for me and is still one of my most commonly used phrases. Over 50% of jobs are being filled by people who have a connection to the person they hire."

People who are master connectors will have more job opportunities, giving them more of a choice and say over what they do. However, networking is NOT a skill everyone is good at. Judy has been an active networker for 20 years and admits networking is a skill that you need to practice. It is a skill anyone can learn. "I don't believe people are born with the skill to network. And if it feels uncomfortable – it should – because you are new at it."

People should approach networking with a sense of "who can I help today." Think about the other person – more importantly, think about how you can help them. Be a resource by providing a connection or a name. There is a wonderful Bennie Network already out there. People should not be shy about reaching out for connections and utilizing our network. Ask for advice and look for resources. "Anytime I get

an email from a Bennie – I will of course follow up. USE the resources that are there – the network is strong and powerful."

See "Zimmer" continued on inside.



Ashley Verberg, CSB Senate President and Tonya McNamara Dolezal '93, President, College of Saint Benedict Alumnae Association and Alumnae Board

Familiar Faces Return to Campus for First-Year Move-in Day and Pinning Ceremony

Alumnae welcomed incoming first-year students to campus Sunday, August 23 to help with move-in day. Open arms were filled with boxes of clothes and new dorm gear. Bennie Alums also volunteered at the President's Dinner during first-year orientation, where the third annual pinning ceremony was held. Thanks to all of our great alumnae volunteers for helping make these memorable first-year events a success.



Gwen - space for "green" logos?

Fellow Bennies,

It is with great anticipation I begin my term as President of the Alumnae Association of College of Saint Benedict. I feel privileged to serve at such an exciting and significant time in the history of our alma mater. I look forward to working with the fantastic group of forty women that make up our Alumnae Board. Our mission is simple: To foster and strengthen the life-long relationship between the alumnae and the College; to connect, energize and promote Bennies; to support the mission of Saint Ben's as the premiere Benedictine College for women in the country.

Even 20 years later, this time of year leaves me feeling as if I should be packing up my boom box and hot plate and making the drive west on I-94. I had the opportunity recently to attend two events on campus and it was with more than a little envy that I watched the students moving into their housing, re-connecting with friends and beginning classes. My memories of my time at CSB always puts a smile on my face and a desire to pick up the phone and call an old friend.

It is in that spirit that I want you to join me in celebrating the common ground of our shared experience. The Benedictine values ask that we "cultivate rootedness and a shared sense of mission". Let us honor that.

Tonya McNamara Dolezal

THANK YOU

Thank you to all our CSB alumnae and friends for inspiring and recruiting future Bennies. St. Ben's had its 3rd largest enrollment this fall – with a targeted class of 515 – St. Ben's currently has 551 first year students enrolled! Academically, these Bennies' ACT scores and high school GPAs were nearly identical to our highest achieving class ever. In addition, Saint Ben's enrolled six National Merit Scholars and three Gates Millennial Scholars, the most we have ever enrolled.

We couldn't have done it without you!

~ Tina Schochow '02

Student Recruitment Chair,
CSB Alumnae Board



Carol Landkamer '65 – AMAZING Class rep!

As a former class rep, I can see that Carol is an exceptional model of one. In creative and exceptional ways she has brought our class together and renewed enthusiasm for St. Ben's.

I am impressed by the time and effort she puts into it, the energy, the graciousness, the memory – I can turn to Carol when I want to know about somebody in our class. She encourages us to send our news and turns the reports into entertaining as well as informative newsletters with light, cheery and affirming touches. Gracefully she incorporates individual news into smooth paragraphs and makes it all fun to read.

For me an added benefit of Carol's work as class rep is her wise and warm friendship. She understands people deeply and draws out the finest in them. We are a cohesive class again because of Carol. — *Jeanette Blonigen Clancy*

I'm always touched by Carol's sensitive ways, her well-chosen words and her gracious manner. I recognized Carol's grace and talent while we were students at CSB, and she continues to have that genuine concern for all of us as time goes on. She's just the best at reaching out to keep us all connected! Her sincerity is apparent and I feel so fortunate that she has taken on this leadership role as class facilitator and communicator. She's the glue that holds us all together! — *Jeanne Warner Nelson*

Carol and I were roommates at St. Ben's my freshman year (only year at St. Ben's) and reconnected when our boys were in kindergarten together and then in the same class all through Coon Rapids high school. She has done such a great job of keeping everyone connected even though some of us did not graduate from St. Ben's. I always feel so included and have been able to attend a couple of the mini-reunions, which are a fabulous idea. Carol truly enjoys what she is doing and really has a talent for organization and such a way with words (she was an English major wasn't she). Keep up the good work Carol! — *Joanne Zimmerman Pirner*

Your Alumnae Association –

The College of Saint Benedict Alumnae Association keeps in contact with you in a variety of ways. In addition to the quarterly magazine and semi-annual Bennie Connection newsletter, the alumnae relations office also maintains an up to date website which can be found at www.csbalum.com. You can visit this website and access the online community to conduct searches of CSB alumnae. Once registered, you are allowed to search for alums by class, city/state or certain career fields. This is a great way to look for alums that you may have lost touch with and also a great way to search for alumnae that you wish to network with.

GET INVOLVED!

www.csbalum.com



With more than 200 million active users, Facebook is the most popular networking site in the world. It connects you with friends and family and/or people who share your interests. With it, you can share information and updates, links, photos, videos and music; join groups and send instant messages. The Alumnae Association is also on Facebook. Become a fan by logging on to Facebook and searching for the College of Saint Benedict Alumnae Association. You will receive updates on events and other news about St. Ben's through Facebook.



LinkedIn is a social networking site that helps professionals network with one another. It has over 36 million users, with a new one added every second. Join the official group by searching for the College of Saint Benedict. LinkedIn provides a great opportunity for professional networking; post jobs, resumes or career questions online.

Did you know that many of the major job recruiters use LinkedIn as a major source for recruitment information?



Twitter is a microblogging service that allows you to post short updates (tweets) answering the question "What are you doing?" You are limited to 140 characters to describe your current activities.

If you are one of those alums missing St. Ben's – follow our Twitter page for regular updates on campus: www.twitter.com/saintbensalums

WANTED! E-mail addresses!

For alums... if you'd like to receive timely alerts and e-news publications, including the monthly Bennie Blast, please send your current email address to rhoImseth@csbsju.edu.

Alums in the News



Colette S. Peters '93

In a July 6, 2009 news release, Oregon Governor Ted Kulongoski announced the appointment of **Colette S. Peters '93** to lead the Oregon Youth Authority. The Oregon Youth Authority is the state juvenile corrections agency responsible for incarcerating youth who cannot safely live in the community, and providing supervision and treatment opportunities to youth offenders in all 36 Oregon counties.

Peters was assistant director and inspector general of the Oregon Department of Corrections between 2005 and late 2008, when she moved to the Midwest.

Before that she was the Department of Corrections Public Affairs administrator, a research and policy associate with the Colorado Legislature, a victim's advocate and crisis mediator with the Denver Police Department, and a juvenile counselor in a boy's shelter in Minneapolis and in a residential treatment center in Johnston, Iowa. Peters will provide leadership for approximately 1,100 employees who supervise more than 2,000 youth in the community on probation or parole or in ten youth correctional facilities. The agency's two-year budget is \$266 million. Peters' appointment is effective July 20, 2009 pending state senate confirmation in the fall.

Michelle M. Blaeser '87 (Dermatology), Mary Z. Miley '79 (Internal Medicine) and Suzette E. Sutherland '84 (Urology) Voted Top Doctors for Women

Minnesota Monthly mailed surveys to more than 5,000 Twin Cities doctors, asking them to nominate up to five "outstanding" doctors in their field of expertise. More than 500 doctors responded with names of male and female physicians who are especially attuned to the specific needs of their women patients.



Jeanne Mock '82 is on the DQ Blizzard Cup!

Who needs high-priced models when your friends will do? Four Twin Cities residents now grace the latest rendition of Dairy Queen's Blizzard cups, all of whom are friends or relatives of DQ's senior advertising manager, Jill Anderson.

The Edina-based company said putting actual consumers on the cups and telling their "stories" helps build affinity with the brand.

Jeanne Mock's friends threw her a cup-signing party at a St. Paul DQ on Friday.

"It's funny to see your face staring back at you when you're walking through the skyway," she said, noting with feigned irritation that most people covered her visage with a napkin to avoid cold hands.

Some 390 million cups will be sent to more than 5,100 Dairy Queens in North America. The price of fame? A \$25 DQ gift card and, of course, a free Blizzard.

Judy Forstner Pofel '82 to head NSP-Minnesota

Judy Forstner Pofel '82, formerly regional vice president at NSP-Minnesota, will replace David Sparby as president and CEO of NSP-Minnesota—an Xcel Energy company that encompasses the Minnesota, North Dakota, and South Dakota service territory.

Pofel has more than 23 years of experience in energy and regulation. She joined NSP in 1998, and subsequently assumed increasing responsibilities in the regulatory area. Before assuming her position as regional vice president, NSP-Minnesota in September 2008, she directed the Minnesota regulatory and legislative group.

Prior to joining NSP, Pofel held leadership positions in the Minnesota Department of Public Service (now Office of Energy Security) and Minnegasco (now CenterPoint Energy – Minnegasco), managing state and federal regulatory activities. She holds a bachelor's degree in Government from the College of St. Benedict and a master's degree in Public Affairs from the University of Minnesota's Hubert H. Humphrey Institute of Public Affairs. She serves on the board of directors for the Minnesota Chamber of Commerce.



Kristin Kopp '92 featured as a keynote speaker at the September Entrepreneurial Leadership Luncheon Series

**KRISTIN KOPP, CSA
FOUNDER AND PRESIDENT
AT HOME SOLUTIONS, LLC**

Kristin Kopp '92 has been an advocate for many Twin Cities social service agencies for over 20 years. She founded At Home Solutions, LLC in April, 2006 to provide seniors, people with disabilities and families in crisis a local, professional and trustworthy Home Care company delivering exceptional Caregiver and Home Management services.

While having lived in the Twin Cities most of her life, Kristin has had the opportunity to volunteer in Kentucky, Oregon, Utah, Washington D.C. and Guatemala. Her parents have always been strong advocates for giving back to others and have personally demonstrated how fulfilling "service to others" can be. Her passion for volunteering and being involved in non-profit organizations began when she was in grade school when she volunteered for her church's nursery and local animal humane society. Kristin began her work with seniors when she was in Junior High and volunteered at Heritage of Edina Senior Living for a service project.

Kristin is an active member of several cutting edge organizations including the Society of Certified Senior Advisors, Memory Care Professions, Care Options Network and Minnesota Association of Guardianship and Conservatorship. She currently serves as Nominating Chairperson of the Minneapolis Area Senior Workers Association, Vice President of Business Network International Fireside Chapter and is an active member of the Southdale YMCA Community Board and Edina Meals on Wheels.



GENDER & NETWORKING

Women come from a place of not always understanding their true value. They ask themselves too many times – maybe out of shyness, humbleness etc... “What do I have to offer to that company, CEO or VP?” Men are much more likely to think, “Of course you want to meet me – look at all I have done and who I am.”

Women also seem less likely to say, “I don’t know how to do that – can someone help me?” Not having all of the answers is not a sign of weakness – but the ability to find a way to get answers is actually showing a resourcefulness and the ability to maximize opportunities.

Finally, a major difference between men and women as it relates to networking is that when women say “yes” to networking, they have already thought about all of the things they have to say “no” to. This is often a long list of things – usually involving work/life balance.

JUDY’S NETWORKING TIPS:

- **Focus on the other person.** You shouldn’t feel pressured to meet everyone in the room – but instead make sure that the contacts you make are meaningful. You should be able to walk away from the people that you meet and introduce them to someone else. Sometimes this may mean in a room of 80 people, you only make 3-5 real contacts.
- **Know YOUR brand.** People like meeting interesting people. What is interesting about you? Know your own story and be able to share it.
- **Think** in terms of “How can I help this person or who can I connect them with?”
- **Follow up.** Collect business cards and information so that you have enough to conduct a follow up with the people you meet.

SAINT BEN’S VOLUNTEER

Judy realized that now is the time in her life that she wants to give back to St. Ben’s – she recently accepted the role of Chair of the Alumna Development Committee of the St. Ben’s Alumnae Board. This committee will focus on the professional, personal and spiritual development of alumnae as well as provide meaningful programs. Judy likes the opportunity to chair this new committee because nothing is set in stone. The Alumna Development Committee provides opportunities to create and invent something new and work with other women to develop something that can be of value for alumnae looking for specific programs and/or services.

Judy has also been involved in the planning and implementation of the CSB/SJU Job Search Series. Judy likes working with other Bennies and Johnnies to pull together the best of what each has to offer and capitalize on the strengths of each presenter. Being involved as a St. Ben’s volunteer has been a great way for Judy to reconnect personally – and a great way to connect the alums who attend.

NETWORKING 101

The quickest way to take the fun out of something is to turn it into work. But there’s a reason it is called networking and not socializing. Socializing is catching up with friends, chatting about the day and about people you know in common. Networking is one of the most important skills you can develop to help your business succeed and ultimately help YOU succeed professionally.

We are living in an age of corporate downsizing, where freelance consultants and self-employed workers are increasing by the day. Networking is one skill you need to practice to get ahead and survive these uncertain times.

Through the art of networking you can exchange resources, contacts, ideas, information, job leads and strategies.

We have all heard it isn’t what you know but WHO you know.

NETWORKING WISDOM IN A NUTSHELL:

- Networking is essential for finding a job and building business contacts.
- Effective networking is 12 times more effective than answering advertisements.
- Advertising is becoming ineffective except on a large scale.
- Networking helps you find hidden opportunities and can set you apart from your competition.

JUDY OFFERS THESE PROFESSIONAL TRAINING SESSIONS:

- GET LINKEDIN
- HOW TO BRAND AND MARKET YOURSELF
- NETWORKING 101
- HOW TO CONDUCT A JOB SEARCH
- GOAL SETTING

BOOKS JUDY RECOMMENDS TO CLIENTS:

I Could Do Anything If I Only Knew What It Was: How to Discover What You Really Want and How to Get It by Barbara Sher.

I Don’t Know What I Want, But I Know It’s Not This: A Step-by-Step Guide to Finding Gratifying Work by Julie Jansen

**The Pathfinder: How to Choose or Change Your Career for a Lifetime of Satisfaction and Success* by Nicholas Lorez



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Isabelle Overman, daughter of Lisa Weinhold Overman '04

Saint Ben's has been recognized nationally in the recently released U.S. News and World Report college rankings. U.S. News asked higher education leaders around the country to identify schools that are considered "Up-and-Coming," CSB was one of just 13 liberal arts colleges listed from the hundreds of liberal arts colleges in the nation. According to the magazine, St. Ben's is "leading the pack in improvements and innovative changes."

The U.S. News rankings also included a list of schools with outstanding academic programs that are commonly linked to student success. Among the more than 2,300 four-year colleges and universities in the country, CSB was sited with just 34 institutions for the quality of our study abroad program.



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Saint Benedict

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