



Similar Journeys

The experience of the Saint Ben's community extends far beyond only four years of undergraduate study. Kathy Temple '99 and Meg O'Neill '07 can speak of that experience firsthand.

"It was the strong emphasis on community service during my years at Saint Ben's that influenced my decision to volunteer for a year with the Colorado Vincentian Volunteers (CVV) in 2001. I found a community I connect with, much like Saint Ben's," states Kathy. The mission of CVV, its community focus, and the lure of the mountains led Meg to CVV this past year. Meg adds, "It also didn't hurt that CVV's co-director had fresh orchard apples at his CSB/SJU volunteer fair booth." CVV is an intentional faith community whose volunteers, in the spirit of St. Vincent de Paul, serve the poor and marginalized of Denver.

Kathy and Meg met for the first time at Mount Saint Vincent Home (MSVH), a place providing residential and day-treatment services for children struggling with severe emotional and behavioral difficulties. Kathy had just started working at MSVH as their nutrition educator and Meg was at the beginning of her volunteer experience working as an Educational Mental Health Worker. After learning of their CVV connection, they were even more excited to find they had both graduated from Saint Ben's.

"My life has been a continuous cascade of carrying the spirit of different places with me. CSB and CVV have greatly influenced me to serve our world and it is a joy to share such a similar journey with Meg," reflects Kathy.



Front row: Rachel Dougherty '07, Jennifer Gorrell '06, Amy Bay '93 and Brenda Heinecke Lockwood '93 Back row: Joy Hanson Fischer '94, Nicolette Ney '06, Gwen Vannelli '06 and Rebecca Loonan '07

Let's Inspire Each Other

By Gwen Vannelli '06



Gwen Vannelli '06

I am a 2006 alum of Saint Ben's and until recently, have yet to be involved in any alum related events. And for this, I take full responsibility upon myself. Saint Ben's provides amazing experiences and molds intriguing, successful and confident women. Yet I've hesitated with getting involved in Young Alum events and have made little to no effort in networking specifically with other Bennies. Why? It's partly based on the networking events noteworthiness – What am I really going to get out of it? I am also a bit hesitant because of uncertainty about the other attendees. What am I going to talk to them about? And lastly, I am still used to having my posse at my side, attending an event solo is definitely more intimidating.

I was finally persuaded into attending an event, "Mentor – Meet and Greet," with five "young" and five "experienced" alumnae – I was more than inspired.

In the three hours I spent at another Bennie's home, I had a spark ignited and fears extinguished. Since graduation, many of my fellow classmates and I have spent a lot of time questioning who we are and what are we doing with our lives. Are we in the right career? Should we be traveling more? How can we balance the two? Who can we talk to about the decisions and choices in front of us?

After meeting these five eager-to-mentor Bennies with very different life experiences, I saw that a bit of uncertainty is actually okay to have in my life and that I am allowed to continue to redefine myself as I grow.

Not only were some of my personal challenges and fears addressed in our conversations, but all of the "young" Bennies left having met at least a couple of people to contact in regards to future career paths and interests and hopefully the experienced Bennies saw how priceless their advice was.

At some point in our lives, we realize that our moms are very smart but other opinions are valuable as well! I'm glad I've finally got a start to creating my Bennie network and can only encourage fellow Bennies to do the same. There are so many Bennies with successful careers, amazing travels and great life experiences that are eager to share with us, the new alumnae. With millions of choices in front of us and the potential of our Bennie connections, the world is only getting smaller. So as a young alumna, I am pledging to continue my Bennie networking and urge my fellow Bennies to do the same. Let's inspire each other.



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April 2008

Alumnae Association Newsletter

College of Saint Benedict

Just Commit

Just Commit – those are the words that resonate with Margaret McDonald '79, owner of Let's Cook.

After 4 years as a social worker and almost 19 years in Corporate America as an executive marketing professional, Margaret realized she was tired of the travel and politics and just couldn't do it anymore. She wanted MORE and aggressively planned her exit strategy from her last employer, Miracle Ear.

With the emotional support from her husband, Kirk, and a vision of her own, Margaret was able to follow her passions – cooking and entertaining. After many discussions and drafting the designs of her store on bar napkins, Margaret went to work creating her business plan to enable her to seek financial support from local lenders. After being turned down by several bankers, Margaret was finally given the green light to move forward with her plans to build, own and operate Let's Cook. That was July 2004 – the store opened for business on Hennepin Avenue in October 19, 2004!

Margaret admits that she works harder than ever but absolutely loves what she is doing.

"Every day I turn the key to the door of my store and I am happy to be here!" One of her secrets to success in running Let's Cook has been her unique management style. She schedules her staff when they want to work so that her employees want to be there when they are working. Margaret feels she is getting the best from all of her employees on their terms.

Margaret shares that it takes a certain kind of person to take the risks she has taken. It takes a certain kind of inner strength – a certain personality to weather the tough times. Margaret has learned that you have to JUST COMMIT to being a business owner and always look forward – no regrets! "I rely heavily on my faith and believe I will be provided with everything I need."

Margaret's advice to other women thinking about starting their own business:

"Get a business plan! It is very important to be very clear about what your focus is because you will be questioned repeatedly by others as



you move through the initial planning stages. Stay focused on your goals and vision. That said, it is also important to be adaptable because many things will arise that you can't plan for – but instead of panicking, stick to your business plan!"



Sarah Fleegele '00 and Betsy Hines '00.



Bennies connect at Let's Cook – February 20th.

Margaret's goal is to minimize the planning time and headaches of having special events. She provides all of the staffing, equipment and ingredients needed to ensure your event goes off without a hitch. Let's Cook hosts private events that bring people together in a fun and relaxing kitchen.

Event specialties include:

Team Building

Holiday parties

Client Appreciation and Cultivation

Hors d'oeuvres Receptions

Wine Tasting

Personal Celebrations (bdays, anniversaries, baby showers)

Fundraising events

Gourmet Clubs

Book Clubs

For more information about Let's Cook, please contact Margaret McDonald at 612-623-9700 or info@letscook.com or online at www.letscook.com

Welcome Jessie!



The office of Alumnae Relations is excited to announce the addition of Jessie Ahlschlager Sandoval '01

as the Associate Director of Alumnae Relations. Jessie received her B.A. in Liberal Studies with concentrations in management and music from the College of Saint Benedict. She received her M.A. in College Student Personnel from Bowling Green State University, Bowling Green, OH. Following graduate school, Jessie accepted a position as an International Student Advisor at Texas A&M University, College Station, TX where she worked for a year and half. In July 2004 Jessie moved to Houston to start a yoga training program. For the next 2 years she trained extensively in yoga, teaching multiple classes, assisting in managing the school, and helping instruct yoga teachers in training. Jessie returned to Minnesota in June of 2006 where she took the position as Resident Director for Apartments and off-campus houses at the College of St. Benedict. She continues to teach student, staff, and faculty yoga a couple times of week and enjoys spending time with family and friends, working out, reading, and traveling.

Annual Giving Goals for Fiscal Year 2008

- \$2.35m (FY07 raised \$1.9m)
- 9,200 donors (FY07 8,400 donors)
- 380 President's Circle \$1000 donors (FY07 351)

To learn more about the Annual Giving program and to stay updated with the goals go to the website:

www.csbsju.edu/csannualgiving/

Demystifying Stereotypes

A former Miss Minnesota, Tiffany Ogle '02 believes that things don't just happen – YOU make them happen!

Tiffany is an on-air entertainment personality and currently hosts 4 Television shows; "Golf Bound" and Showcase Minnesota on KARE 11, Fashion Expert for Shop NBC's "Runway Gold", and an Entertainment Host on "Atomic Deals" TV and Online. She is a motivational and educational speaker who in December finished visiting companies all over the Twin Cities for her second year as an Impact Speaker with United Way's 2008 Giving Campaign.

As a professional actress and model, Tiffany has also performed live as an Improvisational Comedy Actress for nearly 10 years. In fact, Tiffany was a member of Attention-Starved Children, a comedy troupe at CSB/SJU and also hosted "Weakest Link Wednesdays" at the La Playette in St. Joseph.

A Former Miss Minnesota (she prefers "Artist Formally Known As"), Tiffany competed live on ABC for Miss America 2005 and has hosted and sang at numerous events statewide including the Minnesota Twins and Hubert H. Humphrey Dedication, while also championing the cause of Children's Personal Safety.

It is an amazing resume for such a young alumna! Tiffany credits some of her success to the lessons learned while working at the Caryn Talent Company. "I learned how to be a business professional and promote myself. I learned how to truly be someone out there seeking work."

It is easy to think that Tiffany "got lucky" and was randomly "discovered". It is also easy to make assumptions about Tiffany upon first meeting her – she admits that attending a private college and then becoming a beauty queen leads people to stereotype her in a category she does not fit. Tiffany grew up in Southern Minnesota with a father she idolized even though he struggled with alcoholism and a family with no financial means to pay for college. It is this childhood experience that she talks about so passionately when she does speaking for United Way. Last year she conducted over 125 speeches to over 80 companies – Tiffany was the most sought after speaker that United Way had to offer for campaign presentations.

Recently, Tiffany started a new initiative in her home town, "Legacy Award for Community Service" – she believes it is important to find ways to give back to your community and truly believes "You are defined by how you decide to give back." The College of Saint Benedict has instilled in her how important this truly is. Tiffany is very honest about her personal circumstances and admits that without scholarships, she would not have been able to attend Saint Ben's.

Tiffany admits that there are a lot of misconceptions about people in the entertainment industry. "People idolize what you do – people think you are living this high life, when in fact you are really a struggling artist. Most people don't understand how much work I do to make this happen – it involves constant networking and self promotion." Tiffany also admits that the industry is very humbling. Everyone is very quick to criticize you, "it is important to have strong character and stay true to yourself." Tiffany's advice for other alumnae trying to break into the entertainment industry is to learn the art of negotiation. Tell people what you are worth – state your rate and don't undersell yourself!

To find out more: www.TiffanyOgle.com



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“SaintStock is a blast – take the day off and come up to Saint Ben’s early – this is the Pinestock for alums!”

— Tonya McNamara Dolezal '93
(pictured below with John Keiffers '93, John Pihaly '97 and Scott Jansen '01)



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Alums in the News



Kathy Mock '80

Kathy Mock '80 has been named **Chief Executive Officer for Blue Cross and Blue Shield of Minnesota.**

Mock will continue her role as vice president of public affairs while simultaneously serving as Blue Plus CEO. Mock has been in her current position as vice president of public affairs since August 2006, overseeing policy and legislative affairs, public relations, and internal communications functions. As CEO of Blue Plus, Mock

will lead all business strategies for the HMO, which offers health plans and care networks throughout the state. She will also serve on the Blue Plus board of trustees. A licensed attorney, Kathy Mock has more than two decades of experience in law and public policy. Before joining Blue Cross in 1992, she served as government affairs counsel and director of administration and research for the Insurance Federation of Minnesota.

Army 2nd Lt. **Christina M. Hylden** has matriculated into the Uniformed Services University of the Health Sciences (USUHS) in Bethesda, Md., as a medical student and a graduate of the Class of 2011. She will be trained and prepared to serve as a physician in the Army, Navy, Air Force and the Public Health Service to meet the wartime and peacetime medical needs of the U.S. Armed Forces, at home and abroad.



Mary Cullen Yaeger '82

Mary Cullen Yaeger '82 received the Distinguished Service Award from the Hennepin County Bar Association. The Distinguished Service Award recognizes a dedication to pro bono work throughout an attorney's career. Mary is a partner in the business litigation group at Faegre & Benson. She is a long-time member of the firm's Community Service Committee that oversees the firm's pro bono practice, providing direct representation to

disadvantaged clients in landlord-tenant cases, as well as family law and consumer matters. In addition, Mary is a member of the Board of Directors of the Legal Aid Society of Minneapolis, and vice chair of the William Mitchell College of Law Board of Trustees.

Sylvia Muggli Emmons '56 received the Lifetime Achievement Volunteer Excellence Award, presented by the Base Commander, Colonel Jimmy E. McMillian. This award recognized Sylvia for all of the volunteering she's done on Air Force Bases and in the civilian communities where she's lived throughout her husband's military career and since retirement.

Sandy Longhorn '93 was one of nine Arkansas artists to receive an Arkansas Arts Council Individual Artist Fellowship for demonstrating a career commitment to the art discipline for which she has applied and created a substantial body of work.

Maggie Miller '99 was recently named Marketing Communications Manager for The Saint Paul Foundation and Minnesota Community Foundation. In this role, she will primarily be responsible for publications and media relations for the two community foundations.

Elizabeth McCaghy Papacek '88 was elected shareholder at Leonard, Street and Deinard. Papacek focuses her practice on employment and labor law, with an emphasis in employment litigation and counseling. She received her law degree from William Mitchell College of Law and has been named a "Rising Star" by Minnesota Law and Politics.



"When Jodi's voice starts ... the room stops."

www.jodimontgomery.com

College of Saint Benedict Travel Opportunities

Waterways of Russia July 19-31, 2008
Final deadline for payment: April 15, 2008

Village Life – Tuscany September 6-14, 2008
Final Deadline for payment – June 3, 2008



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