

WILS—Chi Kappa Rho
Zeta Chapter

2010—2011
Board Members

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Nicole Weedman

Vice President

Ann Mosack

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Sandy Werts

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Sunshine

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Ways and Means

Diane Moe

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Open

Women in Leisure Services The Professional Connection for Women

November / December 2010



President's Message

Nicole Weedman

"The Season of Giving Or Stressing??"

As the holiday season starts to descend upon us and the thoughts turn to family gatherings, gift giving, purchasing and holiday meals our stress levels tend to elevate. So I decided to do some research and find out ways to remain "Human During the Holidays." Here are some tips I found that may help you remain stress free!

Stress Free Holiday Tip #1: Stay healthy. Keep healthy food choices in mind during this holiday season. Watch your portion sizes. It makes a much bigger difference than you could ever imagine.

Stress Free Holiday Tip #2: Stay fit. Make a special effort to exercise. The holidays are a stressful time and everyone is rushing around in a flurry of commotion. Stop and make time to stay fit. Even if you can only fit in a 30-minute workout twice a week, that's better than nothing. You can work out a lot of your frustrations in a single 30-minute walk.

Stress Free Holiday Tip #3: Stay calm. When you feel anxiety rising, take a deep breathe and hold it in for a ten count. Slowly release your breathe, then take another deep breath in. Repeat this simple exercise three or four times, until you feel calm again. Sip a warm cup of tea or put on some relaxing music. Remind yourself that you are only one person. You can't do everything all at once or on your own. If you need help, ask for it. Do whatever it takes to keep yourself calm.

Stress Free Holiday Tip #4: Stay happy. When you are stressed out to the max, it is difficult, at best, to find a ray of sunshine. However, if you are unhappy, everyone around you will notice this. Follow the three tips above, then smile. Sometimes smiling, even when you don't feel like smiling, will lighten your mental load. Give it a try. Smile and release those endorphins!

Stress Free Holiday Tip #5: Don't do it all. We often overload ourselves during the holidays, promising to bake cupcakes for school, cook dinner for all the family, volunteer at the shelter and buy gifts for everyone we've ever known. Rest, Relax and Let Go!

Most of all HAVE FUN & ENJOY!

Thanksgiving 8000 Calorie Poem

May your stuffing be tasty

May your turkey plump,

May your potatoes and gravy have nary a lump.

May your yams be delicious and your pies take the prize, and may your Thanksgiving dinner

stay off your thighs! ~ Unknown





Sunshine News



Happy Birthday to our members!

November Birthdays

Gene Hackett	Nov 7
Christi Miltz	Nov 8
Linda Ulrich	Nov 8
Sandy Werts	Nov 16
Katie Young	Nov 17
Patty Anderson	Nov 20
Sonya Rippe	Nov 22
Nancy Sjoquist	Nov 22
Donna Tilsner	Nov 30

December Birthdays

Deb Pilger	Dec 8
Kris Orluck	Dec 8
Juli Johnson	Dec 11
Karyle Hanson	Dec 11
Wendy Sevenich	Dec 14
Diane Moe	Dec 14
Melody Oaks	Dec 26
Tricia Josephs	Dec 29

If you know of an important life event of a WILS member please share with our Sunshine Chair, Lisa Abernathy, at labernathy@stlouispark.org

Meeting Dates

Mark your calendars for upcoming WILS meetings!

2010- 2011 Meeting Schedule

Detailed meeting information will be available at

www.wils-zeta.com

Monday, December 13

Holiday Bake & Take -Bloomington Valley View Middle School

Thursday, January 13

Spiraling Up, Staying Positive with Maryanne O'Brien, Crystal Community Center

Thursday, February 10

How to be Your Best Self, Personally and Professionally, Joan Steffend keynote speaker.

Professional Development Workshop - St. Louis Park Community Center

Locations and details for the following meeting dates will be shared in the near future check the website!

Wednesday, March 9

Thursday, April 14

May 18 - End of Year Celebration - Installation of Officers– Kris Orluck's Home - Brooklyn Park

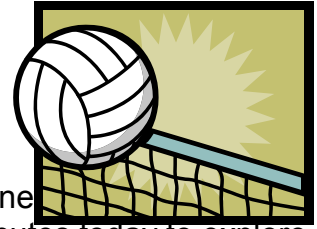
WILS Board meetings will be held for 1 hour after each monthly meeting. All members are invited to attend board meetings.

Ways & Means

Volleyball Tournament 2011 - Volunteers needed!

Planning for the 2011 WILS Volleyball Tournament has begun. The tournament is scheduled for **Saturday, January 8 from 7:30 am - 7:30 pm at Maple Grove Junior High and the Crystal Community Center**. Last year's event helped raise over \$1,200 for the Zeta Chapter. Please save the date and consider volunteering for a shift! This is our one major fundraiser and is crucial towards keeping our workshops affordable. Volunteers please contact Diane Moe at dmoe@minneapolisparks.org; to sign up a team for tournament play contact Jeanne Vestal jvestal@ci.maple-grove.mn.us.

Technology



Website Updates

The WILS website, www.wils-zeta.com, has recently been updated with a new technology in an effort to make the site more user friendly. Take a few minutes today to explore the revamped site and remember to check the site first for up-to-date program information.

E-mails

The ability to sign up to receive WILS E-mail notifications is accessible on the WILS website. Just type in your email address(s) and you will start to receive all of the great information WILS has to share!

If you have not received emails in the past please contact Nicole Weedman, via e-mail at nweedman@edenprairie.org

WILS on Facebook!

Become a fan of our WILS chapter on Facebook! You must be a member of Facebook to access this page, but joining is easy and free. Go to the Facebook homepage at www.facebook.com for more information. Once on the page, you can connect with other WILS members and join into discussions related to our field. Special thanks to WILS member Lisa Abernathy for continuing to maintain this page!

Event Bright - Monthly Meetings Registration

WILS programming committee is trying a new system to make registering for monthly meeting easier for YOU! Event Bright is a online registration system that is linked to our WILS website. Each monthly meeting will feature this registration option. It is easy to do! Go to wils-zeta.com to find the listing of the upcoming monthly meeting link. Click on that link and the step process is quick and simple. Attend the monthly meeting and bring your payment that day. Those that need a flyer to hand into their agency for a check request can find a flyer in the calendar area of the website to submit. Payments can be mail to Kelly Mertes, Treasurer at the City of Richfield, 7000 Nicollet Ave, Richfield, MN 55423. Quick & Simple!



2010 Zeta Award

Kelly Mertes



The Zeta Award is given annually to a WILS member who has made outstanding contributions to the Zeta Chapter and to the leisure services profession.

Congratulations to 2010 Zeta Award winner Kelly Mertes! Kelly was nominated by Nicole Weedman. Nicole noted the following: "Kelly is a dedicated professional to WILS. She has held many positions within WILS, President, Vice President and Past President and is currently our Treasurer. Kelly always goes above and beyond for WILS looking to find ways to make WILS better and provide membership the highest quality of programs and meetings. Kelly is most deserving of this award. "

I have gotten to know Kelly since joining WILS four years ago. She called me soon after I joined to be a part of the Professional Development Workshop planning committee and I have been helping with WILS ever since. It is Kelly's friendly enthusiasm and willingness to reach out that has helped shape the WILS Zeta chapter in recent years.

Kelly has been a WILS member since 2003. She began volunteering with the Programming Subcommittee in 2005. She was then elected Program Chair in 2007, followed by President in 2008, Past-President in 2009 and now serves as the Treasurer. She has provided a great deal of leadership in the planning and behind-the-scenes operations of WILS.

Fellow WILS member Patty Anderson shared the following about Kelly: "One of the measurements I use to define an exemplary leader is the ability to be both task focused and personable. It is about how something gets done and about the relationships that are built along the way. Kelly has been so willing to plan monthly meetings, organize the professional growth workshops and serve on the Board to help keep Zeta the professional connection for women; task focused. She also is genuinely nice; welcoming all to meetings, so willing to share ideas and offer support to fellow members; personable. Her exemplary leadership is commendable and worth of recognition with the Zeta Award. "

A graduate of St. Cloud State with a degree in Recreation Administration, Kelly has been employed as a Recreation Supervisor for the City of Richfield since 2004. Her impacts on the Richfield community have included saving the Concerts in the Park series by acquiring a sponsor for the program, increasing participation in the Adaptive Recreation programs, and developing a broad volunteer base for City events and recreation programs.

Kelly is also involved with MRPA and NRPA. She has served on the MRPA Annual Conference Committee or as a Conference volunteer for several years. She was also the MRPA Therapeutic Recreation Conference Co-Chair in 2006. During the recent NRPA Conference in Minneapolis, Kelly served on the Accessibility Committee.

Beyond work, Kelly and her husband, Paul, have two young children, Kyla and Sydney. Kelly volunteers with her church, ABC Preschool, and ARC Value Village.

Kelly's contributions have helped shape the WILS Zeta chapter into a valuable organization for women in our field. Kelly exemplifies the core values of our field and our organization through her commitment to her family, professionalism in the work place, and leadership in many community organizations.

Congratulations, Kelly!



2010 Helen I Pontius Award

Terri St. Sauver

The Helen I Pontius Award of Merit is a wonderful honor and the highest award the National Board presents. It is very, very complete. The committee looks at involvement on the local and national level, professional work, community volunteerism, committee and offices held, speaking to groups, professional writing and other contributions.

Terri St. Sauver has been a member of Women in Leisure Services for 40 years. She is a founding member of the Zeta chapter. She has served the Zeta chapter in many capacities including bi-laws, ways and means, program, scholarship, nominating, membership, professional development, mentor, member retention. She has been secretary, President, and on the volleyball fundraiser committee.

Terri received her degree from the University of Minnesota in 1967 in Parks and Recreation Administration. Terri began her work with the City of St. Paul and moved to the City of MPLS. Terri has implemented many new innovated programs while working for the Minneapolis park board.

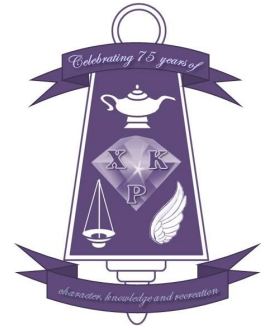
Terri has been recognized with honors from MPRA, WILS, Mpls. Park Board and the Feline Recues. Terri has served as President of the Minnesota Park and Recreation Foundation and was a board member, and President. She has served the state association MRPA as a board member and chairperson of the recreation section. On the national level, Terri has planned the national luncheon in MPLS. She has been the National vice President and National delegate.

Maureen Duran wrote -Terri not only worked in Parks and Recreation but she lived it. It is Terri's spirit. After she retired, she still continues to be active in Recreation as a participant, and volunteer. Terri is a co-founder and volunteer for the Feline rescue. She is still working with the Mpls. youth workers providing training on the philosophy, programming standards and how to outreach and engage participants. She has been a softball coach and ceramics instructor.

Terri is currently is retired from the City of Minneapolis after over 30 years of service. She is truly a dedicated Park and Recreation professional. She carries her philosophy in every aspect of her life. She is very deserving of this prestigious recognition. Congratulations to Terri St. Sauver for receiving the 2010 Helen I. Pontius Award! Zeta is so proud of you.



NOTES FROM NATIONAL



It is an honor to serve as your National President. We are fortunate to have a dynamic, professional and dedicated board this year. As you know, WILS is a unique organization that fosters career development, networking, support, and professional benefits just for women. At our national board meeting we agreed to work on the following goals:

Branding: We launched this initiative in 2007 and would like our forms to be standardized with all chapters using the logo and tag line, "The Professional Connection for Women."

Technology: We began using FaceBook in 2010 and will encourage more "friends" to take advantage of this new communication tool. We will make strides to update the page more frequently to stay very current with news. We will soon develop a calendar of all chapter events which will be prominent on the National web page.

Chapter Development: We have a purple ribbon committee who made a trip to Illinois to meet with 15 very interested women ready to start a new chapter. There is some interest brewing in Missouri as well.

Celebrate: As part of the 75th anniversary, the Zeta chapter hosted a social at the NRPA congress for WILS members and their guest. The Helen I Pontius award was given to Terri St. Sauver from the Zeta Chapter.

Stay Connected: We want to remind all members the importance to connect with your members. It is such an important part of who we are and we give support to all members.

Budget: The board is committed to helping chapters sustain themselves in the current economic climate.

As a board, we are committed to reaching the goals we established and serve the membership as best as we can. We encourage all members to stay active in their local chapters. If any one of the board members can be of assistance, do not hesitate to contact one of us. Our next meeting will be held in the spring of 2011 in the City of Lakewood. A spring membership luncheon will follow and provide members with the opportunity to network and share in the organization's progress.

Let's have great year!

Donna Tilsner
National Board President

A BIG THANK YOU !

A special thank you to WILS National President Donna Tilsner and WILS Zeta member Marcia Bach and the Zeta Chapter for hosting the **75th Anniversary Celebration** during the National Recreation and Parks Association Congress. Thank you to the 75 people who attended the evening of delicious food and drinks and great conversations. A warm time was had by all!





Women In Leisure Services

The Professional Connection for Women- Celebrating 75 years

HOLIDAY FUN! BAKE AND TAKE!



**Monday December 13
6:00 – 9:00 p.m.**

**Valley View Middle School, Room B143
8900 Portland Ave. South, Bloomington, MN 55420**

Come join us and bake cookies for the holidays.
Cost is \$34 (Bring \$12 food fee paid to instructor in class) for 10
dozen cookies. The dough will be ready so we bake and
decorate. Bring containers to take the cookies home. Limited
spots available.

**Please RSVP by Monday November 22, to Marcia Bach at
marcia.bach@ci.crystal.mn.us or call at 763-531-1153.**

Name _____ Phone _____

Number Attending _____ @ \$34.00 = \$ _____

Check Payable to WILS. Mail checks to Donna Tilsner, City of Edina, 4801
W. 50th St. Edina, MN 55424.

Directions: Go to Google Maps or MapQuest, www.mapquest.com

20th Annual



Sponsored by: Women In Leisure Services

- MRPA Class A — Minimum of 4 teams to run A Tournament
- MRPA Class B
- MRPA Class C
- MRPA Class D

Check with your league director for correct team classification. We reserve the right to move teams to higher divisions depending on previous finishes or information from league directors.

WHEN: Saturday, January 8, 2011

WHAT: Round Robin Pool Play and Playoff

WHERE: Crystal Community Center (Crystal) & Maple Grove Junior High (Maple Grove)
Location will be determined by tournament director.

ENTRY FEE: \$100 Per Team (Entries received on or before December 3, 2010)
\$120 Per Team (Entries received between December 4-9, 2010)

REGISTRATION:

- Registration taken on a first-come, first-served basis. Space limited!
- Registration Deadline is Thursday, December 9, 2010, space permitting.
- Teams will be notified of their placement after December 16.
- If you do not hear from us before December 16, you may assume your team has been accepted to play in the tournament.
- Make check payable to WILS. (Checks only; no cash or credit card payments.)
- Mail Entry Form & Fee to: Sue LaCrosse, c/o Brooklyn Center Recreation Department
6301 Shingle Creek Parkway, Brooklyn Center MN 55430



QUESTIONS: Call Jeanne Vestal, Tournament Director, 763-494-6511, e-mail, jvestal@ci.maple-grove.mn.us.

By filling out the entry form and paying the entry fee, you agree that Women In Leisure Services, the City of Crystal, the City of Maple Grove and Osseo School District 279 are not liable for any injuries or losses incurred at this tournament.

Women's Volleyball Tournament Entry Form — January 8, 2011

Team Name _____ League (City) _____

The City your team plays in.

Check one tournament:

- MRPA Class A
- MRPA Class B
- MRPA Class C
- MRPA Class D

Manager's Name: _____

Address: _____ City _____ Zip _____

Phone #: H) _____ W) _____ Cell) _____

E-Mail: _____