

It May Still be Cold Outside—But This is the HOTTEST Ticket in Town

By Rose Spano Iannelli, Spano Pratt Executive Search and Jill Brzeski, Boelter + Lincoln Marketing & Communication

Record attendance is expected to mark this year’s 21st Annual TEMPO Mentor Award Luncheon. We are still accepting registration and this event is right around the corner. We hope to see all of you on **Thursday, February 17, 2011** at The Pfister Hotel from 11:30 a.m. to 1:30 p.m. We’re pleased to have 2010 Mentor Award recipient, Lynn Sprangers (Executive in Residence for the Mount Mary Women’s Leadership Center) as emcee for the luncheon.

Three deserving winners will be honored - Congratulations to **Jennifer Bartolotta**, The Bartolotta Restaurants; **Kris Rappé**, WE Energies, and corporate winner, **Johnson Controls, Inc.**

Each winner will announce their selection of a college or university

in which to give their \$5,000 scholarship award in their name. This scholarship will go to a deserving young woman in her junior year in college. Since its inception, TEMPO has awarded more than \$130,000 in scholarships to local area students. At this year’s event, we will also announce and introduce last year’s 2010 TEMPO Mentor Award scholarship recipients -

Lindsay Rivera, a senior at Cardinal Stritch University (she received the scholarship in Maria Monreal Cameron’s name);

Megan Heinen, a senior at Marquette University (she received the scholarship from Children’s Hospital and Health Systems); and

Caitlin Brock, a senior at Marquette University (she received the scholarship in Lynn Spranger’s name).

The Mentor Awards event is presented by **Potawatomi Bingo Casino**. This year’s Lead Sponsor is **Associated Bank Corp.** along with **Dohmen Corporation** as a



Scholarship Sponsor. The **Business Journal Serving Greater Milwaukee** is the media sponsor and **Boelter Lincoln** has provided supporting collateral.

*Volunteers Needed - *We’re seeking volunteers for 2+ hour time slots on Feb. 17. This is a good way to get involved and meet the committee members. We have a number of opportunities including greeting and directing guests and table registration. We can use your help starting at 9:00 a.m. - 3:00 p.m. Call 414.905.0117.*

In this issue:

Mentor Event	1
President’s Letter	2
Go Red Girlfriends	3
Joint Meeting with GMC	4
January Meeting recap	4
Mentor Program	5
New Members	6
Professional Development	7
Mentor Event Quotes	8
Upcoming Events	9

The Details
Thursday, February 17, 2011
11:30 - 1:30 p.m.
The Pfister Hotel | Grand Ball Room
Tickets are \$65 for all registrants
Register: www.tempomilwaukee.org

From the President

Momentum Towards the Mentor Awards

Let me start this month with well deserved congratulations. As you read on the front page of the newsletter, TEMPO's 21st Annual Mentor Awards, our signature event, is set for February 17th at 11:30 am at the Pfister Hotel. Absolutely, winners Jennifer Bartolotta, Kris Rappe and Johnson Controls deserve commendations for their many endeavors elevating people and organizations through their work as mentors.



But I'd like to turn your attention behind the scenes to those who make this event happen

Year after year, judges Jeff Snell, Mary Ellen Stanek, Mark Sabljak, and Kathy Schwab volunteer to review our nominations and make the selections. With a record number of nominations this year, this panel dug in and dedicated extra time and thought to their work.

Before this selection process even begins, TEMPO's Mentor Awards Committee starts their work to brainstorm, build and bring together this amazing program. Led this year by Rose Spano Iannelli (*Partner, Spano Pratt Executive Search*) and Jill Brzeski (*President, Boelter +*

Lincoln Marketing Communications) the committee moved forward on every front with lightening efficiency. I've not worked on the Mentor Awards Committee before, so I joined a few meetings. Honestly, ladies, I left so energized! Each of you manages a full time schedule (and then some), family and other community commitments in addition to driving this event. Thank you to Rose and Jill for your leadership and to Jan Allen, Lisa Attonito, Cathy Girard, Patti Gorsky, Penny Guntekunst, Phyllis King, Kathy Pederson, JoAnn Ratcheson, Monica Schick, Angela Strelka, Marilyn Vollrath, and Candy Walton for your enthusiasm and continued hard work. With nearly 500 people registered already, so many of us are looking forward to this event.

In addition to our Mentor Awards, there is a lot more to tell you about! Our new Health Initiative is ramping up. Two groups in TEMPO are moving in tandem to elevate our personal commitments to well being. As I mentioned in my article last month, we are all results oriented at work, but when it comes to personal health women take a back seat. Thanks to the inspiration of the American Heart Association's *Go Red Girlfriend's* campaign, a group of motivated

members came together as TEAM Tempo to challenge each other into better health. This opportunity is open to all of you, though. The Wisconsin Athletic Club has offered free trial memberships, the Heart Association and Komen of Southeast Wisconsin will offer workshops. Raquel Filmanowicz (*Health Operations Officer, City of Milwaukee*) will coordinate monthly articles on health for our newsletters and Sally Sheperdson (*Executive Director, SE WI Komen for a Cure*) is organizing teams of members to challenge and support each other at the various WAC's. Please see their corresponding articles in our newsletter this month for more information and how you can get involved. There are deadlines to watch for.

And looking past February into March, we have quite a bit to look forward to. TEMPO's new Professional Development series launches on March 11th. And our regularly scheduled March program focuses on you. Our members are the heart of TEMPO. We plan to recognize many who have contributed so much to the organization this year.

Happy Valentines Day to all of you. I look forward to seeing you at the Mentor Awards!

Best,


Become a BetterU

By Raquel Filmanowicz, City of Milwaukee Health Department and the American Heart Association

February is American Heart Month and TEMPO has partnered with the American Heart Association and its Go Red Campaign to help increase awareness of heart disease amongst our members. Heart disease is still the No. 1 killer of women, responsible for 1/3 of all deaths of women each year. This means women including mothers, sisters and friends are dying at the rate of one per minute because they don't know what you know: heart disease kills.

It's likely heart disease has already touched you or someone you love. But the good news is, this disease is largely preventable. As busy professional women torn in a million directions with work and home, we all understand the challenges involved in not only finding balance, but also finding the "me" time to focus on health and wellness. But this is a new year and now is the time to start putting your health first. Please take a moment to read and share these points with other women within your circle of influence.

Why should I care about heart disease?

- ⇒ Heart disease is the No. 1 killer of women age 20 and over, killing approximately 1 woman every minute.
- ⇒ Once considered primarily a disease of older women, with increased rates of obese and overweight younger women, heart disease afflicts women of all age groups.
- ⇒ More women die of heart disease than the next five causes of death combined, including all forms of cancer.
- ⇒ Ninety percent of women have one or more risk factors for developing heart disease.
- ⇒ Still, only 1 in 5 women believe that heart disease is her biggest health threat.
- ⇒ Hispanic women are likely to develop heart disease 10 years earlier than non-Hispanic white women.
- ⇒ African-American women are at greater risk for heart disease, stroke and other cardiovascular diseases than Caucasians.

Why should I join the Go Red campaign?

- ⇒ Research shows that women who become involved with Go Red are more likely to make healthy changes in their lives. For example:
 - ⇒ More than one-third have lost weight.
 - ⇒ Nearly fifty percent have increased their exercise.
 - ⇒ Six out of ten have changed their diets.
 - ⇒ More than forty percent have checked their cholesterol levels.

One-third have talked with their doctors about developing heart health plans.

What can I do?

- ⇒ Eighty percent of cardiac events in women may be prevented if they make the right choices for their hearts, involving diet, exercise and avoiding smoking.
- ⇒ Sign up for the Go Red For Women Girlfriends: 7 Steps to a BetterU program at ProHealthCare.org/GoRed — a 12-week heart health journey that could save your life.
- ⇒ Give 5 women you care about the power to save their lives at GoRedForWomen.org.

Go Red For Women, powered by the American Heart Association, educates and connects millions of women of all ages. GoRedForWomen.org is the No. 1 online destination where women can learn how to make heart-healthy choices every day.



Special Program with Greater Milwaukee Committee featuring speaker, UW Madison Chancellor Bidy Martin—February 16, 2011

Quality, Value and Opportunity - These ideals are at the foundation of an innovative program at the University of Wisconsin-Madison aimed at investing in students today so they can build a successful tomorrow.

Please join TEMPO and the Greater Milwaukee Committee at a special joint luncheon to learn more and to celebrate this initiative that translates generosity into the future excellence of UW-Madison and its students.

Distinguished guest speaker: University of Wisconsin-Madison Chancellor Bidy Martin

Special “Great People Scholarship” announcement: Sheldon and Marianne Lubar

Carolyn “Biddy” Martin began serving as chancellor of the University of Wisconsin-Madison in September 2008. As provost at Cornell University from 2000-2008, Martin served as the president’s first deputy officer and reported to the president as Cornell’s chief educational officer and chief operating officer. Martin received her Ph.D. in German literature from UW-Madison in 1985. That same year, she joined Cornell’s faculty full time as an assistant professor of German studies and women’s studies. In 1991, she was promoted to associate professor in the Department of German Studies, with a joint appointment in the Women’s Studies Program. In 1996, she was named senior associate dean in the College of Arts and Sciences

and was appointed provost at Cornell University July 1, 2000. Martin is a distinguished scholar of German studies and author of numerous articles and two books — one on a literary and cultural figure in the Freud circle, Lou Andreas-Salomé, and a second on gender theory.



January 20th Program with Gail MarksJarvis, *The Chicago Tribune*



Joan Johnson, *Milwaukee Public Library*, purchasing Gail’s book.

The Audience Said:

“Good content, relevant, good call to action at the end.”

“Very good topic. I loved how she added the idea of sharing the information with others - how it is our obligation as leaders to speak with our employees, our kids and others in our network.”

“One of the most effective and informative presentations ever!”

The Details

Wednesday, February 16, 2011

11:45—Registration

Noon—1:00—Program

The University Club

Lunch is \$30 for all registrants

Register: www.tempomilwaukee.org

TEMPO Mentoring Program —Best Practices Session Take-Aways

By Rena Somersan, McGladrey and Christine Harness

At the Mentoring Best Practices Kick-off session it quickly became clear that if you're not part of a mentoring circle, you're missing out on a key benefit of TEMPO. As panelists shared best practices, we learned that each circle is organic, in that it takes the form of what is most relevant for its individual members. Although the circles initially formed to focus primarily on business issues, many have evolved into developmental forums across a variety of topics such as managing up, conflict resolution, work-life

balance issues, etc. The benefit of being able to problem solve with other successful women was a recurring theme of the kick-off meeting.

Mentoring circle panelists reported that mentoring circles create a hands-on, confidential and intimate setting where politics and competition can be left behind. There was consensus among those present that the circles provide a safe place to talk about individual concerns that impact the lives of TEMPO members.

A further benefit is the ability to interact with women across a variety of disciplines and life experiences. Circle member panelists agreed that commitment to furthering the success of each member of the circle becomes the glue that makes these meetings invaluable. More specifically, as circles mature, participants form deeper relationships and the continuity provides for true investment in each other's outcomes.

In addition to becoming part of a mentoring circle, you may also opt for a one-on-one mentoring experience. Please contact Louise Hermesen to discuss how being involved in any form of TEMPO mentoring will enhance your TEMPO experience. Join TEMPO's Mentoring movement TODAY! Fill out the form at www.tempomilwaukee.org and fax to Tracy at 414.272.7051.



CELEBRATING 20 YEARS IN 2011

Potawatomi Bingo Casino first opened its doors in March 1991 and, since then, has lead the way to revitalization of the Menomonee Valley. In just 20 years, the Casino and Forest County Potawatomi have created thousands of jobs, contributed to many local non-profit organizations, grew into the state's top attraction, and shared tribal values as well as a culture of social responsibility with all people.

Imagine what we can achieve over the *next* 20 years.



1721 WEST CANAL STREET • MILWAUKEE, WI 53233 • 1-800-PAYSBIG • PAYSBIG.COM

© 2010 FOREST COUNTY POTAWATOMI COMMUNITY, WISCONSIN



Barbara Jacobs Mueller, Louise Hermesen, and Dawn Adams

TEMPO Welcomes New Members



Krista Brookman is a Sr. Manager at Deloitte. She directs the marketing and communications efforts for Deloitte's national manufacturing industry practice. Krista serves on Deloitte's elite Senior Manager Advisory Committee and led marketing for the Milwaukee office's Women's Initiative and Diversity Committees. Before joining Deloitte, Krista was a National Group Marketing lead for Foley & Lardner. Krista serves as vice-chair for fund development for Milwaukee Women inc, and has served as president of the Wisconsin Chapter of the Association for Accounting Marketing and was a member of FUEL Milwaukee's Creative Council. She held leadership roles for the Association for Women in Communications and the Legal Marketing Association. Krista received a BA and MBA from the University of Wisconsin-Milwaukee. Welcome Krista by emailing her at kbrookman@deloitte.com



Tami Scully Garrison is the Community Affairs Manager for MillerCoors. She began with Miller Brewing Company in 2005. In her current role, she is responsible for community investments and relationships in Milwaukee and three of the other MillerCoors brewery communities. Tami is active in the Milwaukee community serving as a Board Director of: American Red Cross in Southeastern Wisconsin; Women for MACC; BoardStar; and the Associate Board for the Zoological Society of Milwaukee. She is also an active member of the Friends of the Milwaukee Public Museum Advisory Committee. Tami is originally from Southern California and attended Tulane University. Welcome Tami by emailing her at tamara.scully@millercoors.com



Deanna Singh, Esq, is the Analyst for the Robert W. Baird Foundation. She received her B.A. in Urban Studies from Fordham University, Juris Doctorate from Georgetown University Law Center and is currently pursuing an Executive MBA from UW-Madison (expected May 2012). Ms. Singh has founded and led a number of organizations including an urban college preparatory charter school, the Milwaukee Street Law project, and the Bronx office of LIFT. Ms. Singh is CEO of Singh Consultations, a firm dedicated to sustainable small businesses and non-profits. In her leisure time, she travels internationally, edits her novel, and serves on non-profit boards. Welcome Deanna by emailing her at deannasingh1@gmail.com



Sara Alger is the Metro Executive Director for the American Heart Association. She has more than a decade of service and success in the non-profit sector. She has been with the American Heart Association for the past eight years, taking on her most current role in 2007 as the Metro Executive Director. Sara oversees an office of 17 staff and works closely with the Board of Directors and corporate and community partners in the 7-county area. Sara received a Bachelor of Arts I Sociology from DePauw University. She is married to Jay Alger and in 2010 they welcomed twin daughters, Abigail and Avery. Welcome Sara by emailing her at sara.alger@heart.org

Professional Development Series Kicks off March 11th

Leadership Skills for Building Consensus and Reaching Agreement

TEMPO's new Professional Development Series is scheduled to kick off Friday, March 11. This is an exciting new initiative for TEMPO members and members of their companies. The goal is to provide ongoing programming that delivers tangible value and development in key areas of business and leadership.



The first session is scheduled for Friday, March 11th at 7:30 a.m. at the Italian Community Center. Christine Harris Taylor of Marquette University will present “Leadership Skills for Building Consensus and Reaching Agreement.” She will address skills that are useful to effectively lead or participate in groups at work and in the community, whether you are leading a volunteer board, promoting an initiative in the office or building support for an important cause. The program will enhance each participant's ability to build consensus, avoid disputes and resolve conflicts.

Christine Harris Taylor holds a full-time appointment at Marquette University as the Associate Director for the Graduate Program in dispute resolution and Associate Adjunct Professor teaching mediation, advanced mediation, arbitration and family mediation. She has extensive experience resolving specific disputes and presenting seminars and other training around difficult situations and conflict resolution skills.

What are the Benefits you will receive?

- Grow professional skills
- Enjoy networking opportunities
- Offer professional training opportunities to your team
- Obtain a high return on investment
- Bring value for your company

Who should Attend this Program?

Anyone who wants to develop and enhance leadership skills, anyone who leads a team and anyone who works as part of a team.

The Professional Development Series was born in response to member requests for additional, high-value programming. Surveys, strategic planning and feedback encouraged the TEMPO Board and Program Committee to develop a series focused on enhancing skills and broadening development opportunities for TEMPO members and the teams they work with.

We are excited about our first program, and we hope you will make plans to attend! Watch for more details on the next of our Professional Development Series in late-spring.

Leadership Skills for Building Consensus and Reaching Agreement

Friday, March 11, 2011

7:00 – 9:30 a.m. | (7:00 a.m. networking)

Italian Conference Center

\$30/person

Register: www.tempomilwaukee.org

Join the TEMPO Workout Teams—Complimentary WAC memberships available to TEMPO Members

By Sally Sheperdson, Southeast WI Affiliate of Susan G. Komen for the Cure

As part of TEMPO's new Women's Health Initiative, the Wisconsin Athletic Club has partnered with TEMPO and is generously offering a three-month complimentary membership to 30 lucky TEMPO Members. WAC memberships will be offered to three area locations - North Shore, Downtown and Wauwatosa. Space is limited so please register today. The memberships will begin on March 1. Find out more and sign up by emailing Sally Sheperdson at ssheperdson@wi.rr.com. Deadline to request a complimentary WAC membership is **February 12**. Those members who already have WAC memberships at any of these three locations are encouraged to let us know so you can join one of the TEMPO Teams. Don't sit on the sidelines - please send an email to ssheperdson@wi.rr.com to join a Team! We anticipate the TEMPO Teams will meet at their respective locations the week of February 21 to receive their membership cards, meet their teammates and start their plans of action. Exact date/time will be sent to all Team members.

Looking for North Shore TEMPO Team Leader

Raquel Filmanowicz has graciously agreed to be the TEMPO Team Leader for the Downtown WAC and Sally Sheperdson will be the TOSA Team Leader. We are looking for someone to lead the North Shore WAC Team - your responsibilities are to organize the team, help set some goals and report back to the membership. Leaders should be able to do most of this via email but working out with your Team is encouraged! Please email Sally at

ssheperdson@wi.rr.com if you are willing to lead the North Shore Team.



Wisconsin Athletic Club

All of your relationships should be this rewarding.

For over 120 years, Associated has developed customized approaches for people and businesses by cultivating relationships. We're able to provide everything you need in a partner - smart, sophisticated services and solutions for your personal and business success.

We invite you to meet with our bankers by visiting one of our convenient offices. Or call our Customer Care Center at 1-800-236-8866, 24 hours a day, 7 days a week, to learn more.

WISCONSIN'S
#1 SBA
LENDER



associatedbank.com

Equal Opportunity Lender. Member FDIC and Associated Banc-Corp (8/09) 5486

UpBeat

Board of Directors 2010-2011

President

Kimberly Kane • The NOVO Group

Past President

Gina Alberts Peter • M&I Bank

President-Elect

Amy Rislov • Aurora Health Care

Treasurer

Amelia E. Macareno • Wells Fargo

Secretary

Sandy Wysocki • The Business Journal Serving Greater Milwaukee

Vice President, Communications

Susie Falk • The Falk Group Public Relations

Vice President, Programs

Jennifer Bartolotta • Bartolotta Restaurants

Directors:

Board Development

Hon. Kitty Brennan • WI Court of Appeals

Community Outreach

Mary Scheibel • Scheibel Halaska

Fund Development

Linda Newberry-Ferguson • Kindred Hospital Milwaukee

Governance

Lisa A. Froemming • Columbia St. Mary's Foundation

Membership

Peggy Williams-Smith • Marcus Hotels & Resorts

Member Retention

Julie Cashman Khun • Jefferson Wells

Mentoring

Louise Hermsen • DUECO

TEMPO Milwaukee Foundation

Denise Goergen • Reinhart Boerner Van Deuren s.c.

Leadership Event

Katie Clark • Milwaukee County Council,

Boy Scouts of America

Heather Fields • Reinhart Boerner Van Deuren s.c.

Mentor Event

Jill Brzeski • Boelter + Lincoln Marketing Communications

Rose Spano Iannelli • Spano Pratt Executive Search

Upcoming events are posted on the website at www.tempomilwaukee.org a few months in advance. Please register online.

Wednesday, February 16

Joint TEMPO and GMC Meeting

noon-1:30 p.m. | University Club

\$30 per person.

Speaker: UW Chancellor Biddy and Sheldon Lubar

Thursday, February 17

TEMPO Mentor Awards

11:30-1:30 p.m. | The Pfister Hotel \$65

per person.

Sponsorships are available

Tuesday, March 8

TEMPO Milwaukee Social Event

5:00-7:00 p.m. | Mo's on Bluemound

Road (corner of Hwy 100 and

Bluemound in Wauwatosa.

No charge. | Cash bar.

Friday, March 11

Professional Development

7:00 a.m.—9:30 a.m. | Italian

Community Center

\$30 per person

Thursday, March 17

TEMPO Member Meeting

11:30-1:30 p.m. | University Club

Members: no fee, Guests: \$30

Speaker: Jacquelyn Fredrick, President & CEO of Blood Center of Wisconsin, Inc.

Wednesday, March 23

New Member Orientation

11:30-1:00 p.m. The Business Journal 825

N. Jefferson Street

Thursday, April 21

TEMPO Member Meeting

11:30-1:30 p.m. | University Club

Members: no fee; Guests: \$30

Speaker: Aitor Ojeda, CEO of Ingeteam & TEMPO Annual Meeting

Wednesday, May 25

New Member Orientation

11:30-1:00 p.m. The Business Journal 825

N. Jefferson Street



To Register:

- ⇒ Visit www.tempomilwaukee.org
- ⇒ Click on "login" circle at the top right-hand side of the screen
- ⇒ Your **username** is your first initial and your last name, with no spaces, lowercase.
- ⇒ If you've forgotten your password, contact the TEMPO Milwaukee office.
- ⇒ Click on the event link
- ⇒ Click submit [if you are bringing a guest, enter the number of guests and follow the prompts for payment] TEMPO Milwaukee accepts Visa, MasterCard, DiscoverCard and American Express.

TEMPO Milwaukee 301 W. Wisconsin Ave., Suite 300 Milwaukee, WI 53203
Ph: 414.905.0117 • Fax: 414.272.7051
www.tempomilwaukee.org

Executive Director Tracy Johnson
Cell: 414.698.7474
Email: tjohnson@tempomilwaukee.org

Office Hours:
Monday-Friday • 8:30 a.m. to 5 p.m.