



The Exponent

MAY/JUNE 1997

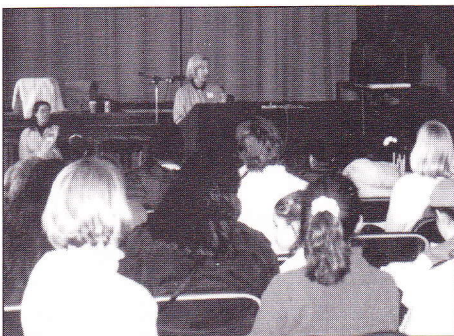
THE UNIVERSITY OF CHICAGO WOMEN'S BUSINESS GROUP

UCWBG Co-Sponsors Girl Scout Career Day

by Tammie Miller '94

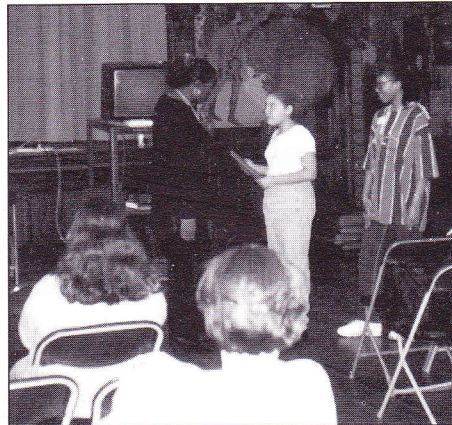
On Sunday March 9th as approximately 80 high-risk Girl Scouts entered Ida Noyse Hall on the University of Chicago's main campus, the first question out of their mouths was "Is this a school?". The event was a Career Day, co-sponsored by the University of Chicago Women's Business Group and the Junior League of Chicago. It was put on to inspire girls from high-risk neighborhoods to stay in school, pursue their career goals and explore career alternatives. The girls ranged in ages from 6 to 14 and left the program wanting to be everything from lawyers to actresses.

Once the girls arrived, they were given



Nancy Kunkel, owner of Wholesome Kidfoods, speaks

workbooks that included a questionnaire about their favorite activities and an outline for a resume. The girls then moved on to a large room where they were greeted by five women with alternative careers. These included: Nancy Kunkel (a University of Chicago grad) who spoke about her concept for a new healthy kid's snack, Wholesome Kidfoods, and how she started her own company to market this product; Cheryl Bates, an Illinois State Police officer; Lisa Taylor, a birdkeeper at the Lincoln Park Zoo; Meade Palidofsky who is Artistic Director at the Music Theater Workshop



Learning to be actors and directors, this small group puts on a play about violence at school.

and puts on plays that promote violence prevention in young people; and Dr. Kimberly Bolden, a dentist, who in addition to her regular patients also works on inmates in the Cook County prison system.

All these women spoke about what they do every day, how they got there, and challenges they face. The girl scouts then broke up into smaller groups where they got a little one on one time with a particular speaker. This hands-on experience involved, among other things, taste testing a new product with Nancy Kunkel and meeting a live parrot with Lisa Taylor. Of particular note was the group that worked with Meade Palidofsky, which wrote, directed, and acted out their own play about a potential violent situation in school and different ways in which to diffuse conflicts. As future actors and directors, they worked on such things as staging, projecting and the power of rehearsing.

The groups then got a chance to work on their own futures and filled out their workbooks. The opportunity to see how a resume is put together and thinking about the steps to get to their eventual goal careers was an important learning experience for the girls. "I have to go to law school and college," a ten year old exclaimed. This also highlighted the importance of getting good grades and making a plan. After all this hard work, the girl scouts collected their goody bags and left for home—a little tired but a little more aware of options that are available for women and how to get there.

Many thanks to UCWBG volunteers



UCWBG member, Tamie Miller, gives a closing speech about staying in school



UCWBG member, Claire Koeneman helps the girls with their resumes

and room facilitators Elizabeth Duncklee, Mary Lynn Faunda, Sharon Glick, Claire Koenemen and Tammie Miller. Special thanks to current business school students, Christie Lipkie and Diane Sesi, who acted as hall monitors.



Susan Miner '93

President's Letter

by Susan L. Miner '93

I would like to take this opportunity to thank Mary Anne O'Toole for her work on the board as VP of Internal Communications, and wish her well in her future endeavors. Mary Anne and her family are on their way to London to live for a few years. She has done

tremendous work in organizing articles and adding a personal touch to *The Exponent*. We will miss Mary Anne, but she has promised to keep in touch via email.

It gives me great pleasure to introduce two new UCWBG board members: Myrna Newman and Erica Kuhlmann. Myrna is our VP-Administration and graduated from the Executive Program in 1996. She is the Controller of Heads and Threads Company, an importer and distributor of metal fasteners in Northbrook. Myrna has two children and lives in Glenview with her family. Erica is our new VP-Internal Communications and has been an active UCWBG member for several years. Erica graduated from the 190 program in 1992 and is a Vice President at Harris Bank. She and her husband, Frank, live in Chicago.

With the recent changes to our board, I have reflected about how our membership is quite mobile and how our ties extend geographic boundaries. The UCWBG has a significant challenge to establish and maintain closeness with members outside of the Chicago area. Our two key communications vehicles with our members are *The Exponent* and electronic mail. We are kicking off an initiative to profile members in *The Exponent*, starting with a focus on members who live outside of the Chicago area. In this issue we provide profiles for Helen Hodges and Shari O'Loughlin. I hope you enjoy their words and thoughts as much as I have—we have extremely talented members!

The GSB Office of Alumni Relations is providing free email for all alumni through their Email 4 Life initiative. I encourage every-

one to sign up for this opportunity. It seems there is a lot of potential in this opportunity in that the UCWBG may be able to set up aliases which will allow us to send email to our members quite easily. Please call the GSB office at 773-702-7727 for more information. Lastly, we are establishing a videotape library of certain UCWBG events which members can borrow. More information is provided in this issue regarding how to check out the videotape of our 2/8/97 panel event. We are open to other ideas on how we can improve our communications and ties. Please share your thoughts with any of our board members or me. I can be reached at 630-713-7587 or slminer@lucent.com.

It certainly was a pleasure to meet with members and guests at The Drake Hotel for High Tea. The scones and Earl Grey tea were a personal favorite of mine! We had over 45 attendees including Dean Hamada, our special guest. Many members felt we should have an annual High Tea event. I encourage people to participate in upcoming events. The GSB 45th Annual Management Conference is on Friday, May 2. Come hear Richard M. Daley, Mayor, City of Chicago, as the keynote speaker and attend the afternoon panel sessions.

An Evening with Sam Zell

"The Entrepreneurial Mindset...What it Means and What it Takes"

by Valerie Anderson-Lewis '95

Join fellow GSB and Michigan alumni for a discussion by Sam Zell, the equity management mogul. Mr. Zell will share his insights on entrepreneurship. He currently ranks 96th on Forbes' list of wealthiest Americans. This event will be popular so RSVP early to ensure a space.

Date: Thursday, May 15, 1997

Time: Cocktails and Hors D'oeuvres at 6:00 p.m.

Place: Chicago Athletic Association, 12 South Michigan Avenue

Cost: \$25.00

RSVP: Wednesday, May 7

UMBSCC, PO Box 0715, Chicago, IL 60690-0715

After May 7 call 312-409-9379

Call: Valerie Anderson-Lewis 773-380-5753

The University of Chicago Women's Business Group 1997 Board of Directors

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773-702-7405

elizabeth.duncklee@gsb.uchicago.edu

Director:

Mary Lynn Faunda '95

630-323-6351

UCWBG (voice mail) 847-256-5804

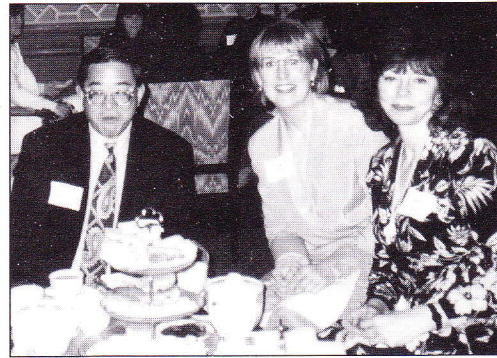
UCWBG fax 630-369-3773

UCWBG home page http://www.gsb.uchicago.edu/gsb/clubs/alumni/ucwbg_home.html

High Tea at the Drake Hotel

by Danielle Carrier '86

Forty-two members and guests, including Dean Hamada, enjoyed High Tea at the Drake Hotel on Sunday March 16. It was a great way to spend a brisk, overcast Sunday afternoon in March. This elegant, relaxed venue allowed members to exchange ideas, catch up with friends, and get to know each other better. For those who missed it, we hope to see at the next High Tea!



Dean Hamada,
Susan Miner,
Danielle Palmer



Myrna Newman,
Danielle Carrier,
Valerie Anderson-Lewis,
Shaun Fitzgerald,
Suzanne Keers

Save the Date

For Gallery Viewing and Wine Tasting with the Women's Committee of the Kellogg Alumni Club of Chicago

By Danielle Carrier '86

Join the UCWBG and the Kellogg Alumni Club's Women's Committee for an evening of socializing, networking, and fun. Our first joint event will be held at Inside Art in Bucktown on Thursday, June 19. To personalize the evening, we are putting a twist on the traditional wine tasting segment. We are asking each person to bring either a bottle of wine (or other beverage of choice) or an hors d'oeuvre which has a special meaning or story for them. Ideas can range from the wine served at your graduation party from the University of Chicago to an appetizer you saw on the last Martha Stewart show. Creativity is strongly encouraged!

This will be a great opportunity to branch out a meet some fascinating women from that other business school in Chicago. More details will be included in your official invitation. We hope you can make it!

Date: Thursday, June 19
Time: 6:30 to 8:30 p.m.
Place: Inside Art in Bucktown 1651 W. North Avenue, Chicago (Street parking available)
Cost: \$15 per member / \$20 per guest
Contact: Maureen Thomas at 630-978-9432 or murbis@aol.com for more information.

VIDEOTAPE: Using Your MBA For Career Change

On 2/8/97, the UCWBG hosted a panel discussion highlighting four GSB graduates' career changes. We have taped the event and wish to make this available to our members.

You may check the tape out of our library by calling the UCWBG office at 847-256-5804. Provide your name, address, and phone number. Please return the tape within 2 weeks of receipt. You will be responsible for the return postage and handling.

Express Yourself!

Any comments, questions or suggestions regarding *The Exponent* please contact Erica Kuhlmann at etkuhlmann@aol.com or at 773-248-5734.

New Members as of 4-1-97

Jacqueline Hopkins
First Chicago Capital Markets

Minoo Javanmardian
Amoco Corporation

Susan Coffin Khoury
Heidrick Partners

JoAnn Becker
American Management Systems, Inc

Kathy Woodliff
CNA Insurance Companies

Membership Profiles

Helen Hodges, XP-53
Houston, Texas

Please share some personal information with us..

Helen and her husband have two boys, Donald, age 10, and William, age 8. Helen states, "We are into lots of sports including soccer, baseball, and basketball. Mom still enjoys bird watching which is great in the Gulf Coast Area." Helen and her husband both run businesses and are teaching their boys how to be entrepreneurs too.

What was your most fun Winter 1997 experience?

The most fun thing this winter was watching my boys play basketball and finish second in the playoffs.

Please share information about your professional life...

I own and operate an environmental cleanup and consulting firm in Houston, Texas. I bought it in 1989 and have grown it from a 6 person firm with revenues at about \$1M to 22 people with 1996 revenues at \$3.6M. We do a lot of property transfer work, but have recently won several disposal contracts and indefinite quantity services contract with government groups.

What has been your largest challenge in the last year?

My biggest challenge has been implementing my pledge to consistently leave work at 3:00 p.m. to be with my children when they get home from school. Advice—remember that you will never have this time with your child to do over again!

What key insights have been particularly meaningful to you?

Regarding management—don't pay for your own aggravation. Delegate the urgent, but not important, and concentrate on the important. Regarding personal—when you are doing your best, you are doing your best. Enjoy it and relax a little.

Please tell us a bit about the town or city you live in...

I live in League City, Texas that is just south of Houston and near the Johnson Space Center. Some of our neighbors are astronauts and my kids are sometimes in classes where the son or daughter calls the shuttle to talk with Mom or Dad. The beach at Galveston is also fun.

Please tell us about your involvement with the UCWBG...

I became a member in 1984 and served as President in 1988. The newsletter keeps me connected to the U of C and I still recognize some of your members. Helen states that our members should understand the importance of networks—"If a UCWBG'er calls, we should all treat the call as important."

SAVE THE DATE

Thursday, June 5

Career Management Seminar

Outsourcing: The wave of the future?

Panel Discussion on Trends and Experiences

Gleacher Center - 6:00 p.m. to 8:00 p.m.

Details to Follow in Mailed Invitation

*The Exponent is published bi-monthly
Send calendar listings to*

Melinda Reck, 15 East 13th Street, Lombard, IL 60148-4562,
fax 630-495-8148.

Call Erica Kuhlmann at 773-248-5734, before May 25 for details
if you are planning on submitting an article.

Membership Profiles

Shari O'Loughlin '95
Milwaukee, WI

Please share some personal information with us...

I have been married to my husband, Bryan Mantsch, for 3 years and have a 9 month old daughter, Mackenzie Mantsch, who is the joy of my life. My hobbies include travel—I have taken a large trip annually for about the last 10 years including 4 times abroad. I also love sports and exercise. I work out 3-4 times a week including step aerobics, water aerobics, racquetball, and occasionally volleyball or softball.

What was your most fun Winter 1997 experience?

My most fun Winter '97 experience was escaping to Florida for 10 days in February!

Please share information about your professional life...

Currently I am Vice President of BRYCO Investments, Inc., our real estate development company. My husband started the company while I was in school, and I left Bank One Milwaukee when I graduated to pursue the entrepreneurial route. The company is small but very successful. We build apartment complexes and more recently condos throughout many areas in Wisconsin.

What has been your largest challenge in the last year?

The largest challenge I have faced in the last year is easy for me to identify—deciding how to balance time between career and my family commitments. In graduate school, I wanted to "conquer the world." At the same time I know my time with my daughter is precious and I want to miss as little of her budding life as possible. I have put some of my dreams on the back burner for now, like buying a small business so that I can primarily take care of her and conduct my work on a flexible schedule. The one piece of advice I would have for other mothers is to make sacrifices in other aspects of their lives to spend as much time as possible with their kids. The time they are small is truly too short and one can never get it back if missed...

What key insights have been particularly meaningful to you?

Take time to "smell the roses." This may translate into not trying to "have it all" at the same time or not putting quite as many hours in at work. There is so much value in peace of mind and in day-to-day opportunities and experiences.

Please tell us a bit about the town or city you live in...

I live in a suburb about 15 miles north of Milwaukee. Milwaukee has lots to do for fun—arts and entertainment, sledding, snow mobiling, camping and parks. We have a great lake-front where ethnic arts and music festivals are held each summer weekend. My favorite restaurant is Mimais Italian restaurant.

Please tell us about your involvement with the UCWBG...

I have been a member of the UCWBG for about 1 year since shortly after I graduated. Since I live outside of Chicago, I cannot participate as much as I would like, however, I have participated in some of the major events held. It is important to me to be a member in order to maintain a connection with the school and with the powerful network of other business women that belong to the group. It would be nice to be involved with some of the smaller networking groups (perhaps even in the Milwaukee area).

New Director of Alumni Career Management Brings Expertise and Ideas to the GSB

by Elizabeth Duncklee '90

Bob Wilcox joined the GSB as Director of Alumni Career Management in January, 1997, bringing with him nearly 30 years of experience. The response to his arrival has been overwhelmingly positive, and a conversation Bob demonstrated why. An affable, approachable man, Bob is quick to draw upon his considerable experience and insights to provide effective advice. I had the opportunity to speak with him recently to see if he had any thoughts about career management and women.

"Women generally do a better job driving career management and career searches," he mentioned, supporting his statement by citing comments heard from Fortune 50 companies that women were able to more clearly articulate what they wanted and came across stronger and more focused in interviews. "And many times women are better than men as business owners because they're used to doing many things at once."

While this is good news for us, he cautioned that making a career change depends on many factors, including how aggressively you conduct your search as well as your personality. "It's harder to make a career change rather than to get another position in the same industry. Being geographically mobile will help," he offered, "but you should establish your networks while still working. Being active in clubs, serving on committees and being in leadership roles in community activities is a good way to meet people and build networks outside your current industry." He suggests that ideally, you should "leap frog". That is, you should think about the position beyond the one for which you're aspiring. Think about what the impact of the next position will be on the position after that. You need to think beyond the job; think what it will do for you.

Bob is available for appointments in person at the Gleacher Center or in Hyde Park, or by telephone. In order to make best use of time, he suggests that clients do three things: first, spend some time doing a complete assessment of your work and education experience, prioritizing desires for your personal life and knowing your values. Try to begin to clarify the parameters of your ideal job, including elements such as the area of interest, the industry in which you would like to work, the type of work and the environment. Next, start working on your resume.

The resume should initially contain more information than you think. (You can condense the information later.) Using a separate piece of paper for each job, write down your responsibilities and accomplishments. Don't be shy! You may have 12-15 accomplishments for each responsibility. List them all. Finally, develop a summary statement, which is a one-sentence snapshot, a macro-overview, of your experience. With this completed, you'll be well prepared for a meeting with Bob. To make an appointment call 773-702-3936.

Finance CAN Be Fun!

By Nancy Dschida '94

Have you thought about getting more involved with the UCWBG, but don't know where to start? Are you concerned that your involvement will take up too much time and want something with minimal time commitment? Do you have an analytical mind with an untapped creative side? If you answered yes to the above questions, the position of VP Finance may be for you! You may be thinking, "Wait a minute...Analytical, yes, but - creative???" These days financial minds must be creative as we face downsizing and cost cutting in our workforce, so why not in the UCWBG?

Our costs have slowly, but consistently increased each year, yet our dues have remained constant since 1991. Therefore, the VP Finance must come up with new ways to make each dues dollar go further. She works with the other board members to be budget-conscious without being budget-obsessed. It is important that each board member understand the importance of managing their budget as any overages will affect the financial health of the group as a whole. By evaluating our expenses and income (aside from dues and receipts from events, we also sell advertising in our directory and earn some interest income from our money market account), the VP Finance can use her creativity to find ways to get rid of unnecessary costs and also increase other income.

Another way to use that creativity is to create new and informative reports to communicate our financial results each month. The VP Finance also prepares quarterly variance reports to provide performance results by board position. This helps us to determine how well we are keeping within our budgets and perhaps provide insight as to where improvements are needed. The current variance reports are very cumbersome so some of you creative people out there could really help in designing better and more efficient reports.

Still not convinced? How about a risk-free offer --- join the Finance Committee and see if this is the position for you. You will see that the time commitment is minimal. Preparing the financial reports takes about 1 to 2 hours per month (3 to 4 hours for the months in which the quarterly variance reports are prepared); paying bills and making deposits takes about 1 hour per month (perhaps a little longer during the dues renewal period); and preparing the annual Form 990 (our tax return) takes about 1 hour. By joining the Finance Committee, you will be able to take part in seeing the ins and outs of our financial condition, get familiar with the format of our financial reports, provide suggestions for improvement, and find out if you would like to take a more active role in the group. As a board member, you get to provide input on the goals and future of the UCWBG which can be very rewarding. You'll share in our big and little successes and get to know a great group of women. The Finance Committee (and perhaps eventually the position of VP Finance) can help you get involved. If you are interested in joining the Finance Committee (or to be VP Finance for 1998), please call Nancy Dschida at 312-938-8778 (home) or 312-461-6233 (work). Get involved...Finance really can be FUN!

Mothers' Network

by Diana Carpenter '82

Our last meeting was on March 27 at Kay Yanachek's house in Northbrook. The topic was "Brainstorming the Workplace: What would a family-friendly employer really look like?"

Of interest in recent publications: "Is Family Wrecking Your Career?" *Fortune* dated March 17 and "Focus on Work and Family" in the March 31 *Wall Street Journal*.

Twelve different articles explore various aspects of this issue. The articles profile many different parents and their choices, as well as, various employers and the efforts employers are (and are not) taking to retain employees with families. The issue even includes an article on how attention to families is affecting childless people and whether the situation is equitable to childless people.

Our next meeting will be held on Wednesday, May 28. On Sunday, July 13, the group will have a cookout in Lincolnshire. Details to follow. Please contact Diana Carpenter with questions at 847-940-1652.

Walk & Roll Challenge 1997

by Valerie Anderson-Lewis '95

Show your school spirit and support a good cause by participating in the 25th anniversary Walk & Roll Chicago. This will be a great opportunity to meet new people and see old friends. The GSB has been challenged by both Kellogg and Michigan to raise pledges to benefit the American Cancer Society. Let's show them that we're much more than a better business school!

By walking (7 miles) or biking (15.2 miles), you are taking an active role in the fight against cancer. Please join us on Sunday, May 18 to make a difference. A picnic will follow the event. See you there!!

Date: Sunday, May 18
Time: 7:15 a.m.-9:00 a.m. Registration
8:15 a.m. Opening Ceremony
8:25 a.m. Bike Route opens
8:30 a.m. Walk Route opens
11:30 a.m. Routes close
12:00 p.m. Closing ceremony
7:15 a.m.-12:00 p.m. Entertainment

Place: All participants will start at the Petrillo Music Shell location (corner of Monroe and Lake Shore Drive)

Call: Please call Valerie Anderson-Lewis at 773-380-5753 to express interest in being on the GSB team, to get pledge forms for yourself and others, to express interest in sponsoring someone, or to obtain additional information.

West Group

by Karin Janowski '90

Date: Tuesday, June 3
Time: 6:30 pm
Place: Papagus in Oak Brook Mall
Call: Karin Janowski at 312-661-6985 or email at:
Karin_I_Janowski@em.fcncd.com

The West Group is a newly formed UCWBG subgroup. We are a group of professional women who meet on a bi-monthly basis over a Dutch treat dinner to refine and practice our networking and mentoring skills. We share work and personal experiences and offer each other friendship and companionship and an opportunity to get to know one another better. All UCWBG and prospective members are welcome to join us. If you would like to be on our phone/fax notification list, please let us know when you make a reservation. A lot of our meetings have been in the Oak Brook area, but we are open to suggestions.

North/Northwest Group

by Pam Russell '80

Date: Thursday, May 22
Time: 6:30 pm
Place: Chicago Diner, 581 Elm Place
Highland Park
847-433-1228
RSVP: By noon Wednesday, May 21 to Pam Russell at 847-295-9568

The North/Northwest Networking Group will meet for its third networking dinner of the year on May 22. This reflects a change from the previously announced plan to host a joint meeting with the West Networking Group and the Consulting Roundtable Group.

We will meet at the Chicago Diner in Highland Park.

DIRECTIONS COMING FROM THE:

SOUTH: Take Route 94 North to Route 41 North. Exit at Central Street East. Turn right at Greenbay Road. Proceed north to the Elm Street. Turn right. The restaurant is in a shopping center on your left (Shops on Elm Place).

NORTH: Take Route 41 South. Exit at Central Street East. Turn right at Greenbay Road. Proceed north to the Elm Street. Turn right. The restaurant is in a shopping center on your left (Shops on Elm Place).

WEST: Head east on Deerfield Road. This turns into Central Street. Turn right at Greenbay Road. Proceed north to the Elm Street. Turn right. The restaurant is in a shopping center on your left (Shops on Elm Place).

The joint meeting with the West Networking Group and the Consulting Roundtable Group has been rescheduled for July 31. The dinner will be held at the Baxter Healthcare Executive Dining Room. The dinner will host speaker JoAnne Gucwa whose presentation will focus on "Building a Consulting Business-Technology Management Associates". Check the next issue of *The Exponent* for details.

**Visit the UCWBG
Home Page at**

http://www.gsb.chicago.edu/gsb/clubs/alumni/ucwbg_home.html

Experienced Women's Task Force

by Lavina Gross '87

The "Experienced Women's Group" proceeds apace. To date we have had two meetings for the core group charged with developing programs for professional women of a "certain" age (i.e. 40+). Our mission is to ensure that UCWBG remains relevant as our members progress through our careers and/or our lives take new directions.

Our next step is to contact members in this age group. This is not as easy as you might think. UCWBG asks lots of questions in its surveys-and tabulates all the answers we receive. However, we have never asked how old our members are! And since, as women, we have found our way to the GSB at different times and for widely varied reasons, our graduation year is even less a predictor of our ages than it might be of our male counterparts.

We ask your indulgence. We are currently soliciting participants with 40+ years of life experience (pretty gently put, don't you think?!) for several informal focus groups we are organizing. By the time you receive this newsletter several of the groups will have met. Dates, times, and locations are as follows:

City	April 24th	Gleacher Center	Chicago	5:00-7:00 p.m.
North Shore	April 30th	852 Feehanville Rd.	Mt. Prospect	6:00-8:00 p.m.
West	May 12th	2200 York Rd. Drake Oakbrook Office	Oakbrook	6:00-8:00 p.m.

Please contact us if you are interested in expressing your views. We want to know who you are and if you are interested in joining us in "age appropriate" activities.

We also need a name for the group. "Experienced Women" just does not have the right ring-How about "Old Birds"?!

Please contact Mary Lynn Faunda at 630-323-6351 with comments or questions.

Top Ten Traveling Tips

by Susan L. Miner '93

Last year I charted 85,000 air miles, mostly international, and wanted to share my top tips for the long plane ride.

Invest in luggage with built-in rollers and handles. My trick is that I have two pieces with built-in rollers. I check one and carry the other on the plane with me. It's a true back saver.

Connections

Has a special event occurred in your life?

Have you been/will be a guest speaker, started in a new company, been appointed to a board of directors, started expanded family, etc.?

We'd like to include the information in the next issue of *The Exponent* "Connection" section. Please write to UCWBG, 1805 North Mill Street, Suite A, Naperville, IL 60563-1275 or fax changes to 630-369-3773.

- New Address Promotion or Award
 New Job Accomplishment

Carry a change of clothes on the plane with you. Unfortunately, I learned this one the hard way. My luggage to Manila was lost and arrived two days later. I had nothing to wear. It's not always simple to shop for clothing overseas.

Achieve results during your travels. In preparation for my plane ride, I gather up all of the magazines and newspapers I have not had time to peruse. My goal is to read all of these publications on the originating flight and lighten my load as much as possible. It's fun, productive, and I leave my magazines for others to enjoy.

Bring treats from home. I suggest you pack a few of your favorite treats for your travels. I like to pack cherry Twizzlers and my favorite bath oil. It is nice to bring some reminders of home.

Bring your medicine cabinet. Packing some antihistamines, cold medicines, pain relievers, and your prescription drugs is important. I have found that long flights can bring on respiratory problems. Also, bring plenty of tissues. Do not rely on a purchase at O'Hare as Kleenex is a hot commodity. Please make sure you also get appropriate immunization shots.

Invest in a travel pillow and eye shades. Here is my secret for falling asleep on a plane. Try to get a window seat. Pull down the window shades. Use a travel pillow (preferably not the blow-up kind) around your neck, don your eye shades, lean your head against the window using an airline-supplied pillow, and think nice thoughts. On one return trip from Japan, I slept 7 out of the 10 hours.

Drink water, not wine. Alcohol is not comforting on long plane trips. It is very important to hydrate yourself with plenty of water.

Stretch with exercise bands. You may feel a bit strange about doing a few leg lifts near the galley, however sometimes your body needs a good stretch. I do some leg exercises with an exercise band around my ankles. I have also noticed that I have needed to elevate my feet as they can swell during a flight.

Make preparations for connecting electronically. For the laptop friendly, make sure you bring multiple computer batteries, proper power converters, and instructions for how to log on to mail systems remotely. Some email providers have local numbers within a country to access your mail system. Make sure you bring along a customer support number in case you have difficulties.

Invest in an airline club membership. If you travel frequently and have long layovers in various airports, I recommend an investment in an airline club (i.e., United's Red Carpet Club). This is a very comfortable setting to relax and be productive. Some of these clubs even furnish shower facilities to become refreshed and energized.

Good luck and safe travel!

Name _____

Day Phone _____ Class Year _____ Campus 190 XP

Please describe any change in the space below

Calendar

May

- 8 Experienced Women's Committee. 6:00-8:30 p.m. 2200 York Road, Drake Oak Brook Office. Call Mary Lynn 630-323-6351 for details.
- 12 West Focus Group, 6:00-8:00 p.m. 2200 York Road, Drake Oak Brook Office. Call Mary Lynn 630-323-6351 for details.
- 14 Preliminary Focus Group Findings Report. Please call Mary Lynn for details 630-323-6351
- 14 UCWBG Board Meeting, 6:15 -9:00 p.m., Gleacher Center
- 14 Joint Event sponsored by UCWBG, GSB, XP, and MCI. Luncheon with Gary Hamel, author of *Competing for The Future*, and Professor of Stratagy. Discussion will focus on competing in the next millenium. 11:30 a.m. to 1:30 p.m. at The Union League Club of Chicago, 65 W. Jackson.
- 15 Joint Event sponsored by GSB and University of Michigan alumni. An Evening with Sam Zell - "The Entrepreneurial Mindset...What It Means and What it Takes" 6:00 p.m. at Chicago Athletic Association, 12 South Michigan Avenue. Call Valerie at 773-380-5753 for details.
- 18 Walk & Roll Chicago. Benefit for the American Cancer Society. 7:15 a.m. to 12:15 p.m. at the Petrillo Band Shell, corner of Monroe St. and Lake Shore Drive, Chicago. Call Valerie at 773-380-5753 for details.
- 22 North/Northwest Networking Group. Chicago Diner, Highland Park. 6:30 p.m. Call Pam at 847-295-9568 for details.
- 22 Invention Machine Corporation's President Tom Lewis speaks on how IMC's software is stimulating creativity. Hosted by Harvard Business School Club of Chicago Entrepreneurs Council. Alumni from GSB, MIT, Northwestern and Wharton are invited. Contact Lester Bern at 708-747-0640 for details..
- 28 Mothers' Network Meeting. Call Susan 847-940-0579 for details.

June

- 3 West Group. Dinner at Papagus in Oak Brook Mall, 6:30 p.m. Call Karin at 312-661-6985 for details.
- 5 Experienced Group Committee Meeting. Please call Mary Lynn at 630-323-6351.
- 5 Career Management Seminar. 6:00 - 8:00 p.m. The University of Chicago Gleacher Center. Call Erica at 773-248-5734 for details.
- 11 Experienced Women's Task Force presents Focus Group's to UCWBG Board, the final recommendations from focus group findings and plan for implementation.
- 11 UCWBG Board Meeting, 6:15 - 9:00 p.m., Gleacher Center.
- 19 Gallery Viewing and Wine Tasting with Kellogg. 6:30 to 8:30 p.m. Call Maureen at 630-978-9432 for details.
- 28 *The Exponent* ships.

July

- 9 UCWBG Board Meeting, 6:15 - 9:00 p.m., Gleacher Center.
- 13 Mothers' Network Cookout in Lincolnshire. Summer Fun! Call Susan at 847-940-0579 for details.
- 31 "How I built my Consulting Business". Speaker Joanne Gucwa of Technology Management Associates, Inc. This is a West, North/Northwest and the Consulting Roundtable Groups joint networking event. Call Pam at 847-295-9568 or Karin at 312-661-6985 for details.

Contributors:

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Forwarding Address Correction Requested

Inside This Issue

Girl Scout Career Day
High Tea at The Drake
NEW: Member Profiles