

THE EXPONENT

THE UNIVERSITY OF CHICAGO
WOMEN'S BUSINESS GROUP

S U M M E R 2 0 0 1

Leadership Connection: Best Practices

By Vickie Driver '99

The 49th Annual Management Conference was held at the Chicago Marriott Downtown and the Gleacher Center on Friday, May 18th. The UCWBG was represented by our president, Susan Kane, on the dais and by our panel session, Leadership Connection: Best Practices in Building the Powerful Connections Fundamental to Highly Effective Leaders. The session was extremely well received and had the largest attendance of the later afternoon sessions.

Kathy Flanagan '82, retired SVP of Corporate Communications at Nuveen Investments and UCWBG Director at Large, chaired the panel. Panelists included Cheryl Francis '78, former EVP and CFO of R.R. Donnelly & Sons and recent addition to the UCWBG Advisory Board, Polly Kawalek '78, President of the Hot Breakfast Division of the Quaker Oats Company and UCWBG Advisory Board member; Ernest Wish XP-29 ('71), 1999 GSB Distinguished Public Service Alumnus; and Melissa Giovagnoli, author of *Networlding*, President of Networlding.com and UCWBG Advisory Board member.

Kathy Flanagan set the scene for the stimulating discussion to follow by first reminding us why we might seek to make connections — to get ahead, to be heard, to gain influence, and to create a better

world. She provided examples of three different types of connections. The first was a friend who went the extra mile to know people and to keep in touch; through his efforts, she recognized that connections are social contracts, worth the required work and effort to maintain them. The second instance involved a former boss whose goal was to establish a relationship with George Lazarus, influential columnist for *The Chicago Tribune*. By actively cultivating contacts and “cycling through his Rolodex,” he eventually formed a close relationship with Mr. Lazarus. This connection was an important contributing factor in his subsequent success. The final instance Kathy mentioned was a former mentor who used his connections and networking to work for change in the community. He was very active on cultural boards and eventually used his connections to found the Chicago Humanities Festival. Kathy pointed out that these connections are not just social networking, but have “the power to transform.”

Kathy then challenged the panel, “What connection networks have been most important to your success, and how have you made and/or managed those connections?” Cheryl Francis opened by saying that she views “networks” as broad and shallow, but that she thinks of “connections” as deep and as a way to create understanding and change. She related that for leaders to create positive change, three things are necessary; the first is deep trust; the second is deep commitment; and the third is deep learning. She elaborated that true

continued on pg 6

Get in Early on Innovative Leadership Circles Program

By Kathy Flanagan '82

UCWBG is developing a program called **Leadership Circles**, which will provide a process for guided discovery of personal leadership strengths and opportunities. Through structured, small group discussions, participants in Leadership Circles will have an opportunity for leadership development, peer mentoring and networking with other UCWBG members.

Groups of 6 to 8 women will meet regularly for six two-hour sessions to discuss aspects of leadership, including the meaning of leadership, authenticity and passion, strategic vision, building social capital, risk taking and negotiation, and community/work/life balance. Recommended readings,

group interaction, journaling and homework exercises will foster a process of guided discovery. This interactive and reflective learning process will increase participants' understanding of the most significant factors of leadership as identified by leading scholars and consultants. The process will also encourage the identification of personal strengths and leadership opportunities.

When fully launched in 2002, Leadership Circles may meet at various locations and times, depending on the availability of facilitators who have completed the program. The core content of six sessions may be covered in as little as six weeks or as long as six months, depending on facilitator schedules and demand.

Interested UCWBG members are being invited to join the pilot program. These participants will become eligible to become facilitators of future Leadership Circles. Pilot participants will only pay for costs of texts and materials, expected to be less than \$50. Contact Kathy Flanagan at kathymflan@aol.com for more information.

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UCWBG New Members March through June 2001

Ms. Nancy R. Bernstein
eCreativeSearch, Inc.

Ms. Janice Cain
Arthur Andersen

Ms. Marilyn Herise Johnson

Ms. Muna R. Nijem
Motorola

Ms. Anne Brettingen

Ms. Sharon R. Glick
*Financial Network
Investment Corporation*

Ms. Kathleen Louise Hegyi
Chicago Capital Management, Inc.

Ms. Charlene Kittredge
Accenture

Ms. Susan C. Matson
Leo Burnett

Ms. Jennifer F. Scanlon
Keane Consulting Group

Ms. Stephanie A. Scharf
Jenner & Block

Ms. Michelle Weiner
Interior Investments

Ms. Sandra L. Westburg
Griffith Laboratories, Inc.

Ms. Debora Ann Zegalia

Ms. Mary Ann Denson

Ms. Caroline Karr

Ms. Nicolette Bonin

Ms. Colleen Marie Schwingel
Rexam Beverage Can Company

2002 Board Recruiting Process

By Susan L. Kane '91

Recruiting to fill UCWBG Board of Directors open positions for 2002 is currently underway. Interested parties have been identified through self-nomination and recommendations from other Chicago Women.

In 2001, the UCWBG membership approved a by-law change that made board positions other than the Executive team (President, Immediate Past President and President-Elect) two-year positions. Accordingly, not all board positions will require new nominations for 2002.

The timetable during the upcoming weeks is as follows:

| | |
|------------------------------|---|
| August 15th | Applications Packets due |
| August 15th-31st | Nominee Interviews with Nominating Committee Members |
| Week of September 3rd | Nominating Committee makes final recommendations |
| September 8 | Board of Directors votes on recommendations of the Nominating Committee |
| Week of Sept. 10th | Ballots sent to membership for vote |
| Week of October 20th | Final tally of votes |

This year's Nominating Committee includes current UCWBG members-at-large Susan Holt, Suzanne Keers (UCWBG President 1995), and Kathy Terman (UCWBG President 1993). The Nominating Committee is lead by Immediate Past President Christine Cantarino and also includes President Susan Kane and President-Elect Eva Ziegler.

Watch for ballots to hit your mail boxes by Sept. 13th. Per UCWBG by-laws you have between 30-45 days to submit your vote to the VP-Administration before the slate is officially approved. New members of the Board of Directors will take office at the January 2002 Annual Meeting, although they typically attend the October through December Board of Directors meetings to aid in transition to their new responsibilities.

Best wishes to the current nominees. Though Board positions are demanding of your time and talent, the experience and rewards are great, making all the work worthwhile!

C A L E N D A R O F E V E N T S

September

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

Monday, September 10, 2001

Ballots sent to membership for vote on 2002 Board candidates

October

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

Saturday, October 20, 2001

Final tally of votes for 2002 Board election

Thursday, October 25, 2001

North/Northwest Group meeting
Details to follow

President's Letter



Susan L. Kane '91

Dear Chicago Women:

Why did you join the UCWBG?

For connection with like-minded women? To be challenged with thought leadership that can be provided by the intelligent, supportive and driven members and speakers who are part of the UCWBG?

To develop a holistic view of what successful women look like, balancing the challenge and growth provided by careers with personal development, whether that be as part of a family, supporting a worthy cause or pursuing a personal passion?

Each of us joined the UCWBG with certain expectations of what the organization was about and how we expected to benefit from our membership. What do you need from the UCWBG? Is the organization meeting your needs?

Focus for the Second Half of the Year

To facilitate connection between our members and support your personal and professional growth, the efforts of the UCWBG Board of Directors and its many wonderful volunteers and contributors will be focused on:

- Women's Leadership Development: Leadership Circles and Curriculum
- Providing Excellent Programs
- Conducting a Membership Survey
- Updating the UCWBG's strategic plans

Women's Leadership Development

Many of us are still the only females on the management teams of our companies. We see few women in the top jobs at large public companies or on the board of directors of these same companies. It can be easy to question whether we can really succeed in the business world on our own terms.

In order to develop the strength of our leadership styles and attributes, the UCWBG is introducing Leadership Circles to provide an opportunity to review your strengths and values, take pride in who you are and further develop your skills and confidence with your own unique leadership style. (See Kathy Flanagan's article on page 1.)

We believe these circles will help UCWBG members connect and provide a format that can be used in the future for other topics of mutual interest.

Excellent Programs

The feedback we receive from those who attend our Speaker Series programs is generally very positive. However, we recognize the challenges involved in attending an evening meeting in downtown Chicago, especially when you work or live in the suburbs, do a great deal of out of town travel or have child-care to coordinate.

On August 26th, an alternative format was offered for a UCWBG event which we hope allowed members to attend an event who otherwise might not be able to. The "Summer Swing" Cocktail Party was arranged for a weekend afternoon at a suburban location with activities for families and friends. Events like this provide a great opportunity connect with other members while letting the kids be involved as well.

Additionally, a program is under development for November which will address the benefits of involvement as a volunteer on not-for-profit Boards of Directors. Further details will follow.

Member Survey

Will participation in a Leadership Circle or attending one of our programs fulfill the needs you have as a member of the UCWBG? Are you making the connections you expected within our organization?

In order to better understand our members' needs and how well we are addressing them, we will be conducting a member survey during the next few weeks, aimed at answering these questions. The survey will be relatively short and easy to complete, requiring approximately ten minutes of your time. Upon receipt of the survey, I urge you to take the time to complete it and provide the Board with your valued feedback and ideas to help make the UCWBG an ever greater association of women.

Strategic Planning

With the input we receive from the member survey, we will chart the course for the future of the UCWBG, to build on the many strengths and accomplishments of the past 20 years while addressing the current needs of our members.

Accomplishments for the First Half of the Year

Over the past six months, the UCWBG has accomplished many great things as a result of the tremendous efforts of many Board members and the committees that support them.

Great Programs

During the first half of the year, the UCWBG continued its traditional of inviting high profile, successful women leaders to share the personal story behind their success and discuss their leadership attributes. The UCWBG's Annual Meeting in January featured not only alumna Alison Winter, Executive VP of Northern Trust Bank, as the keynote speaker but also a stellar panel of alumnae who shared their experiences in leading mentoring programs at their respective organizations. In March 2001, Linda Wolf, CEO of Leo Burnett International, one of the world's top advertising companies, shared the compelling personal story behind her rise to the top of leadership in the business world. (See the Spring 2001 issue of *The Exponent* for more details.)

At our Fifth Annual High Tea at the Four Seasons, our keynote speaker, Sheli Rosenberg, highlighted the need to acknowledge that gender differences do exist and that we need to figure out how to use those differences to our advantage in business. CREW (Commercial Real Estate Executive Women) members attended the Tea, adding to the opportunity to meet other great business women. (See related article on page 4.)

In February 2001, the UCWBG, in connection with OACCA, presented a four hour "Part-time Career Options" program, specifically for our members. Registration closed quickly, and the program was well received by participants. We hope to offer the program again later this year.

Sponsorship of GSB Management Conference Panel.

This was the tenth year that the UCWBG has sponsored a panel at the GSB's Annual Management Conference. The panel, which addressed Leadership Connection, was extremely successful. (See page 1 for further details.)

According to the Dean's office, the feedback received was that this year's Management Conference was considered "one of the best ever". The UCWBG-sponsored panel was the most attended panel in the choices available in the second session. The UCWBG is pleased to have had the opportunity to present a topic of interest of such universal appeal to GSB alum and the business community more generally.

The year is more than half over. During this time, the UCWBG has accomplished many things we are proud of. Yet, there is still so much to do during the second half of the year. I believe we have built the momentum for the remaining months ahead to facilitate further connection between our members and to develop the leadership skills within each of us.

I look forward to your input and participation as we work to ensure that the UCWBG is addressing the needs of our members.

Enjoy the rest of the summer!

Susan L. Kane, President

The National Partnership for Women & Families: Advocates for “Life Balance”

By Susan L. Kane '91

“The National Partnership for Women & Families is a nonpartisan, nonprofit organization that promotes fairness in the workplace, quality health care, and policies that help women and men meet the dual demands of work and family... the National Partnership is a voice for fairness, source for solutions, and force for change.” (*National Partnership for Woman & Families 1999-2000 Annual Report*)

As an organization that shares common attributes with the UCWBG, our members should know more about the National Partnership for Women & Families. (“National Partnership” for short — like UCWBG, its name is a mouthful.)

The National Partnership is hardly a household name in the Midwest. Yet the opportunities for us, as women in business, would be further challenged, if not for the work of the National Partnership. The National Partnership is a powerful and effective advocate for today's women and families. Efforts of the National Partnership have

resulted in the passage of some of the most important legal protections for American women and families, including the Pregnancy Discrimination Act of 1978 and the Family and Medical Leave Act (FMLA) of 1993. In 1996, the National Partnership helped shape key provisions of the Health Insurance and Portability and Accountability Act (HIPAA) that make it easier for women and their families to get and keep health coverage. It is currently focused on providing Medical Leave Benefits to provide some form of income to families who are entitled to take (currently) unpaid family medical leave but are unable to afford to take such time off.

The National Partnership for Women & Families was founded in 1971 as the Women's Legal Defense Fund. Per Debra L. Ness, Executive Vice President, the National Partnership initially developed its strength and support on the East and West Coasts. It is now looking to expand its reach into the Midwest.

Support for activities of the National Partnership can be financial through personal membership or introduction to corporate donors, by writing letters to your congressional representative, senators or editors of local newspapers, or by speaking at an event or conference as a local advocate. For more information about activities and ways to get involved in the National Partnership for Women & Families, visit their web site at www.nationalpartnership.org.

Finding Balance at the Four Seasons

By Vickie Driver '99

The Annual High Tea on May 6th was a beautiful and festive event, sumptuously catered at the Four Seasons Hotel in Chicago. Spring outfits were in abundance, and hats were quite “the done thing.” UCWBG members were joined by other members of the U of C family, by the women of CREW (Chicago Real Estate Executive Women), and by Teresa Daniel, Executive Director of the Bottomless Closet. (Look for more from Teresa in our Fall issue of *The Exponent*.) Sheli Rosenberg, Vice Chairman of Equity Group Investments, was the keynote speaker, sharing her thoughts from her successful career in the male-dominated field of commercial real estate and from a life in which she has balanced the demands of work, family and volunteering.

A graduate of Tufts University, Sheli Rosenberg earned her J.D. from Northwestern. Her first job after law school was with a firm called Cotton, Watt, Jones & King. She then went to work for Schiff Hardin & Waite where she became one of six managing partners. In 1980, she left her partner position to join Sam Zell at Equity Group. Over the last 20 years, they have grown EGI into one of the most successful real estate investment firms in the world.

In particular, Sheli has a heightened awareness of gender differences and how they impact our careers. She points out that when she attended law school, there were only seven women (and one ladies' room). Today, women make up more than half of all law school students and approach 30% of MBA candidates. However, Sheli weighs this against the statistic that women make up only 10.7% of CEOs and board members for Fortune 1000 companies (an “astounding jump” from 10.3% a few years ago). She comments that having children does make a difference in our careers, but that Corporate America needs to make the best possible use of all of its work force — including the female 50%. Sheli points out that the “corporate world” had better find a better way to embrace women and families to everyone's best advantage.

Sheli also comments on the ways that women and men interact in the work force. As she puts it, “no one is better — we are just different!” It is her feeling that everyone benefits when we can understand and take advantage of those differences to create a unique contribution together. For instance, Sheli mentions that men may be better at being independent while women are better at being interdependent. By this she means that women are better at including others and care more about being included themselves; men care less about this. These styles work best at different times. As Sheli points out, sometimes you just need to take the hill, and sometimes, not. We need not be limited to one role or one style, but rather recognize the value of different styles and use them to advantage. Sheli feels that this derives partly from acculturation and partly from gaining understanding. As we strive to understand our male co-workers, we must also strive to help them understand our viewpoint. Sheli gives the example here that women may be more likely to personalize business situations — such as taking a “NO” answer as an outright rejection. She points out that a male might be less likely to take that answer personally and view it as, “No, not at this time.”

Sheli also discussed her biggest regrets and greatest successes. She regrets not getting an MBA; it would have given her greater confidence in the business world. (And we hope she would have gone to Chicago!) Additionally, Sheli comments that she did not sufficiently understand and use networking. It's a good skill — a great skill. Some of us tend to network primarily with our friends. Sheli would encourage you to reach out to a wider group of contacts and network with everyone. Lastly, she feels her “real mistake” was staying at two jobs for the majority of her career. She feels that she is good at taking calculated risks for others, but not as good at taking risks for herself. Loyalty to her employers may have gotten in the way of her own desires. However, she is quick to point out that she has had a wonderful career and has benefited greatly from being in the right place at the right time.

On the success side of the equation, Sheli is very proud that she made the decision to leave her partnership position at Schiff to join Sam

continued next column

Finding Balance at the Four Seasons *continued from pg 4*

Zell in 1979. It took her ten months to make the decision (see risk taking above!), but she is still glad that she took the chance to move to the "business end of life." She also takes pride in her successful completion of law school. Sheli feels that it might have been her



Sheli Rosenberg flanked by Susan Kane (l.) and Giselle McCrea (r.) at the Annual High Tea

destiny. Even though she still isn't sure exactly why she went — she didn't have a "grand plan" to be a lawyer — she does laughingly recount that she drafted her first contract at age twelve for a fifty cent allowance! Last, and certainly not least, Sheli takes enormous pride in her successful home life. She says that marriages and family take luck and work, but that you can do anything with a supportive family. Indeed, her daughter describes her mother as "brilliant, charming, a great businessperson and a great Mom."

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These days, Sheli spends about half of her working time at Equity Group; she dedicates the other 50% to not-for-profit activities. She serves on the boards of eight public companies, and several civic organizations including the Chicago Network, National Partnership of Women & Families (see related article on page 4), Women's Issue Network Foundation and Rush-Presbyterian-St. Luke's Medical Center. Sheli has been honored as the recipient of the National Women's Economic Alliance Foundation Directors' Choice Award and the Anti-Defamation League of Women Achievement Award. She feels that it is critical to get more women on corporate boards, commenting that the inclusion of just three women on a board changes its composition and citing Sara Lee as an example. In order to achieve this goal, she advises us to "sell WHY, from a business view, it is important to include women."

In the closing question and answer session, Sheli pointed out that commercial real estate is beginning to change with regard to roles for women. Historically, it had a "cowboy" atmosphere, but, with the creation of REITs and the importance of financing, there is a new corporate mentality that is more advantageous to women. She comments that she had opportunities being a "token" — proving herself once in the door — but that women are beginning to have new opportunities, and that they are doing well.

A Note from the Editor

Dear Chicago Women,

Earlier this year, we contacted you to say that we were making some changes to the process for *The Exponent*. Like any "process re-engineering," it is a work in progress. Some of the changes we have made to date are as follows:

- We have a new printing process for *The Exponent*, going from offset press to "digital-on-demand." This allows us much more flexibility in terms of timing and reprints. Additionally, this process allows us to use more color in future issues.
- We will be moving to a schedule of five issues a year — Winter, Spring, Summer, Fall and Holiday. Your next issue will be Fall 2001, due in your mailbox in October.
- Each issue will be centered around a theme; this issue's theme is "Life in Balance." Themes for the remainder of this year are:
 - Fall (October) - Success and Giving Something Back
 - Holiday (December) - Taking Stock of your Situation

We will be seeking more input from the UCWBG membership for future issues. *The Exponent* is meant to be a place for information exchange among Chicago Women — for example, member profiles, success stories, questions and answers. You may have noticed this issue's article on "Night Table Reading;" in upcoming issues, we will ask you to submit suggestions, comments or stories centered around the issue's theme. What other types of articles would you like to see?

We would love to hear from you. *The Exponent* has its own email address at UCWBGExponent@yahoo.com. Please drop us a line with your thoughts and comments. Also, any assistance you can offer would be greatly appreciated, such as offering to proofread, write a book review or summarize a UCWBG event.

Thanks for your support. We look forward to hearing from you.

Vickie Driver, VP - Internal Communications

Leadership Connection: Best Practices
continued from pg 1

partnerships are required to get things done, and only trust enables effective partnerships. This implies that one delivers on promises and is interested in the well being of the other(s).

In order to be effective at making and using deep connections, Cheryl encouraged listeners to:

- Establish a common framework
- Listen and synthesize information
- Maintain the bigger perspective to let in all the dialog
- Have "eye-to-eye" real conversation
- Walk in their shoes and develop empathy
- Work toward a win-win-win

Polly Kawalek seconded the notion that connections are the key to getting things done. She made the point that even a casual connection can change someone's attitude. Polly encouraged the group to get context about people — "take that minute" to find out who someone is. She urged the audience to "be curious about people." This gives unexpected connections a chance to arise. For example, Polly mentioned that she always asks candidates in interview situations where they grew up and if they have a dog. Polly also said, "Don't worry about being self-revealing." Making connections requires you to put something of yourself into the relationship. Lastly, Polly said that she always "says YES" unless there is a truly important reason why she can't. Buy Girl Scout cookies, attend a meeting, sign a birthday card — always say yes unless it's impossible. She pointed out that you never know which of these actions is going to flow back. In summary, Polly said that it is all about taking time to talk to people. Why? Because you will get things done, and you will have more fun in the process.

Ernie Wish built on what Cheryl and Polly said by providing what he called a "practical example of getting things done" using networking and connections. He recounted his tenure at Coopers &

Lybrand, taking the firm from tenth largest in the market to second largest. This was accomplished by making sure that the team all had the same goal and then that they made connections. By strategically positioning their services, the team gave itself a mission to communicate the firm's image to decision makers. The team was mobilized and enthusiastic and began to spread the message by joining clubs, charitable organizations and civic programs. Additionally, they sought leadership roles; not just "joiners," they actively added value. The connections made in these situations gave them the foot in the door they needed — access to decision makers. However, Ernie was quick to point out that once you are in the door, you must be able to perform and to add value in order to succeed. In closing, Ernie commented that connections "made all the difference in the world, but, in all that you do, think about adding value. Giving is the first essence."

Melissa Giovagnoli defines "networking" as "the art of making meaningful connections and leveraging those connections in new and powerful ways." The question becomes "What can we do for one another?" By sharing what one knows and listening to what others know, connections are formed, thereby benefiting the community as a whole. Melissa pointed out that we typically think of "relationships" and "opportunities" as diametrically opposed ideas; however, it is through relationships that one gains access to opportunities. Melissa also commented that it is the quality of connections, not the quantity that makes the difference — "smaller numbers beget larger results." By this, Melissa encouraged making connections that are "high touch," requiring effort and involvement. Cheryl Francis called this "deep commitment." Melissa also urged the listeners to "focus on your values." She elaborated that half of the values one espouses, others don't necessarily perceive about them. By stating what you stand for, you provide the best environment for creating meaningful connections with other like-minded individuals.

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Meet Jackie Kral

Jackie Kral joined the Board of the UCWBG in August as VP-Administration, taking over from Cindy Rasche. Jackie completed her MBA at the GSB in 1999 with concentrations in Finance and Accounting. She has a degree in Actuarial Science from the University of Illinois.

Jackie has over 10 years of experience in the employee benefit industry including the compliance, administrative, and consulting aspects of both pension and health & welfare benefits. She is currently the Business Development Manager for the employee benefit consulting and insurance firm of Kral Goodenough Kral. Her responsibilities include servicing existing clients, marketing company services, development of new services, as well as a variety of operational functions. Jackie obtained the designation of CEBS (Certified Employee Benefit Specialist)

in January 1996 and has been working toward the designations of Certified Pension Consultant, Qualified Pension Administrator, and Qualified 401(k) Administrator.

Jackie has been involved in the UCWBG for about a year and a half. She made the decision to become more involved and accept a board position because she has been impressed by the caliber of the event speakers and the exceptional women in the group. Other activities Jackie enjoys include running, hiking, rock climbing, and traveling. She is currently training for her second marathon (after an 8 year hiatus) in Chicago in October.

Please join us in welcoming Jackie aboard and in thanking Cindy Rasche for a job well done.

Acknowledgements

We would like to acknowledge the following organizations for their financial sponsorship of our recent events:

The Northern Trust, January 2001
Annual Meeting
Alison Winter, keynote speaker

Leo Burnett, March 2001
Leading Chicago Women Speaker Series
Linda Wolf, speaker

The Four Seasons, May 2001
Annual Spring Tea

We would also like to acknowledge Dilly Lily, the florist, for our beautiful centerpieces at the January, March and May events.

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Night Table Reading for Life in Balance

By Vickie Driver '99

The following are suggestions from some of our members regarding books they have been reading that help provide balance and stress relief.

Teresa Seipel, '82, recommends the Harry Potter series by J.K. Rowling. She reports that these books have a great use of words to create visual images. They provide the ability to be childlike and to create a sense of play, escape and fantasy. For those of you who are Moms, they can also provide hours of "quality time" reading to your children, or, even better, letting them read to you.

Kathy Flanagan, '82, mentions *The Artist's Way: A Spiritual Path to Higher Creativity* by Julia Cameron. This book aids the reader in "rediscovering the artist within us all in a week-by-week process of guided reflection and life changes." A companion journal is also available to assist you in rediscovering your internal artist.

Giselle McCrea, '00, has two suggestions for your life-in-balance reading list. The first, *The Alchemist: A Fable About Following Your Dream* by Paulo Coelho, provides "a reminder to listen to your heart and have faith in the journey." Her second suggestion is *How to Stop Worrying and Start Living* by Dale Carnegie. This book assists the reader to keep things in perspective not let worry rule her life.

Susan Kane, '91, reports that the book *Callings: Finding and Following an Authentic Life* by Gregg Michael Levoy "changed her life." Susan comments that this book helped her to keep things in perspective and to be more open to opportunities that present themselves — "It's OK not to have a five-year plan."

Vickie Driver, '99, recommends *Life in a Sunburned Country* by Bill Bryson. This book has very little to do with life-balance, but, as an avid traveler, she enjoys reading about new places and dreaming about her next vacation (Australia in this case). Additionally, the author greets all sorts of adversity with a wickedly dry comic touch; it provides a good reminder to keep your sense of humor intact when things get tough.



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