

Sutherland continued from cover

Giving back to her medical community, Suzette mentors women from three different groups: Society of Women in Urology, University of Minnesota Medical School, and St. Ben's e-mentor program. "In acknowledgement of the support I received from



women as I was forging through my medical training, I think it's very important to extend a helping hand to those currently trying to navigate their own paths." She serves on the board for her own organization, Metro Urology, as well as for the Minnesota Urological Society (making her the first female on this Board since its inception in 1946). She also volunteers her time at Catholic Charities Branch III Drop-In Center for the homeless in Minneapolis, where she helps fund, prepare and serve meals as part of the Time Well Spent Gang (group of Bennies and Johnnies); and she serves as a lay minister, chalice bearer and reader for her parish, St. David's Church, in Minnetonka. At St. Ben's she serves on the Alumnae Council, acts as co-class representative (1984), and volunteers her time for a variety of other student-oriented activities both on and off campus. "As for my recent activities with St Ben's, it's been so wonderful for me to reconnect with a group of strong women dedicated to a common cause, and to be able to give back to a place that provided me with so many growth opportunities."

Suzette admits to the sacrifices that she and her husband (Brad Neary, SJU '81) made in order for her to become an urologist. "By selecting a career in surgery, I knew it would be a long rigorous road of training (11 years total). Because of that, we made a conscious decision to put starting a family "on hold", knowing we were possibly gambling with Mother Nature. With the assistance of modern infertility treatments, however, we never dreamed that Mother Nature would actually win. I hasten to add, however, that adoption was not a new option for us. In fact, we have always been big supporters of adoption and expected that our own family plans would include adoption at some point. We just didn't know it's where we would start."

"We chose a domestic adoption (rather than international) because it provided us with the opportunity for an infant; we didn't want to miss out on any of the experience. As with so many things in life that are worth fighting for, the adoption process was an arduous one, but we were finally lucky enough to bring our daughter home from the hospital on Day 2 of life. Moira Rose is now almost 18 months old and not a day goes by that we aren't reminded how lucky we are to have her in our lives."

Even though both Suzette and Brad really wanted to stay home with Moira, it was always their plan when Suzette finally became a partner in a medical practice that Brad would have the opportunity to consider leaving the corporate world to try his hand and at something different. Moira's arrival provided the perfect break in the action for him. "Since we both made a huge investment in my career, it made sense for us to have me continue on my current path, and have him start his new career as a stay-at-home parent." When Moira turned 1 year old, Brad began serving in a half-time role as a Senior Development Officer for SJU, with the opportunity to work most of his hours from home while still caring for Moira.



Suzette, Moira and Brad – Halloween 2008

The art of juggling and balance are two important skills in this very busy household. "Besides preparing me to function on minimal sleep, the medical residency process taught me the true art of multi-tasking in order to get a lot of work done in a small amount of time. Even before we had a child, when we both had demanding careers, Brad and I approached all home responsibilities as a team. I now have the luxury of having a supportive husband who stays home with our daughter, who now takes the lion's share of home responsibilities, and who has always been a heck of a better cook than I!"

SUZETTE E. SUTHERLAND, MD

METRO UROLOGY

Center for Continence Care and Female Urology
Minneapolis / St. Paul, MN

Suzette E. Sutherland, MD is a member of Metro Urology's Center for Continence Care and Female Urology in Minneapolis/St. Paul, MN. She completed her medical degree and urologic training at Case Western Reserve University School of Medicine / University Hospital of Cleveland in Cleveland, Ohio. Dr. Sutherland has gained further specialty training in female urology to include urinary incontinence and voiding dysfunction, urodynamics, neuromodulation, pelvic prolapse and reconstructive surgery, pelvic floor disorders and female sexual dysfunction from the Center for Continence Care and Female Urology in Minneapolis/St. Paul, MN, and from the Institute for Sexual Medicine in Boston. She has made numerous contributions to the medical literature in the form of presentations, papers and book chapters on urinary incontinence, pelvic prolapse and sexual dysfunction, and takes an active role in training future female urologists. Serving as a consultant for pharmaceutical and medical device companies, she provides her expertise and innovative ideas for the future development of female urology. Dr. Sutherland remains active in associated clinical research, staying abreast of the newest developments in her field, with the goal of being able to provide the most up-to-date treatment options for her patients.



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FUTURE BENNIES: Annika and Sophia, daughters of Nicole Perry Mareck '94



CSB Reunion 2009

By now you have all received your invitation for the CSB Reunion 2009, June 26-28.

Don't wait to send in your registration! Reunion weekend is the highlight of the year for many CSB alumnae and this year promises to be even better! Make sure to connect with your classmates to confirm attendance and then check out the events happening on Friday evening as you are welcomed onto campus and back into the St. Joseph community.

www.CSBreunion.com



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April 2009

Alumnae Association Newsletter

College of Saint Benedict

A Passion for Women's Health

One of the main reasons Suzette Sutherland decided to specialize in female urology and pelvic health was her true passion for empowering women through education about their bodies and health. Suzette stresses to women that they need to realize the impact their own personal health has on the well-being of their families and broader communities. "As women, we are natural nurturers and caretakers; we are hard-wired to take care of others. But we can't play those important roles in our families and communities unless we maintain our own personal health. Women need to maintain some semblance of balance – physical, mental, spiritual and social – in order to be in a better position to take care of others. We need to invert the pyramid from time-to-time and not always put ourselves on the bottom... and by the way, it wouldn't hurt to do a few kegels (pelvic exercises) now and then!"

Suzette intentionally carves out time to educate the general public, giving back to the community through free educational programs on women's pelvic health: Minneapolis and St. Paul Women's Expos, radio appearances, and numerous community talks throughout the year. These efforts provide women with a venue – as well as permission – to talk about subjects that are often too personal and embarrassing to discuss – even among family and close friends.

Through publications and presentations, Suzette also enjoys educating other physicians about state-of-the-art treatment options for common pelvic problems such as urinary incontinence, bladder dysfunction and pelvic prolapse. She enjoys the intellectual challenge of clinical research, product development, and pushing the boundaries of medicine through new discoveries for urological treatments. Suzette also serves as a clinical consultant and investigator for companies like Pfizer, Medtronic Inc, American Medical Systems, and Allergan, to name a few.

When Suzette first entered the male-dominated field of urology as a first year resident – there had only been two other women in the history of her training program. She was clearly on the leading edge of women interested in urology and has witnessed a changing landscape over the years. "By the time I was in my sixth and final year, one third of the residency positions in my program were filled by women. However, this was not the case for all urology residency programs across the country. Although progress has been made in recognizing the need for women in urology, there's still much room for improvement. Today only 6% of all urologists in the U.S. are women (643 out of 10,586), with only six female urologists serving the entire state of Minnesota."

"Being a student at the College of Saint Benedict really prepared me for this particular career path. Unlike other single-gender colleges, the success of CSB/SJU is what they offer together, as well as apart. As a St. Ben's student, not only did I have access to faculty and facilities at St. John's, but I was given the opportunity to learn to work effectively with men as peers.



Dr. Sutherland (on the right) consults with her patient.

SUZETTE E. SUTHERLAND, MD

RECOGNIZED LOCALLY AND NATIONALLY

TOP DOC: Minnesota Monthly, Women's Health Issue,
April 2007 and March 2008

TOP UROLOGIST: Consumer Research Council of American's
"Guide to America's Top Urologists" 2008

2006 Who's Who in Women of Minnesota Business,
Minnesota Business Magazine

2003 Pfizer Scholar in Urology

Needless to say, this became critical in my chosen field. At the same time, CSB provided a supportive community of strong women who encouraged and supported one another. Having the opportunity to grow in both worlds was, and is, important to me."

See "Sutherland" continued on inside.



Thank You Volunteers

Thank you Bennie volunteers for giving sincerely of your time and energy to various events and initiatives. In a snap shot, here are some of the activities and events you have all been a part of this past year.

SAINT BEN'S ALUMNAE COUNCIL - 38 alumnae involved in leading the direction of the St. Ben's Alumnae Association.

CLASS REPRESENTATIVES - 1 to 7 alumnae represent each graduating class, serving as ambassadors of the college and liaisons to their classmates.

CHAPTER CONTACTS - 10-15 alumnae serve as contacts in several identified Saint Ben's chapters across the nation and world.

E-MENTOR PROGRAM - over 200 alumnae are matched with current first-year, sophomore and junior students in this email exchange mentor program.

SOPHOMORE GETAWAY RETREAT - 6 alumnae in the Spicer area volunteered to sit on a panel and speak to sophomore students about their college experience.

MOVE-IN DAY - 10 alumnae helped first-year students move into their residence halls.

PRESIDENT'S DINNER - 6 alumnae pinned the first-year students as a sign of welcoming them to the College and the Bennie network.

IN-HOME MENTORING EVENTS - 35 to 40 alumnae have volunteered their time hosting and attending these events; sharing their career or life experiences with current students in majors such as communication, management, education, psychology, dietetics, pre-law and pre-med.

CAREER EXPO - 35 alumnae attended career seminars, job fair and networking receptions with current CSB/SJU students on the Saint Ben's campus.

SPEED NETWORKING - 15 alums met with current Saint Ben's seniors to help them develop and practice networking skills.

ACCEPTED STUDENT ADMISSIONS RECEPTIONS - over 30 alumnae visited with perspective students and their parents.

JOB FAIR RECEPTION - over 40 alumnae helped current juniors and seniors practice their networking skills.

BASIC CAREER TOOLS

There are a number of online resources for people looking for things like basic resume templates and guides to interviewing. The following resources have been created by the CSB/SJU Career Services office for student use but they are also very helpful for alumnae:

- NETWORKING
- CORRESPONDENCE (I.E. COVER LETTERS)
- RESUME WRITING
- INTERVIEWING
- PORTFOLIOS
- BUSINESS CARDS
- INFORMATIONAL INTERVIEWING
- RESEARCHING ORGANIZATIONS

www.csbsju.edu/career/alums

St. Ben's Alumnae Career Resources

The recent economic downturn has been a reminder to many people about the importance of maintaining a close and supportive network. Below are resources alumnae can use to stay in touch with friends, network and even just brush up on interviewing skills.

ONLINE COMMUNITY - ALUMNAE DIRECTORY

Online Community is a free service with more than 40,000 CSB/SJU alum listings for you to use for networking and keeping in touch with classmates and friends. If you haven't yet signed up, please email us for your first time user ID. www.csbalum.com

POST AND SEARCH FOR JOBS AND RESUMES

Post your resume and search for jobs on E-link, Career Services' electronic career tool. The site has username and password instructions to get you started. You can also visit E-link if you're an employer seeking alums and students to fill positions. www.csbsju.edu/career/alums

BENNIES AND JOHNNIES ON LINKEDIN

There have been several groups of Bennies and Johnnies created on LinkedIn. Simply go to LinkedIn and search for "CSB/SJU." If you haven't yet registered for LinkedIn, you can register at the LinkedIn Home Page.

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Christy Love is back!
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TICKETS \$25

All ticket purchases are NON-refundable.

HOUSING

Campsites – \$35 per site

Dorms/Apt. – room rates available at

www.SaintStock.com

FOOD/BEVERAGES

Food and beverages will be available for purchase.

Friday, June 26, 2009

6 p.m. - Midnight

College of Saint Benedict

Reunion Performance by

Panoramic Blue at 7:30 p.m.

www.SaintStock.com

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Alums in the News

Governor Pawlenty Appointed Karen Janisch '87 to Fourth Judicial District Judgeship

Janisch is general counsel to the Governor, a position she has held since 2003. Previously, she was a partner (1999 to 2003) and an associate attorney (1993 through 1998) with the Rider Bennett, Egan and Arundel law firm in Minneapolis, and a judicial law clerk to Idaho State Supreme Court Justice Byron J. Johnson from 1992 to 1993. Janisch earned her juris doctorate degree magna cum laude from the University of Minnesota Law School in 1992.



Skoglund Kulus '89

Dr. Kathleen Skoglund Kulus '89, CentraCare Clinic, Women & Children - Pediatrics Clinic was honored with the Physician of Excellence award. The award is for recognition by peers of an exemplary work ethic. Those who nominated her said she is a very compassionate and genuinely caring physician who goes out of her way for patients and co-workers.



Hayden '68

Stearns County Judge **Elizabeth Hayden '68** is among three who will hear the highly charged Senate election lawsuit in Minnesota. The panel will preside over Republican Norm Coleman's court case that seeks to overturn Democrat Al Franken's 225-vote advantage following a long recount. The case is expected to take months to resolve. Unlike the recount, this phase allows them to call witnesses, examine voter rolls, inspect polling place sign-in sheets and explore the accuracy of voting equipment.



Passe '93

Carlson Hotels Worldwide today announced that **Heather Passe '93** has been appointed to the position of Vice President of Customer Relationship Management. In her new role, Passe will be responsible for leading the company's customer relationship management initiatives to engage customers and develop global marketing programs that will generate hotel stays and revenues for Carlson Hotels' five brands. She will also oversee the hotel brands' partner marketing and direct marketing efforts. Passe

brings twelve years of marketing and strategic management experience in the travel industry with Northwest Airlines.



Women's Walk for Blazer Athletics

Sunday, April 26, 2009 2 p.m. Haehn Campus Center

Unite your family, friends, neighbors and co-workers, then join us at the 3rd Annual Women's Walk on Sunday, April 26 at 2 p.m. New this year – 1 p.m. kids' fun run! Family friendly pre-walk activities begin at 12:30 p.m. followed by the walk through campus.

www.csbbazers.com

NEW CHAPTER INFORMATION

Where Bennies connect around the world!

Alumnae chapters foster opportunities for alumnae to participate in one another's lives, in the lives of perspective and current students and in the life of the College. We encourage chapter members to help in admission recruitment efforts, serve as a local ambassador to welcome new alums and representatives from the college; host/help plan events with alums in the area and attend Saint Ben's sponsored events.

Whether you're the newest Bennie in town searching for a place to live or considering a career move and want advice from other alumnae in your field, or you appreciate the opportunity to meet other Bennie alums, being a part of an alumnae chapter can enhance your life after Saint Ben's.

The Saint Ben's Alumnae Chapters continue to expand as membership is open to all alumnae.

For more information on a chapter or group in your area or if you are interested in being a chapter contact, please email jsandoval@csbsju.edu or call (320) 363-5815.



Tara Tollefson '99 with her son Andy

Young Alumna Gives Back

A few months ago, I went through a personal finance course and realized I needed to take care of a few things for the future, such as life insurance, to make sure my son is taken care of if anything were to happen to me. As I was going through the process, my financial planner did not ask me if I wanted to consider any philanthropic beneficiaries – it was almost a missed opportunity! Just before the paperwork was signed, I remembered that I've always wanted to create a scholarship at St. Ben's for single mothers. Naming the College of Saint Benedict as a beneficiary in my life insurance policy is literally the easiest way for me to start realizing that dream! I called my financial planner and asked them to add another \$100,000 of coverage to my policy. For an extra \$10/month, I was able to add the extra coverage and name CSB in my policy! It was SO easy and it gives me a sense of peace and purpose to know that if something happens to me, my dream of creating a scholarship will live on! Not only should women my age be considering life insurance – we also need to remember what else that life insurance policy could accomplish!

In the meantime, I continue to give monthly to the Annual Fund and plan to eventually fund my scholarship annually through additional giving. I have goals in every other area of my life and it feels GREAT to have philanthropic goals that force me to stretch in new ways.

— Tara Tollefson, CEO/Buzzmaker