



WELCOME TO OUR

# Bi-Monthly Newsletter

◆ from the President  
Stephanie Thompson  
Parameters



GET INVOLVED!  
THERE ARE A LOT OF WAYS TO BE  
ACTIVE IN THE NEWH NORTHCENTRAL  
CHAPTER: ASK ME MORE ABOUT OUR  
COMMITTEES!

Summer is a busy time, how do you balance work, stress, family and still stay positive and inspired?

Being busy with life responsibilities with 3 kids and a fur baby (peppermint our dog) what I like to say is my other full-time job, my full time job and volunteering can be very overwhelming at time.

Continued on next page.



In this newsletter you will find:

Chapter happenings, Hot projects, Event details and Member updates.

## Stephanie's Take on balance...

It is so important as busy as we get in life to take time for yourself and focus on your wellness. I have realized this over time that I am better at what I do every day as a mom, manager of a team, as a friend when I take just a little time to be calm, reflect, and rest my mind.

How do you take time for yourself when it seems like the work or life responsibilities won't stop coming your way? I make sure a couple times a year I have a girl's weekends planned on my calendar to reconnect with a group of friends from different paths of life. Women who support each other no matter who is going through what. After these weekends I always feel refreshed and ready to take on whatever life is throwing at me! As a Family we go on vacations usually Mountains or Beaches to reconnect with nature. Also, on the daily trying to get outside to breath the fresh air walking the dog, biking with the kids, going up to the family cabin every chance we get in the summer to be on the water. Something about nature that just calms the soul.

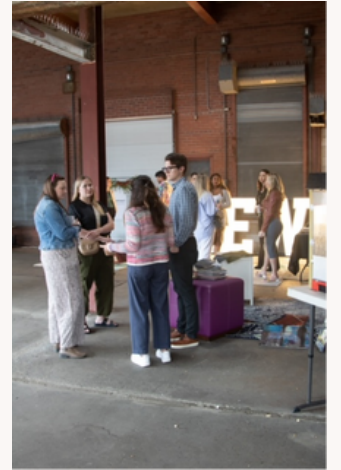
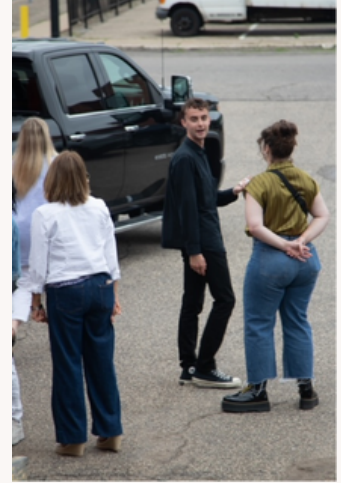


"IT SEEMS TO ME THAT THE NATURAL WORLD IS THE GREATEST SOURCE OF EXCITEMENT; THE GREATEST SOURCE OF VISUAL BEAUTY; THE GREATEST SOURCE OF INTELLECTUAL INTEREST. IT IS THE GREATEST SOURCE OF SO MUCH IN LIFE THAT MAKES LIFE WORTH LIVING."

- DAVID ATTENBOROUGH

# Looking back at the Summer Fair

THANK YOU TO  
ALL OUR  
VENDOR  
PARTNERS  
THAT  
PARTICIPATED!



# Get to Know our Board

## KIRSTEN MALTZEN

Kirsten has been a manufacturer's rep for over 10 years and currently handles Tarkett Commercial and Hospitality in MN, ND and SD. Kirsten is a trained Interior Designer and developed retail spaces for 7 years, previously.

How did you get involved?

As a student, I was a member of NEWH and was able to attend the events which I found to always be so well executed. I joined the organization again when I became a rep in 2013. In the last couple of years, since my children are now self-sufficient, I have been able to contribute further to the organization by joining the board. I served as the Treasurer for 2 years and am currently serving as the Membership Chair.

What do I love about NEWH:

The best part of being on the board is developing deeper relationships with the board chairs and NEWH members. NEWH North Central is full of hard working, dedicated members that value what this organization has to offer. It's been a blast helping to organize and enjoy the hosted events. I had the opportunity to attend the NEWH Leadership Summit in 2022 which was a fantastic way to meet other NEWH members from across the country and get more dialed in to the happenings of the hospitality industry as a whole.



INTERESTED IN LEARNING MORE ABOUT  
JOINING THE BOARD?  
REACH OUT TO KIRSTEN OR ANY OF OUR  
BOARD MEMBERS.

## Upcoming Events

**YOU'RE INVITED**  
**09.23.24**  
5:30 - 7:30p  
**NEWH NORTH CENTRAL**  
**SPEED MENTORING**

Hosted by:  
**fuse**  
International Market Square  
275 Market St #265  
Minneapolis, MN 55405

Thank you Sponsors!  
**Tarkett Hospitality**  
**akula**  
**GJ**  
**CHRIS HALL**  
**parameters**

Questions? contact Becca Kundysek, Student Relations Director - becca@thresholdstudio.design

JOIN US FOR AN EVENING  
OF NETWORKING!

PROFESSIONALS AND STUDENTS

SIGN UP TODAY!

THANK YOU TO OUR EVENT SPONSORS

**STUDENT SCHOLARSHIP DEADLINE**

**OCT 7TH**

North Central  
**NEWH**  
The Hospitality Industry Network

SCHOLARSHIP DEADLINE!

LEARN MORE & APPLY

### AWARDS

Up to \$20K to up to three applicants!

All Scholarship winners are invited to our end of year celebration. Winners will be recognized at the In The Spirit Event in December. All students are welcome to attend.

### REQUIREMENTS

The North Central Chapter Scholarships are:  
- Open to students in the following regions:  
North and South Dakota, Minnesota, Wisconsin & Iowa  
  
- Open to students in the Hospitality Industry:  
Hotel/Restaurant Management, Culinary/Food-Service,  
Architecture, Interior Design  
  
- Open to students in 2-year and 4-year undergraduate  
programs as well as graduate and master programs

Applications accepted Sept. 2nd - October 7th  
Online details at:  
[www.newh.org/chapter-scholarships](http://www.newh.org/chapter-scholarships)

Students do not need to be a current member to  
apply. To find out about our FREE Student Membership  
check out:

<http://newh.org/chapters/north-central/join-the-north-central-chapter/>

More application details at [newh.org/chapter-scholarships](http://newh.org/chapter-scholarships)  
Scroll down to North-Central Chapter  
Questions? Contact our Scholarship Director | [kati@parkerresource.com](mailto:kati@parkerresource.com)



## MASQUERADE EVENT

CELEBRATES & RECOGNIZES  
TOP ID WINNERS

SUPPORTS STUDENT  
SCHOLARSHIPS

DRESS CODE:  
COCKTAIL ATTIRE,  
OR COME AS YOUR MOST  
AUTHENTIC SELF!

OUR 2024 COMMITTEE HAS  
BEEN WORKING HARD TO BRING  
A FRESH FEEL TO OUR MOST  
ATTENDED EVENT

FOLLOW US ON SOCIAL FOR  
SNEAK PEEKS AND MORE  
BEHIND THE SCENES.

TICKETS ON SALE NOW!



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WWW.NEWH.ORG