

NEWSLETTER

Hello Autumn! As we say our goodbyes to summer, we hope each of you have had a few months filled with fresh air, outdoor dining and memories. We were so excited to share our Annual Summer of Health and Wellness with you and thank everyone who participated. We have a lot in store in the coming months and hope to see you at some of our upcoming events. As always, please feel free to share your feedback, ideas and suggestions. We love to hear from you!

~ The NSSTA Women's Caucus

Spotlight : Ann Marie Von Bank – Ringler Associates

Ann Marie heads the Minneapolis-St. Paul office of Ringler and is a member of the governing Board of Directors. Read on below and feel free to drop Ann Marie an email at AVonBank@RinglerAssociates.com.



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Contact Us:

womenscaucus@nssta.com

nsstawomenscaucus.com

What do you find most challenging about being a woman in the structured settlements industry?

The balancing act! It's been wonderful to see, over the past 20 years, more and more women entering our industry...but it's been a definite challenge balancing a demanding career (which often times requires significant travel) AND being a mother! I recall my little man packing up his toy computer into his little Diego rolling backpack, walking towards the door, saying "Mommy, I'm going to a mediation." It struck me...Just HOW MANY times had he watched me do that same thing? We, as women, have to find the courage to question the

"status quo" and some of our cultural norms. Take one day at a time, be kind to yourself and realize just how much you can SUCCESSFULLY accomplish!

What woman inspires you and why?

Tough question. So many! Oprah, Sara Blakely, Michelle Obama, ...but I'll rest on the late Justice Ginsberg, who spent her lifetime flourishing in the face of adversity. Because of her work, women today have been given the opportunity to fulfill their dreams and greatest potential. It was both her empathy and frustration that fueled her desire to challenge double standards. She not only elevated

women, but she changed history for generations of women to come, giving them a voice and an opportunity to be heard. “Women belong in all places where decisions are being made.” May that never be forgotten!

What is one piece of advice you wish you had been given when you started in this industry?

Stay the course, work hard and DO NOT spend any energy trying to PROVE your value. Let your RESULTS do that FOR you!

We have just wrapped up our summer of health and wellness. How do you achieve a work/life balance and make sure you are feeling your best?

This has always been a constant struggle for me, particularly pre-COVID, amidst maintaining a very “on the go” work/family schedule. One of the silver linings of COVID is that it gave us pause to focus on what is truly important. Our families. Our friends. Our health. I can truly say that I feel much more balanced NOW, post-COVID, after

taking some time to reflect and making things like quality time, exercise and sleep a greater priority. We can't forget a little “self-care” too!

Any last words of advice for other women out there?

Don't take yourself too seriously! There's a myth out there that women in business have to be super serious to be successful, but humor is important. Be willing to laugh at yourself! It makes business – AND LIFE - so much more FUN!!



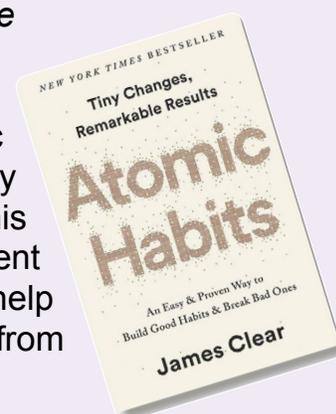
Book Nook

Hi Readers!

After three Caucus Book Club meetings, all I can say is “Wow!” I'm continually impressed and grateful to our Book Club for giving us a place to read inspiring books and share ideas about what we read. So far this year, we've read books on managing our stress cycle, building confidence, and returning to the basics of financial planning. Here's what we've read so far:

- *Burnout: The Secret to Unlocking the Stress Cycle*
- *The Confidence Code: The Science and Art of Self-Assurance – What Women Should Know*
- *Get Good with Money: Ten Simple Steps to Becoming Financially Whole*

We have [one more book club meeting on Tuesday, November 2nd at 7pm Eastern/4pm Pacific](#) before the end of the year so we're reading *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones* by James Clear to help get us ready for our 2022 New Year's Resolutions. This #1 New York Times bestseller promises to teach us effective ways to implement new habits, break old habits that no longer work, and create a system to help us reach our goals. The concepts in the books can be applied to all goals from business to health & wellness to parenting.



You can find it on [Amazon](#) and [Audible](#) or consider purchasing it [here](#) to support Blue Cypress, a woman-owned independent bookshop in New Orleans. With each book we'll pick a new female-owned bookshop to support through bookshop.org. If you'd like to suggest a book or nominate a local woman-owned bookshop, please let us know. Participating in the Book Club is easy. Pick up your copy of *Atomic Habits* and [RSVP!](#)

We look forward to reading with you! ~ NSSTA Women's Caucus Book Club

Farewell Summer

We are so excited for our Farewell to Summer event, to be held on September 17th! Abigail Cuffey, the Executive Editor of Women's Health Magazine, will join us in a discussion centered around work/life balance – something we know most struggle with (including us)! Afterwards, we will toast goodbye to Summer and say hello to Fall!

A very BIG (HUGE) THANK YOU to our very first sponsor:



We are truly excited for their faith in us and in the caucus! Alicia Jackson has been instrumental in planning this event – so you know it is not to be missed!!!

As we say goodbye to summer, we want to thank those who participated in our Summer of Health and Wellness. We truly hope you have been able to find peace this summer and incorporate daily doses of self-love into your routine.

For anyone that wants to reach out to our Meditation Expert, Joanna Barbera, feel free to send her an [email here](#).

A special congratulations to Kathy Martin who attended both meditation sessions and was the winner of our give away – You are Your Best Friend: Everyday Rituals for Self-Care by Anisa Makhoul. **For additional meditation resources, consider the following:**

Apps:

Calm

Headspace

Insight Timer

Podcasts:

The Mindful Minute Podcast

The Daily Meditation Podcast

Guided Sleep Meditation Tracks to Relax Podcast

Books:

Practicing Mindfulness,

75 Essential Meditations to Reduce Stress, Improve Mental Health, and Find Peace in the Everyday

Total Meditation:

Practices in Living the Awakened Life

The Headspace Guide to Meditation and Mindfulness:

How Mindfulness Can Change Your Life in Ten Minutes a Day

Learn more about our yoga expert, Roxanne Ring, and sign up for her newsletter, [here](#). Thanks to Lana O'Brien, who attended both sessions and was the winner of our lotus bracelet. **For more information on the practice of Yoga, check it out:**

[Yoga with Adriene](#) • [Yoga with Bird](#) • [Yoga Journal](#)

Remembering Anne Lawter

The structured settlements industry has lost a dear friend and valued colleague. Anne Lawter, a consultant at Ringler Associates, passed away on June 22nd, 2021 after a courageous two-year battle with pancreatic cancer. Anne was the trusted partner and valued teammate of Greg Pollex in the Troy, Michigan office of Ringler. At this time, our thoughts go out to her two girls and the rest of her family.

Information about donations and Anne's obituary can be found [here](#).

NSSTA: Fall Meeting – October 27th-28th

The Women's Caucus is honored to be a part of the virtual NSSTA meeting this Fall. Please [join in](#) to hear what our very own Paula Rubinstein has to say when she takes part in a virtual "live-streamed" presentation titled "The Importance of Diversity, Equality and Inclusion in the Structured Settlements Industry".

In addition, you can hear all about what the Women's Caucus has achieved in 2021 and what our plans are for 2022 during NSSTA's panel session titled "NSSTA Committees Delivering For You: 2021 Accomplishments – 2022 Goals & Objectives".

Already Registered? We hope you'll join us before first session on Wednesday, October 27th at 10 am EDT for Coffee with the Women's Caucus - more details & invite coming soon! 🌸

Check it Out

To the mamas wandering the aisles of Staples and Target stocking up on school supplies, while checking their phone to make sure they aren't missing any calls or important emails, we see you. Being a mama is hard.

[Check out these tips and tricks to make getting back into the school routine easier.](#)

Stay Connected

We've got a new look! We're excited to announce the launch of our new website and Instagram, LinkedIn, Twitter and YouTube accounts.



Follow Us!



“The way to achieve your own success is to be willing to help somebody else get it first.”

-
Lyanla Vanzant,
American writer, speaker and spiritual life coach

Investing is Your Superpower

We don't know about you, but one of our favorite moments of the caucus thus far has been when we were lucky enough to have Shinobu Hindert join us to discuss her personal successes and failures as well as her top 5 personal finance strategies to help build (and keep) wealth.

Shinobu has been hard at work writing her strategies down so that she can help others understand that finance does not have to be complicated! Her new book, *Investing is Your Superpower*, is available for purchase [here](#). 🌱



Looking Ahead

Believe it or not, the Women's Caucus Leadership Team is already planning for next year – but we need your help NOW MORE THAN EVER!!! Let us know – what are you looking to get out of your Women's Caucus? Books to recommend? Events to suggest? Topics you would like to see covered? We certainly spend a lot of time brainstorming, but we need to hear from you.

Please send your ideas for events and topics to womenscaucus@nssta.com.

As our ideas continue to flow, we need someone to keep us organized!!! We continue to search for a secretary. Please reach out if you would like to get involved with our leadership team!



Upcoming Events

- **September 17th:** Cocktails & Conversations
- **October 27th:** Coffee with the Caucus
- **October 27th-28th:** Virtual NSSTA Meeting
- **November 2nd:** Book Club



Get Involved

- Book Club
- Mentorship Program
- Leadership Team