

# LEADERSHIP *bismarck-mandan* alumni association



## FEATURE PROFILE

**Cathryn Sprynczynatyk Anderson**  
Director Leadership Bismarck-Mandan  
Communications Specialist  
Bismarck-Mandan Area Chamber



**Family:** Daughter of David Sprynczynatyk and Connie Sprynczynatyk (one of the founders of Leadership Bismarck-Mandan in 1989), Wife to Jason Anderson (LBM Class of 2014), Mother to Sigurdor (age 2) and Henrik (age 4 months)

**What was your very first job:** Collating binders and covering phones for my mother's office, North Dakota League of Cities

**What is the most beneficial aspect of LBMAA to you:** I love the continuing education and networking opportunities that LBMAA provides. Leadership Bismarck-Mandan is like a Masters Class in the Bismarck-Mandan community. After graduation, you're hungry for the education and networking opportunities to continue. LBMAA provides that.

**What does Leadership mean to you and how have you grown to be a leader at your place of employment and beyond:** After graduating from LBM Class of 2013 and serving as Media Day co-chair since then, I am thrilled to now be the Staff Program Director. I have a passion for this program, and I love that Leadership Bismarck-Mandan is now part of my job.

**What do you do when you aren't working for enjoyment:** Lake life — boating, fishing, hunting, camping and motorcycling. Cooking and gardening. Pysanky — the art of Ukrainian Easter Eggs

**What advice do you give those who want to be in Leadership Positions?** Get involved. Don't wait for people to approach you. Let people know you are interested and want to get involved.

**Do you have a favorite quote or guide by which you make decisions or gain inspiration from?** "She would have been a good woman ... if it had been somebody there to shoot her every minute of her life."  
— "A Good Man is Hard to Find" by Flannery O'Connor

That may sound like an odd quote for inspiration, but it's about keeping the perspective that there is a bigger picture in life. The decisions we make are larger than just the individual moment. Our lives, the work we do, and the decisions we make should be oriented toward greater things.

**Who would you say has been your biggest role model?** My parents, David and Connie Sprynczynatyk — They are leaders in our community who step up, get involved and serve others.

## LUNCH-N-LEARN

On July 27th, The Hillside Pool Lunch-n-Learn was well attended by my LBMAA Alumni (photo of the tour shown above). Randy Bina, Bismarck Parks and Rec Director, introduced the facility. He also wrapped-up the event with some Q & A, covering a range of topics from park spaces in north Bismarck to future projects, which include a potential addition to Schaumburg Arena.

## ANNUAL MEETING REMINDER

September 23rd, 2015

Social at 4:30pm / Meeting at 5:00pm

See you on the Bismarck-Mandan Chamber Patio!

**Are you interested in being  
an LBMAA board member??  
Get your name on the ballot today!**