



SOCIETY OF ACTUARIES

Article from:

# The Stepping Stone

April 2005 – Issue No. 18

# Chairperson's Corner

by Jennifer L. Gillespie



*Chairperson*

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## What About Me?

Perhaps the first thing you hear in your mind, as you read the question, "What about me?" is the voice of a whining child. Do you remember when you were growing up and learning to speak like an adult? Did you get corrected for saying, "Can Jane and me go to the store?" It seems that so many of us have been corrected so many times we're now sure "me" is a bad word or a slang term at the very least. I frequently hear people use the word "I" incorrectly. I know they really want to say "me," but they're afraid it's inappropriate or wrong. "Me" is actually the object form of the personal pronoun "I" and it is a correct grammatical term. Another common way people try to avoid this conundrum is to substitute "myself." Myself could be used as the object in a sentence, but it is for emphasis. It sounds stilted to use it in an otherwise active setting, "Would you please give the project to myself." We need to free ourselves. Go ahead and say, "Bring the results to ME!"

Go back to that childhood image and think about the time when you were the focus of life. Where did that feeling go? Of course, we've matured. In our grown-up lives, we are busy looking out for our companies, our employees, our children, our spouses, our parents, our houses, our neighborhoods, etc. We often find ourselves at the bottom of the list, with the attitude that if there is time left after all the others are looked after, then I will do something for myself. We do this at work, when we think about taking a development class, only if there is nothing else on the calendar. We do this outside of work, when we think about taking time for personal fun, only if all the chores are done and everyone else's needs have been met.

I challenge you to boldly say, "What about me?" Dare to make "me" the object of a sentence. Dare to sign up for a learning opportunity not to maintain your technical expertise but to stretch yourself in a new direction. Dare to block some time for what you think is fun. Find the energy and renewal that come from these activities and see how much better you become with your company, your employees, your children, your spouse, your parents, your house, your neighborhood, etc. When it comes to selecting sessions for your next Society of Actuaries meeting, look for those sponsored by the Management and Personal Development Section and say, "Sign me up!" □

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