

A division of the
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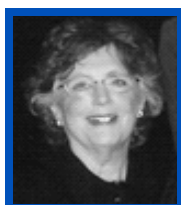
Since 1981

February 2009



Boone Hospital Center Presents

"Portraits of Success ~
Strength, Courage, Wisdom and Enlightenment from
ATHENA Award Honorees"



Ann Covington



Dr. Wendy Libby



Richard Mendenhall

Thursday, February 19, 2009

Peachtree Catering and Banquet Center

11:30 a.m. to 1:00 p.m.

\$12 for members, \$15 for guests

Registration deadline: February 13, 2009

This is the second annual event in our Portraits of Success series. This program will feature a panel of three of our past ATHENA Award winners to share stories and advice from their successful careers as leaders. The three panel presenters will include Ann Covington, Counsel at Bryan Cave, LLP (2002 ATHENA Award), Dr. Wendy Libby, President of Stephens College (2007 ATHENA Award) and Richard Mendenhall, Owner of three real estate offices in Columbia, Jefferson City and Fulton (2003 ATHENA Award). As past ATHENA Award winners, these individuals have demonstrated professional excellence, community service and assistance to women in their attainment of professional excellence and leadership skills. The Women's Network membership can learn and grow from the experiences shared by these individuals and their advocacy in the pursuit of excellence.

Our Gold sponsor for this event is Waddell & Reed, Jeanne Dzurick.
Our Silver sponsor is State Farm Insurance, Brian Hazelrigg.

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“In The Loop”

**By Sherry Julian Waddill
 Women’s Network President
 Boone County National Bank**

During the Women’s Network luncheon this month, you are going to have the pleasure of hearing from three past ATHENA recipients who exhibit strength, wisdom and courage as leaders in our community. Ann Covington was honored with the ATHENA Award in 2002, Dr. Wendy Libby in 2007 and Richard Mendenhall was awarded the ATHENA honor in 2003. All three of these ATHENA recipients demonstrate excellence, creativity and initiative in their professions. All of these individuals provide valuable service by contributing time and energy to improving the quality of life for others in the community and they all actively assist women in realizing their full leadership potential. Each of these recipients is a true leader, is courageous and has contributed to the success of many women in our community.

Leadership takes courage! Courage to face your fears, courage to explore your vulnerability, lean toward risk, celebrate your failures and take action over and over again. Courageous people trust their instincts, they are bright and ingenious and they respond to changing situations with innovation and creativity. It’s a courageous act to speak out for what you think. When we alter our thoughts, rehearse our feelings and conduct ourselves as we think we should, we conceal our genuine personalities. The reluctance to articulate what we think feeds the Artificial Self. The more we deny, the more we forsake our True Self.

Rise up and make a difference! Legendary ideas may indicate taking the opposite point of view, imagining the unimaginable or pushing the envelope. When Dr. Martin Luther King, Jr. said, “I have seen the promised land. I may not get there with you,” he seemed to recognize that his time in the world would be short-lived. He rose up and faced the mountain of risk so that others might live more freely and abundantly.

Behaving courageously and honestly exposes your individual magic and your charisma. As leaders develop, their fears transform, fluctuating between a tomato in the face and a tranquil bear.

Do you know someone who is courageous and has contributed to the success of women in our community: someone who demonstrates excellence, creativity and initiative in his/her profession and provides valuable service to improving the quality of life for others in the community? If so, please nominate that person to be honored with the 2009 ATHENA Award at our annual Women’s Network event in June of this year.

Sincerely,
Sherry

Source Citations
http://www.athenafoundation.org/pages/athena_award_/14.php
<http://www.leadershipthatworks.com/Articles/Courage.htm>



“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do.”

~Eleanor Roosevelt

New Members

<p>Valorie Livingston Boys & Girls Club of Columbia 1002 Fay Street Columbia, MO 65201-4716 573.874.1697 valorie@bgc-columbia.org</p>	<p>Sidney Neate ABC 17/FOX38/MyZou32/Stormtrack 24/7 501 Business Loop 70 E Columbia, MO 65201-3903 573.449.0917 sidney@kmiz.com</p>	<p>Diane Suhler Columbia College 1001 Rogers Street Columbia, MO 65216-0001 573.875.8700 drsuhler@ccis.edu</p>
	<p><i>Please introduce yourself and help all of our new members feel welcome!</i></p>	

“Understanding Your Sweet Heart”
Women’s Network Health Corner
Lisa Schaffer, RN, Boone Hospital Center

The focus may be on chocolate and candy hearts, but February is also heart awareness month. Does your sweet-heart know that **heart disease is the leading cause of death in women?** Many women are NOT aware that the symptoms of a heart attack can be different or less recognizable for women than for men. Women are also more likely to die (38%) as a result of heart attack than men (25%). Be aware!

A heart attack may cause **some or all** of these symptoms for **both** men and women:

- ☆ Pain, pressure, fullness, discomfort or squeezing in the center of the chest
- ☆ Shortness of breath or difficulty breathing
- ☆ Stabbing chest pain
- ☆ Radiating pain to shoulder(s), neck, back, arm(s) or jaw
- ☆ Pounding heartbeats (palpitations) or feeling extra heartbeats
- ☆ Upper abdominal pain
- ☆ Nausea, vomiting or severe indigestion
- ☆ Sweating for no apparent reason
- ☆ Dizziness with weakness
- ☆ Sudden extreme fatigue
- ☆ Panic with feeling of impending doom

The Women’s Network Newsletter committee invites you to recommend health topics that you would like to see in future issues of **Health Corner**. Email your ideas to Connie McClellan at connie@winterdent.com.

About a third of women experience no chest pain at all when having a heart attack and 71% of women report flu-like symptoms for two weeks to a month prior to having more acute chest discomfort or severe shortness of breath. These milder symptoms are under-reported to emergency room staff.

Should you experience any of these symptoms, call 911 immediately. Do not try to drive yourself to the hospital. And most importantly, be your own health care advocate. Insist that the hospital staff takes your complaint seriously, minimizes your wait time and evaluates your concerns with appropriate testing as soon as possible.

In 2008, the State of Missouri dropped from number 35 to 38 in state health rankings due to an increase in the number of people smoking and gaining weight. Both factors indicate risk for heart disease. Boone Hospital Center has been awarded a grant from the State of Missouri to increase awareness and screening of heart disease. In 2009, BHC will be offering free heart health screenings and education in Columbia and surrounding rural areas. Tell a woman you love to take advantage of this opportunity. For help finding a physician, call 573.815.6400



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Registration available online at www.columbiamochamber.com,
www.columbiamowomensnetwork.com or fax to 443.3986.
 Contact Liz at Iglockhoff@columbiamochamber.com or 874.1132 with questions.

Gold Luncheon Sponsor
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ATHENA and ATHENA Young Professional Award Nominations

The year 2009 is an exciting one for ATHENA and Women's Network. Not only is the ATHENA Awards Banquet a stand-alone event for the first time in many years, but this year also marks the 15th anniversary of Women's Network presenting the ATHENA Award in Columbia. This will also be the second year the Women's Network will present the ATHENA Young Professional Award.

On June 25th, the Women's Network will present the prestigious ATHENA Award to an individual in our community. This award is presented to one who has attained and embodies the highest level of professional excellence in his/her business or profession, has devoted time and energy to improve the quality of life for others in the community and actively assists women in realizing their leadership potential.

At the same event, the Women's Network will present the ATHENA Young Professional Award to an emerging leader in our community. The recipient will also demonstrate professional excellence in his/her business or profession, have devoted time and energy to improve the quality of life for others in the community and serve as a role model for young women personally and professionally.

Both of these outstanding individuals will be selected from nominations and we need your help in identifying these potential recipients.

If you know of an exceptional individual who fits the description of an ATHENA or an ATHENA Young Professional recipient, please take the time to honor her/him by filling out the appropriate nomination form included in this newsletter. **Nominations MUST be returned to Liz Glockhoff, Women's Network Director, by 5:00 p.m. on Friday, March 6 to be included in the selection process.**

We sincerely appreciate your help in identifying nominees and look forward to making the 15th anniversary of ATHENA an event to remember!



Introducing: Milestones

We're surrounded by opportunities to connect and reconnect with people we know—meetings, events, cell phones and Blackberries, even networking sites like Facebook. But it's still a challenge to keep up with everyone's news. Since the Women's Network is all about better connecting women in our community, we decided to create a space for sharing all your latest and greatest news. Whether it's an exciting promotion or a new baby, an educational achievement or a marriage, we want to hear your news! Starting in the March issue of the newsletter, we'll run announcements in the categories of business/job-related and personal. Please send your milestones to Christi Price (Christi.price.sxb2@statefarm.com or call 499.2917) along with your name and contact information. We reserve the right to limit word count based on space availability. Can't wait to hear from you!



Women's Network Ron Marley Leadership Columbia Scholarship

Each year Women's Network awards a scholarship to the Chamber of Commerce, Leadership Columbia program in the name of Ron Marley.

Ron was a Shelter Insurance agent here in Columbia who was very active in the community and the Chamber of Commerce. He truly understood the power of networking and once he discovered what Women's Network had to offer – he had the courage to become our first male member. Unfortunately, Ron along with his wife Sharon and two of his three children, were tragically taken from us in a car accident in 1997. In his honor, Women's Network established a scholarship to be able to send one of our members to the Chamber of Commerce Leadership Columbia program.

For 2009, we are pleased to present the Women's Network Ron Marley Leadership Columbia scholarship to Jill Stedem. Jill is the Public Information Specialist for the Public Works department with the City of Columbia. Jill has been a member of Women's Network since 2003, a graduate of Columbia College in 1996, wife and mother and a community volunteer. By participating in the Leadership Columbia program, Jill hopes to learn more about our community and to become more active in the Chamber.

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The mission of Women's Network is to encourage personal and professional growth through networking and to support and develop leadership roles of members at the local, state and national levels.

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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9	10 WN PR Committee Mtg.	11 WN Program/Registration Committee Mtg.	12	13	14
16	17 WN ATHENA Committee Mtg.	18	19	20	21
23	24 WN Newsletter Committee Mtg.	25 WN Changing the Odds Comm. Mtg. WN Bus. Mgrs./Owners Comm. Mtg.	26	27	28

The views expressed in the newsletter are not necessarily those of the Newsletter Committee, Women's Network, or the Chamber of Commerce.