

A division of the
Columbia Chamber
of Commerce

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Since 1981



July 2009

Boone Hospital Center presents:
"Organization Skills for High-Impact Volunteering"

Mary Wilkerson

Thursday, July 16

Peachtree Catering and Banquet Center

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

\$15 for members, \$18 for guests
(save \$3 by registering online)

Registration Deadline: July 10

Organization Skills for High-Impact Volunteering

What if every Women's Network member volunteered? Plus, what if those volunteers were highly successful in making an impact with our community's non-profit organizations?



Mary and son, Wyatt, volunteering at the 2008 Roots 'n Blues 'n BBQ Festival.

Volunteering helps to **develop you as a leader in our community.** However, many times people who want to get involved say yes to the first opportunity they come across and end up being less than passionate or responsible in their role as a volunteer or board member.

Mary Wilkerson, vice president of marketing at Boone County National Bank in Columbia and volunteer extraordinaire, will help you **discover what you are passionate about** and how to **focus and manage your social service energy** to become a high-impact volunteer.

Learn the essentials for High-Impact Volunteering:

- Assess personal interests and skills
- Set goals for volunteering and leadership
- Learn when to say yes and when to say no or step down
- Leave with tools for continuous volunteer management

Don't just volunteer. **Volunteer with impact.** High-impact volunteering means you seek out the best opportunity to fit your passion, understand your time investments, and are able to manage your responsibilities for **personal growth.**

Mary has many first hand experiences to share from her **long history of community involvement.** Through years of leadership positions on boards of directors, committees and many other volunteer projects, she will give you the practical tools you need to become a successful and satisfied volunteer!

If you want to be more involved in Women's Network or one of our community's many worthy non-profits, don't miss this valuable session.

Gold Sponsor: In Vision Eye Care Center

Silver Sponsor: MultiAd

Renae Nicholes

President
The Latter House

Kelley Marchbanks

President-Elect
College of Veterinary Medicine

Sherry Waddill

Past-President
Boone County National Bank

Chris Steuber

Secretary
Landmark Bank

Izzy Leatherman

Treasurer
Boone County National Bank

Steering Committee

2007-2010 Term

Virna Camacho
Valorie Livingston
Chris Steuber
Michelle Schawo
Jennifer Thoma

2008-2011 Term

Cara Christianson
Kate Grant
Izzy Leatherman
Kelley Marchbanks
Michelle Mountjoy

2009-2012 Term

Kerrie Bloss
Heather Hargrove
Melanie Karrick
Kylene Richardson
Tricia Roe

Committee Co-Chairs

Business Leaders Forum

Angela Holloway
Amy McNulty

Changing the Odds

Michelle Spry
Barb King

Membership Development

Shelley DeVore
Heather Stewart

Marketing & Communications

Dawn Blackburn
Laura Harris

Monthly Program

Stephanie Roszkopf
Jessica Spanglehour-Macy

Special Events

Marissa Todd
Amanda Burfield

Budget and Finance

Izzy Leatherman
Michelle Mountjoy



Renae Nicholes
Women's Network President

What is life but a series of inspired follies? The difficulty is to find them to do. Never lose a chance: it doesn't come every day.


Sitting down to write my first Women's Network newsletter article proved a more daunting task than I initially thought it would be. What do Women's Network members want to hear? What is important to them? After pondering these thoughts, it finally hit me . . . at 3:55 a.m. . . three days *after* the article was due. Yes – our new strategic priorities and mission statement are definitely important as the foundation of all that we do, but sharing with you my goal for this new year is also important. As your president, I hope to inspire members to discover, build and maintain valuable relationships while taking advantage of leadership opportunities through committee involvement.

I remember joining Women's Network more than 9 years ago when Sharon Kinden was the reigning President. I sat in my first luncheon, new to my career in marketing, thinking – wow, she has a lot of energy. I wonder how she came to be President? And boy, I could NEVER – in a million years – do what she's doing.

I eventually became more and more active in the organization – first as member then chair of the Newsletter Committee, next as a member then co-chair of the Program Committee. Eventually I was appointed to the Steering Committee by then President Michelle Hill-Ishmael who saw something in me I hadn't quite seen in myself – potential to be in a top leadership role. Through this involvement, I discovered a variety of inspiring women (and some men) along the way. As I began to nurture and build relationships with these individuals, they helped me to be a better manager, co-worker, business owner and friend. By maintaining these valuable relationships through the years, my life, both personally and professionally, has truly been enriched.

So as your new President, I want to encourage you to embrace what challenges you, discover those valuable relationships throughout the organization and inspire others to do the same. And one day you might find yourself up at 3:55 a.m., writing your first article as the new Women's Network President (hopefully 3 days *before* the article is due).

New Members

| | | |
|---|--|---|
| Amy Ferguson Allen's Flowers 111 S. 9th St. Ste 170 Columbia, MO 65201 573.443.8719 allensflowers@gmail.com | Andrea Kuhn Salon Envie 212 E Green Meadows Rd Columbia, MO 65203 573.442.5433 andrea@salonenvie.com | Anne Churchill Northwestern Mutual Financial-Patty 2024 Cherry Hill Dr. Ste 201 Columbia, MO 65203 573.446.5511 Ext:2227 anne.churchill@nmfn.com |
| Betsy Dudenhoeffer Brown Printing 411 Madison St. Jefferson City, MO 65101 573.690.4390 betsy@brownprint.com | Constance Parker Green Meadows Hair Co. & Spa 209 C Green Meadows Rd Columbia, MO 65203 573.442.2244 gmhc@tranquility.net | Erin Keltner Swank Boutique, LLC 921 E Broadway Columbia, MO 65201 573.256.4795 Erin@SWANKBoutiqueonline.com |
| Erin Lampkin Integrity Home Care 409 Vandiver Dr Bldg 6 Ste 203 Columbia, MO 65202 573.499.1125 elampkin@integrityhc.com | Gwendolen Carl Achieve Balance Chiropractic LLC 3901 S Providence Rd Ste C Columbia, MO 65203 573.442.5520 chirominta@aol.com | Heather Arens YouZeum PO Box 309 Columbia, MO 65205 573.886.2006 harens@youzeum.org |
| Jessica Kelty YouZeum PO Box 309 Columbia, MO 65205 573.886.2006 Jkelty@youzeum.org | Kami Griffith Holiday Inn Select Executive Center 2200 I-70 Dr. SW Columbia, MO 65203 573.445.8531 ksgriffith@socket.net | Kimberly Trabue Peckham and Wright Architects, Inc. 15 S.10th St. Columbia, MO 65201 573.449.2683 ktrabue@pwarchitects.com |
| Sarah Chapin HRCOUNTS 3402 Snow Leopard Dr. Columbia, MO 65202 314.307.1301 sarahc@hrcounts.com | Stephanie Turner Northwestern Mutual Financial Network-Turner 2024 Cherry Hill Dr. Ste 201 Columbia, MO 65203 573.446.5511 Ext. 2240 stephanie.turner@cnmfn.com | Tia Felts YouZeum PO Box 309 Columbia, MO 65205 573.886.2006 TIFelts@youzeum.org |
|  | Tony Jayamanne Juice Plus + 4004 Continental Court Columbia, MO 65203 573.424.3071 tonyjayamanne@gmail.com | <p><i>Please introduce yourself and help all of our new members feel welcome!</i></p> |

Debin Benish Outstanding Businesswoman Award

By Anne Farrow, Smart Business Products



Melody Parry, Outfront Communications, Rose Ditter, KeLani Salon & Spa, Dave Benish, Lili Vianello, Visionworks Marketing & Communications, Lynda Baumgartner, Image Technologies of Missouri, Kim Trabue, Peckham & Wright Architects, Inc.

On June 2, 2009, Women's Network, together with Delta Systems Group and Dave Benish, awarded the 5th Annual Debin Benish Outstanding Businesswoman Award to **Rose Ditter**, owner of KeLani Salon & Spa. Rose was honored as a businesswoman who supports small business in Columbia, volunteers her time and talents to our community and



mentors other businesswomen. Rose has volunteered for The Bank of Missouri Advisory Board of Directors, King's Daughters, the Columbia Catholic Youth Organization and the Boy & Girl Scouts for many years. KeLani Salon & Spa is also a past recipient of the Columbia Chamber of Commerce's Outstanding Business of the Year Award.

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|--|---|----------|
| | | 1 Special Events Noon at Chevy's | 2 | 3 | 4 |
| 6 | 7 Marketing & Communications Noon | 8 Monthly Program Noon | 9 | 10 WN Luncheon Registration Deadline | 11 |
| 13 | 14 Membership Development Noon | 15 | 16 WN Luncheon, 11:30 AM-1:00 PM Peachtree Catering & Banquet Center | 17 | 18 |
| 20 | 21 | 22 Changing the Odds 8 AM Business Leaders Forum Noon | 23 | | |
| 27 | 28 Newsletter Noon | 29 | 30 | | |

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

Member Profile
Dawn Shellabarger, Boone County National Bank
 By Connie McClellan



Dawn Shellabarger, Commercial Loan Officer at Boone County National Bank's downtown location, has roots that run deep in Mid-Missouri, from growing up on a farm north of Mexico to graduating from Mizzou with dual degrees in AgriBusiness Management and Finance in 2003. Dawn started her career as a loan review analyst at Central Bancompany in Jefferson City. In 2007, she moved to Boone County National Bank as a commercial banking officer.

Dawn is proud to be a Charter Member of Columbia's Sunrise Southwest Rotary Club where she serves as Treasurer. In addition, she organizes the annual Missouri Cattleman's Foundation Farm Safety College, is active with the Chamber's Women's Network and P.E.O. (a women's philanthropic organization) and is also a member of Community United Methodist Church.

In her spare time, Dawn enjoys spending time with her husband, Jacob, an attorney in Mexico, and their nine-month-old son, Eric. Dawn loves to garden, sail, water-ski, SCUBA dive, help on the family farm and spend time with her family and friends.

When it's time to plan your business' expansion or strategize how to make your next capital purchase, visit Dawn Shellabarger at Boone County National Bank's downtown location. She looks forward to meeting you!

*Get Involved
with Women's
Network!!*

If you are interested in joining a committee for the upcoming year, now is the time to do it! Please join us! Further, if you have any questions about any of the committees please contact Liz Glockhoff at 874-1132 or lizglockhoff@ColumbiaMoChamber.com

Also, please check the calendar and online website for new meeting locations and committees.



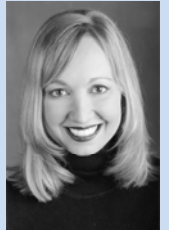
ATHENA Award Celebration

By Hayley Batterson

Women's Network is pleased to announce that Teresa Maledy of Commerce Bank was presented with Columbia's 15th annual ATHENA Award and Kelley Marchbanks with the College of Veterinary Medicine was presented with the second ATHENA Young Professional Award at the ATHENA Awards Banquet held Thursday, June 25th at the University Club. The event was a celebration of the past, present and future of ATHENA in Columbia and speakers included Linda Arnold, Columbia's first ATHENA recipient, Elizabeth Mendenhall, Columbia's first AYP recipient, and Cindy Mustard, the 2008 ATHENA recipient.



The highlight of the evening was the official announcement of the ATHENA and ATHENA Young Professional Award recipients. Both Teresa Maledy and Kelley Marchbanks were selected by a distinguished committee comprised of past Women's Network Presidents, past ATHENA recipients, and Chamber of Commerce executives based on nomination forms submitted by their peers.



The ATHENA and AYP Award recipients must demonstrate excellence, creativity and initiative in their business or profession, provide valuable service to improve the quality of life for others in their community, and actively assist women in achieving their full leadership potential. Please join Women's Network in congratulating Teresa Maledy and Kelley Marchbanks for receiving these prestigious awards and for their numerous accomplishments.

We would like to give a special thank you to Joe Machens Dealerships, Jeffrey E. Smith Company, Boone County National Bank, Word Marketing, Premier Bank, Columbia Daily Tribune, University Club, KOMU 8, MultiAd, MBS Textbook Exchange, Inc., Shelter Insurance Companies and AKA:yoLa for their sponsorship of the ATHENA Awards and Celebration banquet.

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By Mary Wilkerson

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Registration Deadline: July 10

Registration available online at www.columbiamochamber.com,
www.columbiamowomensnetwork.com or fax to 443-3986.

Contact Liz at lglockhoff@columbiamochamber.com or 874-1132 with questions.

Gold Luncheon Sponsor
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Company Name: _____

Member Name: _____

Guest Name and Business Affiliation: _____

Phone: _____

I would like to pay by: MasterCard Visa Discover Check (enclosed)

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300 S. Providence Road
P.O. Box 1016
Columbia MO 65205

The mission of Women's Network is to connect, empower and engage members through leadership development, educational opportunities and innovative outreach.

Health Corner Value of Pets

Connie McClellan, Winter Dent & Company

With all the wonderful publicity and success our local Humane Society has recently attained, the Women's Newsletter Committee felt it appropriate to choose the "benefits of pets" (specifically dogs and cats) as the Health Corner topic for July.

As humans, we have many God-given desires which, when fulfilled, can strongly contribute to a contented life. I believe three of the most important are:

1. To be loved
2. To Give love
3. To have a purpose in life

One way to attain all three of these, thereby working toward the goal of the "good life," is to adopt a dog or cat. 1.) Dogs especially, are the masters of unconditional love. No matter what their day has been, when you walk in the door, in most cases, the tail is heavily wagged and they are obviously happy to see you. 2.) Further, pets are so easy to love, and can often times, just by their mere presence, serve as a sounding board or "worry stone." 3.) And, finally, caring for a pet can fulfill the humanistic need of providing and having a purpose in life.

Various studies have shown another advantage to having a cat or dog is that a significant percentage of people who have them, actually live longer than those who do not. Further, psychologists have found that pets can be especially comforting for kids struggling with the concept of death or illness in the family. Certain studies show that children with dogs cope better with these and other serious situations.

For one, dogs are very good listeners and seem to have an innate sense of knowing when you're troubled. Secondly, most dogs just plain exude love in the presence of their family members.

For a child, there is no better responsibility than caring for a pet. The fact that the pet requires structured care (feeding, watering and potty breaks) helps to teach the child structured behavior while he or she is growing up.

One of the common denominators of our past Health Corner Articles has been the importance of consistent exercise. This is an area where owning a dog can really help. They serve as the motivators we need to consistently get out and take walks.

However, adopting a pet is not necessarily for everyone. Before you make the decision to adopt, make sure it is something you really want, because it is a huge responsibility and for the pet's sake, should not be taken lightly. If you're one who does not have a lot of time, then probably adopting a dog is not for you, so a cat might be your best choice. And, if you're one who is gone for the majority of the day, for the sake of the pet, two cats might be the answer to provide companionship for each other.

MILESTONES

At the 104th Annual Meeting & Awards Banquet, the Columbia Chamber of Commerce announced the winners of two distinguished awards and Women's Network members:

-Lynda Baumgartner
with Image
Technologies of
Missouri won the
Outstanding Citizen of
the Year for 2009.

-Michele Spry with
Midway Electric, Inc.
won the Ambassador of
the Year award.

*Courtesy of Chamber Activities
Calendar*