

A division of the
Columbia Chamber
of Commerce

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June 2009

Joe Machens Dealerships presents:



**"Celebrate History in the Making"
2009 ATHENA Awards Banquet**



Mark your calendar for a night of crystal, reflection and celebration at the ATHENA Awards Banquet to be held on Thursday, June 25th at the University Club. Join Women's Network in "celebrating history in the making" and the presentation of the 15th ATHENA Award and the ATHENA Young Professional Award to outstanding individuals in our community.

The event promises to be an exciting evening where the past, present and future of the prestigious ATHENA Award will be celebrated. You'll be inspired by influential leaders and past ATHENA recipients including Linda Arnold (Columbia's first ATHENA recipient), Elizabeth Mendenhall (Columbia's 2008 and first ATHENA Young Professional Award recipient) and Cindy Mustard (Columbia's 2008 ATHENA recipient) as they reflect on the past successes and the present potential of this national award. The future of ATHENA will be highlighted with the unveiling of the ATHENA Young Professional and the ATHENA Award recipients for 2009.

To further celebrate the 15th anniversary of ATHENA in Columbia, those in attendance will be eligible for our Anniversary Grand Prize drawing for a half-carat diamond pendant. If diamonds are not for you, an official University of Missouri Tigers basketball signed by Coach Mike Anderson will also be given away to a lucky attendee.

As a Women's Network member, you won't want to miss the 2009 ATHENA Awards Banquet to be held on Thursday, June 25th at the University Club. We encourage you to bring a guest, perhaps someone who has served as a mentor to you or someone to whom you currently serve as a mentor. Or bring your spouse or significant other and make the event a special evening out—with twice the chance of winning the diamond!

This event is open to the public for \$28 per person. Save \$3 when you register online at www.columbiamochamber.com or www.columbiamowomensnetwork.com. Please contact Liz Glockhoff at lglockhoff@columbiamochamber.com or 874-1132 with questions.

**Thursday, June 25
5:00 to 8:00 pm
\$28 per person**

Happy Hour and Networking - 5:00 pm
Dinner and Program - 6:00 - 8:00 pm



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“In The Loop”

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



I would like to express my appreciation for being your President this year for Women’s Network. I am honored to have been able to serve in this role and help Women’s Network evolve to its next level through the new strategic plan. It has been my pleasure to submit these articles with different topics such as the Four Agreements, history of courageous and determined women of our past, equality for women in the late 1800’s, highlighting important ATHENA attributes and strategic planning.

This year has been a learning experience for me, and I am thrilled that I had the pleasure to participate in the revision of Women’s Network bylaws and the strategic planning process. If you remember back to my very first “In the Loop,” I stated that I was hoping to have a year of revitalization and transformation, and this year has been just that. There are a few committees that have been revitalized, and I am delighted to highlight the Budget & Finance and the Business Owners and Managers committees. I feel that with the new mission statement and four priorities, the direction of Women’s Network has been transformed. Our new mission and priorities are as follows:

To connect, empower and engage members through leadership development, educational opportunities and innovative outreach.

- √ Empower and develop members to embrace leadership opportunities inside and outside of Women’s Network
- √ Provide interactive programs focused on the core mission of Women’s Network while ensuring educational opportunities for members
- √ Provide communication mediums to engage membership
- √ Encourage Women’s Network members to promote innovative thinking and embrace opportunities for positive change



Just last month, I received a Hallmark e-card from a Women’s Network member telling me that she enjoyed my May newsletter article and that it left her feeling courageous and inspired. I have to say that her comments made my year as Women’s Network President! I feel that because I was able to touch at least one person, all of my efforts have been completely worth it!

Your new President, Renaë Nicholes, is an amazing woman. She is also very courageous and determined and will carry forward our four priorities along with our new mission. I anticipate an energetic Women’s Network year with Renaë in the driver’s seat!

Sincerely,

Sherry

New Members

<p>Laura Cameron Phoenix Programs, Inc. 409 W. Vandiver Dr., Bldg. 7, Ste. 101 Columbia, MO 65202-1574 573.875.8880 lcameron@phoenixprogramsinc.org</p>	<p>Zina Fudge Flipz USA 900 Hillsdale Road Columbia, MO 65201-4101 573.814.1929 flipzusamo@aol.com</p>	<p>Sandy Henderson Shelter Insurance Companies 1817 W. Broadway Columbia, MO 65218-0001 573.214.4458 sjhenderson@shelterinsurance.com</p>
<p>Christy Huggans The Strand Salon & Spa 1100 Club Village Dr., Ste. 106 Columbia, MO 65203-4411 573.875.3008 cmaxine04@hotmail.com</p>	<p>Terri Lukehart MFA Incorporated 201 Ray Young Drive Columbia, MO 65201-3599 573.874.5111 tlukehart@mfa-inc.com</p>	<p>Don Mayse Family Pawn 915 Business Loop 70 E Columbia, MO 65201-3915 573.474.1262</p>
<p>Holly Seaver Songbird Station 2010 Chapel Plaza Court, Ste. C & D Columbia, MO 65203-6382 573.446.5941 hbs623@hotmail.com</p>	<p>Ramona L. Smith University of Missouri 401 Reynolds Alumni Center Columbia, MO 65211-2100 573.884.3480 smithram@missouri.edu</p>	<p>Jessica Stannard Natural Nails 3304 W. Broadway Business Park Ct., Ste. H Columbia, MO 65203-0014 573.446.4002 mark@stannard.com</p>
<p>Connie M. Sullivan Sullivan Law Firm, LLC 2101 Corona Rd., Ste. 201 Columbia, MO 65203-2582 573.777.7007 conniemsullivan@hotmail.com</p>	<p>Lindsey Werntz One on One Personal Training 2200 I-70 Dr. SW Columbia, MO 65203-0014 573.445.9095 werntz4@hotmail.com</p>	<p>Ann Wright Sundvold Capital Management 1000 W. Nifong Blvd., Bldg. 4, Ste. 104 Columbia, MO 65203-5615 573.443.1000 awright@sundvold.com</p>

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



Please introduce yourself and help all of our new members feel welcome!

Member Profile by Connie McClellan Linda Mallory, Hospice Compassus



Along with a number of other responsibilities, Linda Mallory serves as a Hospice Consultant for Hospice Compassus. Primarily, her mission is to create community awareness about the importance of hospice. As Linda describes, "Hospice is all about quality of life, especially for those whose lives are in the final phase."

Working with Hospice Compassus is what Linda does for a living. However, Linda considers her most important role in life as serving as co-pastor with her husband at Cathedral of Worship Church. Linda's passion is clearly in helping others. Cathedral of Worship, under Linda's direction, has started "Blessed to Be a Blessing," an organization that assists the elderly to live independently

in their own homes. In addition, she holds women's meetings once a month at her church to address needs and other issues that affect women. These meetings give women an opportunity to release and get refreshed through prayer, gain information from monthly speakers and absorb encouragement from one another. Through this type of support, Linda believes her group can help change the destinies of many women. Linda describes her mission in life: "To find whatever I can do as an individual to give back to others, in ways that will motivate and transform their lives."

Thank you, Linda, for doing everything you can to make this a better world and community.

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Special Activities Noon	2	3 Membership/ Network Connect Noon	4 Steering 8 AM Committee Chairs Noon	5	6
8	9 Public Relations Noon	10 Program/ Registration Noon	11	12	13
15 	16 ATHENA Noon	17	18	19	20
22	23 Newsletter Noon	24 Changing the Odds 8 AM Business Mgrs./ Owners Noon	25 2009 ATHENA Awards The University Club 5:00 - 8:00 pm	26	27
29	30				

**Must Read of the Month
By Heather Stewart**

Raving Fans, a Revolutionary Approach to Customer Service by Ken Blanchard & Sheldon Bowles

Does your company have Raving Fans? Not just customers who talk highly of your business but rave about the service that sets you and your business apart from others. Satisfied customers are okay and help to maintain business, but raving fans can have a huge impact on your business.

Blanchard provides three tools for creating raving fans in a short concise book that can be finished in a few hours. The examples are great and very practical. Take a new look at customer service and create Raving Fans.



Ken Blanchard is the author of *The One Minute Manager* and other business/leadership books.

Three Steps Toward Your New Job: Simple Changes that Make a Difference

The Changing the Odds committee held a very successful women's event on April 25 at the Missouri Career Center. A record number of 26 participants and 25 volunteers enjoyed working together to concentrate on the importance of communications skills and goal setting. Cindy Mustard was an inspiring luncheon speaker whom everyone loved! She shared a wealth of resources available in Columbia which can provide assistance. Janice Dawson-Threat led a hands-on seminar using computer software that assists in budgeting, resume building and job searching. Nancy Allison delivered a very informative seminar on dressing for success followed by a wonderful fashion show presented by the Assistance League of Mid-Missouri and Upscale Resale. Each participant had some yummy cookies, a wonderful gift bag filled with goodies and a flower to brighten their day! A special thank you to the wonderful Changing The Odds committee members for their hard work and dedication! Way to go team!

If you are interested in joining our committee or learning more, please contact Vicki Pauley at vpauley@columbiaha.com or Michele Spry at mspry@midwayelectricinc.com for more information. We would love to have you on our amazing team!



Assistance League models did a stellar job!

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ATHENA Words of Wisdom

"People may forget what you have said, but they never forget how you make them feel."

Linda G. Arnold

"Do your nails and wear big jewelry."

Wendy Libby

"Get involved in something more important than yourself."

Vicky Riback Wilson

"The value of volunteering truly has no price tag. It is our social responsibility plus it will make you feel good. Find your passion, volunteer for it and have fun."

Cindy Mustard

Joe Machens presents:

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 2009 ATHENA Awards Banquet**

Thursday, June 25
 The University Club

5:00 - 8:00 pm

\$28 per person, Save \$3 when you register online

Registration Deadline: June 22



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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.

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

Health Corner

Make This Your Sun Awareness Summer

Connie McClellan, Winter Dent & Company

The most important aspect of sun awareness is the risk of skin cancer resulting from overexposure to the sun's ultraviolet (UV) rays. Skin cancer is the most common of all cancers. UV radiation is thought to be the major risk factor for most skin cancers. According to the American Cancer Society, tanning lamps and booths are another source of radiation and should be avoided.

Most of what I've told you so far is old news. However, following are some interesting facts that you may not know:

- The two most common forms for skin cancer are basal cell carcinoma and squamous cell carcinoma. Basal cell carcinomas often appear as flat, firm, pale areas or as small, raised, pink or red, translucent, shiny, waxy areas that may bleed after minor injury.
- Squamous cell cancer may appear as growing lumps, often with a rough surface, or as flat, reddish patches that grow slowly.
- The risk of basal and squamous cell skin cancers goes up as people get older. Actually, this is logical as the older we get, the longer we've been exposed to the sun, the better our chances of developing skin cancer.

- Men are 2 times as likely as women to have basal cell cancers and 3 times as likely to have squamous cell cancers of the skin.
- Skin cancers often don't cause symptoms until they become quite large.
- The risk of skin cancer is much higher for whites than for dark-skinned African Americans. This is because melanin helps protect against UV radiation. People with dark skin have more melanin. People with fair (light-colored) skin that freckles or burns easily are at extra high risk.

Ideally, the way to avoid skin cancer is to stay out of the sun. However, not only is that unrealistic, it is undesirable and not in the plan for our lives. Having said that, the key to avoiding skin cancer is conscious prevention. Here is a "catch" phrase to remember before you go out into the sun: "Slip, Slop, Slap and Wrap." Slip on a shirt, slop on sunscreen, slap on a hat and wrap on sunglasses to protect the eyes and sensitive skin around them. A hat with a 2-3 inch brim all around will protect all areas including the neck. Straw hats are not effective unless very tightly woven.

MILESTONES

Congratulations to
Midway Electric, Inc.,
owned by Brandon
and Michele Spry, for
being named the
Columbia Chamber of
Commerce's
2009
Small Business
of the Year
during the Awards
Luncheon on May 1
at the Courtyard by
Marriott.

