

A division of the  
Columbia Chamber  
of Commerce

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Since 1981



Gary Pinkel

March 2009

Boone Hospital Center presents:

"True Teamwork & Leadership"

By Gary Pinkel

University of Missouri Head Football Coach

Thursday, March 19

Peachtree Catering and Banquet Center

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

\$12 for members, \$15 for guests

Registration deadline: March 13

Huddle Up!

*A discussion on teamwork and leadership from Mizzou Coach Gary Pinkel*

Head football coach **Gary Pinkel** has officially completed his 8<sup>th</sup> season at the University of Missouri and his success speaks for itself. In the 2007 football season, Coach Pinkel led the Tigers to the program's first #1 national ranking since 1960. Winning a school-record 12 games, the Tigers caught the attention of the national football community and stood in the spotlight on television and in all major sporting publications.

At the end of an exciting 2008 season, the 10-4 Missouri Tigers set numerous school records, won an exciting Valero Alamo Bowl in overtime, and finished the season ranked 16<sup>th</sup> in the USA Today Coaches' poll.

While Pinkel himself would say the program is still a work in progress, Mizzou's football program has experienced incredible growth and numerous accomplishments since he came to MU in the fall of 2000.

For his outstanding achievements, Pinkel was a finalist for several national coach-of-the-year awards in 2007 including the Robinson, Bryant and Munger awards. He was also named the National Coach of the Year by FieldTurf in 2007.

Coming off a second highly successful season with the Mizzou Tigers football team, Coach Pinkel will inspire us with his talk of **teamwork** and **dedication** and the role they play in **overcoming adversity and achieving success** in our **business and personal lives**. By mixing in his coaching experiences, Coach Pinkel will also address **true leadership** and the **balance between work life and personal life**.

Don't miss this opportunity to learn real life lessons from one of Columbia's most motivating local leaders.

Going Bonkers is our Gold Sponsor for the March luncheon.

*Register now on page 5!*

**Sherry Julian Waddill**

President  
Boone County National Bank

**Rena Nichols**

President-Elect  
The Latter House

**Anne Farrow**

Past-President  
Smart Business Products, Inc.

**Jennifer Thoma**

Secretary  
Boone County National Bank

**Karen M. Miller**

Treasurer  
Boone County

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Karen M. Miller  
Iris Calloway  
Michelle Wheeler

**2007-2010 Term**

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Valorie Livingston  
Chris Steuber  
Michelle Schawo  
Jennifer Thoma

**2008-2011 Term**

Cara Christianson  
Kate Grant  
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Kelley Marchbanks  
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Melissa Smith

**“In The Loop”**

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



About a month ago during a brief break from a Women’s Network Strategic planning session, several committee members were talking about Facebook and I was intrigued with what I was hearing. I heard about making new friends, finding old ones and how addictive it is to use “Facebook”! I was so fascinated that I went to facebook.com to find out what all the “hub bub” was about. After only 30 minutes, I understood why those extraordinary women were talking so much about this social network. Then 30 minutes later, I had created my own facebook page, uploaded pictures, created my profile, and had several friends! In only one week and three days, I had 114 friends from elementary school, Jr. High and High school friends, as well as colleagues from current and past employers, and many of you! Facebook is only one of more than 100 social networking websites. It’s a free [social networking](#) website that is [privately owned](#) and operated by Facebook, Inc. Web users can link themselves to networks organized by school, place of work, and region to unite and interact with groups and other people. Users can add friends and send them messages, suggest friendships with other friends, and update their personal profiles to notify friends about changes in their lives.

[Mark Zuckerberg](#) established Facebook in 2004 while he was a student at [Harvard University](#). Membership to his website was initially restricted to Harvard students only, and later expanded entry to include any college student, then high school students, and then to anyone who is 13 years of age and over. Facebook currently has more than 150 million active users worldwide, and I am one of those users!

I was a lot like some of you, feeling very reluctant to start any kind of social network, especially a facebook page because of privacy, time and fear of the unknown. However, I am here to tell you that I have found many of my old school friends, reunited with past colleagues and I even made a sales call on my facebook page, and so can you! I have developed a list of friends with whom I now network on a different level! It is another way to network and you should give it a try at [www.facebook.com](http://www.facebook.com). Search for me and I will be your friend!

Sincerely,

*Sherry*

Source Citation: <http://en.wikipedia.org/wiki/Facebook>

## New Members

<p>Gina Harris Women's Wellness Center 1705 E. Broadway Ste. 300 Columbia, MO 65201 (573) 449-9355 Gina.harris@womenswellnessnow.com</p>	<p>Kim Martin University of Missouri 100 Mizzou Athletic Training Complex Columbia, MO 65211 (573) 882-7720 Martinkimb@missouri.edu</p>	<p>Kylene Richardson Stephens College 1200 E. Broadway Columbia, MO 65215 (573) 876-7109 KRichardson@stephens.edu</p>
<p>Melissa Blackwell Columbia Country Club 2210 N Country Club Dr Columbia, MO 65201 (573) 449-4115 mblackwell@eaglegolf.com</p>	<p>Theresa McDonald Boone Hospital Center 1600 E. Broadway Columbia, MO 65201 (573) 815-3210</p>	<p>Tina DeClue Big Brothers Big Sisters of Central Missouri 800 N. Providence Rd. Ste 110 Columbia, MO 65203 (573) 874-3677 ext 210 Tina.Declue@bbbs.org</p>

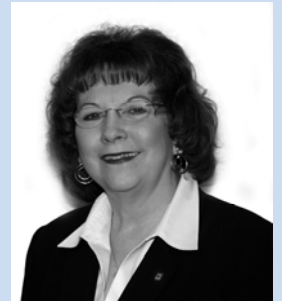
### Carrie D. Francke Memorial Scholarship

Each year, Women's Network provides a \$1,000 scholarship in memory of Carrie D. Francke. Carrie was ambitious, completing a political science degree at MU in three years, followed by earning journalism and law degrees. She served as Senator John Danforth's press secretary, as an Assistant Attorney General for the State of Missouri, and on the University of Missouri Board of Curators. She died in a tragic car accident in 1989 at the age of 34. Carrie served on the Women's Network Steering Committee. The Carrie D. Francke Memorial Scholarship awarded to a student fitting the criteria at the University of Missouri, Stephens College, Columbia College, William Woods University, or Central Methodist University. (See application in newsletter for details) If you have any questions, please call Liz Glockhoff, Director of Women's Network at 573.817.9119 or e-mail at [lglockhoff@columbiamochamber.com](mailto:lglockhoff@columbiamochamber.com). **Application Deadline is May 1, 2009.**

## Member Profile by Connie McClellan

### Suzanne Wiss, Residence Inn by Marriott

In 1984 Suzanne Wiss relocated from St. Louis, Missouri to the Columbia area to attend the University of Missouri as a "non-traditional student" for a career path change. Since that time she has earned a Bachelor of Science Degree in Food Service and Lodging Management and a Masters Degree in Education in Health Promotion and Wellness. In addition, Suzanne is certified as a Wellness Director from the Cooper Institute in Dallas, Texas and is recognized by her Certificate in the Dale Carnegie Leadership Program.



In July 2005, Suzanne was instrumental in the opening and successful development of the Residence Inn by Marriott in Columbia, Missouri. As Director of Sales, she organized and currently maintains all aspects of the Sales Department. Marriott recognized Suzanne for her successful accomplishment in Marriott's *Sales Edge Training Program* in 2006. She was honored with the *Dedication to Service* in 2008. The Residence Inn is one of Marriott's eighteen brands and has the primary purpose of accommodating extended-stay guests as well as business and leisure travelers staying for one or two nights. Marriott's Residence Inns are purposely built to provide a **Home Away from Home** atmosphere and accommodations for their guests.

For several years, Suzanne has been a participating member in Columbia's Hotel Marketing and Lodging Associations through the Convention and Visitors Bureau. For the past three years, she has been a member of Columbia's Women's Network; An Affiliate Member of the Columbia Board of Realtors; Business Networking International Worldwide, and is in her second year as an Investor in Columbia's Regional Economic Development. She just cannot get enough of Columbia and all of its wonderful attributes. Suzanne has found her life to be very rewarding by enjoying the opportunity to meet new people and to be of service. She greatly treasures the building of friendships from them.

While Suzanne is from St. Louis, she has made Columbia and the Residence Inn her **Home Away from Home**. Outside of the work place, Suzanne's other passions include spending time with her family, enjoying theatrical productions, and loves ballroom dancing.

She looks forward to meeting you!

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

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Special Activities Noon	3	4 Membership & Network Connect Noon	5 Steering 8 a.m.  Committee Chairs Noon	6	7
9	10 Public Relations Noon	11 Program/Registration Noon	12	13 Luncheon Registration Deadline	14
16 	17 ATHENA Noon	18	19 Women's Network Luncheon 11:30 a.m. to 1 p.m. Peachtree Catering & Banquet Center	20	21
	24 Newsletter Noon	25 Changing The Odds 8 a.m.  Business Managers/Owners Noon	26	27 	28
	31				

## Health Corner: Stress

By Connie McClellan, Winter-Dent & Company

When we are stressed, our bodies release a stress hormone called cortisol, which causes the levels of fat and sugar to rise in the blood. In primitive times fat and sugar were required to provide humans the needed energy for the "fight or flight" response. However, in our time, the stresses we face in our every day life are rarely the run for your life variety. Consequently, the fat and sugar aren't expended as thoroughly as they need to be in order to avoid being stored. For whatever reason, these particular fats store around the midriff area.

If having a large midriff were simply a problem of vanity, it wouldn't be so bad. However, an undesirably large midriff is much more serious than just being unattractive. The health risks from a large midriff are many and serious.

1. Excess belly fat creates a higher risk for diabetes and heart disease.
2. Studies show those in their 40's with large midriffs, are at greater risk of dementia later in life.
3. Studies are confirming that women with abdominal obesity can develop polycystic ovarian syndrome, which can lead to fertility and hormonal problems.
4. Studies show a relevance between large bellies and cancer.

Research shows the reason a large belly can cause diabetes or heart disease is that visceral fats around the abdomen secrete different hormones that cause insulin to not work properly which results in a condition known as "insulin resistance," often times resulting in diabetes and/or heart disease.

Who is at risk, you ask? If you divide your waist measurement by your hip measurement and it's more than 0.8, then you are an "apple-shape" and need to take action. If you've noticed your body shape shifting, your waistline becoming less defined and a midriff bulge appearing, then it's time to do something.

So, what can you do to rid yourself of the dreaded "pot belly?" It's not by cutting calories nor is it by doing sit-ups. Studies show the best way to get rid of a large belly is...yep...you guessed it, regular, moderate intensity exercise. An example would be a regular 20-minute morning workout or evening walk three times a week. This type of exercise has proven to reduce the size of the fat cells that cause the belly to enlarge.

But, let's not forget the original source of the problem, that being stress. The best ways to rid yourself of stress, so as not to release the cortisol hormone in the first place are:

1. Exercise regularly
2. More belly (pardon the pun) laughs
3. Don't sweat the small stuff.
4. Be grateful for what you have and don't stress about what you don't have.
5. Do deep breathing exercises when you feel the stress coming on..

Now, get out there, stress less and live longer and healthier!!

**“Must Read” of the Month: Stress Less**

Feeling overwhelmed? You’re not alone. Americans are the most stressed people in the world. Between 75 to 90 percent of all visits to primary-care physicians are due to stress-related disorders.

In “Stress Less,” best-selling author, Dr. Don Colbert, explains why this epidemic is out of control and suggests practical ways to conquer stress. He also exposes stress as the culprit behind many debilitating and killer diseases. Colbert includes scientific evidence, patient testimonies, Biblical principles and proven theories. He addresses stress from a mental, emotional, physical and spiritual standpoint.

If you're ready to stress less, Dr. Colbert's book may be the ideal stress reliever.



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(Fax, phone, mail or email registration - add \$3)**

**Registration deadline: Friday, March 13**

**Registration available online at [www.columbiamochamber.com](http://www.columbiamochamber.com),  
[www.columbiamowomensnetwork.com](http://www.columbiamowomensnetwork.com) or fax to 443-3986.**

**Gold Luncheon Sponsor  
Going Bonkers**

Company name: \_\_\_\_\_

Member name: \_\_\_\_\_  
\_\_\_\_\_

Guest name & business affiliation: \_\_\_\_\_ Phone number: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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 encourage personal and professional growth through networking and to support and develop leadership roles of members at the local, state and national levels.

## Winter Warm Up Recap

What a way to start a brisk winter morning! Twenty-six Women's Network members gathered at Kaldi's Coffeehouse on Wednesday, January 28<sup>th</sup> for a warm beverage and great conversation! This was a nice opportunity to see a few new faces and some established members as well, and make networking connections in an intimate setting. Small mixers are a great way to meet people and build lasting relationships. The Special Activities Committee hopes to see you at our next mixer!



## Women's Network Spring Fling

This is no April Fool's joke! Please join the Special Activities Committee for a mixer at Bangkok Gardens to celebrate the silliest day of the year. We'll provide the appetizers, beverages and you share your worst April Fool's Day stories. We'll see you there, we promise!

**Join us Wednesday April 1st from 5:30-7:00 PM at Bangkok Gardens**