



**NETWORK**  
FOR  
PROFESSIONAL &  
EXECUTIVE  
WOMEN

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April 2011  
Volume 21  
Issue 4

**April 2011**  
**Featured Speaker**  
**Mary Skinner**



Please come to our April meeting and meet Mary Skinner, the co-owner of Curves.

Mary was born in Anniston, Alabama and has lived in Columbus 42 years. She, like many of us wear many hats; wife, mother, grandmother, business women. Mary spent 28 Years in the Healthcare field before taking a leap of faith and opening the first Curves in Columbus with her partner and sister-in-law, Joann Stephens.

It was not an easy decision and she has had her challenges along the way. But 9 years later she finds great joy in helping women to get healthy.



**Come to learn what made Mary take the big leap in owning her own business!**



## President's Message

### Sommer Bundy

***Do not be afraid to encounter risks.*** It is by taking chances that we learn how to be brave.

***Do not shut love out of your life by saying it is impossible to find.*** The quickest way to receive love is to give love; the fastest way to lose love is to hold it too tightly.

***Do not dismiss your dreams.*** To be without dreams is to be without hope; to be without hope is to be without purpose.

***Do not run through life so fast that you forget not only where you have been, but also where you are going.***

In the midst of our busy lives, I found this and thought that it was worth sharing and said perfectly how we often need to think and feel.  
***Please take time to read!***

**Life Is Not A Race**  
**Author Unknown**

***Do not undermine your worth by comparing yourself with others.*** It is because we are different that each of us is special.

***Do not set your goals by what other people deem important.*** Only you know what is best for you.

***Do not take for granted the things closest to your heart.*** Cling to them as you would your life, for without them, life is meaningless.

***Do not let your years slip through your fingers by living in the past, nor in the future.*** By living your life one day at a time, you live all the days of your life.

***Do not give up when you still have something to give.*** Nothing is really over until the moment you stop trying.

**Life is not a race,  
but a journey to be  
savored each step  
of the way.**

## Sommer



## BIRTHDAYS

Jean Richardson 3/16  
Sommer Bundy 3/22  
Patricia Schneider 3/22



Linda Campbell 4/15  
Rose Jarmon 4/26

## 2011 LUNCH DATES

### *Reservations are Required*

Lunch meetings are held on the fourth Friday of each month at Green Island Country Club (except December). Lunch is served at 11:45 AM. Come early and enjoy networking beginning at 11:30 AM.

Prospective members are encouraged to attend two lunch meetings prior to applying for membership. See a Board Member or the Registration table at a luncheon to obtain an application and find out more about the qualifications for membership.

Please RSVP directly on our new website: [networkforprofessionalwomen.com](http://networkforprofessionalwomen.com). You may also reach Jann McMahan with any questions at (706) 561- 9800.

### Luncheon Dates

April 22  
May 27  
June 24  
July 22  
August 26  
September 23  
October 28

### MEMBER SPOTLIGHT

**Sandi Lampert with the  
Bulloch House  
will be our member spotlight  
for April.**

# MORE NETWORK HAPPENINGS

Welcome our new member,  
**Savonne Monell**

Savonne currently serves as the Employee Services Manager for Columbus Water Works!



This newsletter is for all members of Network. It is for sharing news of job promotions, job openings, calendar events and special awards.

To get your news in Network Upbeat, send your articles to Pat Whipple Email: [patricia\\_whipple@ml.com](mailto:patricia_whipple@ml.com) or contact her at 706-494-5336

*Please join us for  
the Annual Teenage Parenting Center (TAP)  
Luncheon and Baby Shower*



We are requesting sponsors for this month's luncheon at Green Island (Network Members) to pay for the lunch meals at a cost of \$16.00 each. Any donation would be greatly appreciated. We also need baby shower gifts and baby clothing. Please contact Wanda Johnson at (706) 569-7992 or [w.johnson@columbushospice.com](mailto:w.johnson@columbushospice.com) for more information.