



FOR
PROFESSIONAL &
EXECUTIVE
WOMEN

UPBEAT

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Elizabeth Alcantara



Currently Elizabeth Alcantara is the Executive Director for the Homeless Resource Network, Inc. based in Columbus, Georgia.

The Homeless Resource Network is a nonprofit organization and a United Way partner agency with a mission to actively partner with the community to seek solutions to homelessness through advocacy, education, services and collaboration. The Homeless Resource Network provides direct services to people experiencing homelessness, those at risk of homelessness and low income HIV+ people. In addition the Network works with the larger community addressing homelessness.

Elizabeth Alcantara has over 17 years of experience working with nonprofit organizations addressing poverty. She has experience outside of the United States as well. She was a Rotary Exchange Student in India and a Mission Intern with the United Methodist Church serving in both the Philippines and in Harlem, New York City.



In the past year, the City of Columbus has voted to implement a ten year plan to end homelessness and Elizabeth has a large role in assisting with the project. With the vast number of agencies, one would think that the number of homeless in the city of Columbus would be minimal, but it is quite the opposite.

If you care about the future of Columbus and ending homelessness, you will want to be present and have the honor of hearing from and meeting Elizabeth Alcantara as she shares her experience and desires to better Columbus.



Back to School

August is now the month for back to school....When I was in school it was September, but I guess times have changed. Here are a few back to school quotes I thought you would enjoy.

The whole purpose of education is to turn mirrors into windows. ~Sydney J Harris

The best teachers teach from the heart, not from the book. ~Author Unknown

Education is what remains after one has forgotten what one has learned in school. ~Albert Einstein

An investment in knowledge always pays the best interest. ~Benjamin Franklin

Home computers are being called upon to perform many new functions, including the consumption of homework formerly eaten by the dog. ~Doug Larson

You can get all A's and still flunk life. ~Walker Percy

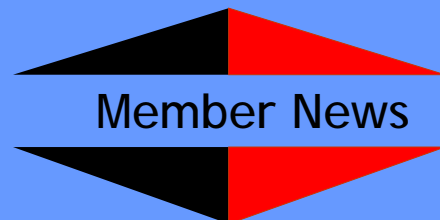
There are three good reasons to be a teacher- June, July, and August. ~Author Unknown

I like a teacher who gives you something to take home to think about besides homework. ~Lily Tomlin as "Edith Ann"

Being a child at home alone in the summer is a high-risk occupation. If you call your mother at work thirteen times an hour, she can hurt you. ~Erma Bombeck

Hope you had a great summer and remember you learn something every day if you pay attention.

Durona Courington
President



If you have guests that are interested in joining Network, please contact Jann McMahan (706) 561 9800 and she will send a note with an application for them to complete.

Dog Days of Summer



Yes there was a movie by Mark Frieberger titled " The Dog Days of Summer" but what I am referring to is the most hottest most humid six weeks of the year! They usually fall between early July and early September. With it now being August we are half way through the heat. Here are "10 Ways to Beat the Heat" from This Old House (<http://www.thisoldhouse.com/toh/article/0,,218939,00.html>).

Tip 1: Set the Dial Higher

If you have central air, set your thermostat above 78 degrees. For a typical household, setting the thermostat at 80 degrees saves 10 to 15 percent; raising it to 85 degrees will save 35 to 55 percent.

Tip 2: Use a Fan

A fan, which costs two to five cents per hour to operate, will make a room feel 4 to 6 degrees cooler. Also, a fan works well in tandem with an air conditioner because the dehumidifying action of the air conditioner provides drier air that the fan can then move around.

Tip 3: Practice "Texas Cool"

"Texas cool" is a morning and evening routine that takes advantage of cool outdoor temperatures at night and keeps the heat at bay as much as possible during daylight hours. At night when the temperature drops, open windows and bring in cool air with window fans or a whole-house fan. As soon as the sun comes up or the air starts to heat up, shut the windows and shades and keep doors closed.

Tip 4: Use Sunblockers

As much as 20 percent of summer heat enters your home as sunlight shining through windows. To cut "solar gain," add curtains or blinds to rooms that get direct sun and draw them in daylight hours.

Tip 5: Install a Programmable Thermostat

A programmable thermostat lets you preset temperatures for different times of the day, so air-conditioning is working only when you are home.

Tip 6: Cook Smart

Any appliance that generates heat adds to your cooling load. An oven baking cookies can easily raise the room temperature 10 degrees. Save cooking (especially baking) for cooler hours, or cook outdoors on your grill. It is also a good idea to run the dishwasher and clothes dryer at night.

Tip 7: Get Cooler Lights

Incandescent bulbs don't contribute as much heat as unshaded windows, but they do add heat to a house and can raise the perceived temperature, sending you to the thermostat to seek relief. To reduce this hot-light effect and save lighting costs year-round, replace incandescent bulbs with compact fluorescents. They use about 75 percent less energy and emit 90 percent less heat.

Tip 8: Snug Up the Ducts

Ductwork must be balanced between the supply and return sides of the system in order for it to work safely and efficiently, so making a repair in one section can cause a problem in another. Leak-prone areas include the return plenum; where branch ducts meet the trunk line; and where ducts attach to outlets.

Tip 9: Seal Air Leaks

Armed with a flashlight, exterior-rated silicone caulk and a couple cans of expanding foam insulation, hunt down and seal all leaks. Concentrate on the attic, basement and crawl space.

Tip 10: Defeat Attic Heat

The temperature in your attic can reach 150 degrees on a hot summer day. If your attic has less than R-22 insulation — 7 inches of fiberglass or rock wool, or 6 inches of cellulose — you should add more.



NETWORK HAPPENINGS

Networking Opportunities

Re-engaging the Disengaged Employee
Tuesday, August 18, 2009 8:00-12:00 Pastoral Institute's Community Room

Jim Blanchard Leadership Forum
Monday and Tuesday, August 31 and Sept. 1
Columbus Convention and Trade Center
jimblanchardleadershipforum.com

Muscogee County Republican Party
"Back to Basics" Dinner featuring Michael Zak Cunningham Center
Sept. 8, 2009
Contact 706-596-8418 for more information

Springer Opera House "Footloose"
Sept. 17-Oct. 3, 2009 Emily Woodruff Hall



Birthdays

August

02 Fern Lasseter
04 Darlene Ballard
07 Susan Henderson
09 Betty Savage-
Stephens
09 Jennifer Miller
21 Mary Stewart



September

9 Deborah Ammons
29 Kim Hoffman

2009 Lunch Dates

August 28
September 25
October 23
November-Annual
Meeting TBA

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.

Prospects 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.



I AM TRYING TO
ADD MORE FRIENDS

I know that some of us are new to "IT" world of Facebook, My Space and some even e-mail, but it has become the now way of communicating and networking.

I am a traditionalist in the sense that I think a thank you note should be mailed and not e-mailed. I am also the person that writes everything down on my calendar/ planner that I keep with me at all times.

It is not enough to do things one way, you now have to do then "old" and the "new". So this month I would encourage you to branch out from your norm methodology of communicating.

If you are an "IT" person, try handwriting a note and mailing it. If you are a note writer, try logging on to Facebook and send a message to a friend or just post a message about yourself.

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Business Resource Center ext. 1204

Newsletter Editor

Sommer Bundy(706) 649-2632
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**Next Meeting
Friday August 28, 2009**

Green Island Country Club at 11:45 AM.
Remember: Make your reservations today by faxing the reservation form, reservations on the web, www.NetworkForProfessionalWomen.com e-mail, jtalley@pilink.org or call Judy Talley at 649-6400 ext. 1204.

Reservation DEADLINE:
August 26th, 2009

Do You Have News?

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

To get your news in *Network UpBeat*, send your articles to Sommer Bundy email: sommerbundy@columbusbankandtrust.com, sunshinesgb@gmail.com or call (706) 649-2631

2008 Board Meeting Dates:

Network Board meetings are all scheduled from 12 Noon to 1:15 PM in the Pastoral Institute's Classroom.

September 1
September 29
October 27
November TBA

