



FOR
PROFESSIONAL &
EXECUTIVE
WOMEN

UPBEAT

June 2010
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June 2010 Featured Speaker Kit Reames McClung, CMP, CHSP

We are excited to have Kit Reames McClung as Network's featured speaker for June. Kit is the National Sales Manager with beautiful Callaway Gardens in Pine Mountain, Georgia, and has been with them since 1995.



Kit shares her extensive knowledge of Callaway Gardens in a spontaneous, energetic way inspiring you to remember past successes, listen to your intuition and boldly face the challenges each new day brings with confidence.

Let's all join Kit at our next luncheon to learn more about her career and experiences.

**Callaway Gardens.**





President's Message

Jean Richardson

Things to enjoy this month...

- **JAZZY:** June and jazz music go together like pesto and pasta. Find a festival at www.allaboutjazz.com or throw a music fest in your backyard.

Ask friends to bring a favorite jazz CD to play.



- **Petal Pushers:** On the next walk with your kids, try to identify five types of flowers in your neighborhood. For hints, see www.wildflower.org.

- **Flag Day** is June 14th: Upload a photo and story about what the flag means to you and it could become part of a Smithsonian mosaic. www.americanhistory.si.edu/ssb

Hello Ladies,

It's summertime. My husband, Cornelious, and I are now officially empty nesters and have been for sometime. Our sons, Brad and Bryan, moved on with their lives and life is moving to a new stage, just as it should, although some days I wonder how does it go so fast? We went on vacation last week to Las Vegas, Nevada and spent some down time together and it was so much fun. Sometimes I think we forget how to slow down and just enjoy each other. In preparing for our events, I've been sorting photos of our trips over the years. There are boxes and albums full of so many memories of vacation with the boys and now just us. When we get together as a family, we talk about the fun days of vacations of the past.

With every photo, I'm reminded of how important experiences are to the life and memories we create with our family. They're as much a part of "home" as home itself.

That's why this month, I wanted to give you some ideas to enjoy this very moment, at home and beyond, and help you make the most of everyday life.



- **For Dad:** Take him out to the ball game. Buy Dad tickets to see his favorite baseball team. Check out www.stubhub.com, a site where fans buy and sell tickets and where you can find major league bargains, especially for weekday games. Make it a minor league game and you'll have money left over for Cracker Jacks and drinks.



- **It's A Picnic:**

Celebrate the first patio party of the season. An easy flower and candle arrangement is a festive centerpiece and the flickering flames are protected from evening breezes by the globe. Fill a glass canister partway with sand and insert flower stems and candles. For longer lasting blooms, use floral picks or moisten the sand.

June's warm days and nights send backyard tomato plants into overdrive. There seems to be a lot more tomato plants growing in a lot more backyards this summer than last. This year, I took on this little project of planting tomatoes and to my surprise, I have tomatoes everywhere. Families may start new-era victory gardens to help make ends meet, but they often discover along the way that it's also just plain fun. I look forward to going out in my backyard each day to see how much they have grown. It just makes me smile when I see my masterpiece.



It's good for people to have gardens and to slow down a little bit. I never knew that there are so many different kinds of tomatoes like speckled roman, great whites, costoluto and big zebra, just to name a few. Don't worry, I only have the simple ones in my small

backyard garden. The average backyard gardeners may need help when it comes to fancy tomatoes. I have learned that the first step to harvest success is to know what you're growing. For more tomato-growing tips and information go to www.BHG.com/tomatotips.

I hope you all have a great summer and remember to slow-down a little.

Thanks,
Jean



June	Ruth Brown—Silpata Jewelry
July	Michelle Justice—Justice Accounting
August	Pat Whipple—Merrill Lynch
September	<u>Still available</u>
October	Babbs Douglas—Feeding the Valley Food Drive

We look forward to learning more about our members. **We have September open**, if anyone would like to be featured. **Remember to bring a small prize for our drawing!**

Contact Susan Henderson to sign up
(706) 569-3063

NETWORK HAPPENINGS

BIRTHDAYS



Tiny Washington	23
Susan Wirt	26
Mary Jane Galer	30

Mary Bode	9
Cathy Phillips	9
Barbara Dakin	19
Pegi Taylor	21



2010 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.

You can RSVP and register guests on our website:
www.NetworkForProfessionalWomen.com

If you cannot locate your password, contact Kathy Reeves at:
Kathy.reeves@springharborccrc.org

Mark your calendars
 now for the
 2010 Network Lunch Dates

June	25
July	23
August	27
September	24
October	22
November	19

**WHO DO YOU KNOW WHO IS
 MISSING OUT ON BEING PART
 OF NETWORK FOR
 PROFESSIONAL
 AND EXECUTIVE WOMEN?**

Let's share our great Network with other professional women. It is a great place to network, to learn more about each other's profession, and a great way to do business with each other. We've got some awesome speakers lined up for the rest of the year, so let's bring as many guests as we can.

MORE NETWORK NEWS

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Columbus Consolidated Government

Directory

Karen Smith (706) 660-6103

Columbus Regional

2010 BOARD MEETING DATES:

July 13

August 10

September 14

October 12

November 9



*What's going on?
Let's feature your
accomplishment in the
next newsletter!*



School is finally out. Go where the boys are...

In June, as many as a dozen species may burst their buds on a single day. No man can heed all these anniversaries; no man can ignore all of them.

- Aldo Leopold