



FOR  
PROFESSIONAL &  
EXECUTIVE  
WOMEN

# UPBEAT

September 2009  
Volume 19  
Issue 9

Feeding The Valley Food Bank

Babbs Douglas



Babbs Douglas is the Executive Director of the Feeding the Valley Food Bank. She has been employed with Feeding the Valley for 17 years. She has served as Director since 1997.

Babbs is a graduate in music from Regents University in Albany, New York. She currently directs the Children's Choir Program at First Baptist Columbus and sings with Columbus State University's Choral Union.

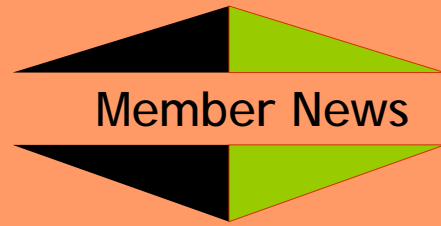
She is a part of the 2000-2001 Leadership Columbus Class.

She is married to Rev. Myron Douglas who serves a Minister of Education at First Baptist Columbus. They have two children Geoffrey who is attending Texas State University and Laura who is attending Samford University.

*Please help show your support for this meeting by bringing non-perishable food items to the September meeting for donation to the Feed the Valley Food Bank.*



# September



I thought it would be fun to revisit a couple of old songs that relate to September.

"Try to remember the kind of September  
When life was slow and oh so mellow  
Try to remember the kind of September  
When grass was green and grain so yellow  
Try to remember the kind of September  
When you were a young and callow fellow  
Try to remember and if you remember  
Then follow—follow oh-oh."

-Try to Remember, Lyrics by Tom Jones and Harvey Schmidt

"I don't wanna say goodbye for the summer  
Knowing the love we'll miss  
Oh let us make a pledge to meet in  
September  
And seal it with a kiss  
Guess it's gonna be a cold lonely summer  
But I'll fill the emptiness  
I'll send you all my love every day in a letter  
Sealed with a kiss."

-Bobby Vinton

Oh, the memories.....Have a great  
September.  
Durna Courington  
President

September 22— National American Business Women's Day. This is a day set forth by Congress on which all Americans can recognize the important contribution more than 57 million American working women have made and are continuing to make each day.

This is part of the American Business Women's Association. Their mission is To bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership; education, networking support and national recognition.

For more information on this "holiday" and about the American Business Women's Association go to : [www.abwa.org](http://www.abwa.org)



Our PIE partnership with the Teenage Parenting Center is underway for the 2009/2010 school year! All Network members are invited to meet the TAP teachers at their faculty meeting on September 29 at 2:45 in the Waverly Terrace school building. Beginning in October, Network members will be having lunch with the students one Thursday each month. Wanda and Dee will be asking members for input so they can determine the best week for Network to visit TAP each month. Our Network visits will be announced in advance and the girls will be prepared to share their thoughts and questions with us.

On October 14 from 12:00 to 1:00 pm, Network members have been asked to present work place and career preparation skills workshops for the girls. Do you have a 20 minute workshop in an area such as dress in the workplace, interviewing skills, or a like topic that you can share with the TAP girls on October 14? Like many schools, TAP is also in urgent need of supplies to fill in the gap in this years' budget. A needs assessment will be provided to Network by the end of September. The TAP teachers are very grateful to Network members who can help meet these needs.

The mission of Partners In Education is to enhance the quality of education for citizens by establishing and maintaining dynamic partnerships throughout the Greater Columbus Region. Wanda and Dee will be sharing Network's plan for meeting this mission in 2009/2010. We definitely plan to be recognized once again as a Gold Level sponsor at next year's PIE banquet!

**GOLD LEVEL - Fully engaged partner with commitment to human and financial investments targeted at sponsoring programs that address four "key success factors."**

- #1 Enriching the life experience for the student
- #2 Improving academic performance
- #3 Growing career opportunities
- #4 Providing faculty development & enrichment



# NETWORK HAPPENINGS

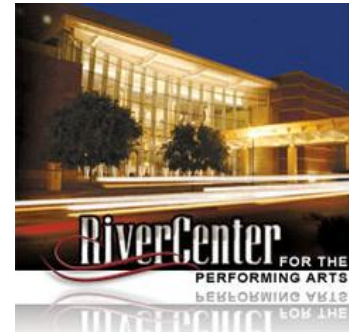
## Networking Opportunities

Thursday, September 17th,  
But I Don't Want to Work With Them: Five Stages of Team Development  
8:00-12:00  
Pastoral Institute's Community Room

Saturday, October 3  
JDRF Walk for a Cure  
8:00-  
Columbus Riverwalk at Rotary Park

October 12, Columbus Day Ridge Hike  
Callaway Gardens, 6 miles, 10:00-3:30  
706-663-5153

October 17, Loretta Lynn- RiverCenter Performing Arts



## Birthdays

### September

9 Deborah Ammons  
29 Kim Hoffman



### October

01 Kim Rozycki  
06 Durna Courington  
07 Karen Cole  
10 Wanda Johnson  
11 Ruth Brown  
19 Laura Grantham  
27 Nancy Williams

## 2009 Lunch Dates

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.



**Board of Directors**

- President**  
Durona Courington .....(706) 320-2704  
St. Francis Hospital
- Vice President**  
Jean Richardson .....(706) 644-0783  
CB&T
- Immediate Past President**  
Nancy Williams.....(706) 571-1482  
Columbus Regional
- Secretary**  
Cathy Phillips .....(706) 687-1240  
Buffalo Rock
- Treasurer**  
Kathy Reeves .....( 706) 576-6007  
Spring Harbor
- Membership**  
Jann McMahan.....(706) 561-9800  
TriSource Solutions, LLC
- Community Resources**  
Kim Rozycki .....(706) 569-3055  
CSU / Cunningham Center
- Hospitality**  
Susan Henderson.....(706) 569-3063  
CSU
- Special Events**  
Joy Hamilton .....(706) 596-3062  
Communicorp
- Awards**  
Linda Kennedy .....(706) 327-4112
- Partners In Education**  
Wanda Johnson .....(706) 569-7992  
Columbus Hospice
- Dee Langford .....(334) 732-1473  
Delong Global Marketing
- Web Master**  
Judy Talley .....(706)649-6400  
Business Resource Center ..... ext. 1204
- Newsletter Editor**  
Sommer Bundy .....(706) 649-2632  
CB&T

**Next Meeting  
Friday September 25, 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](http://www.NetworkForProfessionalWomen.com) e-mail, [jtalley@pilink.org](mailto:jtalley@pilink.org) or call Judy Talley at 649-6400 ext. 1204.

Reservation DEADLINE:  
September 23, 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](mailto:sommerbundy@columbusbankandtrust.com), [sunshinesgb@gmail.com](mailto: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 29
- October 27
- November TBA

