



FOR
PROFESSIONAL &
EXECUTIVE
WOMEN

UPBEAT

April 2009
Volume 19
Issue 4

Fundamental Networking

STACIA ROBINSON

STACIA

stands for
“Start Turning All Contacts Into Assets!”



Stacia Robinson is founder and principal of The Benechoice Companies. She is an innovative speaker, trainer and workshop leader whose presentations are dynamic, practical, and designed to help people succeed. Stacia's "giver's gain philosophy," will energize, motivate and challenge you.

Stacia has the credentials and the practical experience to help others gain an edge in today's economy through "word-of-mouth." Everyone will benefit from her simple, yet powerful message of "getting ahead by helping others get ahead." She serves the community through her active involvement in Leadership Montgomery, the Montgomery Area United Way, the Montgomery Education Foundation and the 7th District Advertising Federation.

Stacia is the creator of "*How to Advertise on Network Station W.O.M.M. (Word-of Mouth Marketing)*", which is designed to create a word-of mouth marketing plan for the business owner.

This month, Stacia will be speaking to us about ways to network properly and give our Partners In Education, Teenage Parenting Program (TAP), a few lessons on how to network for their career! This is sure to be a spectacular meeting that I am sure will not only help grow you, but your career as well!



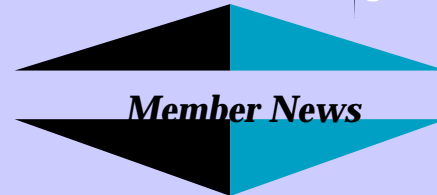
SPRING CLEANING TIPS

This is the time of year to start spring cleaning. Here are a few hints I thought were interesting.

- Use old socks as mitts for cleaning difficult wood work.
- To remove heel marks, take a pencil eraser and rub them off.
- Dust blinds by wrapping a cloth around a ruler. Spray cloth with a dusting spray and run the flat end across each blind.
- A few drops of vanilla extract on a piece of cotton placed in the refrigerator will eliminate odors.
- Stop yellowing of white appliances. Mix ½ cup bleach, ¼ cup baking soda and 4 cups of warm water. Apply with a sponge and let set for 10 minutes. Rinse and dry thoroughly.
- Eliminate odors in wastebaskets by placing a sheet of Bounce at the bottom of the wastebasket.
- Spots on stainless steel can be removed with vinegar.
- When taking stains out of carpet, always use a white cloth.
- Use a damp rag dipped in baking soda to clean crayon marks off walls.
- Spray a bit of perfume on the light bulb in any room to create a lovely light scent in each room when the light is turned on.

Have a great time with your spring cleaning and have a Happy Easter!

Durna Courington
President



Welcome New Members

Shana Taylor— Shana is the Program Director for Twin Cedars Youth Services where she oversees programs for the Ann Elizabeth Sheppard Home. She currently resides in Hamilton, GA.

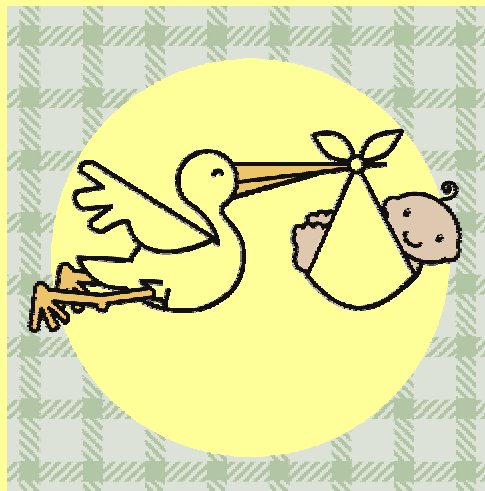
Kim Hoffman— Kim serves as the Assistant District Attorney to Julia Slater. Kim prosecutes child support cases for the Chattahoochee Judicial Circuit. Kim currently resides in Pine Mountain, GA.

Congratulations to **Colette Greer-Daniel** who received Columbus Hospice's Employee of the Year Award for 2008.

Network for Professional and Executive Women has established a **Scholarship Fund** for women admitted to their junior or senior year of baccalaureate or post-baccalaureate programs. The purpose of the Fund is to promote the professional development of women in our area. Both members and nonmembers of Network are eligible to compete. The application deadline is April 15 of each year.

The Stork has landed and delivered bundles of joy, please join us for a baby shower and bring gifts for the store!

Annual Teenage Parenting Center (TAP)
Luncheon and Baby Shower



Friday April 24, 2009
11:30 am –1:00 pm
Green Island Country Club
Ballroom I

***Requesting sponsors (Network Members) to pay for the lunch meals at a cost of \$16.00 each. Expecting 40- 45 students and teachers. Need baby shower gifts, baby clothing (new and gently used), sizes preemie- 6T.**

Partners In Education Update!



- **Partners In Education Awards Banquet on April 28.**
- **School 's 10 year anniversary. Requesting that the membership donate one or more of the following items: a full- size cake, two large vegetable trays, three fruit trays, chicken wings, finger sandwiches, or two cheese and cracker trays.**
- **Teacher Appreciation Week on May 4- 8. TAP has requested breakfast for approximately 20 teachers at Shoney ' s.**

If you are interested or able to assist with any items, please contact Wanda Johnson (W.Johnson@columbushospice.com) or Dee Langford (delang@ctvea.net).



NETWORK HAPPENINGS

Networking Opportunities

- April 21 Disagreements, Disputes and All-Out War: Managing Conflict, Pastoral Institute
- April 23 CSU President's Recognition Banquet, Cunningham Center
- Apr 30 -May 16 Red, White & Tuna Springer Opera House
- May 5 Broadway Series "The Drowsy Chaperone" RiverCenter, Bill Heard Stage
- May 8 Maximum Impact Simulcast, Cunningham Center, \$99 includes lunch, featuring Tony Blair
- May 14 -16 Springtime in Callaway, Callaway Gardens, Pine Mountain
- May 15 -16 American Cancer Society Relay For Life, Kinnett Stadium
- May 17 13th Annual Arts in the Park, Bandshell at Lakebottom Park, 18th Avenue

Birthdays

May

- 01 Alexa Meadows
 04 Sandy Lampert
 09 Sally Lasseter
 22 Michelle Justice
 24 Becky Goldsmith
 30 Kim Boatner



June

- 20 Roxanne Towler
 26 Susan Wirt
 27 Dee Langford
 30 Mary Jane Gaylor

2009 Lunch Dates

- April 24
 May 22
 June 26
 July 24
 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.

Happy Easter

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, April 24, 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:
April 22, 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.

April	28
May	26
June	30
July	28
September	1
September	29
October	27
November	TBA

