



Network News

For Professional and Executive Women



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ENHANCING WOMEN'S LIVES THROUGH COOPERATION, UNDERSTANDING AND GIVING

Special points of interest:

- Happy Birthday
Mary Stewart
- Happy Birthday
Karen Smith
- Happy Birthday
Cheryl Tate

Thank You! Members who donated to Girls Inc., your contributions were much appreciated!

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Luncheon Guest Speaker

It's time to get fit; CrossFit that is! In August we will welcome guest speaker, Kara Layfield, NESTA Certified Boot Camp Instructor, NADM Performance Enhancement Specialist and a Level One CrossFit Instructor.



Kara Layfield — Personal Trainer

Everyone can work at their own fitness level, but with the added benefit of competition and motivation from that larger community.

Since becoming a CrossFit instructor, Kara has also found that excellent nutrition is key to fitness. She is a proponent of the [PALEO](#) diet.

Kara lives and works in Columbus with her husband, Tripp and their two children Max and Mo. Join us at the [August luncheon](#) to hear Kara speak about nutrition and fitness.

Kara has had a passion for sports and fitness since childhood, competing in speed skating, softball and tennis. After several years working in the corporate world, she decided to finally pursue a career in fitness.

Kara's personal fitness accomplishments include completing several half marathons and placing 3rd in the Calloway Garden's Fitness Series! Her first love is running, but she has found that CrossFit is the perfect way to add strength training to her work-outs.

Simply put, CrossFit is a constantly varied workout with high intensity. As a member of a "Box" or CrossFit gym, you have a sense of community.

Member Spotlight

In the "Spotlight" this month is Network member, **Laura Booker**, owner of **Bright** salon in Columbus, Georgia. Laura and her staff have recently opened Columbus' first **Dry Bar** which gives all of their clients the opportunity for professional styling at their convenience. **Bright** is now offering "Kerastase" hair products! Join us at the Network luncheon to learn more about **Laura Booker** and **Bright Salon**.



From Our President



Pat Whipple — President

I recently attended a conference that focused on how jobs were changing in America.

The featured speaker asked our audience, “do you remember when we had attendants in elevators at department stores?” You would get on the elevator and tell the attendant which floor you were needing, then he or she would close the door, and move the elevator to your floor.

This was someone’s full time job! After elevators became automated like they are today, department stores still tried to keep the attendant employed.

When you got on the elevator this time, the attendant would push the “button” for you. Employers soon realized that the job of an elevator attendant was no longer needed, **and was never coming back.**

If you are young and reading this, you are probably amazed that this job ever existed. Just like the elevator example, more and more jobs today are becoming obsolete and NOT coming back!!

As businesses are getting more efficient and technology is moving faster than I can keep up with, there is a new generation of jobs for skilled workers. Since 2010, there have been 250,000 jobs added in these specific industries:

- Software developers
- Accountants and Auditors
- Market Research Analysts and Marketing Specialists
- Computer Systems Analysts
- Human Resources and Training
- Network & Computer Systems
- Sales Reps in the Technical and

Scientific Field

- Mechanical Engineers
- Industrial Engineers

The speaker also mentioned that there are many industries looking for skilled workers, but cannot fill the jobs because so many Americans cannot meet the basic requirements of the NEW jobs.

So Moms – don’t let your children grow up to be cowboys! If you want to keep yourself marketable and make a good living in today’s economy, consider always improving your knowledge and expanding your skills!

Pat

THE NEW JOB MARKET

Upcoming Events

- Network Luncheon
Friday August 23rd at Green Island Country Club.
Networking begins at 11:30AM. Lunch and program to follow.
Bring a guest!

Please be sure to register for the luncheon, to ensure that our Network event is successful for everyone! [REGISTER](#)

- Network Quarterly Event
“Blow-Outs & Beverages”
September 12th, 5:30PM
Bright Salon.

Member News and Links

Hope Harbour Wish List We will be collecting items for Hope Harbour during the August luncheon. [CLICK HERE](#) to see their wish list. All items are appreciated! Get your office involved by asking coworkers to bring an item.

Celebration of Hope Benefiting Hope Harbour and featuring Lucille O’Neal, published author and mother of Shaquille O’Neal. Tickets and corporate sponsorships available. [CLICK HERE](#) Purchase raffle tickets for this event from member [Durona Courington](#).

NOMINATIONS! We are now accepting nominations for Networker Of The Year.

[CLICK HERE](#) for the form!



Mary E. Heisey
Newsletter Editor
Mobile: 706-575-7452
E-mail: maryheisey@yahoo.com

www.networkforprofessionalwomen.com

Do You Know?

Network Member Donna Pearce

Donna is one of Network’s newest members. She and her family live in rural Opelika, after moving from Ohio as recently as February. Donna has spent most of her career working in ministry or for non-profit groups as she pursues her passion to help the less fortunate. Donna is currently the director at the Valley Rescue Mission. Get to know a “NEW” Network member, Donna Pearce!