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Network News



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Network for Professional and Executive Women

Enhancing Women's Lives Through Cooperation, Understanding, and Giving



BALANCING LIFE & WORK

*Kat Cannella
Asst. Dir. for Leadership & Facilitation
The Leadership Institute at CSU*

Kat Cannella was reared and educated in Columbus, Georgia. She is a Certified Emergenetics Associate and a Certified MBTI Practitioner, assessment tools that are utilized by the Leadership Institute with clients to improve communication, trust, rapport, and teamwork. She is a Certified Program Planner (CPP) and spent six years with the Continuing Education division of Columbus State University. As Program Coordinator, and later Program Manager, she expanded the breadth and scope of the personal and professional development programs offered in an open-enrollment format to the community, with an emphasis on developing professional certificate programs. As a part-time faculty member for the Communication Department at Columbus State, Kat teaches Public Speaking and Mass Communication.

A passionate and tireless community volunteer, Kat shares her talent serving with a number of organizations: Columbus Georgia Young Professionals (Vice Chair for Sponsorships), CSU Alumni Association (Immediate Past President), Columbus Jaycees (VP Management), Phi Mu Fraternity for Women (Faculty Adviser, Philanthropy Adviser), American Mensa (Member, Test Proctor), and several others. She is a graduate of Columbus Regional's Young Leaders program (2012), as well as Leadership Columbus (2013).

Kat immensely enjoys her role at the Leadership Institute facilitating experiential learning and leadership training. Her enthusiasm for people is contagious, and evident even in her hobbies as a group fitness instructor and Beachbody coach. Kat is devoted to her fiancé, Robert Anness, IV (Bobby) and has no children.

WOMEN'S HISTORY TRIVIA

- Q) What are the two most prominent major sports leagues for women in the U.S.?
A) Basketball and Soccer
- Q) On August 26, 1920, women earned the right to vote. What is this amendment?
A) The 19th Amendment

PRESIDENT'S MESSAGE

Greetings everyone! I hope this finds you all well and back in the "Back to School" groove. A few housekeeping issues came up during our monthly Board meeting. First, we are looking at redesigning our website. If we are 21st century professional women, our site needs to be reflective of that. As this process goes forward, we'll keep you all informed. Some things on our "wish list" include: pictures of our members and community-focused events where we are involved. Less stock photography and a whole lot less text! We also anticipate a mobile site. All it takes is money ;) and time. Speaking of new toys, in case you missed last month's meeting, you missed the debut of our very own pro-

jector! This may not sound like a big deal but with more of our speakers and spotlight presenters having Power Point presentations, it made financial sense for Network to have its own projector versus renting one each time from Green Island. Also, this is a friendly reminder that we need (a) to make sure we register for our luncheons because if we don't have an accurate count, we can waste a lot of money (GICC has a minimum number of meals they prepare) and (b) our spotlight and speakers need to adhere to time constraints as much as possible. Our spotlight should be no more than five (5) minutes and the speaker is around 20 minutes. This way, the most people possible get a chance to hear both presentations without having to leave early to go

back to their respective salt mines as close to 1:00 as possible. I hope everyone was able to attend the fundraiser for Ruth Ann Restaurant's own Patty Bowers on August 17. Patty lost her leg recently due to a rare vascular disease. This month's speaker will be Kat Cannella with the Leadership Institute at CSU. She'll talk about balancing life and work. Wish I could be there but a girls' weekend calls!

Thanks and let's make it a good day.

Cheryl Myers



AUGUST MEMBER SPOTLIGHT — SUSAN SEALY



Susan Sealy is the Director of Development at Open Door Community House where she has worked for two years. Susan is a native of this area, Cuthbert, to be exact. She moved to Columbus four years ago from Tallahassee, Florida. Susan has a Bachelors of Arts in Journalism from the University of Georgia and an MBA from Brenau University. She and her husband Spence have two children aged 10 and 13. The Open Door Community House is a ministry which focuses on long-term solutions to poverty in our community. For more information on Open Door, visit <http://opendoorcommunityhouse.org/>.

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MEMBER NEWS, ANNOUNCEMENTS & LINKS



Birthdays:

Mary Stewart - August 21

Karen Smith - August 23

Cheryl Tate - August 27

Deborah Ammons - September 4

Ursula Dietz - September 14

2015 Meetings:

August 28
September 25
October 23
November 20

The annual Stuff the Bus campaign through the United Way was a huge success this year. Volunteers stuffed more than 2,000 backpacks of donated school supplies for children in K -12th grade. That's more than twice the number from 2014! The backpacks will go to families who can't afford these supplies. Thanks to Network members who donated supplies and/or financial support to help make this a reality.



Due to your support and help in spreading the word, Mary Heisey and her merry crew from Ruth Ann's Restaurant were able to raise a whopping \$9,300 to help offset medical expenses for Patty Bowers! Patty lost her leg due to a rare vascular disorder. Here are a couple pics from Monday night's spaghetti dinner/raffle. If you'd still like to donate, contact Mary Heisey.



The long Labor Day holiday weekend is coming up fast! Labor Day in the United States is a holiday celebrated on the first Monday in September. It became an official holiday in 1887 and this year it falls on September 7. Some things to do for this weekend include:

- **Sky High Hot Air Balloon Festival at Callaway — all weekend**
- **Book Sale at the Ledger-Enquirer**
- **Mini Camp for Kids at the National Infantry Museum**
- **Old Russell County Courthouse Labor Day Fair—Seale, AL**

Get your "Just Desserts" this Labor Day with Strawberry Chantilly

1 cup all-purpose flour
1 cup white sugar
1/4 cup packed brown sugar
1/2 cup butter
1/2 cup chopped walnuts
2 egg whites
2 cups fresh strawberries
1 cup heavy cream
1 tsp. lemon juice

1. Preheat oven to 300 degrees
2. Mix flour, sugar and butter until crumbly. Stir in chopped walnuts.

3. Press two-thirds of the mixture in the bottom of a 9x13-inch baking dish; the remaining crumble will be used for the topping. Bake in preheated oven for 20 minutes. Cool crust completely.
4. In large deep bowl, stir together egg whites, sugar, strawberries, and lemon juice. Whip with electric mixer at high speed for 10 minutes.

In another mixing bowl, whip whipping cream until stiff and fold into strawberry mixture. Spread over cooled crust. Sprinkle with remaining crumb mixture. Freeze



Visit us! networkforprofessionalwomen.com



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