



*FOR
PROFESSIONAL &
EXECUTIVE
WOMEN*

UP

BE

AT

January and February
2010

Volume 20

Issue 1 and 2

February 2010 Program

Tammy Segura



Ms. Segura has been a Business Consultant with the University of Georgia, Small Business Development Center since 2005. Prior to moving from California, Ms. Segura spent several years working for the Department of Navy in the fields of human resources, program management, and contract administration. Shortly after leaving the Department of Navy, Ms. Segura and her husband owned and operated a home improvement business for eight years. She was in charge of administration, marketing, operations, and finance, which helped her develop an expertise in several areas of small business, including the accounting software QuickBooks. During this time, she was also involved in other organizations, serving as an Area Director for Business Network International (BNI), as well as an active community volunteer, serving on the Board of Directors for the Ventura County Professional Women's Network. Currently, she serves on the Boards of Directors with the Harris County Chamber of Commerce and Junior Achievement; and is a part-time instructor for the University of Phoenix. Ms. Segura is a graduate of Leadership Columbus and has recently been recognized in Georgia Trend's 40 Under 40 Best & Brightest, both in 2009.

She earned her Bachelor's Degree in Business Administration from California Lutheran University and her Master's Degree in Business Administration from the University of La Verne. She and her husband, Jason, have been married for 18 years, have two sons, and her mother to keep them busy.



2010 is going to be a great year. I am sure that everyone is gearing up and excited about all the new goals being set. One of my goals is to be focusing on business etiquette and concerns. Here are some tips that are designed to help you open and close deals.

Lydia Ramsey is a business etiquette and protocol expert, professional speaker and author of “Manners That Sell”. She has some great ideas that can truly help us.

I would like to share some of her ideas that could help us all, so grab a pen and paper and let’s get busy.

The holidays are over. The office party is history. The gifts have all been exchanged. The last decorations have been put away or possibly even been tossed. You are now celebrating the fact that another holiday season has come and gone, and you are praying that those five pounds you put on will be as easy to lose as they were to gain.

But wait- it may not be over yet. If you haven’t written those thank you notes to your business associates, you are not ready to close the books on the 2009 holiday season...

I am sure that you received gifts from people with whom you do business. Maybe it was a basket of gourmet foods, a plant for the office or a gift certificate to your favorite restaurant. Vendors are constantly looking for ways to show appreciation to their customers.

Gifts from vendors should be acknowledged in the same way as the ones you receive from family and friends. (You did write to thank your grandmother for that nice check she sent, didn’t you?)

What’s more, your appreciation should be made in writing. Phone calls and e-mails do not take the place of handwritten note.

A handwritten note gives the appearance of an extra effort, do yourself and the generous person who sent the gifts a favor – pick up pen and paper without delay. Be sure to mention the gift specifically, how you will use it or have already enjoyed it and how much you appreciate being remembered during the holidays.

You may use the internet to acknowledge receipt of a gift, but follow up with a written note as soon as possible. E-mail lacks the personal touch that a thoughtful giver deserves.

If a gift from “XYZ Company,” without an individual’s names included, call the company and ask whom you should thank. Don’t let ignorance be your excuse for bad manners.

Your thank you notes shows your appreciation, your polish and let’s the sender know that the item was received.

I hope that these tips will help you in the up-coming year.

I am really looking forward to working with you all.

Happy New Year!

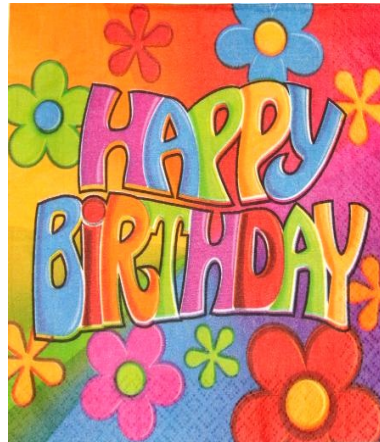
Jean



BIRTHDAYS

January

Janet Lawand	Jan 2
Dat Whipple	Jan 5
Janis Lowe	Jan 6
Jennifer Horne	Jan 19
Kathy Reeves	Jan 24
Anne Date	Jan 28



February

Kathryn F. Jackson	Feb 1
March Burnett	Feb 12
Collette Daniel	Feb 12
Joanne Cavis	Feb 13
Jan McMahan	Feb 25
Donna Morgan	Feb 25
Teresa Tomlinson	Feb 19

2010 LUNCH DATES

Mark your calendars now for the 2010 Network Lunch Dates.

February	26
March	26
April	23
May	28
June	25
July	23
August	27
September	24
October	22
November	19

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.

Please send an E-mail to:

Sommerbundy@columbusbankandtrust.com with your RSVP.

CAR 54 WHERE ARE YOU???????

Please check our website, and make sure all your information is correct. If not, please send your updated personal information to Karen Smith at Karen.smith@crhs.net

We would hate for you to miss out on great upcoming events because we don't know where you are!!



2010 Officers for Network for Professional and Executive Women

President

Jean Richardson

Immediate Past President

Durona Courington

Vice President

Sommer Bundy

Secretary

Cathy Phillips

Treasurer

Kathy Reeves

Awards Chair

Mary Bode

Membership

Jann McMann

Member Relations

Nancy Graham

Newsletter Editor

Pat Whipple

Partners In Education

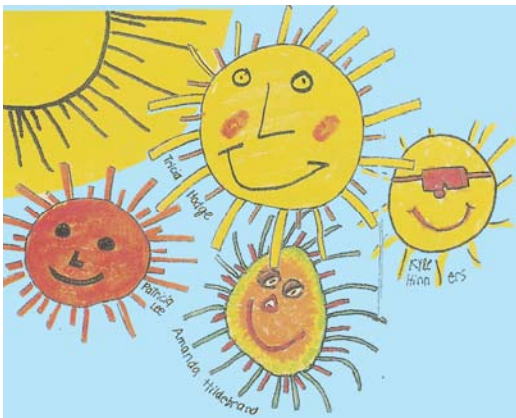
Wanda Johnson, Colette Daniel

Public Relations

Lanitra Menefee

OPEN COMMITTEE POSITIONS

The Network board has all positions filled; however, we need YOU to “rise and shine” and join a committee of your choice. Each board chair needs your input and help in growing our organization. A listing of all board chairs and their contact information can be found on pg 8 of this newsletter!



***Wear Red to the Feb Lunch Meeting
in support of National Heart
Health Month! Red HAT, Red Dress
or Red Scarf..Your choice!***

Please contact our President, Jean Richardson at 706-644-2806, or E-Mail her at jeanrichardson@columbusbankandtrust.com if you are interested.

SMILE FOR THE CAMERA

As we begin the new year, we would like to update our pictures in the directory. Members who are missing pictures as well as all of our new members should plan to have their picture taken during our next meeting on **February 26th.** Please make plans to arrive a little early to have your picture taken. We will also take pictures **July 23, 2010.**



Tiny Washington put this great information together with respect to dates and deadlines for the upcoming elections this year, as well as the various offices that will be running for office during this election.

Offices Up for Election in 2010

National Offices

U.S. Senate (*Isakson's seat*)

U.S. House of Representatives (*all districts*)

State Offices

Governor

Lieutenant Governor

Secretary of State

Attorney General

State School Superintendent

State Agriculture Commissioner

State Insurance Commissioner

State Labor Commissioner

State Senate (*all districts*)

State House of Representatives (*all districts*)

Local Offices

Mayor

Council District 1

Council District 3

Council District 5

Council District 7

Council District 9

Judge, Superior Court (*Jordan*)

Judge, State Court (*Prather*)

Board of Education, District 2

Board of Education, District 4

Board of Education, District 6

Board of Education, District 8

Board of Education, At Large



Do you let your voice heard in your community? The best way is to vote!

IF YOU DON'T VOTE, YOU DON'T HAVE ANY REASON TO COMPLAIN!!



Date / Time	Event
January 1, 2010	Earliest day to file and publish a notice of intention to be a write-in candidate in the November General/Nonpartisan Election. O.C.G.A. 21-2-133 (a)
January 8, 2010	Earliest day for an Independent or Political Body candidate to begin circulating a nomination petition for an office other than a Political Body candidate running for a state-wide office in which they are nominated by state-wide convention. O.C.G.A. 21-2-170 (e)
February 16, 2010	Last day for a person to register and be eligible to vote in the March Special Election. O.C.G.A. 21-2-224 (a)
April 26, 2010 at 9:00 AM	Earliest day for a Political Party candidate to file Declaration of Candidacy to have their name placed on the July General Primary Ballot. O.C.G.A. 21-2-153 (c)(1)
April 30, 2010 at 12:00 PM	Last day for a Political Party candidate to file Declaration of Candidacy to have their name placed on the July General Primary Ballot. O.C.G.A. 21-2-153 (c)(1)
June 20, 2010	Last day for a political body to hold a convention for the purpose of nominating candidates to be placed on the November General Election Ballot. O.C. G.A. 21-2-172 (e)
June 21, 2010	Last day for a person to register and be eligible to vote in the July General Primary/Special Election. O.C.G.A. 21-2-224 (a)
June 28, 2010 at 9:00 AM	Earliest day for an Independent or Political Body candidate to file a nomination petition. O.C.G.A. 21-2-132 (d)
June 28, 2010 at 9:00 AM	Earliest day for an Independent, Political Body, or Nonpartisan candidate to file Notice of Candidacy to have their name placed on the November General Election Ballot. O.C.G.A. 21-2-132 (c)(1)(2)
July 2, 2010 at 12:00 PM	Last day for Independent, Political Body, or Nonpartisan candidate to file Notice of Candidacy to have their named placed on the November General Election Ballot. O.C.G.A. 21-2-132 (c)(1)(2)
July 13, 2010 at 12:00 PM	Last day for an Independent or a Political body candidate to file the required nomination petition. O.C.G.A. 21-2-132 (d);21-2-187
July 13, 2010 at 12:00 PM	Last day for a political body desiring to nominate its statewide candidates by convention to file a qualifying petition. O.C.G.A. 21-2-187
August 23, 2010	Last day for a person to register and be eligible to vote in the September Special Election. O.C.G.A. 21-2-224 (a)
September 7, 2010	Last day to file and publish a notice of intention to be a write-in candidate in the November General/Nonpartisan/Special Election OCGA. 21-2-133(a)
September 13, 2010	Last day to file affidavit stating the notice of intention to be a write-in candidate has been published in accordance with O.C.G.A. 21-2-133 (b)
October 4, 2010	Last day a person may register and be eligible to vote in the November General/Nonpartisan/Special Election and Runoff O.C.G.A. 21-2-224 (a)

NETWORK NEWS

Board of Directors

President

Jean Richardson(706) 644-0783
CB&T

Vice President

Sommer Bundy(706) 649-2631
CB&T

Immediate Past President

Durona Courington (706) 320-2704
St. Francis Hospital

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 Relations

Tiny Washington (706) 225-4013
Columbus Consolidated Gov't

Directory Chair

Karen Smith (706) 660-6103
Columbus Regional Healthcare

Annual Meeting

Joy Hamilton (706) 596-3062
Communicorp

Awards

Mary Bode (706) 225-3534
Juvenile Drug Court

Partners In Education

Wanda Johnson (706) 569-7992
Columbus Hospice

Collette Greer..... (706-325-5395)
Columbus Hospice

WWW

Nancy Williams (706) 571-1482
Columbus Regional Hospital

Kathy Reeves(706-576-6007)
Spring Harbour

Newsletter Editor

Pat Whipple (706) 494-5336
Merrill Lynch

Public Relations

Lanitra Menefee(706) 561-3556
Dan Menefee Agency



2010 BOARD MEETING DATES:

January 26th

February 9th

March 9th

April 13th

May 11th

June 8th

July 13th

August 10th

September 14th

October 12th

November 9th

Scholarship Opportunity

The 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 apply. The application deadline is April 15 of each year. If you know of someone who is eligible, please let them know about this great opportunity. Applications may be downloaded off of the Network webpage and submitted to the Awards Chair. Also, please feel free to contact the Awards Chair if you have any questions.

Mary Bode, Awards Chair

(706) 225-3534

mbode@columbusga.org



Ok ladies, this is the month in which we celebrate L O V E

In a month that can be marked by some pretty facile sentiment, I think it's good to have a gentle reminder that, when it comes to love (as with most things), action speak louder than words.

We all should know this, but it's true. I give my husband credit with teaching me the meaning of showing love, not just saying it. I am not talking flowers, candy, and jewelry, though they have its merits. I am talking all the little things that mean so much. Like when I am leaving for work in the mornings and he always says "honey you look very nice" (whether I agree or not), opening doors for me after 33 years of being together, calling to check on me at work to see how my day is going, and greeting me at the door when I get home at the end of the day. That's when I feel loved in the very best ways. And then there are those chores that need to be done, we count as a major "I love you".

Ladies why not show how much you love someone by taking a few minutes to make a Valentine's Day card. So what if a little glue shows? They'll love it because it came from you. Let's face it. Isn't that what really count? Most of the time, we go out and get what we want all year long. Remember it's the little things that count.

In supporting each other this month, let us learn the lesson of generosity teaches that givers also receive.

Now I would like to share 7 treats for about 75 calories (or less!). Here's a way that we can indulge with guilt this Valentines Day.

- Hot Tamales 10 = 75 calories
- Godiva Dark Chocolate Truffle Heart Biscuit 1 = 53 calories
- Hershey's kisses 3 = 77 calories
- Wonka Sweetarts 12 = 75 calories
- Russell Stover Milk Chocolate 1 = 70 calories
- Small Conversation Hearts 15 = 75 calories
- Strawberry Dipped in 1 Tbsp Melted Semisweet Morsels 1 = 75 calories

For those of you, who could care less, just go for the gusto.

Happy Valentines Day

Jean