



Network News

For Professional and Executive Women



January 2013

Volume 30, Issue 1

ENHANCING WOMEN'S LIVES THROUGH COOPERATION, UNDERSTANDING AND GIVING

Special points of interest:

- Happy Birthday
Kermelle Hensley
- Happy Birthday
Paula Rosenberg
- Happy Birthday
Kathleen Reeves
- Happy Birthday
Pat Whipple

Luncheon Guest Speaker



Bennie Newroth

Bennie Newroth is a native of Columbus, Georgia and a graduate of Spencer High School. She has a B.S. degree from North Carolina A & T State University and a M.S. from Columbia University, New York City.

For the past twelve years Bennie has been the Director of Government Relations for Columbus Regional Healthcare System. She acts as liaison to the legislative and executive branches of state government. Prior to her involvement with government relations, she was the Director of Social Work.

From 1975 – 2002, Bennie taught social work courses in the Sociology Department at Columbus State University. When she was not teaching, she was actively involved in the community. She has served on the boards of Columbus Technical College, Columbus Symphony, Liberty Cultural Center, Georgia Department of Corrections and the Georgia Certification of Librarians. She is the author of the book, *Mama Said*, a collection of proverbs with an African- American perspective. She is the founder of The Bennie Newroth *You Grow Girl* Leadership Institute.

Bennie is the recipient of many honors including the Women of Achievement, Boss of the Year and the Nation Builders Award from the National Black Caucus of State Legislators.

Bennie is a member of St. Mary's Road United Methodist Church. She is a proud mother and grandmother.

[Register](#) for our January luncheon to hear Bennie Newroth speak on healthcare. For more information about Bennie Newroth, contact her at [Columbus Regional Health Care](#).

In this issue:

Bennie Newroth - "Columbus Regional"	1
Emily Rosher - "Silver Service"	1
Pat Whipple - "A New Beginning"	2
Member News & Links Do You Know? Events	2

Member Spotlight

In the Spotlight this month is Emily Rosher, owner of "Silver Service." Emily and her staff provide down sizing and relocating services to seniors throughout Columbus and the surrounding areas. For more information, contact [Emily Rosher](#) for all you senior servicing needs.



From Our President



Pat Whipple
Network President

A NEW BEGINNING

Upcoming Events

- Monthly Luncheon 11:00AM to 1:00PM, January 25, 2013. [Register](#) yourself and your guest today!
- "Refuge from the Storm"
Carmike 15 at Jan. 23rd at 7:30PM. An inspirational and compelling film about overcoming fear in your life.

Welcome to 2013, the year of a brand new beginning. Since the world didn't end in 2012 according to the Mayan calendar, we have a lot to look forward to this year... things that have never been, and opportunities to consider!

I don't know if any of you were affected by change in 2012, but I certainly was, as were so many of my friends and business acquaintances. I never thought in my wildest dreams that I would start a business at my age! As you reflect back over the last year, do you know someone who was

affected by change? Anyone get "downsized?" Did you lose a spouse, elderly parent or grandparent? Divorce after a long marriage? Many of my friends are glad 2012 is over. Our past President, Kathy Reeves, spoke about transition in the August newsletter. She had some great words of advice and looked at change as a "**new adventure.**"

I firmly believe all the change I've been through in 2012 has been a blessing. I am excited to see what 2013 holds for me. If you are having trouble dealing with a

change in your life, take a few minutes to do this simple exercise.

Write a list of some of the things you've always wanted to do. Do you think you can turn that into a business?? Is it worth taking a new job for less than you've been making, in exchange for peace of mind? Would this new "opportunity" give you more time with your family? Take that leap of faith, and do what you love to do! **Take this time for YOU.**

Let this year finally be the year that you rise above the fear and make your dreams come true!

Pat

Member News and Links

New Year - New You Make-Over! If the holidays wore you down or you are ready for a fresh look, I am here to help. Call me to schedule a one-on-one appointment, or gather up three friends to share in this rejuvenating experience and earn FREE products from [Mary Kay](#). You may call me anytime at 706-326-4955 Cheryl Tate or email me at cheryltate@marykay.com

If you would like to submit news or information for the newsletter, please contact the newsletter editor.



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

www.networkforprofessionalwomen.com

Do You Know?

Ruth Ann's Restaurant **ONLINE** has a great new feature!
"Invitation Ordering"

An Invitation Order is the perfect tool for business lunches! You send an e-mail invitation to friends or coworkers to order with you. The email invitation links each invitee to the restaurant's menu. Each patron can then decide exactly what they would like from the menu and place their order. As the initiator of the Invitation Order you choose the time for pickup and you can choose to pay for the group or have each patron pay for their own meal. If you are taking care of the check you can even set a spending limit for each individual.

INVITATION ORDER

