

July, 2015

Volume 32, Issue VII

# Network News



## In this issue:

About our Speaker	1
Trivia	1
President's Message	2
Member Spotlight	2
News, Announcements & Links	3

## Network for Professional and Executive Women

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



### DISPELLING RUMORS ABOUT TECHNICAL EDUCATION



*Valerie Richardson*  
*College Recruiter & Campus Life*  
*Coordinator*

Valerie Richardson was born on Ft. Benning, Georgia at Martin Army Hospital. She and her older sister Margaret were raised in a loving home environment and encouraged to strive for excellence and never accept mediocrity.

Valerie graduated from Hardaway High School and attended Spelman College in Atlanta where she received a Bachelor's of Science Degree in Economics with a concentration in Organizational Behavior. She later attended George Washington University in Washington, D. C. and Troy State University in Ft. Benning, Ga. and received a Master's Degree in Management.

Valerie is employed with Columbus Technical College in the Student Affairs Department as the Campus Life Coordinator and Admissions Recruiter. Prior to joining Columbus Tech, Valerie was the Marketing Director for the South Commons Sports Complex for more than 7 years, Public Relations Director for the Chattahoochee Valley Public Library System and Co-Host of Urban League on Location and a successful

small business owner for more than 10 years before selling the business due to health issues.

Valerie is married to the Honorable Benjamin S. Richardson and they have one son, Justin. She is active in her community and her state having graduated from the Leadership Columbus and Leadership Georgia programs, serving on community boards such as Girls, Inc. and the Executive Planning Committee for The Links, Inc. Day at the Capital and Junior League of Columbus, GA.

She was named a "Woman to Watch" by Today's Columbus Magazine (cover feature) and Citizen of the Month by The Columbus Times Newspaper.

Finally, Valerie is a member of Saint James A.M.E. church in Columbus, where she is a member of the Youth Leadership Team and Women's Missionary Society. Her favorite bible quote is "For we walk by faith, not by sight", 2 Corinthians 5:7. Valerie Richardson's life is a testament to that very quote having survived two brain surgeries within 60 days, four years ago and was not expected to survive.

### WOMEN'S HISTORY TRIVIA

Q) Who was nominated as the first woman Supreme Court Justice in July of 1981?

A) **Sandra Day O'Connor**

Q) What President signed the Civil Rights Act: Title 7—prohibiting sex discrimination in employment in 1964?

A) **Lyndon Johnson**

## PRESIDENT'S MESSAGE

Greetings all! I hope this finds everyone well and staying cool during these Dog Days of Summer.

I have education on my mind this afternoon so first, we'd like to congratulate our two scholarship recipients from Girls, Inc. Kyla Buckner and Raven Hilliard will both make phenomenal additions to Albany State University. We are so proud of you both! Being able to provide financial assistance so worthy young ladies can attend college just makes me even more proud to be a member of this fine organization. Speaking of attaining a college education, we are looking forward to hearing from Va-

lerie Richardson with Columbus Technical College. Part of her presentation will address dispelling the myths about technical colleges. For instance, did you know schools within the Technical College System of Georgia have a working agreement with Board of Regents schools to provide some 27 core classes that will easily transfer? Consider the fact that the cost is about 1/3 that of a big university and a lot of money is being saved. If your child, grandchild, niece or nephew hasn't registered for college yet or isn't sure of what route to take, technical college is a great place to get started! Speaking of financial well-being, the website [higheredinfo.org](http://higheredinfo.org) shows that having an associate degree in Georgia means

nearly \$10,000 more in income each year versus having solely a high school diploma. Yes, I'm a tad biased about the value of technical education since that is where I work but there is so much opportunity and misinformation out there, that I can't help myself sometimes.

By the time we all meet in July, school in Muscogee will be almost ready to start. I hope this finds all our students well-rested and ready for the new year.

Thanks and let's make it a good day.

*Cheryl A. Myers*



## JULY MEMBER SPOTLIGHT — RENEE STURKIE

Renee Sturkie is the Executive Director of the Ronald McDonald House Charities of West Georgia, Inc. The Ronald McDonald House was built in 1994 to provide housing, meals, and perhaps most importantly emotional support to families who are from out of town and are staying here to be with their sick or critically injured child who is being treated in one of our area hospitals. It is a "home away from home" for these families, providing them a comfortable room with a private bath, hot home-cooked meals daily, transportation to and from the hospital, laundry facilities, computer/Wi-Fi access, and plenty of room for rest and reflection - just what they need after spending long hours with unimaginable stresses at the hospital with their child. Most families have a pre-term, multiple birth or otherwise critically ill infant in the Neonatal Intensive Care Unit (NICU) at Midtown Medical Center, but many others have a child who has suffered traumatic injury or who has a prolonged or chronic illness. Some families are military, coming to The House by way of our proximity to Fort Benning.

## 2015 Officers



**President & Newsletter Editor**  
Cheryl Myers



**Treasurer**  
Cheryl Tate



**Awards**  
Emily Rosher



**Vice President**  
Kim Rozycki



**Membership**  
Jann McMahan



**Partner in Community**  
Laura Brooker



**Secretary**  
Mary Stewart



**Special Events**  
Mary Heisey



**Website & Social Media**  
Ursula Dietz

## MEMBER NEWS, ANNOUNCEMENTS & LINKS



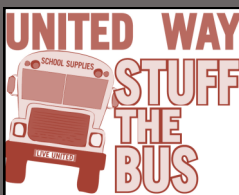
### Birthdays:

Betty Stephens 8/9  
Karen Smith 8/23  
Kia Chambers 8/16  
Mary Stewart 8/21

### 2015 Meetings:

July 24  
August 28

September 25  
October 23  
November 20



So many children in the greater Chattahoochee Valley area have to start school with no supplies to call their own. To help these kids, our local United Way is sponsoring a "Stuff the Bus" campaign and Network is collecting monetary donations for this effort. Please bring your donations to the July meeting or to Laura Brooker at Bright Salon. Every \$30 raised will provide a FILLED backpack for a child in need! If you prefer to bring in supplies, that's fine too. Let's show our support for this cause in a big way.

Visit <http://www.unitedwayofthecv.org/plaintext/ourwork/stuffthebus.aspx> for more.

### FYI

- Watch this space for information on the next Network social event. We all had such a blast at Bare Ware Pottery (thanks, Ursula Dietz!) in June that we may just do that again. Suggestions on our social events are welcome. Just contact Mary Heisey.
- At its monthly meeting, our Board discussed the need to update the Network by-laws, including the possibility of tweaking our requirements for Associate members and clarifying several issues.
- We are also looking at updating our website and hope to meet with the hosting company in the coming weeks.
- Next month's speaker will be Kat Cannella with The Leadership Institute at Columbus State University.
- Just a friendly reminder to PLEASE be sure to register in a timely manner for our luncheons. Green Island charges us a minimum of 25 lunches if they don't hear otherwise. Knowing exactly how many to expect can save us a lot of money!

### Just for Fun

#### Try this refreshing summer "watermelon mocktini"

1/2 cup watermelon (blended, shaken or muddled), 1/4 cup white grape juice, 1/4 cup tonic water, 1 orange wedge, 1 watermelon wedge for garnish (optional)

- 1) Put ice cubes in a glass and pour in watermelon and white grape juice.
- 2) Add tonic and squeeze orange web on top; stir
- 3) Cut a small triangle of watermelon and slide it on the rim; use as garnish.
- 4) Enjoy!



Visit us! [networkforprofessionalwomen.com](http://networkforprofessionalwomen.com)



Cheryl Myers  
Newsletter Editor  
706.649.1290 or 706.681.8383  
[cmyers@columbustech.edu](mailto:cmyers@columbustech.edu)