



FOR
PROFESSIONAL &
EXECUTIVE
WOMEN

UPBEAT

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"A Guide to Goodwill "

Understanding how Goodwill Industries provides services in the community



Kim Cantrell is the Chief Administrative Officer for Goodwill Industries of the Southern Rivers and its three affiliate companies. For the past eight years, she has served in various roles, currently providing oversight for the Accounting, Marketing and Information Technology departments, as well as the Ben & Jerry's Ice Cream Shop. During her time at Goodwill, the organization has merged with another Goodwill, relocated six retail locations, expanded mission services, and grown from \$5 million in annual revenue to \$16 million.

Kim is a graduate of Columbus State University with a BA in Accounting. She is the past President of Columbus Youth Soccer, has served on the Board of North Columbus Rotary Club, and is a Leadership Columbus Alumni. She is currently serving as the Overall Day Chair for Leadership Columbus for the Greater Columbus Georgia Chamber of Commerce.

Kim has been married to Mac for 18 years. They have two children; Alec – 16 and Emily – 12.

Come learn how you can make Columbus a better place!

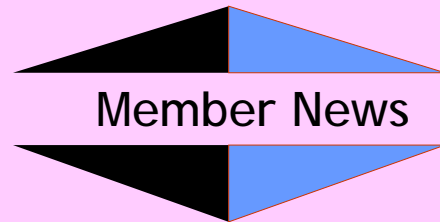


Staycation

Staycation is a word that is now popular because of the economic situation of many Americans. More people are opting to stay in their local area for their vacation instead of traveling a far distance. Here are 10 ideas to get you started on your STAYCATION.

- Stock up on books. Block off an entire morning at the library or bookstore.
- Feed your local appetite. Investigate local farmers markets, pick fruit at local orchards and visit local farms.
- Take a trip to the museum. Bet you haven't been in a while.
- Make some home improvements. Paint a room, install ceiling fans, refinish furniture- and be home to enjoy it when you're done.
- Get crafty. It's time to finally finish that scrap booking project.
- Organize a block party. Hang out with the neighbors.
- Indulge in a spa day. At home or the spa- either way, a luxurious treat.
- Attend a home screening. Rent all those movies you've been planning to see; don't forget the popcorn.
- Scrounge. Comb the local flea markets and bargain stores for interesting finds.
- Be a tourist. See all the local sights you never have time to visit.

Enjoy your STAYCATION!!
Durona Courington
President



Member News

Do you know of a Network member who qualifies for these awards? We have many dedicated and qualified women in our organization. Applications for nominations for both awards can be downloaded from the Network for Professional and Executive Women website. Or you may contact Linda Kennedy at 706-327-4112.

The **Networker of the Year Award** is presented each year at the Annual meeting to an outstanding member of Network for Professional and Executive Women. Nominees should be a Network member in good standing who has made outstanding contributions to the organization, promoted the purpose of the chapter within the workplace, and been involved in the community. The deadline for nominations is September 30 each year.

The **Mary Jane Galer Political Participation Award** is presented annually to the Networker who best exemplifies participation in the political process through service on local, state, or national governmental boards or commissions, who has advocated for issues affecting women in the workplace, or other issues of interest to her through her own awareness or through her job. She may also have run for office. There is no time limit on when the service may have occurred. The deadline to submit a nomination is September 30.



Partners in Education

Wanda Johnson and Dee Langford presented Network scholarships to two deserving students at the Teenage Parenting Center Senior Day Recognition on May 14. It was a moving program with a class song, "Can't Give Up Now" performed by the girls.

Ellaueen Wright from the Muscogee County School District, and Jeffery Gibson of the James B. Wood Foundation delivered memorable talks to an appreciative audience. Each graduating senior prepared a brief statement about what the school, the teachers, the support of friends and family, and their achievement meant to them. These statements were read as the girls were called to the stage for recognition.

TAP's Top 10 graduating seniors each recognized a teacher who had a special place in their lives. The children were brought on stage to perform for their Moms for a special treat at the end of the program.

Wanda and Dee were so pleased to be able to represent Network at this exceptional event.

A special thank you to Wanda Johnson and Dee Langford for leading Network with our Partner In Education projects. If you would like to be part of the PIE Committee, please contact Wanda or Dee. We are always in need of fellow inspiring Networkers.



April 28, 2009

Dear PIE Partner(s),

First and foremost, the Partners In Education Board of Directors, and the Greater Columbus Georgia Chamber of Commerce, congratulate and thank you for your PIE achievements which are reflected in the enclosed award. Your hard work is evident in the accomplishments and creativity of your partnership(s).

The future of our community and country is in the hands of today's students. When thoughtful, committed citizens come together to share their talents, skills and time through a partnership such as yours, it positively impacts everyone involved. Further, it sets a wonderful example for students when they see the purpose and benefits of giving back to their community. What an incredible investment in our future, but more importantly, theirs.

Partners In Education continues to grow much to the credit of its existing partners. When others see the mutual benefits of participating in a PIE partnership, it fosters more interest and support. The independent judges who reviewed this year's applications were amazed, inspired and impressed by the activities, ideas and programs reflected. They were delighted to see the most powerful partnerships focused on supporting students with their education while also broadening their life experiences. What a wonderful testament of accomplishment which will ensure the continued growth and success of PIE.

In closing, please know how proud and grateful we are for your support of, and participation in, Partners In Education. A quality program is such only through the sum of its parts. Thank you for the quality and value you add through your efforts to make a difference in the life of a child.

Sincerely,

Barbara Moushon
Chair, Partners In Education Board of Directors
Greater Columbus Chamber of Commerce

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NETWORK HAPPENINGS

Networking Opportunities

- June 1 - 29 Southern Watercolor Society's 32nd Annual Exhibition
CSU's Riverpark Campus / Illges Gallery
- June 7: 13th Annual Arts in the park
Lakebottom Park
- June 9: SBDC Professional's Women Luncheon
Cunningham Center
- June 15: Bob Barr Community Band Concert
Columbus Convention and trade Center
- June 16: Communication at Work 8:00am—Noon
Pastoral Institute -Facilitator: Kenneth Hoats, LPC
- June 24 -27 Miss Georgia Pageant Rivercenter
You can get tickets at box office or through ticket master.

LOT'S GOING ON IN THE MONTH OF JUNE. DON'T MISS OUT!!

Birthdays

July

9 Cathy Phillips
9 Mary Bode
19 Barbara Dakin



August

2 Fern Lasseter
4 Darlene Ballard
7 Susan Henderson
9 Betty Savage-Stephens
9 Jennifer Miller
21 Mary Stewart
23 Karen Smith
26 Linda Kennedy

2009 Lunch Dates

June	26
July	24
August	28
September	25
October	23
November-Annual Meeting	TBA

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.

Prospects 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.

Work Your Image

Creating a Professional Appearance to Get and Keep a Job.

Makeup

When applying makeup, focus on one feature; eyes, lips, or cheeks. All would be too much and unprofessional.

Hair

Choose a hairstyle that flatters your face. Your cut should also suit your age and lifestyle. Choose a style that is simple and easy to manage.

Nails

Short, average length nails work best in professional environments. If you use nail polish, clear and subdued colors are always appropriate.

Teeth

Visit your dentist every six months for cleaning and checkup if possible. Replace toothbrush every two to three months or when bristles are worn.

Clothes

Dress in a clean-cut conservative manner. Make sure all clothing is clean, free of stains and wrinkles, and in good repair. Choose clothes that are not too tight or loose, don't gap when you move, or are too low cut.

For more info visit— <http://www.womenwork.org/resources/tipsheets.htm>



Board of Directors

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St. Francis Hospital

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CB&T

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Susan Henderson.....(706) 569-3063
CSU

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Joy Hamilton(706) 596-3062
Communicorp

Awards

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Partners In Education

Wanda Johnson(706) 569-7992
Columbus Hospice

Dee Langford(334) 732-1473
Delong Global Marketing

Web Master

Judy Talley(706)649-6400
Business Resource Center ext. 1204

Newsletter Editor

Sommer Bundy(706) 649-2632
CB&T

Next Meeting Friday June 26, 2009

Green Island Country Club at 11:45 AM.
Remember: Make your reservations today by faxing the reservation form, reservations on the web, www.NetworkForProfessionalWomen.com e-mail, jtalley@pilink.org or call Judy Talley at 649-6400 ext. 1204.

Reservation DEADLINE:
June 24, 2009

Do You Have News?

This newsletter is for all members of Network. It is for sharing news of job promotions, job openings, calendar events, family announcements and special awards.

To get your news in *Network UpBeat*, send your articles to Sommer Bundy email: sommerbundy@columbusbankandtrust.com, sunshinesgb@gmail.com or call (706) 649-2631

2008 Board Meeting Dates:

Network Board meetings are all scheduled from 12 Noon to 1:15 PM in the Pastoral Institute's Classroom.

June	30
July	28
September	1
September	29
October	27
November	TBA

