



**March 2011**  
**Featured Speaker**  
**LeDare Windham**



We have a very uplifting speaker this month. Please join us to meet LeDare Windham, who is the coordinator of ***Spirit of Women*** program with Columbus Regional Healthcare System.

We ask ourselves, as professional and executive women; we take care of everything, don't we? We raise our children, build our careers, take care of aging parents, manage our homes, and the list simply goes on and on. But when do we take time to care for ourselves? Don't we usually put our own health on the back burner, on the "B" list? LeDare will inform us about some new health programs that will help you focus on your health and nourish your mind, body and spirit, at any age.

LeDare has her JD from the University of Alabama School of Law, her BA in Communications from the University of Alabama with a concentration in Graphic Art. LeDare was born in Thomasville, Alabama, but moved to Columbus from Cary, NC in 1986. She has been married for 25 years and is the mother of three boys, ages 21, 18 and 14 plus a teenage male English Springer Spaniel. LeDare confesses that even with the boys and dog, she still *"has a few wits left."*

Don't miss this opportunity to hear LeDare talk about the ***Spirit of Women!***

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## President's Message

Sommer Bundy

*history blossomed.*

*By the 1970s, there was a growing sense by many women that "history" as taught in school — and especially in grade school and high school — was incomplete with attending to "her story" as well.*

*In 1978 in California, the Education Task Force of the Sonoma County Commission on the Status of Women began a "Women's History Week" celebration. The week was chosen to coincide with International Women's Day, March 8.*

## National Women's History Month

Many of you may not be aware that the month of March is National Women's History Month, as well as March 8<sup>th</sup> is International Women's History Day. I personally found this to be of interest since we are an all women organization. Below is an article by Jone Johnson Lewis, on *How did March come to be Women's History Month.*

*In 1911 in Europe, March 8 was first celebrated as International Women's Day. In many European nations, as well as in the United States, women's rights was a political hot topic. Woman suffrage — winning the vote — was a priority of many women's organizations. But with the economic depression of the 1930s,*



*which hit on both sides of the Atlantic, and then World War II, women's rights went out of fashion. In the 1950s and 1960s, after Betty Friedan pointed to the "problem that has no name" — the boredom and isolation of the middle-class housewife who often gave up intellectual and professional aspirations — the women's movement*

*began to revive. With "women's liberation" in the 1960s, interest in women's issues and women's*

*Three years later, the United States Congress passed a resolution establishing National Women's History Week. In 1987, at the request of the National Women's History Project,*



*Congress expanded the week to a month and the U.S. Congress has issued a resolution every year since then, with wide support for Women's History Month. The U.S. President has issued each year a proclamation of Women's History Month.*

*The purpose of Women's History Month is to increase consciousness and knowledge of women's history: to take one month of the year to remember the contributions of notable and ordinary women, in hopes that the day will soon come when it's impossible to teach or learn history without remembering these contributions.*

I encourage each of you to make your own history this month!

Sommer

## BIRTHDAYS

Colette Daniel	2/12
March Burnette	2/12
Joanne Cavis	2/13
Tana McHale	2/13
Teresa Tomlinson	2/19
Donna Morgan	2/25
Jann McMahan	2/25
Angela Garnto	2/27



Jean Richardson	3/16
Sommer Bundy	3/22
Patricia Schneider	3/22

## 2011 LUNCH DATES

### *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 RSVP directly on our new website: [networkforprofessionalwomen.com](http://networkforprofessionalwomen.com). You may also reach Jann McMahan with any questions at (706) 561- 9800.

### Luncheon Dates

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

### MEMBER SPOTLIGHT

**Debi Johnson with the Lake Pine Event Center will be our member spotlight for March.**

# MORE NETWORK HAPPENINGS

Donations will be collected at the March 25th Network Meeting



Contact Deborah Ammons at 706-324-5435 for more information.

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

To get your news in Network Upbeat, send your articles to Pat Whipple Email: [patricia\\_whipple@ml.com](mailto:patricia_whipple@ml.com) or contact her at 706-494-5336

*Please join us for  
the Annual Teenage Parenting Center (TAP)  
Luncheon and Baby Shower*



We are requesting sponsors for this month's luncheon at Green Island (Network Members) to pay for the lunch meals at a cost of \$16.00 each. Any donation would be greatly appreciated. We also need baby shower gifts and baby clothing. Please contact Wanda Johnson at (706) 569-7992 or [w.johnson@columbushospice.com](mailto:w.johnson@columbushospice.com) for more information.