

## May 2010 Featured Speaker



FOR  
PROFESSIONAL &  
EXECUTIVE  
WOMEN

# UPBEAT

May 2010  
Volume 23  
Issue 5



### Kyle Avery Bair

Our May luncheon features Kyle Avery Bair. Kyle currently serves as the Executive Director of the Sexual Assault Support Center ("SASC"), formerly known as Columbus Rape Crisis. Kyle has not only been the Director for the last 11 years, but she has served as a volunteer for the Center since 1991. Kyle is a former Special Criminal Investigator for the Office of the District Attorney, where she also served as a Victim Advocate for the District Attorney's Victim-Witness Program. The SASC currently provides prevention education and training to our local communities including the Chattahoochee Judicial Circuit and surrounding counties, which also includes Muscogee County schools, local hospitals, agencies and other organizations.

Kyle has served on the following boards: the State Sexual Assault Coalition ("GNESA"); Chair of the GNESA Advisory Commission; The Children's TreeHouse; Court Appointed Special Advocate ("CASA"); The Domestic Violence Roundtable; Advisory Board for Safe and Drug Free Schools; and The Columbus Children Youth and Family Coalition (Local Family Connection). Other boards or service include Past-President of the Junior League of Columbus; Historic Columbus; Leadership Columbus; Women's Health Advisory Board of St. Francis Hospital; Columbus Symphony Volunteers Association; Columbus Ballet Board; and the Miss Georgia Board of Trustees.

Please make your reservation today so you don't miss this important speaker.

#### Contact Info:

Sexual Assault 24 Hour Crisis Hotline – 706-571-6010

RAINN National Hotline – 800-656-HOPE (4673)

Office Located at 2027 6<sup>th</sup> Avenue, Columbus 31904

Office # 706-221-1033 or [crccenter@aol.com](mailto:crccenter@aol.com)



## President's Message

Jean Richardson

Hello Ladies,

It's hard to believe that it's MAY already. This is the month that we celebrate **Mother's Day**.

When I was a little girl, I would have done anything to have the powers of my mom. She could do more in one day than I ever could. I would stand by sometimes and just watch her do her thing. It was like she was "Super Woman." She would get up early in the mornings, go outside and work in her flower gardens, come back inside and cook breakfast for seven kids, two of whom were special needs kids, make sure we all were dressed for school and were on our way. I would think to myself "WOW WHAT A WOMAN!"

I dedicate this issue to my Mother, who is a sweet guardian angel looking down on us. Seeing some

of her kids doing the same things she did, and I find myself doing the same.

In this day and age, it is a lot faster pace than back then. We're all on the go and barely have time to get a cup of coffee in the morning. One day God just stopped me in my tracks and made me realize that there is more to life than rush, rush, rush. I realize that when you live in the full force of love, you actually have all of who God is working for you.

I know that the greatest thing that my mother taught me was to love others as God loves us. I know that when love preserves the good in you, it keeps the handiwork of God shining bright in your life for others to see.

We can help find easy ways to make life healthier, prettier and less stressful.

Have you ever admired those women running along the street, keeping a steady pace and making it seem so effortless? Did you think how could this be fun? When we get older, we're looked at as a number. Are you thinking to yourself "Jean, you need to get to the point?" Well the point is, we need to do something about staying in good shape. If not running, why not walking? So tie up the laces on your sneakers and be on your way. Let's get rid of the stress.



### Live well

Lately we have heard so much on the new TV talk shows and other shows about texting and talking on the phone when driving.

The reason for this is to bring awareness of the problem of distracted driving. I don't know about you, but for me it is very hard to just dial a number while driving, I wouldn't even think of texting. Let's



think about our teenage kids, we don't want them to become a statistic. Did you know that looking away from the road is a principal contributor to road crashes? In a yearlong study, 80% of crashes and 69% of near- misses were caused by looking away from the road, according to Louis Tijerina, senior tech specialist with Ford Active Safety Research.

Eyes on the road, hands on the wheel!!

Tips:

- When you're driving, you're driving.
- Don't Reach
- Get a talking GPS.
- Look ahead.
- Be a role model

Go to class. Get skills on understanding difficult driving.

### Dress well

- Your clothing should make a statement, not over power your look.
- Wear a printed jacket with solid pant. Pair it with a black belt to break up the print. Add a brightly colored top to give it a modern twist. Work clothes don't have to be boring.
- The color of your hair should capture and show off your personality.
- The right haircut can instantly make you look younger (and thinner!).



Moisturize your dry skin before applying makeup. Dry scaly skin causes color to deposit unevenly.

I hope you take advantage of these tips from the celebrity fashion stylist for *SAY It With STYLE*: Felix Mercado, Eunice Martinze, Edward Tricomi, and Joel Warren

Why not take on a new attitude?

Happy Mother's Day,

*Jean*



May	Jann McMahan—Rankin Quarter
June	Ruth Brown—Silpata Jewelry
July	Michelle Justice—Justice Accounting
August	Pat Whipple—Merrill Lynch
September	<u>Still available</u>
October	Babbs Douglas—Feeding the Valley Food Drive

We look forward to learning more about our members. **We have September open**, if anyone would like to be featured. **Remember to bring a small prize for our drawing!**

Contact Susan Henderson to sign up  
(706) 569-3063



# NETWORK HAPPENINGS

## BIRTHDAYS

Alexa Meadows	1
Sandy Lampert	4
Sally Lasseter	9
Michelle Justice	22
Becky Goldsmith	24
Chu Jarmon	25
Kim Boatner	30



Tiny Washington	23
Susan Wirt	26
Mary Jane Galer	30

## 2010 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.

You can RSVP and register guests on our website:

[www.NetworkForProfessionalWomen.com](http://www.NetworkForProfessionalWomen.com)

If you cannot locate your password, contact Kathy Reeves at:

[Kathy.reeves@springharborccrc.org](mailto:Kathy.reeves@springharborccrc.org)

Mark your calendars  
now for the  
2010 Network Lunch Dates

May	28
June	25
July	23
August	27
September	24
October	22
November	19

### Teachers Week at TAP

To show our appreciation and support of our Teachers at TAP, Network provided breakfast this month in honor of the teachers and para-professionals.

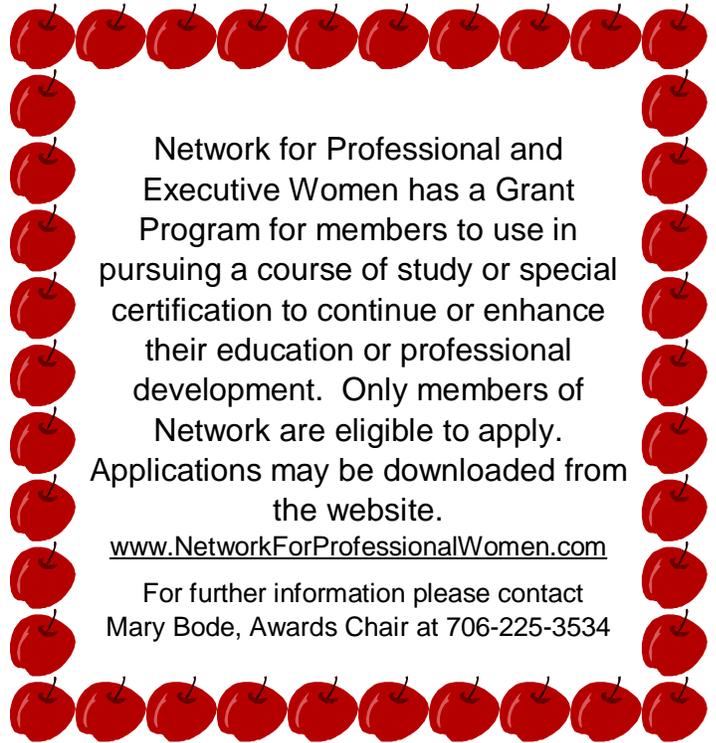
**THANK YOU**

# TAP SCHOLARSHIP WINNER 2009-2010

Congratulations go to *Andrea Abron* who is the Network's 2009-2010 scholarship winner. We are very proud of her accomplishments and wish her success with her education!

## PARTNERS IN EDUCATION

The Greater Columbus Chamber of Commerce awarded the Gold Achievement Award to Network for volunteerism and commitment to the Teenage Parenting Center (TAP). Thanks to the people in Network who commit their time to TAP throughout the year.



Network for Professional and Executive Women has a Grant Program for members to use in pursuing a course of study or special certification to continue or enhance their education or professional development. Only members of Network are eligible to apply. Applications may be downloaded from the website.

[www.NetworkForProfessionalWomen.com](http://www.NetworkForProfessionalWomen.com)

For further information please contact Mary Bode, Awards Chair at 706-225-3534

## WHO DO YOU KNOW WHO IS MISSING OUT ON BEING PART OF NETWORK FOR PROFESSIONAL AND EXECUTIVE WOMEN?

Let's share our great Network with other professional women. It is a great place to network, to learn more about each other's profession, and a great way to do business with each other. We've got some awesome speakers lined up for the rest of the year, so let's bring as many guests as we can.

*Strive not to be a success, but rather to be of value.*

*-Albert Einstein*

# MORE NETWORK NEWS

## Board of Directors

### President

Jean Richardson..... (706) 644-2806

CB&T

### Immediate Past President

Durona Courtington ..... (706) 320-2704

St. Francis Hospital

### Vice President

Sommer Bundy..... (706) 649-2631

CB&T

### 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

### Public Relations

Lanitra Menefee ..... 706) 561-3556

Menefee Agency

### Special Events

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

Colette Greer..... (706) 577-8908

Columbus Hospice

### WWW

Nancy Williams..... (706) 571-1482

Columbus Regional

Kathy Reeves ..... (706)-576-6007

Spring Harbor

### Newsletter Editor

Pat Whipple..... (706) 494-5336

Merrill Lynch

## Member Relations

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CSU

Nancy Graham ..... (706) 323-4620

Organizer Unlimited

## Community Relations

Tiny Washington..... (706) 225-4013

Columbus Consolidated Government

## Directory

Karen Smith ..... (706) 660-6103

Columbus Regional

## 2010 BOARD MEETING DATES:

June 8

July 13

August 10

September 14

October 12

November 9



Let a  
Board Member  
know what  
you're up to!

Wed I love to add it to our newsletter!

*Yes, time flies. And where did it leave us?*

*Old too soon...*

*Smart too late...*

*-Mike Tyson*



~ The way of the world is meeting people through other people. ~

*Robert Kerrigan*