



FOR  
PROFESSIONAL &  
EXECUTIVE  
WOMEN

UPBEAT

September 2010

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Issue 9

## September 2010 Featured Speaker Carolynn Obleton



Network is featuring Carolynn Obleton as our guest speaker this month.

Carolynn joined CB&T in 1989 as a management associate. During her career she has served as a credit analyst, special assets officer, market segment manager and private client relationship manager. Carolynn currently serves as retail executive responsible for leading 18 branches. She is also responsible for military banking and team banking. Carolynn is a graduate of Columbus State University with a bachelor's degree in Accounting. Recently, she graduated from the Stonier Graduate School of Banking.

Carolynn is a 2005 graduate of Leadership Columbus. She currently serves as chair of the Junior Achievement Board of Directors. Carolynn also serves as a Trustee of the Columbus Museum, a Trustee of St. Francis Inc. and as a member of the Board of Girls, Inc. She is a member of The Columbus Chapter of The Links, Inc. and the Columbus, GA Chapter of Jack and Jill of America, Inc. She is a member of Friendship Baptist Church where she serves as Chair of the Trustee Ministry. Past affiliations include: New Horizons Development Advisory Board, West Central Georgia Chapter of the American Red Cross, Big Brothers Big Sisters, Junior League of Columbus, West Central Cancer Coalition and the Family Counseling Center.

Carolynn is married to Eddie and they have four children Ashley, Gabriel, Keri and Brent.

Let's give her a warm welcome this month. Please join us at Green Island to support Carolynn.



## President's Message

**Jean Richardson**

are we hurting? I'll tell you - ourselves. But in order to get ahead of your competition and master the ongoing change in our lives, we must get out of our comfort zone and start one step at a time. We must try those little things; that *different* approach. It could be as simple as taking different routes to and from work. Every once and a while I like to "take the road less traveled."

To stir up my creative juices, I keep stepping out of my zone. It may seem a little uncomfortable at first. But the more you do it, the more it will seem natural and you will see an increase in your creative juices and the opportunities you never thought about before.

Read about the lives of successful people. Make sure you

read only about those people that embrace the timeless values that make them truly successful through the ages. Not just the "success today, scandal tomorrow." Dealing with the unimportant things in our lives (what that person said or did, the driver that cuts us off in the morning, and activities which don't add value to our lives, etc.), we forget about the big picture. We were put on this earth to make a difference and I truly believe that. We make a difference for our families, our communities, our organizations, and ourselves. All of our actions must be put into action with this concept in mind. Think a little bigger today than yesterday, and you'll create a better future tomorrow. Thinking big leads to great actions and thinking small leads to small results. SO Think BIG!

***"Think a little bigger today than yesterday, and you'll create a better future tomorrow."***

As I have said many times before, "Believe and you shall receive."

So please don't wait until the last minute, GO FOR IT NOW!

Until next month,

*Jean*

**Hello Ladies,**

Well, summer is about to end and I am sure that most of us are ready for **fall!** I know I am.

Things are about to start winding down soon. One thing we need to remember is that just because things are winding down, we need not let our guard down. In most cases, the majority of people met their goals for the year or are very close to meeting them.

In my 34 years in banking, I learned to go for the stretched goals and not settle for just the minimum. You may ask, "Do I make it to the stretched goals?" Sometimes I do and sometimes I don't. Even if you don't make it, you should give it all you have and know that you've given your best.

We should all be a strong support to our teams. When each team member makes their goal each week, month, quarter or year, we should make it a big deal and reward them.



What can be more rewarding than to get a pat on the back from your supervisor or team mate? By acknowledging them, it encourages them to do more than just the norm and even support other team members who have not met their

expectations and/or who are struggling. I feel the power of helping others to succeed is a blessing within itself and we are blessed in the process.

We need to learn how to take a risk for success. We all live our lives in comfort zones, avoiding risky situations, and trying to avoid the potential to fail. If you start to think that way, most likely you will fail. It's real safe for us. So, who

**BIRTHDAYS**



Deborah Ammons	4
Jenny Folds	21
Kim Hoffman	29

Kim Rozycki	1
Durona Curington	6
Karen Cole	7
Wanda Johnson	10
Ruth Brown	11
Laura Grantham	19
Debi Johnson	20
Nancy Williams	27



**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**

September 24  
 October 22  
 November 19

**Do you have news?**

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

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

## NETWORK

# HAPPENINGS

## NETWORKER OF THE YEAR AWARD

This is a reminder that **September 30th** is the deadline to select your candidate for Networker of the Year. The forms are available on the network website:

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

Submit your nomination to Mary Bode. She may be reached at [mbode@columbusga.org](mailto:mbode@columbusga.org), or call her with questions at 706-225-3534

M.S.C.C. Ladies Heart-to-Heart Presents...



*Darlene Ballard*  
Author and Inspirational Speaker with her newest book "Learning to Dance in the Rain"



**Mountain Shadows  
Community Church Barn**  
114 Mountain Shadows Road  
Hamilton, GA 31811  
(a mile north of Hamilton off US Hwy 27)  
**September 25, 2010  
10:00 am  
706-596-8498**

Darlene welcomes everyone to join her.  
Call her directly for details.

## Mary Jane Political Participation Award Deadline

### September 30th

Submit your nomination to Mary Bode. She may be reached at [mbode@columbusga.org](mailto:mbode@columbusga.org), or call her with questions at

706-225-3534



## *Bring School Supplies to our Meeting this Month to support TAP*

They need:

Packs of copy paper

Packs of Dry Eraser Markers

Packs of Construction Paper

Notebook paper: College Rule

Packs of Pens

**If you bring THREE items, you get a free raffle ticket!**

Contact Wanda Johnson with any questions at [w.johnson@columbushospice.com](mailto:w.johnson@columbushospice.com) or

Call 706-569-7992



# MORE HAPPENINGS

**CONGRATS!**

**Congratulations go to Jean Richardson and Michelle Justice for bringing the most guests to Network for the 2<sup>nd</sup> Quarter 2010.**

**GREAT JOB!**

***Are you interested in becoming more involved in Network?***

Would you like to serve on a committee, or serve in any capacity? If so, contact Durona Courington at [durona@bellsouth.net](mailto:durona@bellsouth.net) or call her at 334-297-6694.

## **Make a Difference While Eating Lunch**

You are invited to have lunch with our TAP students on the 2<sup>nd</sup> Thursday of every month. Contact Wanda Johnson at 706-569-7992 or [w.johnson@columbushospice.com](mailto:w.johnson@columbushospice.com) for more information.



# 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

## Member Relations

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

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:

September 14

October 12

November 9



## MEMBER SPOTLIGHT

September Pat Whipple—Merrill Lynch

October Babbs Douglas—Feeding the Valley Food Drive

We look forward to learning more about our members.

**Remember to bring a small prize for our drawing!**

*You have to be unique and different, and shine in your own way.*

*-Lady Gaga*