

WOMEN'S NETWORK

A DIVISION OF THE COLUMBIA CHAMBER OF COMMERCE

News from Women's Network

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Joe Machens Ford Lincoln presents:

ATHENA International Awards Banquet

There will not be an April Women's Network luncheon!

You are cordially invited to the 17th annual ATHENA International Awards Banquet to honor six outstanding finalists for two prestigious awards. Two recipients will be announced during this banquet on Thursday, April 21, 2011. Please help us honor these women and join us at this event.



JES Holdings, LLC along with Women's Network presents the ATHENA Young Professional and ATHENA Leadership awards.



Finalists for the ATHENA Young Professional Award are (from left) Shelly DeVore, Columbia Insurance Group; Shatenita Horton, Boone County National Bank; Jennifer Thoma, Boone County National Bank.

Finalists for the ATHENA Leadership Award are (from left) Lynda Baumgartner, Baumgartner's Boone County Cured Hams; Karen Miller, Boone County Commission; Jolene Schulz, First State Community Bank.

The ATHENA International Awards Banquet honors individuals who have given to their community in a meaningful way, excelled in their profession, and actively assisted women in achieving their full potential.

Thursday, April 21, 2011

Cocktail Hour from 5 – 6 p.m. • The University Club/University Catering Program begins at 6 p.m.

\$27.00 online, \$30.00 at the door

Registration deadline: Monday, April 18

To register: visit www.ColumbiaMOChamber.com/WomensNetwork call (573) 874-1132; email kstull@ColumbiaMoChamber.com

***Please note there will not be an April luncheon!**

Presenting Sponsor: Joe Machens Ford Lincoln

Awards Sponsor: JES Holdings, LLC

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Steering Officers

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MU College of Veterinary Medicine

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Boone County National Bank

Sherry Waddill
Past-President
Boone County National Bank

Chris Steuber
Secretary
Landmark Bank

Michelle Mountjoy
Treasurer
Boone County National Bank

Steering Committee

2008-2011 Term
Cara Christianson
Kate Grant
Izzy Leatherman
Kelley Marchbanks
Michelle Mountjoy

2009-2012 Term
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Heather Hargrove
Melanie Karrick
Kylene Richardson
Nancy Allison

2010-2013 Term
Shatenita Horton
Amy McNulty
Chris Steuber
Marissa Todd
Lili Vianello

Committee Co-Chairs

Business Leaders Forum
Angela Holloway
Tana Benner

Changing the Odds
Barb King
Christina Walker

Membership Development
Shelly DeVore
Elisha Koenig

Marketing & Communications
Laura Harris

Monthly Program
Jessica Macy
Carrie Spicer

Special Events
Amanda Burfield
Debra Montague

Budget and Finance
Michelle Mountjoy
Shatenita Horton

Letter from Women's Network President

Amazing Women



The ATHENA International Organization awards several of the most prestigious awards world-wide to women and men who dedicate themselves to the mission of "supporting, developing and honoring women leaders." They are individuals who "inspire women to achieve their full potential, creating balance in leadership worldwide." (ATHENA International Mission) Again this year, Women's Network, along with many wonderful sponsors, will present the 2011 ATHENA Leadership Award and ATHENA Young Professional Award.

The ATHENA process is not a simple one. Each year, we as a community, receive nominations for many deserving leaders. The selection criteria are as impressive as the nominees! Through that process, we identified six women to serve as our distinguished finalists for the two ATHENA International Awards. This month, I want to use this space to recognize and congratulate Lynda Baumgartner, Shelly DeVore, Shatenita Horton, Karen Miller, Jennifer Thoma and Jolene Shultz!

During the Business Showcase, we formally announced and featured these women. These women are an amazing asset to our organization. I am proud to have them serve as the face of Women's Network. This year's finalists represent the attributes that abound within our own organization - diverse, driven, impressive, dedicated, caring, inspiring, selfless...the list of attributes could go on and on. For the amazing women (and men) in your life, there is still time to send them a rose through the Roses For Mentors program!

I hope to see you April 21 at the ATHENA International Awards Banquet.

May our adventure continue...

President, Women's Network
MU College of Veterinary Medicine

This Month's Member Milestones

Send in your milestone to share with other Women's Network members!

- **Nancy Allison, Nancy Allison - Shelter Insurance Agent, is celebrating the completion of five years as an agent and becoming a Hall of Fame qualifier.**
- **Lili Vianello, Visionworks Marketing & Communications, was elected to the board of directors for the Missouri Symphony Society.**
- **Bucket Media, Columbia EDP Payroll/Tax Services, Frameworks Gifts & Interiors, Midwest Computech and Songbird Station are the five Small Business of the Year finalists!**
- **Rosemary Frank and her husband, Michael Colombo, are excited to announce the arrival of their son, Liam. Their bundle of joy joins 3-year-old big brother, Jack.**

Email your submission (or one for a friend) to laura.harris@landmarkbank.com.

Art Smith

ArtSmith Photography
504 E Broadway | Columbia MO 65201-4440
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Christina Gilbert

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Jon Signaigo

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Lisa Guidry

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Robert Pollock

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Sophia Smith

Sophia's Helping Hand
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Trista Heller

Bryan College
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Member Profile

by Connie McClellan, Winter-Dent & Company

Who: Cheryl Edington

Business: Baer & Edington, LLC



Cheryl Edington, a partner with Baer & Edington, LLC, has more than 25 years experience in tax and accounting, specializing in small business issues, international tax, and new business planning and consulting. Cheryl is proud of the personal touch and attention to detail

that Baer & Edington offers to clients. "With our pro-active approach we work with our clients to help them understand what their financial statements mean and translate the tax code for them," she said.

Cheryl grew up in Montgomery City, Mo. where she discovered a passion for mathematics in middle school. She aspired to be a math teacher but changed her mind after completing two years of accounting in high school. By then, she knew without a doubt that she wanted to be an accountant.

In her free time, Cheryl is involved in church activities, Pascale's Pals, Columbia Chamber of Commerce, Women's Network and the local chapter of the Assistance League. She is also a board member of the Columbia Public School Foundation Board.

Recently, Cheryl and her husband, Greg, celebrated their 25th wedding anniversary. She loves to read mysteries and takes as many spinning and body attack classes that will fit on her calendar. Cheryl also likes to water ski, bike ride on the Katy Trail and walk at Stephens Lake Park. She enjoys spending time with her husband, children, Tara, 23, and Ryan, 17, and their three dogs, Molly, Otto and Cooper.

Cheryl invites Women's Network members who need help filing business or personal tax returns, understanding financial statement or interpreting tax law to contact her anytime. She would love to hear from you!

Women's Network Leadership Application Deadline is April 22!

Looking for ways to increase your visibility in the community? Want to showcase your leadership skills in a meaningful way? Thinking about getting more out of your Chamber and Women's Network membership? If you are interested in being a Committee Chair or being on the Steering Committee, no time is better than NOW! Apply for a leadership position in Women's Network for the upcoming Women's Network year starting July 1, 2011.

Applying for a leadership position is very easy. Simply fill out the enclosed application and either drop it off or mail it to Kate Stull, Columbia Chamber of Commerce, P.O. Box 1016, Columbia, MO 65205. You may also fax the form to 443-3986.

Please submit your application by Friday, April 22, 2011. We look forward to hearing from you!

Several years ago when sea salt really became the “buzz,” I, among millions of other people, immediately hopped on the bandwagon solely because sea salt was touted to be lower in sodium than table salt. With my husband having high blood pressure, I was more than willing to pay three to four times more for the sea salt, just knowing that it could be beneficial to my husband’s health.

However, now the verdict is in! According to Katherine Zeratsky, a Mayo Clinic nutritionist, “The real differences between sea salt and table salt are in their taste, texture and processing, not their chemical makeup.” By weight, both table salt and sea salt have similar content of both sodium and chloride. If sea salt has less sodium, it is so minute that it’s hardly worth mentioning, and certainly not worth using as the focus of advertising campaigns.

Following are other differences between sea salt and table salt:

- 1.) Sea salt is produced through evaporation of seawater, whereas table salt is mined from underground salt deposits.
- 2.) One big advantage that table salt has over sea salt is the added nutrient of iodine, which, among other things, can be important for optimal Thyroid function. Sea salt only has a minute amount of iodine.
- 3.) Table salt, due to its heavy processing, is not as prone to clumping, because it is more heavily processed which eliminates trace minerals. Further, table salt usually contains an additive to prevent clumping.
- 4.) The production of sea salt leaves behind some trace minerals and elements depending on its water source. These insignificant amounts of minerals add flavor and color to sea salt, which also comes in a variety of coarseness levels.

How to Win Friends & Influence People

By Dale Carnegie

This motivational book was originally published in 1936; however, all the principles outlined in it still apply today just as they did more than 75 years ago.

Dale Carnegie explains that the majority of our success in life depends entirely on our ability to communicate and manage personal relationships. He highlights the importance of such common sense things as remembering peoples’ names, smiling, being friendly and genuinely interested in other people and showing respect to their opinions. He also brings up examples of successful people and the key qualities that allowed them to become successful.

One of my favorite simple truths from this book is by William James who said: “The deepest principle in human nature is the craving to be appreciated.” Another quote that’s now fixed in my mind is: “I shall pass this way but once; any good, therefore, that I can do or any kindness that I can show to any human being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again.”

This book inspires a positive outlook on people and relationships; it gives practical advice on how to be effective in handling people, make people like you, win people to your way of thinking, and become a good leader. It’s a timeless bestseller for a reason and a definite must read.



XWN: Program Review

**By: Brooke Berkey, Sales Manager
Stoney Creek Inn & Conference
Center**



I recently completed the Experience Women’s Network (XWN) program and thoroughly enjoyed the activities every step of the way! The program gave me a broad overview of Women’s Network, helped me understand the organization as a whole and the different committees and also gave me a gentle nudge to become more involved. Now I view myself as an active member and proudly serve on the Membership Development committee.

Completing XWN can take less than a year for new members and most seasoned members have already completed the requirements, they simply need to fill out a XWN card. What better way to show your boss your involvement and loyalty to such a great organization?

The ATHENA International Awards Banquet is one of XWN’s required activities and is April 21, 2011. This is a great time to begin your XWN program! Please register for the ATHENA International Awards Banquet by visiting www.ColumbiaMOChamber.com/WomensNetwork, or by contacting Kate Stull at (573) 874-1132; email kstull@ColumbiaMoChamber.com.

REMEMBER: Get the most out of your membership by becoming a WN leader! Deadline for apps is April 22!



by Liya Kharabora
Northwestern Mutual
Financial Network

Roses For Mentors

Show your mentor how thankful you are for their role in your life by sending them a rose in celebration of ATHENA week.



Complete the enclosed form for each mentor you would like to recognize. Thorough address and contact information will ensure that the rose will be delivered properly. If you prefer, you may pick up the rose and deliver it personally. We will be delivering to business addresses only. **Deadline for requests is Tuesday, April 22!**

Return your form with \$5.00 per rose to:

Kate Stull, Women's Network Director; PO Box 1016; Columbia, MO 65205-1016

Roses will be delivered on Tuesday, April 19, 2011!

FYI

by Jon Signaigo, Tiger Family
Chiropractic & Wellness Center

For Your Information

FYI: Newsletter Changes Coming Soon

Women's Network would like to inform you about some upcoming changes to our newsletter. While the newsletter is of good quality as it is, we are proud to inform you that we will be improving on this already excellent product. In the new fiscal year, the current format of six pages and standard printing will be replaced by a four-page format with a new color digital printing. Women's Network is excited to make this change so we can offer the same great product in a new higher quality format. Thank you, and keep a look out for your "new" newsletter later this summer.

Check out Women's Network on:

Facebook

facebook.com/MOWomensNetwork

Twitter

twitter.com/WomensNetworkMO

LinkedIn

Group Name: Women's Network -
ColumbiaChamber of Commerce

WOMEN'S NETWORK

ATHENA INTERNATIONAL AWARDS BANQUET

SPONSORED BY:

JOE MACHENS DEALERSHIPS **JES HOLDINGS, LLC** **visionworks marketing & communications** **RE/MAX Boone Realty**

THIS SPECIAL BANQUET WILL REPLACE THE NORMALLY SCHEDULED WOMEN'S NETWORK LUNCHEON IN APRIL.

Please Join Us!

THURSDAY, APRIL 21, 2011
COCKTAIL HOUR FROM 5-6 P.M.
PROGRAM AT 6 P.M.
UNIVERSITY CLUB, 704 CONLEY AVE.
\$30 PER PERSON, \$27 ONLINE

PLEASE CALL 817-9119 OR EMAIL
KSTULL@COLUMBIAMOCHAMBER.COM



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MONTHLY CALENDAR

Tuesday, April 5

Marketing and Communications @ 12:00 p.m. at the Chamber

Wednesday, April 6

Special Events @ 12:00 p.m. at the Chamber

Tuesday, April 12

Women's Network New Member Welcome @ 11:30 a.m. at the Courtyard by Marriott

Wednesday, April 13

Monthly Program @ 12:00 p.m. at the Chamber

Tuesday, April 19

Roses For Mentors Delivery All Day

Thursday, April 21

ATHENA International Awards Banquet@ 5 p.m. at The University Club/Unviersity Catering

Wednesday, April 27

Changing the Odds @ 8:00 a.m. at the Chamber

Business Leaders Forum @ 12:00 p.m. at the Chamber

Saturday, April 30

Changing the Odds Seminar @ 8:30 a.m. at the Missouri Career Center

So You Know...

The second **Changing The Odds** Seminar of the year will be held on Saturday, April 30 from 8:30 a.m. to 2:30 p.m. at the Missouri Career Center.

Changing The Odds committee helps women looking for ways to improve their job prospects. This includes women who have never held a job, left the job market or had recent changes in their career goals.

Changing The Odds meets the fourth Wednesday of each month at the Walton Building from 8:00 to 9:00 a.m.