

# WOMEN'S NETWORK

A DIVISION OF THE COLUMBIA CHAMBER OF COMMERCE

# News from Women's Network

## In this Issue

- Page 2 Letter from the President Milestones
- Page 3 Member Profile New Member List
- Page 4 Health Corner New Member List
- Page 5 FYI Must Read
- Page 6 Calendar New Member List



*Boone Hospital Center presents:*

## Civil Leaders Panel

How do you have a family, work, volunteer, grocery shop, clean the house, and serve the public?

Join us at the August luncheon when Women's Network will host a panel of women in public service. These insightful women will help answer this question and perhaps inspire you to embrace new leadership opportunities.



Our panelists will include **Judy Baker**, former State Representative; **Mary Still**, member of Missouri House of Representatives; **Laura Nauser**, member of Columbia City Council; and **Jan Mees**, President of the Columbia Public Schools Board of Education. The panelists will discuss why they got involved in public service, the challenges of running for office, and the barriers for women in public service. They will also participate in a question-and-answer session with the audience. **Kristi Ray**, Executive Vice President of the Columbia Chamber of Commerce, will serve as the moderator for the event. Ray also coordinates the Chamber's legislative and political activities. If you would like to submit question for the panel please send them to [ltesar@ColumbiaMOChamber.com](mailto:ltesar@ColumbiaMOChamber.com).

Currently, women make up 51 percent of the population but less than 20 percent of elected officials. We are experiencing a time when more women than ever before are entering public service. It is a priority of Women's Network to empower our members to embrace leadership in their community.

### Thursday August 19, 2010

11:30 a.m. – 1:00 p.m.

Peachtree Catering and Banquet Center

\$15 for members, \$18 for guests, save \$3 by pre-registering online  
Registration deadline: Tuesday, August 16.

To register: visit [www.ColumbiaMOChamber.com/WomensNetwork](http://www.ColumbiaMOChamber.com/WomensNetwork); call (573) 874-1132; email [ltesar@ColumbiaMoChamber.com](mailto:ltesar@ColumbiaMoChamber.com)

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### Steering Officers

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### Steering Committee

#### 2008-2011 Term

Cara Christianson  
Kate Grant  
Izzy Leatherman  
Kelley Marchbanks  
Michelle Mountjoy

#### 2009-2012 Term

Kerrie Bloss  
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  
Kate Stull

#### 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

### Golden Opportunities



We can all remember a time when we were presented with an opportunity that was too good to pass up. Each one was bittersweet. It meant we had to say goodbye to one thing and forge a new path. As successful women in a thriving community, we are frequently faced with these opportunities and it is something to celebrate! There is life and vitality in change. Complacency leads to all kinds of negative outcomes. That is the reason why any successful woman will tell you she is always looking, always keeps her resume up-to-date and never lets a

golden opportunity pass her by without some serious consideration.

We have seen some amazing women grow to new heights through our organization and have bid them farewell as they began new adventures. This fall, we must say goodbye to Liz (Glockhoff) Tesar, our Women's Network Director. Liz's husband, Tim, was offered an amazing position out-of-state that will provide them both with incredible opportunities to set forth on a new adventure both professionally and as a couple.

Liz has served Women's Network for over two years. She has been a friend, colleague and confidant to many of us. I would like to congratulate both Tim and Liz and thank Liz for all she has given to the Women's Network and the Columbia Community. She has left her mark on the heart of this organization.

I would encourage all our members to never stop looking for the golden opportunities that shine in our future. Always be ready to pursue them and know that as difficult as it can be to leave the comfort of our current setting, behind you stands your fellow Women's Network members. We hate to say goodbye. That is the bitter part that comes with the sweetness of growing and achieving new heights in life's journey.

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! You deserve to see your name in print.

- **Dana Martin**, Accounting Manager at the Courtyard by Marriott, married Derek Woodward on June 7, 2010. Her new name is Dana Woodward.
- **Stephanie Fischer**, Sales Manager at the Courtyard by Marriott, married Chris Hysong on June 19, 2010. Her new name is Stephanie Hysong.
- **Laura Harris** of Landmark Bank and Women's Network Marketing & Communications Committee co-chair had her second child, Eli Cash, on July 22.

Email your submission (or one for a friend) to [laura@bigfish-creative.com](mailto:laura@bigfish-creative.com) by the fifth of every month.

## Member Profile

by Connie McClellan, Winter-Dent & Company

**Who:** Kate Grant

**Title:** Chief Financial Officer for Fresh Ideas



Kate Grant, Chief Financial Officer for Fresh Ideas, is a mid-Missouri native and a proud graduate of the University of Missouri-Columbia. For 14 years Kate worked as a CPA in a local accounting firm until March 2010 when she accepted the position with Fresh Ideas, a food service management solution provider offers food service management solutions to colleges, universities, K-12

districts, private educational facilities and businesses throughout the Midwest. In her new position, Kate is responsible for all financial procedures, including accounting functions, treasury management, capital expenditures and corporate budgeting. In addition, she oversees all corporate administrative activities and serves as a member of the company's Executive Leadership Team

Since the beginning of her career, Kate has had a community servant's heart exemplified by her involvement in the Hallsville Schools, primarily in the area of fund raising, and Hallsville Optimist Club. She continues to participate in the Columbia Chamber of Commerce and is very active in Women's Network, currently serving on the Steering Committee.

Kate, her husband, Stephen, and two sons, reside near Hallsville. In her free time, she enjoys being with her family and friends, waterskiing on Truman Lake, reading, jogging and home improvement projects. Kate and her family are excited to announce a new addition to their family: a yellow Lab puppy.

### **WELCOME, NEW MEMBERS!** Jill Sappington

University of Missouri  
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### Jessica Schlosser

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### Laura Tuttle

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### Judy Weitkemper

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### Kelli Winarski

Family First Chiropractic & Wellness Center  
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(573) 443-5900 | kwinarskidc@gmail.com

## **WELCOME, NEW MEMBERS!**

### Amanda Armistead

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(573) 441-1101 | amanda@theoveracreateam.com

### Travis Brown

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(573) 785-8461 | tbrown@1midwest.com

### Roberta Bryson

MBS Textbook Exchange, Inc.  
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### Lindsay Butcher

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### Pam Canavan

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### Melissa Carter

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### Holly Casteel

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### Anne Churchill

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### Sarah Dietz

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### Tennille Dorsey

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### Heather Evrard

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### Lori Anne Gaddy

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### Mary Beth Gillum

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### Yvette Gonzales

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The importance of drinking water is nothing new coming from the Women's Network Health Corner; however, one untapped subject (pardon the pun) is the quality of the water we drink.

Many public water systems use chlorine in an attempt to clean the water. It is no secret that chlorine, when consumed, is considered poisonous. Some research shows when we are exposed to small doses of chlorine the risk of getting cancer and other illnesses is dramatically increased. In fact, one report states, "If you are drinking public water that contains chlorine, your chances of having a cancerous tumor in your lifetime, is increased by 90 percent."

In the United States, there are many purification processes used, the most prevalent of which are reverse osmosis, distillation, and home water filtration systems.

Most researchers agree that reverse osmosis is not an effective purification system because, in the process of forcing water through a membrane, minerals in the water are removed, but the toxins can also pass through the membrane.

Distillation, like reverse osmosis, produces mineral-free water that can be dangerous to the body's system due to its acidity.

Both reverse osmosis and distillation remove a wide-range of contaminants, including all heavy metals, many pesticides and asbestos. They do not, however, remove trihalomethanes (a group of chemicals which form when chlorine reacts with organic chemicals left in the water by soil and decaying vegetation) radon or pesticides.

Most researchers agree modern, carbon-activated filters are the most effective water filtration systems. These include pitchers with built-in filters as well as those that attach directly to faucets or to plumbing below the sink. Carbon filters will generally remove chlorine, coarse sediment, lead and some organic chemicals.

For more information on the best water filters from which to choose "tap" into Consumer Reports. Regardless of the type of filter you choose, remember to change the filters as often as the manufacturer suggests. Not only can clogged filters be inefficient, but they also may harbor bacteria.

Another good source to consult is the National Sanitation Foundation, (<http://www.nsf.org/>) a non-profit organization, which certifies water filters by the type of contaminants eliminated.

Do the research, check out your options and then "go with the flow" and implement the best filtration system for your home and family.

**WELCOME, NEW MEMBERS!****Brian Hazelrigg**

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**David Richter**

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**Marcus Robison**

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## A New Year, New Leadership

For 30 years, the business women of our community have grown Women's Network into an organization with purpose, endless opportunities and passion. From the whole of Women's Network membership stems a small group of leaders who promote member success and make their ideas come to life.

With a new fiscal year comes new leadership, the individuals who help make good things happen for this organization and who I'm personally proud to work with day to day. Say "Hi" the next time you run into one of your new Committee Co-Chairs:

### **Business Leaders Forum**

Angela Holloway  
Tana Benner

### **Membership Development**

Shelly DeVore  
Elisha Koenig

### **Monthly Program**

Jessica Macy  
Carrie Spicer

### **Budget and Finance**

Michelle Mountjoy  
Shatenita Horton

### **Changing the Odds**

Barb King  
Christina Walker

### **Marketing & Communications**

Laura Harris  
Kate Stull

### **Special Events**

Amanda Burfield  
Debra Montague

## Voices From The Past: Nancy Fay



Joining Women's Network became my way to connect with the "outside world". I was working as the manager of a medical clinic laboratory (Boyce & Bynum Pathology Laboratories-Boone Clinic), wearing white uniforms each day, and having only 15-30 minutes for lunch. I just knew there were professional women in

Columbia who wore suits to work but I had no opportunity to meet them.

Then, in 1982 I heard of Women's Network and quickly joined. This was great; I loved the luncheons and meeting all the professional women! However, at times I wasn't very popular with my coworkers when I would return from a luncheon, because the lab had gotten busy and none of them had yet been to lunch.

In the early years of Women's Network I served on the Steering Committee for several years. We would meet every Thursday at 7AM, many times in the back room of the Stadium McDonalds. I was a very quiet member of the Steering Committee and mostly just listened. (If you were willing to attend a 7AM meeting; you could be part of Steering-no elections for Steering back then.) All this was so new to me and I just loved being in the presence of other professional women.

I have remained a member of Women's Network since the day I first joined. Today, I am just as enthusiastic as ever about Women's Network and am most appreciative to those visionary women who formed this organization.

## The Power of One Thing: How to Intentionally Change Your Life

By Dr. Randy Carlson

Dr. Carlson, a professional counselor and intentional living coach for many years, provides an insightful and interesting method for "living intentionally." This book focuses on choosing to do one small thing at a time until it becomes a habit, in order to reach a goal. His method is targeted at finding the area of one's life that needs improvement, determining what the goal should be, and then intentionally focusing on the steps one by one until the goal is attained. The book is split into two parts - the first part helps the reader assess what the one change in their life should be. Part two is split into chapters based on what that aspect is - whether that be the reader's thinking, emotions, attitude, friends, etc.

Dr. Carlson's method is clear cut and simple, yet offers specific advice for each reader to make a major life change. He addresses each barrier to change that we encounter, discusses how to overcome these barriers, and how to turn the "one thing" into a habit. He demonstrates how to self assess, and how to self correct. The book is a fast read, but has the power to help the reader transform the largest obstacle in their life. I would recommend this book to anyone who is looking to make a change, feels they are "stuck in a rut", or just isn't sure what their next step is.



by Christine Bray  
Mike Messer Agency,  
Shelter Insurance



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**MONTHLY CALENDAR**

**Tuesday, August 3**

Marketing and Communications at 12:00 p.m., Chamber

**Wednesday, August 4**

Special Events Committee at 12:00 p.m., Chamber

**Tuesday, August 10**

Membership Development at 12:00 p.m., Chamber

**Wednesday, August 11**

Monthly Program at 12:00 p.m., Chamber

**Thursday, August 19**

August Monthly Luncheon from 11:30 a.m. – 1:00 p.m., Peachtree Catering

**Wednesday, August 18**

Greater Missouri Leadership Applications due by 5:00 p.m.

**Wednesday, August 25**

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

Business Leaders Forum at 12:00 p.m., Chamber

**So You Know...**

**Business Leaders Forum** meeting will meet on Wednesday, August 25 at noon. This month we will host **Marilyn Beman**, Certified Identity Theft Risk Management Specialist. Marilyn will speak on risks, exposures and liabilities for identity theft. We will provide lunch, so please let us know if you will be joining us. All Women's Network members are welcome and encouraged to attend.

Please R.S.V.P. to Angela Holloway, co-chair of the Business Leaders Forum at [angela@kerrybramon.com](mailto:angela@kerrybramon.com)

Last chance to apply for the 2010-2011 **Greater Missouri Leadership Challenge** scholarship and begin your journey as an inspired individual part of a powerful network of leaders! The new application deadline is **Wednesday, August 18** and should be sent to Liz Tesar at [ltesar@ColumbiaMOChamber.com](mailto:ltesar@ColumbiaMOChamber.com)

