

WOMEN'S NETWORK

A DIVISION OF THE
COLUMBIA CHAMBER
OF COMMERCE

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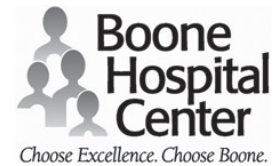
News from Women's Network

Boone Hospital Center presents:

Portraits of Success

Inspiration and Advice from ATHENA Award Recipients

You won't want to miss the Fourth Annual ATHENA Panel Discussion on Thursday, February 17. We invited two previous ATHENA Award recipients as well as the first recipient of the ATHENA Young Professional award to join us. Teresa Maledy, Susan Gray and Elizabeth Mendenhall will participate in a panel discussion led by KOMU-TV's Sarah Hill.



Find out about their career paths, how they've overcome obstacles and what they each look forward to in the coming years. We'll also discuss what receiving these honors meant to them.

The ATHENA and the ATHENA Young Professional awards are presented each year by Women's Network, and they are International awards providing recognition to individuals who have achieved success in their career, been active in their community, and supported women. Our panel includes:



Teresa Maledy – this 2009 ATHENA recipient is President of Commerce Bank. She serves on numerous boards and commissions including those for Stephens College, the Food Bank for Central and Northeast Missouri, the United Way and many more.



Susan Gray – this 1998 ATHENA recipient is a retired entrepreneur and community volunteer. She founded Isabel's Country Mustard, was honored as Citizen of the Year with her husband Tom Gray, and served on numerous boards and commissions throughout her career.



Elizabeth Mendenhall – Columbia's first recipient of the ATHENA Young Professional was honored in 2008. She is the CEO of RE/MAX Boone Realty and has served as the Missouri Association of Realtors President. She has served on many community boards including Susan G. Komen for the Cure and the United Way.

Thursday, February 17, 2011

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, February 16

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

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Special Events
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Debra Montague

Budget and Finance
Michelle Mountjoy
Shatenita Horton

Letter from Women's Network President

Snow Daze



Can you recall from your youth the excitement when, during the nightly news, the forecast called for snow during the overnight hours? That hope that maybe it would be enough! Do you remember waking up, looking outside seeing a blanket of snow, turning on the radio and listening for your school? When you finally heard it – the sheer joy that you had a day – a full day with nothing to do but hang out, watch movies and play in the snow. It was almost like stopping time. Everything was ready for that day so there wasn't homework, studying, clubs or practice of any kind.

The next day would simply pick up where you left off before you entered what can only be called the "snow daze!"

As adults, we rarely get these days. Most of us don't have the luxury of choosing whether or not to go to work, no matter how much ice covers the road or how hazardous the conditions are – you are expected at work regardless. For those with younger children, a snow day leads to the moment of panic as you try to make arrangements for child care before you venture out risking your life across roads that resemble the most recent episode of "Ice Truckers."

However, wouldn't it be great if we all took a snow day – at least once? If we took a day to stop time and enter a once-treasured "snow daze." Go ahead, reschedule any meetings or appointments, set your out of office assistant and take a day. It is my opinion that the world would be a better place if we all had a snow day or two. There is something so liberating about an unexpected day of nothing. It is not planned so you don't have a to-do list filled with laundry or home repair projects. You can't really go anywhere so you are left with time to hang out, watch movies and maybe even a few minutes to play in the snow! May this winter afford you with a chance to enjoy your own "snow daze," because we all know everything will be there waiting for you tomorrow when you return (just a little happier and more relaxed).

May our adventure continue...

President, Women's Network
MU College of Veterinary Medicine

Special Events Committee

When: First Wednesday of each month

Time: Noon @ the Chamber Building

Sometimes, it really is all about having FUN! We have even been called the FUN Committee! And it's true... We plan the parties, the mixers and all of the banquets that allow us to set aside our daily duties and get to know each other in an atmosphere where you can network AND create personal relationships while (you guessed it) having fun.

The Special Events Committee is tasked with the planning the Fall and Spring Mixers, the ATHENA Banquet and ATHENA Week, the Holiday Mixer, and even a Coffee Mixer every now and then. Our committee is great for people who like to plan events, those who have creative ideas, or even those who are busy and can only commit to one event or duty throughout the year. We have events going on year round, some large and some small. No matter what you want to do we have the perfect part for you!

Member Profile

by Connie McClellan, Winter-Dent & Company

Who: Cathy Cook

Title: Owner, OnPoint Learning



Cathy Cook, owner of OnPoint Learning, grew up in Illinois and graduated from Western Illinois University with a degree in horticulture. Cathy worked for many years in the horticulture industry and still enjoys that type of work to this day. After realizing each of her four children had dyslexic characteristics (two severely dyslexic and two mildly dyslexic),

Cathy developed a passion to help those who suffer from dyslexia. At the same time, she learned firsthand the challenges that dyslexic children and their families endure. With this experience, Cathy's desire grew to help those afflicted and affected by dyslexia and other learning disabilities.

In 2005, following her heart, Cathy started her company, OnPoint Learning. After six years of being privileged to work with these gifted learners, Cathy is constantly reminded of how unique and talented each of these individuals is in his or her own way.

Now, Cathy is expanding her business into the field of autism. In addition, she will help those in need of emotional self management, which can be helpful to just about everyone.

Cathy lives in Columbia with her husband, Chris. Her children are grown, but have blessed her with three wonderful grandchildren.

Cathy joined Women's Network last year after attending a luncheon. Having been so impressed with everything about the luncheon, she knew she had to join Women's Network. In addition, Cathy is on the Columbia Chamber's Membership Committee and loves all opportunities to meet Chamber and Women's Network members.

WELCOME, NEW MEMBERS!

Paula Chapman

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(573) 445-4411 | gdrewingsr@machens.com

Linda K. Cheatham, CPA CFE

Linda K Cheatham, CPA PC307
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(573) 219-9247 | linda@cheatham-cpa.com

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"How Starbucks Saved My Life" by Michael Gates Gill

By Michael Gates Gill

Coffee... millions of Americans drink it every day, intoxicated by its many aromas, addicted to its stimulating effects, but for one man, coffee became a life-saving experience.

Michael Gill had been living an American dream. He grew up in an affluent family and had attained an ivy league education. By the time he reached his fifties, he was living in a large comfortable home in the suburbs in New York City, had four successful children and held an executive position with a six-figure salary at an ad agency. But, Michael took it all for granted and felt entitled to his life. The next 10 years would bring challenges that he never could have envisioned. He was downsized at work losing his career, an affair ended his 20-year marriage, he was diagnosed with a slow growing brain tumor and his girlfriend gave birth to his son. Michael found himself without a job, no money, no health insurance and a bleak future.

Having a coffee at Starbucks was an enjoyable escape for Michael. One day he was there and was feeling particularly depressed and despondent about his life, and he was approached by Starbucks manager Crystal Thompson about employment. Michael decided to reluctantly embark on a career at Starbucks, although he felt it was beneath him. He soon learned that neither his coworkers or the position were beneath him.

He experienced new emotions — gratitude, humility and happiness. The amazing attitudes and cohesiveness of his coworkers and the outstanding values and environment of the Starbucks organization gave him a new life and he is personally transformed and humbled.

This is a book that will inspire you to find happiness in your work life, to prioritize your values, to force yourself to look beyond age, race and education to recognize that the most menial task can bring a huge sense of accomplishment. And, the next time you enjoy that cup of coffee at Starbucks, smile and remember how a "grande" could give life back to a broken soul.



by Donna Monticelli
William Woods
University

Considering that February is “Heart Month,” this Health Corner addresses recent changes in the American Heart Association CPR Guidelines released in 2010. Following are the more significant differences between the 2005 and 2010 Guidelines:

1. It used to be advised to follow your ABCs: Airway, Breathing and Chest compressions. Now, Compressions come first, followed by a focus on Airway and Breathing. The only exception to the rule is newborn babies.
2. How deep you should push on the chest has changed for adult CPR. It was 1½ to 2 inches, but now the Heart Association wants you to push at least 2 inches deep on the chest.
3. Instead of pushing on the chest at *about* 100 compressions per minute, AHA wants you to push *at least* 100 compressions per minute. You don’t need to try rescue breathing.

AHA continues to emphasize some important points:

Don’t stop pushing. Every interruption in chest compressions interrupts blood flow to the brain, which leads to brain death if the blood flow stops too long. It takes several chest compressions to get blood moving again, so keep pushing as long as you can.

GREATER MISSOURI WOMAN OF THE YEAR

The Greater Missouri Leadership Foundation

This award is presented annually by the Greater Missouri Leadership Foundation, recognizing a Greater Missouri alumna or prominent female citizen of Missouri who exemplifies the profile of the Greater Missouri Woman as defined in the qualifications for the Greater Missouri Leadership Challenge. This year the recipient is **Ann Covington!**

An awards luncheon in her honor will be on Thursday, March 3 at noon at the Capitol Plaza Hotel & Convention Center in Jefferson City.

Tickets are available for \$30 in advance and may be purchased online at www.greatermo.com. Please RSVP by February 24, 2011

Capitol Plaza Hotel & Convention Center
415 West McCarty
Jefferson City, MO 65101

Please email all questions to Shelley Simon, ssimon@greatermo.org.

ACCORDING TO THE AMERICAN HEART ASSOCIATION:

- If you’re not trained in CPR, then provide hands-only CPR.
- If you’re well trained and confident in your ability, begin with chest compressions instead of first checking the airway and doing rescue breathing. Start CPR with 30 chest compressions.
- Trained, but rusty. If you’ve previously received CPR training but you’re not confident in your abilities, then just do chest compressions at a rate of about 100 a minute. (Details described below.)

The above applies to adults, children and infants needing CPR, but not newborns.

BEFORE YOU BEGIN, CHECK:

- Is the person conscious or unconscious?
- If the person appears unconscious, tap or shake his or her shoulder and ask loudly, “Are you OK?”
- If the person doesn’t respond and two people are available, one should call 911 or the local emergency number and one should begin CPR. If you are alone, call 911 before beginning CPR — unless you think the person has become unresponsive because of suffocation (such as from drowning). In this case, begin CPR for one minute and then call 911 or the local emergency number.

CPR INSTRUCTIONS:

- Put the person on his or her back on a firm surface.
- Kneel next to the person’s neck and shoulders.
- Place the heel of one hand over the center of the person’s chest, between the nipples. Place your other hand on top of the first hand. Keep your elbows straight and position your shoulders directly above your hands.
- Use your upper body weight (not just your arms) as you push straight down on (compress) the chest at least 2 inches (approximately 5 centimeters). Push hard at a rate of at least 100 compressions a minute.
- If you haven’t been trained in CPR, continue chest compressions until there are signs of movement or until emergency medical personnel take over. If you have been trained in CPR, check the airway and start rescue breathing.

Appropriate training is recommended, so if you are interested in learning more about CPR or CPR certification, contact the American Red Cross or search online for “CPR training in Columbia, Missouri.”

Strength in numbers

Celebrating 30 years of Women's Network this year!

by Kate Stull — Women's Network

While we're all looking forward to another great year with Women's Network, it's sometimes nice to look back to see how far we've come as an organization. Women's Network is celebrating its 30th birthday this fiscal year, so it's only appropriate to celebrate some of the milestones achieved in 2010:

- At its highest, Women's Network membership reached 590 in June 2010.
- A total of 270 members volunteer on one or more committees.
- 30 women serve in leadership positions throughout the year.
- Averaged more than 165 members and guests in attendance at the monthly program luncheons with local and national speakers such as Andy Core, Paula Pace and Van Allen.
- Held the fourth Leadership Series in October and November focusing on social, physical, mental and financial improvement.
- Steering and co-chairs teamed up to participate in the Chamber's Kickballapalooza for the third year in a row.
- The 6th annual Debin Benish Outstanding Business Woman award went to Karen Miller, Boone County District 1 Commissioner.
- Kate Grant, Kerrie Bloss and Margaret Post were a few scholarship award recipients, and more scholarships are to be awarded in 2011.
- The Experience Women's Network (XWN) program celebrated its first round of graduates.
- The Changing the Odds committee held their Fall seminar with 40 confirmed participants.

So much was accomplished in 2010, it's exciting to think what this year will bring! One thing is for sure, there is no shortage of opportunity. For example, **the ATHENA and ATHENA Young Professionals awards banquet will be held the evening of April 21 at the University Club.**

As Women's Network members, you have great influence and power over where this organization will go in the new year! How many new members will join our organization? What will people think of the events and mixers? By becoming an active voice, a leader and a representative of your business in Women's Network, you can make a difference in its ongoing history.



REMINDER!!!

The March Women's Network luncheon will be held at the Business Showcase on Tuesday, March 15. Visit the Women's Network booth to learn more about ATHENA! Look for more information in the March newsletter, but mark your calendar now.



This great event would not have been possible without our Presenting Sponsor, Kilgore's Medical Pharmacy, and gold sponsors Advanced Vision Center, The Columbia Missourian, Verizon Wireless and Woodcrest Chapel.

New Member

A Women's Network New Member Welcome was held on January 12 at Sophia's. Nearly 40 new and existing members had a chance to get together and learn more about Women's Network and do some great networking. If you are a new member and haven't had a chance to attend a New Member Welcome, please plan on attending our next one – details will be in upcoming newsletters!





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MONTHLY CALENDAR

Tuesday, February 1

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

Wednesday, February 2

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

Tuesday, February 8

Membership Development @ 12:00 p.m. at the Chamber

Wednesday, February 11

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

Thursday, February 17

Monthly Luncheon @ 11:30 a.m. at Peachtree Catering and Banquet Center

Wednesday, February 23

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

Wednesday, February 23

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

So You Know...

The **Business Leaders Forum Committee** will meet Wednesday, February 23 at noon at the Walton Building. The topic will be **Disaster Preparedness for Businesses**, presented by **Jennifer Thoma of Boone County National Bank**. Jennifer will discuss best practices for ensuring that your business will be up and running as soon as possible if there is ever a disaster in your area. She will discuss how to document procedures for use during an emergency, how to keep your employees and customers safe, how to communicate if normal systems are down, as well as other tips and tricks for the smoothest transition possible.

Lunch will be provided, please rsvp to angela@kerrybramon.com.