

WOMEN'S NETWORK

A DIVISION OF THE
COLUMBIA CHAMBER
OF COMMERCE

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News from Women's Network

Boone Hospital Center presents:

Listen Up and Move Up the Ladder of Success

Have you ever said to someone, "You never listen to me."? Has anyone ever said to you, "You never listen to me."? We spend much of our day hearing but not listening. Hearing is an automatic response but listening takes focus and concentration. Being a poor listener can damage client, co-worker and personal relations, and can interfere with your personal and professional success. Effective listening brings rewards in terms of increased knowledge, better work performance and fewer interpersonal problems.



Rita Ruth Starnes is the owner and founder of Comprehensive Communication, a coaching, training and consulting business in the area of communication. As a practicing attorney, she saw the disastrous effects of poor communication and realized that most legal problems were the result of inadequate communication skills. Ms. Starnes strongly believes that the ability to communicate effectively is crucial to your personal and professional success and is committed to helping others

avoid communication errors.

This is a fun, high-energy presentation that uses exercises and discussion to help improve listening skills.

Thursday, January 20, 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, January 18

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

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Monthly Program

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Special Events

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Letter from Women's Network President

Happy New Year?



I consider myself a fairly happy person. "The Holidays" are supposed to be all about joy and happiness but I am sad to say, I didn't see the happiness of which we all dream. I saw more stress than anything. Stress caused by schedules, money and above all the constant pursuit of happiness that just never quite comes. I like Christmas but it is exhausting. How can exhaustion yield a happiness that outweighs the stress? I think for most – it doesn't. So, we look to the New Year with a hope for a happier 2011. Well, let's stop hoping! Let's find it, realize it and not take it for granted!

Think back a few weeks to that really cold snap. Do you remember that great feeling when you came into a nice warm house or stood beside an open fire? However, within mere minutes you forgot how happy you were to be warm. I think we do that all too often with the things that make us happy. We seek the things that make us most happy and then become complacent about each of them. That leads us to go out seeking again.

Let me share a little trick of mine. I find something at each season to look forward to which rekindles my happy heart. In the fall, it is candy corn. I only eat candy corn in October. I won't listen to Christmas music until the day after Thanksgiving. Oh, the joy of hearing Jewel's Christmas CD! I have something small all year round to which I can look forward. I make sure that I relish in the joy they each bring when their season finally arrives. When one season is over, it means I get to go on to the next little joy.

It is not Christmas that brings us joy; it is the twinkle in the little white lights on the tree or the laugh of our children when they wake up to snow. It is always the tiny things that bring us the most joy. We will all continue to do what we have to do – trudge through each day. But find some way to notice the things that make you happy and then never take those for granted. Maybe that is rationing them or maybe it is relishing them each day. Either way, do what you must to find happiness and never be afraid to share it with those along your journey through life. Now...I believe it is time to enjoy a Caramel Apple Spice before they go on hiatus for another year!

May our adventure continue...

MU College of Veterinary Medicine

Women's Network wants you to...



Why XWN? This program is designed to help you get the most out of your Women's Network membership. Through the program you will get to know the organization, meet new people, find ways to get involved and enrich yourself personally and professionally. When you complete the program, you and your business will be recognized in the newsletter, at the monthly luncheon, and at a graduation ceremony.

**"By experiencing all that Women's Network has to offer, XWN gave me the chance to share it with others."
~ Michele Spry, Midway Electric, Inc.**

Ready to get started Experiencing Women's Network? Call or email Kate Stull at 874-1132 or kstull@ColumbiaMOChamber.com to find out how. Don't waste another day – get the most out of your WN membership today!

"Your Favorite Things" Holiday Party Recap *by Donna Monticelli, William Woods University*

Glowing candles, shiny bows, brightly lit Christmas trees and tables full of wonderful presents greeted a group of excited women and men at the Women's Network "Your Favorite Things" 2010 holiday party.

The mood was set and it promised to be an evening of laughter and lively conversation at the Stephens College Kimball Ballroom. Many people came back to the registration table to buy more raffle tickets after they viewed the great presents that were on display.

As each raffle number was drawn there was an air of suspense as they waited to hear the last number and a yell of victory rang out when the lucky ticket holder realized they had won a present. The food was delicious and the drinks from the bar made the conversation even more lively! The event was a huge success and that was evident by the smiles and laughter that ruled the evening.

Thank you to our event sponsors:

Presenting – Ashley Furniture Home Store

Gold – Delta Systems Group

Location – Stephens College



Top (left to right): Jan Grossman, Lili Vianello.
Bottom (left to right): Elisha Koenig, Marissa Todd, Sherry Waddill.



Top (left to right): (1) Cara Lee, Chris Marks, Michele Spry, Deb Montague. (2) Tim Seener, Chad Dietz, Kelley Marchbanks, Cory Harris.
Middle (left to right): (1) Kay Wax, Charlene Jayamanne, Laura Cox, Jody Brand, Denise Falco, Nellie Symm-Gruender. (2) Laura Cox, Josh Channing, Ustena Simenson, Tony Jayamanne, Nellie Symm-Gruender.
Bottom (left to right): (1) Deb Montague, Ashley Tilford, Jan Grossman.

In recent years antioxidants have become a common buzz word in many health related articles and discussions. So, what exactly are antioxidants and why are they so highly touted in relation to good health?

In a nutshell, the cells in our body need and use oxygen, and the result is the production of “free radicals,” which are “organic molecules that promote aging, tissue damage, as well as some diseases.” These molecules are very unstable and look to bond with other healthy molecules – destroying their vigor.

How does consuming foods with antioxidants help our bodies? According to HealthCastle.com, antioxidants get rid of free radicals and prevent them from damaging healthy tissue. There’s also strong evidence concluding that antioxidants may improve your skin and immune system, allowing the body to achieve stronger resistance against disease. Recent studies also have shown antioxidants help to slow the growth of (previously diagnosed) cancer.

Following is a list of the top 10 antioxidant-rich foods, and ideas on how to prepare them for snacks or meals:

BERRIES: Stir raspberries into vanilla yogurt, add whole blueberries to salads or dress up sliced strawberries with a little honey, balsamic vinegar and black pepper.

BROCCOLI: Wrap cooked, chilled broccoli with roasted pepper strips, or toss steamed broccoli with olive oil, chopped black olives and crushed red pepper flakes.

TOMATOES: Add minced sundried tomatoes to mashed potatoes, or toss Roma tomatoes with chopped fresh basil and olive oil and serve over pasta.

RED GRAPES: Snack on frozen red grapes for a sweet treat, or heat organic red wine with cinnamon sticks and a few whole cloves.

GARLIC: Roast whole heads of garlic until soft, and spread on warm baguette slices or puree roasted peppers with garlic for a fast sauce.

SPINACH: Stir chopped, fresh spinach and crushed walnuts into steamed brown rice, or lightly wilt baby spinach leaves and toss with olive oil.

TEA (Green or Black): Poach salmon in an infusion of green tea and ginger. Or, boil soba noodles in green tea and toss with sesame seeds and a dash of toasted sesame oil.

CARROTS: Puree cooked carrots with low-fat chicken broth, rosemary and a dash of cream, or steam whole baby carrots and toss with nutmeg, honey and a little butter.

SOY: Add cubed tempeh to pasta sauce, spread soy butter on a whole-wheat pita instead of peanut butter or toss soy sprouts on a salad or in stir-fry dishes.

WHOLE GRAINS: Combine cooked bulgur wheat.

ATHENA Award Nominations Deadline is Friday, January 14!

Do you know an outstanding person in this community? Someone who exemplifies the highest level of professional excellence in their profession, and has devoted time and energy to improve the quality of life for others in the community? Consider honoring that person by nominating him or her for the prestigious ATHENA or the ATHENA Young Professional Award, the latter of which is awarded to emerging leaders in the community with the same qualities. Nominations for the ATHENA and ATHENA Young Professional awards are due to Kate Stull, Women’s Network Director, by 5:00 p.m. on Friday, Jan. 14, 2011. Stop by the Chamber for a nomination form or visit www.ColumbiaMOChamber.com/WomensNetwork.



**ATHENA and
ATHENA Young
Professional award
nominations are due
to the Chamber by
5:00 p.m. on Friday,
Jan. 14, 2011!**

From the nominees, finalists will be selected for both the ATHENA and ATHENA Young Professional Awards and announced at the luncheon on Tuesday, March 15 in conjunction with the Business Showcase event.

Two winners will be chosen from the finalists. On April 21, 2011 we’ll celebrate these two extraordinary people at the annual ATHENA Awards banquet to be held at the University Club.

Marketing & Communications Committee

When: First Tuesday of each month

Time: Noon @ the Chamber

Create. Laugh. Plan. Promote. The Marketing & Communications Committee is the first to know what’s going on in the organization! Whether it’s producing monthly newsletters like this one, helping promote a special event or using social media to communicate with members, this committee is all about clearly communicating the who, what, when, where and why of every activity, scholarship and event to all of Women’s Network.

You can be a part of the action! There’s ample opportunity to be creative and share a few laughs, too. Our next meeting is **Tuesday, Jan. 4, 2011.**

WELCOME, NEW MEMBERS!

Elizabeth Ball

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1001 Rogers St | Columbia, MO 65216-0001
(573) 874-8916 | eqball@ccis.edu

Sherri Baumeister

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2300 Bernadette Dr #918 | Columbia, MO 65203-4600
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Kelley Zynda

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(660) 473-1288 | tigerplace.outreach@americareusa.net

Performance Intelligence at Work: The Five Essentials to Achieving the Mind of a Champion

By Dr. Julie Bell

Dr. Julie Bell is the founder and president of The Mind of a Champion, a coaching firm based in Dallas, Texas. "Performance Intelligence" is a concept she developed to help individuals and teams deliver their best performance when it matters most. As a well-known sports psychologist, she has trained some of the world's greatest athletes.

Throughout her book, Dr. Bell provides specific examples from her vast coaching experiences and relates them to the corporate playing field. Each chapter ends with a "Business Leader Huddle" written by Robin Pou to help you put each principle into action. The book teaches how to recognize your old ways of thinking, refocus your thoughts on a goal and establish new routines to make it happen. Instead of negative "what-not-to-do" thinking (Ex. "I will not procrastinate"), you'll be able to retrain your brain using proactive "what-to-do" thinking (Ex. "I will finish this task today").

Performance Intelligence follows a healthy model to improve performance in a specific area. In the professional world, Performance Intelligence starts with certain questions: Where are you now? Where do you want to go? How are you going to get there? It addresses five areas: Focus, Confidence, Winning Game Plan, Self-Discipline and Competitiveness.

The most fascinating part of this book is the similarity of strategies for success on the athletic field and the business field. The strategies for success and excellence in performance by Dr. Bell can be used in all areas of life. I am often amazed by the skill of elite athletes and how they become top performers. The psychology of their success is clearly identified in this book and describes how we can all go beyond an occasional win to being a consistent champion.

Member Profile

by Connie McClellan, Winter-Dent & Company

Who: Marianne Jay

Title: MBS Textbook Exchange



Marianne Jay, Retail Accounting Specialist for MBS Textbook Exchange, grew up in Bowling Green, MO and then moved to Columbia in 1995. After the move to Columbia, Marianne tried on many different hats, including Teller, Teller Supervisor and Accounting Clerk at First National Bank (now Landmark Bank) and also waitressing at Angelo's Restaurant. During her tenure at MBS, Marianne has worked at various jobs, including the warehouse and the call center. After graduating from Columbia College in 2008 with a Bachelor's Degree in Business Administration, including majors in Accounting, Finance, Management and Human Resource Management, Marianne was promoted to the Accounting Department at MBS.

Marianne and her husband, Kenny, reside in Hallsville and are the proud parents of two dogs, Sandy (half Pomeranian and half Dachshund) and Macy (Yellow Lab.) In addition, Marianne and Kenny own a hot air balloon named "Mai'Ken Dreams", which they enjoy as often as weather and schedules allow. When Marianne is not ballooning or working, she enjoys baking, gardening and shopping.

In addition to Women's Network, Marianne is also involved in and supports the Alzheimer's Association. Her grandfather was diagnosed with Alzheimer's in 2004 and since then, Marianne has taken an active part in fundraising for the cause. She also volunteers at the MBS blood drives and supports United Way and Susan G Koman fundraisers.

Marianne joined Women's Network in August 2010 and she has already met many interesting professionals and she enjoys the program. Marianne can't wait to join committees and meet more people to make an impact in the city of Columbia!



by Kate Grant
Fresh Ideas Food
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MONTHLY CALENDAR

Tuesday, January 4

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

Wednesday, January 5

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

Tuesday, January 11

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

Wednesday, January 12

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

Women's Network New Member Welcome from 11:30 a.m. to 1 p.m. at Sophia's

Thursday, January 20

Women's Network luncheon from 11:30 a.m. to 1 p.m. at Peachtree Catering & Banquet Center

Wednesday, January 26

Changing The Odds Committee @ 8 a.m. at the Chamber
Business Leaders Forum meeting @ 12:00 p.m. at the Chamber

The Marketing & Communications Committee is chaired by **Laura Harris** with Landmark Bank and welcomes new members each month! This committee promotes Women's Network and Columbia Chamber of Commerce activities through media and professional contacts.

