

WOMEN'S NETWORK

A DIVISION OF THE COLUMBIA CHAMBER OF COMMERCE

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News from Women's Network

Boone Hospital presents:

Women Working with Women: Creating a Problem-Solving Office Culture

Administrators often face a multitude of staff conflicts and situations that can be draining. In this program, you'll learn how to shift from Traditional models of management to a Conscious model of management, and you will learn to transform staff defiance into compliance. The seven skills of Conscious Discipline® can have a very positive impact on helping manage your own behavior, instead of requiring so much time managing your staff's behavior. We will practice skills that focus on finding solutions, not on placing blame.



Jill Molli has the uncanny ability to help people laugh and learn at the same time. Her position for 10 years in a Title 1 elementary school offered her opportunities to apply Dr. Bailey's Conscious Discipline®



Jill Molli

About the speaker

Jill is a "connector" for family needs. She began her teaching career in behavior disabilities classroom, moved into a regular third grade classroom, and then completed her requirements as a guidance counselor. Jill currently works as an L.G.A. for Dr. Bailey so she is able to help adults implement Conscious Discipline® all across the nation as well as working as an educational/behavioral consultant in the State of Missouri. Jill is a graduate of William Woods University and holds a master's degree in education in counseling from Stephens College.

Thursday, May 19, 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, May 17

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

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Kate Grant
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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

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

Fear and self preservation



During our family's most recent "adventure," we went skiing in Colorado. This is a fairly new sport for our family. For the last three years, my husband and I bum off my parents for gas and the rental house while taking in all the mountains have to offer. We cook food and pack lunches every day making for a pretty cheap trip. We all really love skiing but for different reasons. For me, it is about the gentle cadence while sightseeing down the mountain, taking in all of the vistas and landscapes. For my husband, it is the thrill. For my mom, it is taking lessons every day to master one skill each trip and

being perfectly fine with just that. For my dad, the goal is falling down as little as possible and when he does crash, to NOT burn (re-injure his knee). My five-year-old daughter, loves zooming down the hill as fast as she can in a semi-wedge – NO FEAR! Though, when you are a foot and a half from the ground and have no concept of what getting hurt really means, why not?

Each time I ski, I face fear head on. I have the skills down. I know how to stop, to turn, and to slow down. Nothing to it once you get it, regardless of the conditions or the grade of the slope. But looking down a serious blue or – heaven forbid – black, my mind tells my body to do everything to save itself. It says "Go slow, don't turn your skis down the hill EVER; and when in doubt, revert back to basic training – pizza wedge!" This is the WRONG thing to do. Aside from making me look like an imbecile, it gives the body a fierce beating! However, by doing so, I reset my internal warning level back to a code "yellow." Not to mention, while I'm freaking out, everyone's passing me doing exactly what I do quite well on the green and making it look effortless (which only further irritates me).

Much of what holds us back are the mind games we play with ourselves. It doesn't take some extreme sport to see ourselves limiting the things we do, especially when we have a very real idea of what getting hurt really means. Can't work, can't drive, inconvenience everyone else and the pain – we all want to avoid the pain! However, no matter how much we want to kick that fear to the curb, it's a hard thing to do. It usually comes down to giving it some "mileage" to get comfortable enough with what we know. It's a matter of convincing ourselves that we're ready for the next step or perhaps just sucking it up and going for it "come hell or high water."

I've written a lot about adventures and all that they have to offer. Fear, for better or worse, is a part of any adventure. So go ahead, sign up for a Boot Camp, use the StairMaster instead of just the elliptical, take your family skiing, or white water rafting during your next vacation. Challenge yourself in all the areas of your life. Treat everything with the respect it deserves but go ahead—suck it up and "go for it!"

May our adventure continue...

Kelley Rohlfling Marchbanks
President, Women's Network
MU College of Veterinary Medicine

Bailey Asher

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(573) 446-5781 | mroland@amfam.com

Monica Reehl

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Amy Vieth

Rusk Rehabilitation Center
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(573) 817-2703 | amy.vieth@healthsouth.com

This Month's Member Milestones

- In March, a 500 Point Chamber Ambassadors Plaque was presented to **Lili Vianello**, President of Visionworks Marketing & Communications.

Email your submission to Laura.Harris@LandmarkBank.com.

Member Profile

by *Connie McClellan, Winter-Dent & Company*

Who: Izzy Leatherman

Business: Boone County National Bank



Izzy Leatherman, Human Resources Officer/employment coordinator for Boone County National Bank, grew up as a “military brat.” After her birth in Okinawa, Japan, Izzy and her family moved to Grand Forks Air Force Base, North Dakota. Much to her dismay, Izzy didn’t have a chance to see as much of the world as other “military brats,” as she and her family moved to Shelbina, Missouri in 1994. Following her 2002 graduation from South Shelby High School, Izzy made the decision to make the journey to (as Izzy terms it) the “big city” of Columbia.

In 2006, she graduated from Columbia College with a bachelor’s degree in business administration with an emphasis in management and finance. Then, in 2009, she earned her MBA degree from William Woods University.

Soon after moving to Columbia, Izzy began working at Boone County National Bank as a teller at the Columbia Mall facility. She has held several positions at the bank including vault supervisor, commercial services manager, staff accountant, and now her current position as employment coordinator.

Izzy is active in her community with roles such as Women’s Network Steering Committee, Total Resource Campaign Volunteer, incoming Rotaract President, Boone County Steering Committee for Relay for Life, and March of Dimes.

In her spare time, Izzy loves to travel, attend Mizzou Football and Basketball games, and spend time with family and friends.

If you or someone you know is interested in making a career change, please check out opportunities at Boone County National Bank or come visit Izzy at the 8th & Broadway location. She would love to talk with you!

And the 2011 Carrie D. Francke Scholarship Recipient Goes To...

Each year, Women’s Network provides a \$1,000 scholarship in memory of Carrie D. Francke. Carrie was ambitious, completing a political science degree at MU in three years, followed by earning journalism and law degrees. She served as Senator John Danforth’s press secretary, as an Assistant Attorney General for the State of Missouri, and on the University of Missouri Board of Curators and also served on the Women’s Network Steering Committee. Carrie died in a tragic car accident in 1989 at the age of 34. Women’s Network hopes to honor her memory by giving this scholarship to women in our community going to school.

The 2010 recipient of the Carrie D. Francke Scholarship is **Candace Smith**. Candace is currently pursuing a degree in business administration at Columbia College. Candace has drive and ambition, as she has been inducted into two honors societies and is on the Dean’s list. She works full-time at Columbia Insurance Group while pursuing her degree and currently has a 3.75 grade point average. Candace is an outstanding recipient for this scholarship and Women’s Network wishes her all the best as she continues her education.

Celebrating the 2011 ATHENA Award Nominees

by Dan Diedreich,
Storm Rider Career Coaching
and Outplacement Services

Congratulations to the ATHENA Leadership Award Recipient®

Karen Miller



Boone County – District I Commissioner

Karen Miller is a match maker. Okay, she's also an ATHENA Leadership Award® recipient and Boone County, District I Commissioner but let's not get carried away with official titles. What Karen really loves to do is make matches—and Women's

Network gives her the perfect opportunity to ply her trade. "I know someone who really needs to be introduced to someone else, so I do what I can to get these people together."

To be a successful match maker you must first be a "people person" and that describes Karen perfectly. How else could she have not only have survived, but thrived, as a county commissioner for 19 years?

"As a county commissioner you can see the results at the local level. People will stop you anywhere and everywhere to share questions and concerns and tell you why you were right or wrong on a certain issue." For Karen, it's about building lasting relationships whether through Women's Network or the County Commission. "In politics, you have to keep at least 50 percent of the public happy. To do that, you have to learn new tricks, help others with their aspirations and keep an open mind."

Karen combines her political, networking and match making skills every month or two when she hosts a get-together at her home. Along with her usual circle of friends, she invites four to five younger women to interact with and learn from those who have experienced life to the fullest. "I watch these young women as they excel and I want to help them get where they want to go."

As far as reaching out is concerned, Karen strongly advises young women not put all their eggs in one networking basket. "Get a different perspective by joining different groups, especially those with causes you're passionate about."

Sounds like a good match to me!

Lynda Baumgartner



Stephens College – Study Abroad Coordinator

Can good deeds multiply? If those who have learned from and modeled their lives after Lynda Baumgartner are an example, then the answer is a resounding "Yes!" While Lynda's professional and community leadership credentials are exemplary, her real success is motivating and inspiring others.

"Encourage and mentor," "Shared experiences and life lessons," "Generous with her wisdom and time," are only a few of the many examples of inspiration from those who have learned from this giving individual. Those who know Lynda the best have heard her say many times, "I have been richly blessed in my life; I want to be a blessing to others."

As the owner of Image Technologies for many years, Lynda and her husband, Steve, demonstrated how to manage and grow a business with compassion and hard work. Today, Lynda keeps herself well occupied as the study abroad coordinator for Stephens College and spends time working with Steve at Baumgartner's Boone Country Hams, a family business since 1988.

Whether serving as the past chair of the Columbia Chamber of Commerce, dedicating 24-years in the Army Reserves or 20-years working with special needs students, Lynda's dedication to her neighbors in Columbia and Boone County are second to none.

If good deeds do multiply, then Lynda has sewn the seeds of good will and inspiration for many generations to come.

Jolene Schulz



First State Community Bank – Horizons Club Assistant

Theodore Roosevelt's comment, "The best prize that life offers is the chance to work hard at work worth doing," is lived to the fullest each day by Jolene Schulz. "I thought about the qualities embodied in the ATHENA Leadership Award® namely strength, courage, wisdom,

enlightenment, justice, and I truly believe these qualities were instilled in me by my beloved parents.

For 34 years, Jolene was the embodiment of these qualities as a teacher, director of grants and director of school community programs and communications with the Columbia Public Schools. Following her "retirement," she was recruited by what is now First State Community Bank as Horizons Club assistant.

For the past six years, Jolene has worked with bank clients, 50 years and older, who get together once a month to learn, travel and just have fun. Under her loving guidance, the monthly meeting has grown from around 10 members to nearly 100. One of the best pieces of advice she received was from noted educator and mentor, Dr. Muriel Battle who said, "Do your best, strive for excellence, and don't be afraid of challenges." Dr. Battle was part of Jolene's "Kitchen Cabinet" an informal group of three trusted advisors who helped her through our her career.

"The best advice I could give to a young woman is to create her own kitchen cabinet. Find three mentors who you can trust to give you good advice, encourage you, and turn your weaknesses into strengths." She adds that living in Columbia is a huge advantage. "Columbia is a very progressive, forwarding thinking and giving community." The town inspires us to do and be our best." So do you, Jolene.

Congratulations to the
ATHENA Young Professional
Award Recipient®
Shelly DeVore



Columbia Insurance Group – Administrative Supervisor

For ATHENA Young Professional Award® recipient, Shelly DeVore, it's simply a matter of paying attention to what's important. "The advice that I take most to heart is, 'Life is all about juggling balls—crystal balls and rubber balls.'" For Shelly, the crystal balls are those

things most important in life, and making sure they stay in the air is important. The rubber balls, those things less important, can be allowed to hit the ground occasionally. They do tend to bounce! Crystal balls... not so much.

As co-chair of the Women's Network Membership Development committee, Shelly has plenty of opportunity to share her advice with new members. She greatly enjoys having the "first touch" with those just getting involved with the program.

Shelly is a firm believer in the importance of Women's Network. "Thirty years ago, women needed a voice in the business community. Women's Network helped provide that voice." Now, she says much has changed and greatly appreciates the perspective of the male members of the network. "There's a role for everyone in the program. It's all about refreshing, rethinking and reaching out. Past ATHENA Award® recipients give us all a great opportunity to tap into a powerful brain trust."

At work, Shelly has had plenty of opportunity to put into practice what she has learned through Women's Network. As administrative supervisor for Columbia Insurance Group, Shelly wears a lot of hats including her official role as supervisor of the clerical staff. She also spends time coordinating with the IT staff on new technologies and helping with corporate issues.

Juggling lessons, anyone?

Shatenita Horton



Boone County National Bank – Assistance Vice President, Managing Officer

Managing, coaching, leading and developing. When you talk with Shatenita Horton, these four words resonate throughout the discussion. For 11 years, Shatenita has shared these qualities through the Women's Network. "When I joined in 2000, I basically attended the luncheons,

which served as a great source for networking and increasing my knowledge base." However, she quickly realized that becoming more engaged had its advantages.

"I soon decided that if I was to receive the full impact of Women's Network that I would have to get involved at the committee level." She became a member and eventually co-chair of both the Membership Development and Special Events committees.

The Membership Development committee gave Shatenita the chance to introduce the newest members to all of the resources of Women's Network. Special Events was the "fun committee" where Shatenita could put her "party planning" talents to good use.

She has called Boone County National Bank her professional home for 15 years, holding an amazing 12 positions during that time. Today she manages both the Paris Road and Lake of the Woods branches.

Banking has offered Shatenita the opportunity to mentor a number of talented women; a role she also assumes as a member of the Alumnae Association Board at her alma mater, Stephens College. Here, she helps young women develop their business etiquette and interview skills.

Managing, coaching, leading and developing. Sounds like a plan.

Jennifer Thoma



Boone County National Bank – AVP, Compliance Officer

Asked about what makes her experiences with Women's Network special, Jennifer Thoma reflects, "I learn a lot about what makes people who they are so they know who they want to become and how they plan to get there." As an eight-year member of Women's Network, Thoma

has observed a great deal about the people's character, especially her fellow females, "Women can do anything. There is nothing holding us back."

Her professional and personal life certainly reflects this belief. As an advisory board member of Lutheran Family and Children's Services, her "other big project" along with the Women's Network, Thoma creates awareness and raises money for the organization's many important projects. As Boone County National Bank's compliance officer, Thoma makes sure all the T-s are crossed and I-s are dotted concerning compliance issues.

Thoma is particularly grateful that Women's Network allows her to expand her horizons and interact with those who wear "different suits" in such fields as marketing, public speaking and relationship building. Thoma firmly believes that everyone is a mentor. Her advice to young women is to learn from each relationship and take a bit of wisdom from everyone you know.

Great advice from the president-elect of Women's Network.

Celebrating ATHENA



Congratulations to Karen Miller, ATHENA Leadership Award®, and Shelly DeVore, ATHENA Young Professional Award®



An amazing group of leaders in mid-Missouri, including past ATHENA Award® recipients



ATHENA Young Professional Award® nominees and recipients, from left: Jennifer Thoma, Kerrie Bloss, Shatenita Horton, Kelley Marchbanks, and Shelly DeVore

The highlight of the evening was, as always, the official announcement of the ATHENA Leadership Award® and ATHENA Young Professional Award® recipients. Both awards are selected by a distinguished committee comprised of past Women's Network presidents, past recipients, and Chamber of Commerce executives based on nomination forms submitted by their peers.

The ATHENA Leadership Award® and ATHENA Young Professional Award® recipients must demonstrate excellence, creativity and initiative in their business or profession, provide valuable service to improve the quality of life for others in their community, and actively assist women in achieving their full leadership potential.



From left: Judy Starr, Susan Stalcup Gray, Vicki Dunscomb



From left: Lynda Baumgartner, Teresa and Scott Maledy



From left: Bob Wagner, Karen Taylor, and Jan Beckett

Find more photos online:
[Facebook.com/MoWomensNetwork](https://www.facebook.com/MoWomensNetwork)

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Did you know that millions of Americans already have a mineral in their homes that can:

- 1) Relieve stress?
- 2) Soothe aching muscles?
- 3) Soften skin?
- 4) Provide an at-home treatment for serious skin conditions, such as psoriasis or eczema?
- 5) Relieve constipation?
- 6) Reduce the look of wrinkles?
- 7) Sooth children with autism (according to some recent studies)?
- 8) Provide a great way to detoxify your body, by removing harmful and unnatural substances?

So, what is this miracle mineral and how does it work? The answer: Epsom Salts!!

Epsom salts contain magnesium sulfate. Magnesium keeps enzyme activity regular in your body, which helps your bodily functions run smoothly. Sulfate helps to strengthen the walls of your digestive tract so that it's easier to release toxins.

As a compound, magnesium sulfate also raises the amount of digestive enzymes in the pancreas. In addition, studies show magnesium sulfate also helps in purifying and detoxifying your body of heavy metals. All of this can be achieved by taking a bath!

If you're ready for an Epsom salt bath, consider your tub size and water depth before you begin pouring in the salt. More salt isn't necessarily better. A common formula is to add a cup or two (about 0.25 or 0.5 liters) of Epsom salt to warm water in a standard-size bathtub. You will want to draw a nice, warm bath NOT a steamy hot bath. Hot, hot water is very hard on your skin and will not promote the desired results. Before you climb into the bath, make sure that all of the salt has dissolved so that it can be more easily absorbed into your skin. Any salt that hasn't dissolved in the water may dry on your skin as an opaque white powder

Fifteen minutes up to three times per week is the recommended "dosage" for Epsom salts baths. Further, Epsom salt can be incorporated into your beauty routine as a way to exfoliate, as an at-home facial when mixed with a cleansing cream and as bath crystals when mixed with a fragrance.

Despite the benefits, Epsom salt baths aren't for everyone. They generally aren't recommended for people who have conditions such as heart problems, high blood pressure or diabetes. If you aren't sure whether an Epsom salt bath is safe for you, consult your doctor before beginning your Epsom salt regimen.

Isn't it great that the most effective way to benefit from Epsom salts is a nice, warm bath!!! Sounds like a great excuse to take some "me" time, three times a week, don't you think?

Self Marketing Power: Branding Yourself as a Business of One

By Jeff Beals

When you look at yourself in the mirror, who and what do you see? Until today, the answer would probably not be, "a brand." And yet, according to author, media personality and businessman, Jeff Beals, that is exactly who and what you are. Beals is author of *Self Marketing Power: Branding Yourself as a Business of One*. If the name is familiar, Jeff was the featured speaker at the March Women's Network luncheon at the Business Showcase.

Beals' book continues where the speech left off, effectively navigating the reader through eye-opening topics such as the importance of name recognition, harnessing the power of both formal and informal networking and discovering your brand niche. As spot-on as the "how to" topics might be, the book's real revelation is simple but profound—each and every one of us are products with our own unique brand. We are "on" 24/7 and every action we take contributes to or detracts from the positive perception we try to maintain in our business and personal lives.

The book is gold for those of us who own our own business. Yet, it is equally relevant for those working in an organization whether they wish to use their current job as a springboard to another company, are looking for an internal promotion or simply want to secure their current position.

By now, some of you may be thinking, "Look, this is great for the go-getters. All I want is to keep my head down, work hard and do the best I can for my company. Shouldn't that be enough?" Good luck with that. The unemployment rosters are clogged with highly capable but "brand deficient" workers. Fair? Probably not. Does it matter? Not a whit.

Beals' "good news" is that everyone can become proficient at self branding through targeted marketing, hard work and practice. This is a "must read" for the simple fact that self branding is a "must do" in today's society.



by Dan Diedreich,
Storm Rider Career
Coaching and
Outplacement Services



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MONTHLY CALENDAR

Tuesday, May 3

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

Wednesday, May 4

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

Wednesday, May 11

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

Thursday, May 19

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

Wednesday, May 25

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

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

So You Know...

The **Business Leaders Forum Committee** will meet Wednesday, May 25 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.

Cost is \$5 for both Women's Network members and guests. Lunch will be provided to those who register for this event in advance. RSVP to angela@kerrybramon.com.