

# WOMEN'S NETWORK

A DIVISION OF THE  
COLUMBIA CHAMBER  
OF COMMERCE

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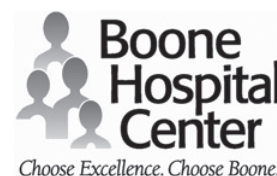


# News from Women's Network

*Boone Hospital presents:*

## Listen Up and Move Up The Ladder of Success

Listening is of utmost importance to the communication process and to your professional and personal success. Good leaders are good listeners, and great leaders are great listeners. Despite the importance of listening, it is often the forgotten element of the communication process. There are numerous courses and books on how to give successful speeches, but people are rarely taught how to listen effectively. In this high-energy, participatory presentation, the keys to becoming a better listener will be discussed.



### About the speaker



Rita Ruth Starnes

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 sees the disastrous effects of poor communication and knows most legal problems are the result of inadequate communication skills. Ms. Starnes strongly believes the ability to communicate effectively is crucial to personal and professional success, and she is committed to helping others avoid communication errors.

### Thursday, June 16, 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, June 14

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

**Gold Sponsor: Stephens College**

**Silver Sponsor: Boyce & Bynum Pathology Laboratories, PC**

### Steering Officers

Kelley Marchbanks  
President  
MU College of Veterinary Medicine

Jennifer Thoma  
President-Elect  
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

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

### The End of the Adventure



As with all adventures, this one too must come to an end. My unusually long term as president of Women's Network has indeed been an adventure that added to my repertoire of stories—some of which you have allowed me to share with you here each month. Throughout my year-and-a-half presidency, I have focused on the theme of "adventure." I chose this theme because each of us understands all too well how easy it is to get caught up in the rhythm of daily life. At some point, you look back and wonder what happened to all those days. One day flows into the next in a routine of getting

everything done, living up to expectations, tending to those who depend on us and contributing to society—all parts of the many aspects of our lives. That pace, while usually effective, comes at a cost. It sometimes takes someone saying "Stop! Take a moment to notice..." to really see all that surrounds us. It is far too easy to miss the everyday adventures and be left wondering why it is we feel we are missing something. Those reading this have most likely read at least a few of my other articles. I hope they have offered moments of self-reflection and maybe even provided a little nudge to step outside that daily routine and add new stories to your own repertoire.

I would like to thank Sherry Waddill for her service as an amazing resource for Women's Network and the Chamber; Jennifer Thoma, whom I have worked beside over the last 18 months and to whom I confidently pass the torch; Kate Stull and Liz Glockhoff Tesar for their support, encouragement, and personal dedication; all the members of steering for putting up with me longer than they originally signed up for (it's still not over!); and, lastly, all the members of Women's Network for your commitment to connect, engage and empower women in our community.

I would like to close this, my last article, the same way I closed my first. Each adventure requires the right equipment, preparation, training, courage and passion. As we embark on a new year, let us forge a new path as we explore new adventures.

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

## This Month's Member Milestones

You deserve to see your name in print! Share your milestone, whether personal or professional, with your fellow Women's Network members.

- On May 7, **Theresa McDonald**, Boone Hospital Center, graduated summa cum laude from Columbia College with a bachelor's degree in psychology.

Email your submission to [Laura.Harris@LandmarkBank.com](mailto:Laura.Harris@LandmarkBank.com).



# WELCOME, NEW MEMBERS!

## Jane Breen

Shelter Insurance Companies-Main Office  
1817 W Broadway | Columbia MO 65218-0001  
(573) 445-8441 | jbreen@shelterinsurance.com

## Mara Burghard

MacXprts  
2001 Corona Rd Ste 205 | Columbia MO 65203-5924  
(573) 446-2775 | mara@macxprts.com

## Julie Dorn

Boys & Girls Town of Missouri  
4304 S Bearfield Rd | Columbia MO 65201-9557  
(573) 874-8686 | julie.mcbride@bgtm.org

## Tamara Ford

Family Counseling Center of Missouri, Inc.  
117 N Garth Ave | Columbia MO 65203-4103  
(573) 443-2204 | atacker@fccmo.org

## Melissa Kocher

Services For Independent Living  
1401 Hathman Pl | Columbia MO 65201-5552  
(573) 874-1646 | sil@silcolumbia.org

## Marianne Kraft

U.S. Bank  
1408 Forum Blvd | Columbia MO 65203  
(573) 446-3394 | marianne.kraft@usbank.com

## Kari Laudano

Logistique Studio, LLC  
PO Box 1488 | Columbia MO 65205-1488  
(573) 303-2872 | klaudano@logistiquestudio.com

## Susie Sapp

KRCG  
3901 South Providence, Suite A | Columbia MO 65203  
(573) 443-1300 | ssapp@krcg.com

## Deb Valvo

KRCG  
3901 S Providence Rd Ste A | New Bloomfield MO  
65203-7174 | (573) 443-1300 | dvalvo@krcg.com

## New and Improved!

### A redesigned newsletter to debut soon.

The July newsletter is going to look a little different! Our redesigned publication will have fewer pages, but you can expect more color, as well as vibrant photos. Women's Network is excited to make this change so we can offer the same great product in a new higher quality format.

Another surprise is in store for August, as we will be launching a brand-new, comprehensive website—just for Women's Network! More information coming soon.

## Member Profile

by *Connie McClellan, Winter-Dent & Company*

**Who:** Dan Diedrich

**Business:** Storm Rider Career Coaching



Dan Diedrich, owner and president of Storm Rider Career Coaching and Outplacement Services, grew up in St. Louis, and after moving to Columbia in 1975 to attend MU, he liked it so well... he just never left!

While at MU, Dan earned a bachelor of journalism degree followed by a master of arts with an emphasis in broadcast journalism. Dan's career began as a student reporter for KOMU-TV and KBIA radio, then as a reporter, anchor and news director for KRCG-TV in Jefferson City. He then moved to Lincoln University where he served as the executive director of university relations at Lincoln University, followed by the position of vice president for institutional advancement for Westminster College in Fulton.

Currently, Dan wears many hats including holding a national certification in career coaching. Dan states, "The termination process is painful for the business as well as the individual. By partnering with a business during employee transition we can ease that pain, reassure remaining employees, protect the businesses' hard earned reputation and help to ensure that the bottom line is sustained." Check out Dan's website at [Stormridercoach.com](http://Stormridercoach.com) to learn more about his coaching philosophy.

Dan is also producing a pilot project for what he plans to be a weekly nationally syndicated television news program called "On the Job with Dan Diedrich," which focuses on important and timely issues dealing with career management, employment issues and job search tips. The first four-part series focuses on how social media has impacted the job search process.

Last, but certainly not least, Dan is the owner of DCD Voice Talent. He designed, constructed and equipped a professional home recording studio where he will produce voice-overs for commercials, audio books, audio/video training programs, and public service announcements. You can listen to Dan's demos at [DCDvoicetalent.com](http://DCDvoicetalent.com). In addition, Dan is a state-certified narrator for the Wolfner Library Audio Books for the Blind program where so far, he has recorded five audio novels and six audio children's books currently in circulation.

Dan and his high school sweetheart/wife, Carol, will celebrate their 36th wedding anniversary in June. Their two grown children, Michelle and Michael, also live in Columbia.

In his spare time Dan enjoys his involvement in the Women's Network Marketing & Communication committee, Government Affairs, and Small Business and Education committees, and Columbia Rotary South. On the homefront he enjoys reading, yard work, fishing, and spending time with his family.

Dan welcomes anyone and everyone who is interested in any of the services that he offers to contact him... anytime!

## Committee Sets Records and Changes Lives

A record-setting 32 women and 17 Women's Network volunteers came together on Saturday, April 30 for the Changing The Odds Committee April seminar with a shared goal: to brush up on the skills women need to find and keep a job in the increasingly challenging market.



Given her current occupation and personal life mission, Women's Network and Changing The Odds committee volunteer Janice Dawson-Threat, Missouri Division of Workforce Development, started off the seminar with a gripping testimonial of her own career path. She later encouraged seminar attendees and volunteers to publicly share their career paths with the group. Everyone learned something new about one another and their personal goals.

The seminar also included a segment about résumé writing led by Nellie Symm-Gruender, Passions in Columbia, as well as a segment on correct/incorrect interview skills led by Cheryl Edington, Baer & Edington CPA, and Barb King, Ronald McDonald House Charities of Mid Missouri.

One of Women's Network's largest committees, Changing The Odds plans two seminars a year to help women re-enter the workforce. The committee meets on the fourth Wednesday of each month at 8:00 a.m. at the Chamber. Come join us!



One particularly popular segment of the seminar is a business-appropriate fashion show, which the Assistance League of Mid Missouri graciously puts on twice a year. Each model (Upscale Resale volunteers) wears outfits from the store valued at \$25 or less, and after each seminar, provides every attendee with a gift certificate to spend in the Upscale Resale store.



Christina Walker, Columbia Insurance Group, is co-chair of the Changing The Odds committee with Barb King, Ronald McDonald House Charities of Mid Missouri. Here, Christina shares her career path with seminar attendees.

### Thank you to our sponsors:

Lunch was provided by New York Deli

Gift bags were sponsored by Assistance League of Mid-MO/Upscale Resale and Commerce Bank

### Make a Contribution!

This committee provides basic hygiene, beauty supplies and other goods to all seminar participants. Contact Kate Stull at 817-9119 if you are interested in contributing.

Items needed:

- Hygiene – soap, shampoo/conditioner, deodorant
- Beauty – lipstick, lotion
- Gift cards – hair cut, restaurant



connect • empower • engage

Want to get more out of your Women's Network membership? Consider joining a committee!

<input type="checkbox"/> Marketing & Communications	<input type="checkbox"/> Changing The Odds
<input type="checkbox"/> Membership Development	<input type="checkbox"/> Budget & Finance
<input type="checkbox"/> Monthly Programs	<input type="checkbox"/> Special Events
<input type="checkbox"/> Business Leaders Forum	

by Connie McClellan, Winter-Dent & Company

Since the March 2011 Japanese earthquake and ensuing tsunami, there has been much discussion and speculation about radiation leakage from Japan's Fukushima Daiichi nuclear plant. With this discussion comes some questions that are rarely answered with a clear explanation: How much radiation is too much, and why it is such a threat to humans? Following is my 'Cliff Notes' answer to help you understand why "unfriendly" radiation is so dangerous to human beings.

First, it is important to know the unit of measure for ionizing radiation (the radiation relevant to the current problem in Japan). This unit is known as "rem," which stands for roentgen equivalent in man. Rem represents the amount of radiation needed to produce a particular amount of damage to living tissue.

How much harm a person suffers is directly related to the total dose of rems. Immediately following the radioactive events at Hiroshima and Nagasaki, people were instantly exposed to large amounts of rems, followed by additional exposure from the surroundings and, in limited areas, from fallout. Fallout is the radioactive particles carried into the upper atmosphere by events such as the atomic bomb that eventually fall back to the earth's surface.

Doses as small as 25 rems will cause some detectable changes in blood, but up to 100 rems usually have no immediate harmful effects. However, doses above 100 rems may cause the first signs of radiation sickness, which can include:

- nausea
- vomiting
- headache
- some loss of white blood cells

As doses exceed 300 rems or more, symptoms such as temporary hair loss can result, but more importantly, significant internal harm is likely. This would include damage to nerve cells and the cells that line the digestive tract. Severe loss of white blood cells, which are the body's main defense against infection, makes radiation victims highly vulnerable to disease. Radiation also reduces production of blood platelets, which aid blood clotting, so victims of radiation sickness are also vulnerable to hemorrhaging. Statistics show at least half of all people exposed to 450 rems die, and doses of 800 rems or more are always fatal. Besides the symptoms mentioned above, these people also suffer from fever and diarrhea.

There is currently no medical treatment available that will successfully neutralize potentially fatal radiation doses. Treatment for persons who have come in contact with large doses of radiation includes blood transfusions and bone-marrow transplants. Bone-marrow transplants rejuvenate the supply of white blood cells affected by the radiation.

Let us hope and pray we never have to know firsthand, the devastating effects of ionizing radiation.

*The Path*

By Laurie Beth Jones

When my friend, Lin Teasley, asked me if I would care to write a "Must Read" article for the Women's Network newsletter, I immediately thought of *The Path*

by Laurie Beth Jones. The book has had a significant impact on my personal and professional life over the last few years. One thing I really like is that the book's cover clearly sums up the purpose of the book. The cover reads: "THE PATH – Creating Your Mission Statement for Work and Life."

The author uses several illustrations and stories to emphasize the importance of having a well-defined mission and, in particular, knowing your individual mission by heart. Then, the author proceeds to take the reader through an exercise that will make the creation of one's mission possible. This was vitally important for me because the task of creating my Life's Mission seemed too daunting a task. Jones broke the process down to fundamental steps that allowed me to complete the task.

When you see me feel free to ask me what my mission is. This will be a fair test to make sure I am following the author's advice.



by Thomas Luckenbill  
Luckenbill Law Firm, LLC

COMMITTEE SPOTLIGHT

Steering Committee

**When:** First Thursday of each month

**Time:** 11:00 am @ the Chamber Building

The Steering committee is responsible to the Chamber Board of Directors, and develops and controls all assets and functions of Women's Network except for those specifically reserved in the Bylaws for the general membership. Within the Steering committee exists an Executive committee comprised of the President, Immediate Past president, President-elect, Treasurer and Secretary. Duties of the President include leading all Steering, Executive and membership meetings and serve as the official spokesperson for Women's Network, and this person also serves on the Chamber Board of Directors and on the Chamber Executive Board. The President-elect takes over for the President if that person cannot serve for any reason, and the President-elect appoints Committee chairs for the upcoming year. Taking care of all finances, the Treasurer also chairs the Budget and Finance committee, which meets on an as-needed basis. The secretary arranges all minutes from Executive committee meetings and retreats, and distributes them to the respective committees.

There are 15 individuals total on Steering representing Women's Network committees as well as their own businesses. This committee meets a minimum of 10 times per year.



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**MONTHLY CALENDAR**

**Tuesday, June 7**

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

**Wednesday, June 8**

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

**Wednesday, June 14**

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

**Thursday, June 16**

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

**Wednesday, June 22**

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 for a Brainstorming Session on Wednesday, June 22 at noon at the Walton Building. Join us as we discuss and decide on topics for future meetings. Your input is important!

The cost is \$5, and lunch will be provided. RSVP to [angela@kerrybramon.com](mailto:angela@kerrybramon.com).