

# WOMEN'S NETWORK

A DIVISION OF THE COLUMBIA CHAMBER OF COMMERCE

# News from Women's Network

*Boone Hospital Center presents:*

## The Ladies Room: Women Working with Women

With refreshing honesty and candor, Darcie Harris, founder and CEO of EWF International, explores the stereotypes, beliefs and behaviors that can cause us to be our own worst enemies as we work with and for women. Drawing on insights learned from years of consulting with women business owners and executives, Darcie inspires women to avoid oversimplification and identify the real issues that sometimes get labeled as "too much estrogen."



Attendees will learn to:

- Identify stereotypes, how they get created, and how we perpetuate them
- Understand how gender differences play out in the workplace
- Transform negative stereotypes into attitudes, expectations and behaviors that foster positive, healthy working relationships between women in the workplace



Darcie Harris

This presentation will show women how our natural predisposition for relationships and empathy can work for or against them, depending on expectations and behavior. In the end, we'll learn how to transform negative into positive and unhappy work environments into productive and rewarding ones that bring out the best in ourselves and others.

### Thursday October 21, 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, October 19.

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

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**Silver Sponsor: Celebrating Homes**

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### Steering Officers

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President  
MU College of Veterinary Medicine

Jennifer Thoma  
President-Elect  
Boone County National Bank

Sherry Waddill  
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Chris Steuber  
Secretary  
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Michelle Mountjoy  
Treasurer  
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### Steering Committee

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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

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Amy McNulty  
Chris Steuber  
Marissa Todd  
Lili Vianello

### Committee Co-Chairs

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Tana Benner

#### Changing the Odds

Barb King  
Christina Walker

#### Membership Development

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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

### Packing for the Adventure



Six months ago when I signed up for the Chamber's China Excursion, October seemed forever away, but it's finally here!

My job requires quite a bit of traveling so packing is a regular occurrence. One would suspect that it would be easy for me, but sadly, that's not the case. Oh sure, a two day work trip consists of two Mizzou polo's, black pants and a pair of khaki's, but add in a trip with events and dinners and it gets much more complicated. So packing for China had me worried until I remembered a strategy

shared by a fellow traveler during a trip I took to Rome in high school. All along the trip she shopped. We all shopped. But, when it came time to go home the rest of us were buying extra bags and shipping things home, and she had the one bag she came with. When we asked how she did it, she told us about "cast off clothing." She packs items that would usually go to goodwill or the trash, and throughout the trip, she would leave them behind and replace the space in her bag with her fun new purchases. By the end, she would come home with fabulous finds and a pruned closet. Ingenious!

Over the past couple weeks, I have been pulling out clothes that I don't wear and setting them in the China pile, knowing that I will replace them with beautiful new pieces from China. Usually, packing for an adventure requires purchasing and packing very specific things for the trip—appropriate equipment and clothing required for the activities ahead. But sometimes we are given the opportunity to shed the old and create anew. I hope that my China trip will afford me with more than new clothes, but also new experiences and insights into our vast world. I look forward to shedding both old t-shirts as well as stale perceptions and replacing them with new ideas and culture that will serve me for many years after I return.

May our adventure continue...

Kelley Rohlifing Marchbanks

President, Women's Network

MU College of Veterinary Medicine

### This Month's Member Milestones

- In late September, **Jennifer Bukowsky** is opening The Bukowsky Law Firm, LLC to provide criminal defense services in Mid-Missouri.
- **Bleu Restaurant & Wine Bar** is celebrating their second anniversary.
- **Sidney Neate** is a Business Development Representative for Boone County National Bank, previously employed by The Networks of Mid-Missouri.
- **Kate Grant** with Fresh Ideas, LLC received the Greater Missouri Leadership Challenge Scholarship from Women's Network.

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:** Rebecca Knipp

**Title:** Williams Keepers, LLC

In May of 2008, after graduating with a Master's and



a Bachelor's degree from the University of Missouri, Rebecca Knipp immediately began working as a CPA with Williams-Keepers, LLC. What really drives Rebecca in her work is the variety of clientele with whom she has the opportunity to interact. Rebecca's CPA position allows her to fulfill her long-

standing desire to help people solve their financial issues and planning.

Rebecca was raised near Kingdom City, Mo. and in July 2009, married her college sweetheart, Jason Knipp. In her spare time she enjoys scrapbooking, reading, playing the piano and swimming. She and her husband are avid Mizzou fans and enjoy going to football and basketball games to cheer on their Tigers.

Rebecca is involved with the Professional Leaders Auxilliary of the Assistance League, because she finds it fulfilling to volunteer with an organization that gives back so much to the community. She enjoys working with the Assistance League's Upscale Resale and with philanthropic projects benefiting True North, formerly known as The Shelter, which provides emergency shelter, counseling and support for victims of domestic violence and sexual assault.

Recently she joined Women's Network because she wanted to be involved in an organization that would allow opportunities to network with other professional women in Columbia. She hopes to continue to meet more women, and gradually become more involved with the organization.

Rebecca welcomes and would love to hear from anyone who is looking for a qualified, tax consultant and/or CPA to give her a call.

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## September 1: Fall Mixer Recap

The fall mixer was a truly great time for all who attended. We had 58 members come out to celebrate with us with great conversation, drinks, and everything from fruit to crab cakes. Thank you to Grand Cru for the excellent service and amazing food and thank you to all of the Women's Network members who attended.

This informational, social and fun event would not have been possible without:

**Location & Restaurant Sponsor** – Grand Cru Restaurant

**Silver Sponsor** – First State Community Bank

## WELCOME, NEW MEMBERS!

**Breanne Ardila**

Global Innovative Legal Solutions

(877) 902-4457 | breanne@gilsgroup.com

**Brooke George**

First Midwest Bank

10 E Southampton Dr | Columbia MO 65203-3031

(573) 815-7500 | bgeorge@1midwest.com

**Cherry Sheldon**

MBS Textbook Exchange, Inc.

2711 W Ash St | Columbia MO 65205-0637

(573) 445-2243 | csheldon@mbsbooks.com

**Corinne Fisher**

Massage Envy

2703 E Broadway Ste 131 | Columbia MO

65201-6399

(573) 446-3689 | clinic0126@massageenvy.com

**Emily Kuschel**

MBS Textbook Exchange, Inc.

2711 W Ash St | Columbia MO 65205-0637

(573) 445-2243 | ekuschel@mbsbooks.com

**Marianne Jay**

MBS Textbook Exchange, Inc.

2711 W Ash St | Columbia MO 65205-0637

(573) 445-2243 | mjay@mbsbooks.com

**Melissa Thoenen**

Lamm Technical Resources, LLC

400 South Kentucky | Columbia MO 65201-5135

(660) 827-9944 | melissa@lammtech.com

**Michelle McAreavy**

Patricia's Foods

900 N Keene St | Columbia MO 65201-6636

(573) 474-9421 | mmcareavy@patriciasfoods.com

**Scott Schutte**

Crossfit United

501 Fay St Ste 101 | Columbia MO 65201-4783

(573) 473-2674 | scott@crossfit-united.com

**Donna Monticelli**

William Woods University

3100 Falling Leaf Ct. Ste 10 | Columbia MO

65201-3575

(573) 449-8170 | donna.monticelli@

williamwoods.edu

Do you find that you and just about everyone you know are suffering from stress these days? Part of this can certainly be attributed to our current economic climate: downsized payrolls creating increased workloads; job insecurity and intense competition for products and services; familiar stressors such as balancing family, work, and finances. Excessive stress can make you look and feel old, become irritable, vulnerable to sickness and disease, overweight, and just plain unhappy.

There is relief available! The following are many easy techniques to help deal with stress, and thereby change your outlook on everything! These are techniques that can be used in conjunction with or in addition to stress relievers such as exercise, prayer or deep breathing exercises. They can also be used in your workplace or your home.

**MUSCLE RELAXATION**

1. Loosen your clothing, take off your shoes and get comfortable, breathing in and out slowly and deeply.
2. When you're ready, shift your attention to your right foot. Take a moment to focus on the way it feels.
3. Slowly tense the muscles in your right foot, squeezing as tightly as you can. Hold for a count of 10.
4. Relax your right foot. Focus on the tension flowing away from it and the way your foot feels as it becomes limp and loose. Stay in this relaxed state for a moment.
5. When you're ready, shift your attention to your left foot. Follow the same sequence of muscle tension and release.

6. Move slowly up through your body — calves, thighs, hips, buttocks, chest, back, arms and hands, neck and finally, your face — contracting and relaxing the muscle groups as you go.

**GUIDED IMAGERY**

1. Put on some soothing music, dim the lights and and assume a comfortable, meditative posture.
2. Take a few deep breaths, and picture yourself walking down an imaginary staircase, using each step to relax further.
3. Imagine yourself in a favorite spot, such as the mountains, the beach, or near a babbling stream — making the space as realistic as possible. Is the weather hot or cold? Is the wind blowing? Are you alone?
4. As the image becomes clearer, feel the positive emotions from being in such a place. Then mentally reinforce the imagery by internally saying "I am totally relaxed and stress-free," or "I am relaxed. I am calm." As you do so, notice how the stress pours out of your body.
5. Relax and stay with the pleasant setting for at least 10 minutes. Notice how your body feels lighter, how aches and tension seem to disappear, and how your breathing becomes more relaxed.
6. To end the session, take a few more deep breaths and see yourself climbing back to reality.
7. Stretch and open your eyes. Then sit quietly for a few minutes and think about what happened. If you want, keep a journal with any thoughts from the experience.

**QBQ! The Question Behind the Question: Practicing Personal Accountability at Work and in Life** By John G. Miller

This quick read is great for all companies, civic organizations, churches, and families. With about 260 employees, Dave Ramsey, author, talk show host and personal finance expert, created a culture that's earned his organization, *The Lampo Group*, Nashville Business Journal's "Best Places to Work" in 2006, 2007, and 2008. Ramsey expects every team member to be accountable for their work and performance, and thus, required to read this book by John G. Miller.



by Kate Grant  
Fresh Ideas Food Service  
Management, LLC

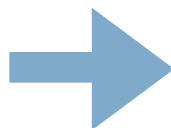
**Once they start practicing QBQ thinking, things just seem to go better.**  
~John G. Miller

QBQ! is a tool to help individuals practice personal accountability by asking better questions. Rather than questions that shift the blame ("why", "when", or "who" questions), this book encourages questions that begin with "what", "how", or contain an "I", and that focus on action. This thought process does not allow "victim thinking," or blaming others. Responsibility and accountability are embraced at every level.

This book is a very enjoyable read, and can be read again and again as a reminder on how to think better. It reminds us all to "bring out the best in each other and work to make great things happen." Happy reading!

**The Blame/Victim question –**

1. Why don't they communicate better?
2. When are we going to get better tools and resources?
3. Whose going to solve the problem?



**The better question –**

1. How can I understand you better?
2. How can I achieve with the resources I have?
3. How can I become part of the solution?

## Congratulations, Kate Grant!

### Greater Missouri Leadership Challenge

#### Scholarship Recipient

by Sherry Waddill, Boone County National Bank

Every year Women's Network awards a Greater Missouri Leadership Challenge scholarship which encompasses the tuition, accommodations and fuel. I am honored to announce the 2010-2011 scholarship recipient is Kate Grant, Chief Financial Officer with Fresh Ideas Food Service Management, LLC. Kate has passion and excitement

for our community and is committed to lifelong learning. She's served in many different roles within our community, including the Chamber of Commerce, Women's Network, the AICPA and MSCPA professional accounting associations, Hallsville United Methodist Church, Hallsville Optimist Club, and Hallsville Football Kickoff Committee.

The Greater Missouri Leadership Challenge is a not-for-profit organization that sponsors an annual traveling symposium designed to bring together women leadership from global corporations, small businesses, academia, government agencies and non-profit organizations from across the state. The group is exposed to critical issues confronting their communities, state and nation and inspired to make a positive difference as individuals, as they become part of a powerful network of leaders. Kate will be traveling to four distinctive geographic areas in the state of Missouri where she will be involved in compelling discussion about issues relevant to that area. She will be exposed to a broad range of influential speakers and unique experiences that address topics that are both timely and thought provoking.



## Two opportunities. Just one shot.

The Chamber and Boone Hospital Wellaware will be offering flu shots at two events in October:

### Women's Network Monthly Luncheon

October 21, 2010

Available before and after our monthly luncheon between 10:30 to 11:00 a.m. and 1:00 to 1:30 p.m.

### Chamber of Commerce MicroBusiness Fair

October 20, 2010

Available at the Stoney Creek Inn and Conference Center from 4:00 to 7:00 p.m.

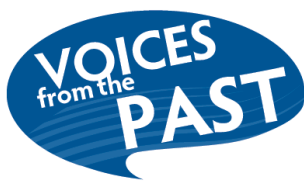
Cost is \$25 per person.

## A Memorable Opportunity in Memory of an Honorable Man

Each year Women's Network awards a scholarship to the Chamber of Commerce and its Leadership Columbia program in the name of Ron Marley.

Ron was a Shelter Insurance agent in Columbia who was very active in the community and the Chamber of Commerce. He truly understood the power of networking. Once he discovered everything Women's Network had to offer, he had the courage to become our first male member. Unfortunately, Ron, his wife Sharon, and two of their three children were tragically taken a car accident in 1997. In his honor, Women's Network established a scholarship to send one of our members to the Chamber of Commerce Leadership Columbia program.

Applications are due *Friday, October 22* by 5:00 p.m. Find the Leadership Columbia Application online at [www.ColumbiaMOChamber.com](http://www.ColumbiaMOChamber.com). Questions? Call Kate at the Chamber at (573) 874-1132 or email [kstull@ColumbiaMOChamber.com](mailto:kstull@ColumbiaMOChamber.com)



### Karen Taylor

I joined Women's Network in the late 1980s. I immediately became involved in a committee and soon in the position of Committee Chair for the Membership Committee. Over the next few years, I was an active volunteer and served as the 1995-1996 Women's Network President.

One day, I had an epiphany. I was feeling very fortunate to serve in a leadership role for this dynamic organization and wondered (to myself) how I got here. After some thought, it became very clear. I was invited to serve as a leader for the organization because I had been an "active" member from the time I joined. When there was a new project and help was needed, I raised my hand. I offered my assistance. I didn't wait for opportunities to find me, I looked for opportunities.

It quickly became apparent to me that the best opportunity in Women's Network is what you make of it. Take advantage and meet as many members as you can. Work together on a project! Grow and develop from others' experiences! Spend time with people you can learn from. I learned from people like Muriel Battle, Linda Arnold, Ellen Roper, and Sabrina McDonnell.

This organization has so much to offer and so many talented individuals to learn from. The opportunity is right in front of you. Grab that opportunity. Don't wait for it to happen, MAKE IT HAPPEN!





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**MONTHLY CALENDAR**

**Tuesday, October 5**

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

**Wednesday, October 6**

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

**Friday, October 8**

Registration Deadline for Leadership Series

**Tuesday, October 12**

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

Leadership Series, "Social Improvement" from 5:30–8:00 p.m., Columbia Country Club

**Wednesday, October 13**

New Member Welcome at 11:30 a.m. at Patricia's Grocery Store

**Tuesday, October 19**

Leadership Series, "Mental Improvement" from 5:30–8:00 p.m., Columbia Country Club

**Thursday, October 21**

October Luncheon at 11:30 a.m. at Peachtree Catering & Banquet Center

**Wednesday, October 27**

Changing the Odds at 8:00 a.m. at the Chamber  
Business Leaders Forum at 12:00 p.m., Chamber

**Saturday, October 30**

Changing the Odds Seminar from 8:00 a.m. to 2:00 p.m., Columbia Area Career Center

