



*FOR
PROFESSIONAL &
EXECUTIVE
WOMEN*

UPBEAT

April 2010
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April Featured Speaker



Ava Davita Bynam

The April luncheon features our Teenage Parenting Program (TAP) students and teachers as our special guests. Davita Bryam, Executive Director of the Columbus Community Center is our featured speaker for the occasion. Davita expresses an enthusiasm and zest for life in all that she does and touches. Davita will be sharing experiences about women she knows who had children at a young age, and have been very successful in life.

Davita was born in Columbus and attended Ratcliff Elementary School until she was nine years old. Her family moved to Berlin, Germany then to Fort Ord, California where she finished school.

Due to her parents health issues, Davita moved to Arizona before returning to Columbus in 1993. She has worked for the City Parks and Recreation Department, Department of Juvenile Justice, Project Rebound, Muscogee County School District, Attorney Everett and Attorney Fortson.

Davita is now serving as the Executive Director of the Columbus Community Center which provides services to children. Married in 2000 to Charlie, they reside in Cataula.

You don't want to miss this inspirational program. Please invite a prospective member as your guest. Don't forget to make your reservation through the Network website www.NetworkForProfessionalWomen.com.

BRING A BABY SHOWER GIFT FOR THE TAP STORE



**Message from our
President,
Jean Richardson**

Hello Ladies,

Can you believe it's April already? You know what they say 'April showers brings May flowers.' A lot of us are trying to go **GREEN** in our homes to make it happy and healthier.

We think about the rooms where we spend the most time. Then we want to make each space a little healthier, inspire relaxation and simply make us smile.

Here are some **GREEN TIPS**:

1. Decorate with plants that act as indoor purifiers to keep your environment fresh all year long.
2. Your guests will love organic tea at the bedside. Choose herbal teas with antioxidants for a fresh start every day.
3. Switch to energy-efficient lighting, such as CFL or LED light bulbs for an eco-friendly update and a much lower electricity bill.

Decorate with vintage accents. Repurposing a found object is even better than recycling and brings unique character to a room.

Now let's talk about our Health.

As business women we defiantly need to **STRESS LESS!**

You're probably wondering, (How on earth do we do that?) You know the feeling --tense muscles, a knot in your stomach, maybe a headache. Sounds familiar?

Stress happens to all of us, and a recent American Psychological Association poll revealed that we're feeling it more now than ever. Women in particular seem to be bearing the brunt: More than 80% reported having prolonged stress about money and the economy, and 70% say they're worried about health problems affecting them and their families.

"Women have more on their plates when it comes to the work-life balance, which takes considerable emotional resources," says Alice Domar, PhD co-author of *Live a Little! Breaking the Rules Won't Break Your Health*.

The comforting news is that stress isn't always bad. "If you know how to manage it, stress can give you the extra energy you need to succeed and get through difficult situations." Try reading this book by Jay Winner, MD author of *TAKE the Stress out of Your Life*.

Think about how the stress of nearing a project deadline might push you to focus more intensely and come up with creative ideas. Or how entering a competition motivates you to do your very best in an attempt to win. The key distinction: Good stress feels exciting and energizing; the bad type feels scary and paralyzing. Unfortunately, you can't always control when and if you get stressed, but you can learn to cope so that you minimize its negative impact and, whenever possible, make it productive. To help you do just that, they've put together this playbook for how to handle just about any kind of tension -be it an in-the-moment crisis or a chronic worry. "So take a deep breath and get ready to feel better," says Dr. Winner.

These are just a few smart ways to stay calm when things get crazy. We all need to start thinking smarter. We've got to know what's going, what you can do. We need to breath, lighten up, put it in perspective, take steps to solve the problems and get with the stress rhythm.

I hope that these tips will help you in your day-to-day routine.

I hope you don't mind me talking a little about "BODY LANGUAGE."

For most of you who know me, I am a morning person. When I wake up in the morning, the first thing I do is thank GOD for waking me up. Then I put on my smile. As I think of all of his goodness, who wouldn't want to put on a smile?

Improving your body language can make a big difference in your people skills, your attractiveness and your general mood. There is no specific advice on how to use your body language. What you do might be interpreted in several ways, depending on the setting and who you are talking to. You'll probably want to use your body language when talking to your boss compared to when you talk to a girl/guy you're interested in.

These are some common interpretations of body language and often more effective ways to communicate with your body.

First, to change your body language you must be aware of your body language. Notice how you sit, how you stand, how you use your hands and legs, and what you do while talking to someone.

You might want to practice in front of a mirror. Yes it might seem silly but no one is watching you. This will give you good feedback on how you look to others people and give you an opportunity to practice before going out into the world.

What about this one- Close your eyes and visualize how you would stand and sit to feel confident, open and relaxed to whatever you want to communicate. See yourself move like that version of yourself. Then try it.

You might want to observe friends, role models, movie stars or other people you think has good body language. Observe what they do and you don't.

Take bits and pieces you like from different people.

Try using what you can learn from them.

Are you saying- "Oh come on Jean! Some of these tips might seem like you are faking something." But fake it until you make it is a useful way to learn something new. And remember, feelings work backwards, too. If you smile a bit more you will feel happier. If you sit up straight you will feel more energetic and in control. Slow down your movements you'll fell calmer. Your feelings will actually reinforce your new behaviors and feelings of weirdness will dissipate. Why not try some of these tips to see if it works for you and let me know.

I look forward to talking with you more next month.

Thanks,

Jean



MEMBER

SPOTLIGHT

April	Betty Stephens—Waddell Real Estate
May	Jann McMahan—Rankin Quarter
June	Ruth Brown—Silpata Jewelry
July	Michelle Justice—Justice Accounting
August	Pat Whipple—Merrill Lynch
September	<u>Still available</u>
October	Babbs Douglas—Feeding the Valley Food Drive

NETWORK HAPPENINGS

BIRTHDAYS

March

Debbie Buckner	Mar	4
Jean Richardson	Mar	16
Sommer Bundy	Mar	22
Patricia Schneider	Mar	22



".....the more you praise and celebrate your life, the more there is in life to celebrate...."

-Oprah Winfrey

2010 LUNCH DATES

Reservations are required.

Lunch meetings are held on the fourth Friday of each month at Green Island Country Club (except December). Lunch is served at 11:45 AM. Come early and enjoy networking beginning at 11:30 AM.

Prospective members are encouraged to attend two lunch meetings prior to applying for membership. See a Board Member or the Registration table at a luncheon to obtain an application and find out more about the qualifications for membership.

You can RSVP and register guests on our website:

www.networkforprofessionalwomen.com

If you cannot locate your password, contact Kathy Reeves at:

Kathy.reeves@springharborccrc.org

Mark your calendars
now for the
2010 Network Lunch Dates

April	23
May	28
June	25
July	23
August	27
September	24
October	22
November	19

Don't be a mystery!! We still need your photo for our website. Please come prepared to have your picture taken.

- Jenny Folds
- Laura Grantham
- Sarah Hartman
- Jimmie Barnett
- Ruth Layton
- Janis Lowe
- Alexa Meadows
- Jennifer Miller
- Pegi Taylor
- Lynne Taylor
- Tiny Washington
- Susan Wirt



A big thank you for those who sponsored our TAP girls for the Network luncheon for this month!



WELCOME NEW MEMBER!



Debi Johnson

Owner of Clean as a Whistle Cleaning Service

In addition to being the owner of her own company, Debi is in marketing for Lake Pines Event Center. Debi belonged to Network in the past, so let's all welcome her back!

Congratulations go out to our president, Jean Richardson, for bringing the most guests for the quarter to our Network meetings.

Plus, Jean had two members join.

Way to go!!



Let's share our Network with other professional women! Please invite them to our next meeting!

MORE NETWORK NEWS

Board of Directors

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Jean Richardson..... (706) 644-0783
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St. Francis Hospital

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Sommer Bundy (706) 649-2631
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Columbus Regional

2010 BOARD MEETING DATES:

January 26

February 9

March 9

April 13

May 11

June 8

July 13

August 10

September 14

October 12

November 9

GOT NEWS?

Please let a Board Member know of your news, accomplishment, awards, presentations, and great things you've been up to. We would love to let all the members know about you!



A thought About Spring:

If I had my life to live over, I would start barefoot earlier in the spring, and stay that way later in the fall. I would go to more dances. I would ride more merry-go rounds; I would pick more daisies.

Nadine Stair

