



FOR  
PROFESSIONAL &  
EXECUTIVE  
WOMEN

UPBEAT

August 2010  
Volume 26  
Issue 8

## August 2010 Featured Speaker Linda Campbell

Our featured speaker for August is Linda Campbell. Linda is an army Brat and graduate of Kendrick High School. She is the co-owner of **Bodies Fitness Studio** and is a certified personal trainer.

Linda has competed in Body Building competitions and has held the following titles: 2003 American Classic, 2004 Linda Murry Classic, and 2005 Southern USA.

Linda also thrives in training and motivation individuals to reach their personal goals in physical fitness and nutrition. She has trained athletes as well as Miss Georgia Contestants. Linda has two children, Amy and Adam and one grandson, Ethan.



Please join us at our August meeting to hear more about her accomplishments and her dedication.



## President's Message

Jean Richardson

### Hello Ladies,

Yes, its summertime and boy is it getting hot! Temperatures are rising even before you leave home in the mornings.

We received a memo from our president and CEO stating that we could dress business casual for the summer here at the bank. Everyone got so excited about the great news.

Working in a corporate environment, it is very important not only to be professionals, but also to look like professionals.

I saw on the news about a month ago that a woman said she was fired because she was too sexy and beautiful. She didn't think that her wardrobe was too revealing.



It has been said that business etiquette and professionalism go hand in hand. The way you dress in the workplace says a lot about you as does your handshake, your voice mail

greeting and your e-mail messages. If you want to build positive relationships with your customers, there are rules that you should follow.

"The reconcilability lies with both the employers and employees," says, Lydia Ramsey, business etiquette expert.

#### For the employer:

- If there is no dress code, create one.
- If there is a dress code, enforce it. That means sending employees home to change clothes if need be. Model the dress code yourself and set an example. After all, the rule is "Dress for the job you want; not the job you have."

#### For the employee:

- Know the dress code policy and follow it.
- When in doubt, dress up, not down.

If you stand before your closet asking yourself, "Should I wear this to work," the answer is "no."



If you don't have to change your clothes when you get home from work, you obviously wore the wrong thing to the office.

Keep in mind that trendy is not necessarily professional. Fashion designers do not create wardrobes for the office. Make your fashion statement after five and your professional one between nine and five. "The office dress code has a direct affect on whether you and your organization are viewed as polished and professional, consistent and credible," says Lydia.

Think about it. Would you or should you wear a halter top, crop top, mini-skirt, flip flops or strapless top and dress to the corporate work place? Well, I didn't have to give it much thought, the answer is "no."

We are all in business to serve our customers and not to lack professionalism at any time.

I hope that you enjoy this month's issue.

Until next month,

Jean

## BIRTHDAYS

Fern Lassiter	2
Darlene Ballard	4
Lanitra Menefee	4
Susan Henderson	7
Betty Stephens	9
Mary Stewart	21
Karen Smith	23



Deborah Ammons	4
Jenny Folds	21
Kim Hoffman	29

## 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](http://www.NetworkForProfessionalWomen.com)

If you cannot locate your password, contact Kathy Reeves at:  
[Kathy.reeves@springharborccrc.org](mailto:Kathy.reeves@springharborccrc.org)

**Mark your calendars  
 now for the  
 2010 Network Lunch Dates**

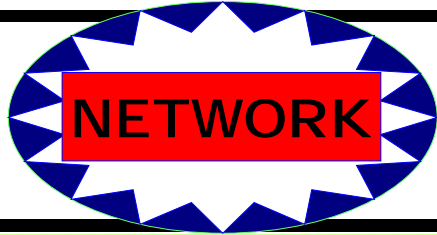
<b>August</b>	<b>27</b>
<b>September</b>	<b>24</b>
<b>October</b>	<b>22</b>
<b>November</b>	<b>19</b>

### Do you have news?

This newsletter is for all members of Network. It is for sharing news of job promotions, job openings, calendar events, seminars, special awards, etc.

To get your news in Network Upbeat, send your articles to Pat Whipple e-mail:  
[patricia\\_whipple@ml.com](mailto:patricia_whipple@ml.com), or call

(706) 494-5336



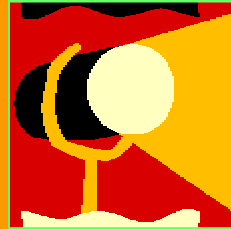
# HAPPENINGS

## POLITICAL FORUM

There will be a Political forum at CSU on August 26 at 6:30 pm. State and Federal candidates will be attending. We encourage you to check out the candidates and learn more about their views.



Contact Lanitra Menefee for more information:  
(706) 566-4097 or E-mail her at  
[mrsmenefee@yahoo.com](mailto:mrsmenefee@yahoo.com)



## MEMBER SPOTLIGHT

August	Lanitra Menefee—Menefee Agency
September	Pat Whipple—Merrill Lynch
October	Babbs Douglas—Feeding the Valley Food Drive

We look forward to learning more about our members.

***Remember to bring a small prize for our drawing!***

## Congratulations to



## Network Members!

**Jenny Folds** was promoted to Executive Director of Brookside Glen

**Lanitra Menefee** was accepted to Leadership Columbus.

# Way to go!!!



# MORE NETWORK NEWS

## Board of Directors

### President

Jean Richardson..... (706) 644-2806

CB&T

### Immediate Past President

Durona Courtington ..... (706) 320-2704

St. Francis Hospital

### Vice President

Sommer Bundy..... (706) 649-2631

CB&T

### Secretary

Cathy Phillips..... (706) 687-1240

Buffalo Rock

### Treasurer

Kathy Reeves ..... ( 706) 576-6007

Spring Harbor

### Membership

Jann McMahan..... (706) 561-9800

TriSource Solutions, LLC

### Public Relations

Lanitra Menefee ..... (706) 561-3556

Menefee Agency

### Special Events

Joy Hamilton ..... (706) 596-3062

Communicorp

### Awards

Mary Bode..... (706) 225-3534

Juvenile Drug Court

### Partners In Education

Wanda Johnson ..... (706) 569-7992

Columbus Hospice

Colette Greer..... (706) 577-8908

Columbus Hospice

### WWW

Nancy Williams..... (706) 571-1482

Columbus Regional

Kathy Reeves..... (706)-576-6007

Spring Harbor

### Newsletter Editor

Pat Whipple..... (706) 494-5336

## Member Relations

Susan Henderson..... (706) 569-3063

CSU

Nancy Graham ..... (706) 323-4620

Organizer Unlimited

## Community Relations

Tiny Washington..... (706) 225-4013

Columbus Consolidated Government

## Directory

Karen Smith ..... (706) 660-6103

Columbus Regional

## 2010 BOARD MEETING DATES:

August 10

September 14

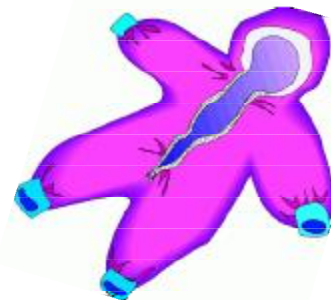
October 12

November 9

# VOLUNTEERS NEEDED

The **Sara Spano Clothing Bank** is looking for volunteers on Tuesday and Thursdays from 9:30 A.M. to 12:30 P.M. It is located right behind the TAP center in the Academic Success Building. Anyone can sign up through United Way or they may contact Lanitra Menefee at 706-566-4097 or email her at [mrsmenefee@yahoo.com](mailto:mrsmenefee@yahoo.com).

The Clothing Bank is also looking for Plus Size clothing and jackets for small children.



There are two ways to live; you can live as if nothing is a miracle; you can live as if everything is a miracle.

*-Albert Einstein*