

May 2011
Featured Speaker
Julia Slater



*FOR
PROFESSIONAL &
EXECUTIVE
WOMEN*

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Our featured speaker for May is Julia Slater. Julia Fessenden Slater was raised in Columbus, Georgia where she attended Wynnton and Britt David Elementary Schools, Arnold Junior High School and graduated from Hardaway High School in 1984. She graduated from Stephens College in 1988 with a degree in Musical Theatre and received her Law Degree from Washington and Lee University in 1993.

After graduating from Law School, she clerked for then Chief Judge E. Mullins Whisnant and Judge William J. Smith for one year before becoming an Assistant District Attorney in 1994. While in the DA's office, Julia became involved in the prosecution of child abuse and child molestation cases becoming a driving force behind the establishment of a Crimes Against Children Unit within the DA's office. Julia also prosecuted in Juvenile Court beginning in 1996 and became the lead juvenile prosecutor from the DA's office in 1998.

Julia left the DA's office at the end of 2003 and entered private practice concentrating on criminal defense. She also served as guardian ad litem for children who were the victims of neglect and abuse and served as Judge Pro Temp for the Muscogee County Juvenile Court.

In 2008, Julia was elected the first female District Attorney for the Chattahoochee Judicial Circuit. She manages an office of 40 employees including 22 Assistant District Attorneys which conducts business in 5 locations. Her office prosecutes those accused of crimes in Chattahoochee, Marion, Muscogee, Harris, Talbot, and Taylor counties handling approximately 3000 cases each year.

Julia is married to Steve Slater a Business System Specialist for TSYS. They have twin boys, William and Stephen, who are eight years old and are enrolled in the gifted program at Hannan Magnet Academy. Julia and her family attend St. Thomas Episcopal Church where she serves on the vestry and teaches children's church. She currently serves on the Parents Advisory Council of the Columbus Regional High Risk Nursery and the executive committee of Columbus Lawyers Assisting Student Success (Truancy Intervention Program). She is a master of the Columbus Inn of Court, a member of the Columbus Chapter of the Georgia Association of Women Lawyers and the Columbus Bar Association.

Please join us for the May meeting to support Julia and hear more about what is happening in our city.



Life Lessons from Your Pets

While I may not have been able to celebrate Mother’s Day for myself this year, I would like to think that my 4-legged **“child”** celebrated with me, and perhaps has taught me a few life lessons. John Tesh recently released an article about **Life Lessons you can Learn from your Pet**. Hope you enjoy!

For example, dogs are expert readers of body language. It’s how they communicate with each other – and how they learned to survive among humans. Veterinarian Kristen Nelson says dogs can read our body language and understand facial cues. You can teach yourself this skill, and better



interpret what other people are **really** saying through postures like folded arms, fidgety

President’s Message

Sommer Bundy

hands or avoiding eye contact. If you’re in tune with body language, you’ll be better able to read people and assess situations.

Then, ever notice that pets love to stretch, especially in the morning? There’s a good reason for it. Studies show that stretching first thing when you wake up flushes away the stress hormones that naturally surge in the morning. Not only that, but regular stretching helps prevent age-related ailments like osteoporosis, arthritis and depression.



So what can your pet teach you about your relationships? Marriage therapist Dr. Tina Tessina says we should do the same thing to our mates that our dogs do when we come home after a long day at work. Greet them with a kiss and welcome them home. An added bonus? The National Institutes of Health says this type of affection lowers stress and boosts our immunity!

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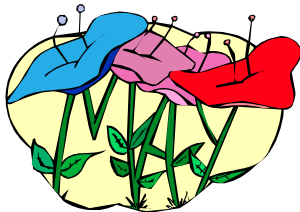
BIRTHDAYS

Linda Campbell 4/15
Rose Jarmon 4/26



APRIL

MAY



Becky Goldsmith 5/24
Kim Boatner 5/30

2011 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.

Please RSVP directly on our new website: networkforprofessionalwomen.com. You may also reach Jann McMahan with any questions at (706) 561- 9800.

Luncheon Dates

May 27
June 24
July 22
August 26
September 23
October 28

NETWORK SPOTLIGHT FOR MEMBERS

We are looking for Network Spotlight members! We want to feature **YOU**.

What do you have to do?

We would like to offer you an opportunity to take about 3-5 minutes to tell our group about you and your company; what services, or products you offer.

This is a great opportunity to tell others about **YOU**. We also ask that you bring a small gift to raffle off to the group. This way, we can earn dollars to support our hospitality fund (flower for members, etc.).

Contact Durona Courington at 334-297-6694 or E-Mail her at Durona@bellsouth.net if you are interested!

MORE NETWORK NEWS

Welcome our new member,
LeDare Windham!

LeDare is the coordinator for Spirit of Women at Columbus Regional. This position enables her to provide health information to women of all ages through a variety of different means.

We are glad to have you!!



MEMBER SPOTLIGHT

Kathy Reeves will be our featured speaker this month, and will talk to us about

TOASTMASTERS

TAP LUNCHEON

A big thank you for those who sponsored our TAP girls for the Network luncheon in April!



We were able to collect over \$400 toward their meals and had 25 girls in attendance.

MEMBER NEWS

One of our longtime Network members, Durona Courington, and her husband Dale, recently had the opportunity to travel to Europe! Perhaps this will inspire us to take the time to seek out new sights !

This story is told in her own words.

EUROPE IN THE SPRING

I had the great opportunity of visiting Europe for two weeks this past March. My children and I met my husband, who has been working in Iraq for the past year, for a much needed vacation.

Our first stop was Paris. Our apartment was located a block from the Louvre Museum. We could have spent several days wandering around the Louvre but since we were limited on time, we enjoyed our first day seeing the Mona Lisa, Venus de Milo, and many other things I have only seen in history books. Our second day we strolled around the Seine River and visited the Notre Dame Cathedral. The architecture was unbelievable. Our third day in Paris we walked to the Eiffel tower. We ate lunch in the tower and were able to enjoy the breathtaking view of Paris as we ate. The Eiffel tower was much farther that it appeared from our apartment so we took the bus back. One of the best parts about our trip was the wonderful street side cafes. The food was scrumptious. We did not know what we were ordering most of the time due to the language barrier, but everything was great! One funny story.... We were in a little café and I wanted to order the “special” that was apparently on the board outside. Our waiter, who was supposed to be the one that could speak English, did not understand what I wanted. He kept saying “finished” and I kept saying “special”...come to find out the special was finished... which we later found out meant they were out of the special.



After three great days in Paris we took the train through the Chunnel to London. The public transportation system in London was fantastic. We quickly learned our way by bus and tube (subway) to the London Eye, Big Ben, Westminster Abbey, St. Paul’s Cathedral, Buckingham Palace, and many other places. My daughter and I had to check out Harrods. We strolled around but quickly realized we could not even afford socks so we left.

Spring break was over so we put the kids on a plane back to Atlanta and my husband and I flew in the opposite direction to southern Spain. We enjoyed a wonderful week in Malaga Spain. The two famous people from Malaga are Antonio



Banderas and Picasso. The area where we stayed, very few people spoke English and once again we had to rely on pointing and guessing to order our meals and navigate around the country. The first day we were there I thought I would order an enchilada (I don’t know why I thought Spanish and Mexican food were similar). Our server, who spoke no English, seemed to understand what I said. When my plate arrived I had a salad. Apparently I had ordered an ensalada which is a salad. It was a wonderful salad but after that we just pointed out what we ordered and didn’t speak. We rented a car and drove down the coast to Gibraltar and up the mountain to the little town of Mijas. Mijas is a beautiful small village in the mountains with small tourist shops and donkey rides. We stopped at a little restaurant on the way down the mountain and enjoyed the breathtaking view of the

Costa del Sol. I had suckling pig and it was great. Spain is a well kept secret. It is one of the most economical countries to tour in Europe and one of the most beautiful. I will always cherish the two weeks I spent in Europe in the spring.