

## Women Supporting Women in Business

The Women's Business Network is an alliance of local business and professional women who foster mutual success in the areas of profitability, leadership, and personal and professional growth through investing in networking, education, and mutual support. . .

**SINCE 1994**

### WBN Contact Information:

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**www.wbneugene.org**

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**WBN (usually) meets at the Eugene Hilton on the first Thursday of every month.** Check the daily meeting and banquet room schedule for room location when you arrive.

To submit newsletter items, send to the WBN PO box or e-mail to: **newsletter@wbneugene.org**. Deadline for newsletter submissions is the 15<sup>th</sup> of the preceding month.



# Network News

February, 2005

## LONG TIME RESIDENT & HYPNOTHERAPIST TO SPEAK AT FEBRUARY MEETING

**Joseph Casey** is a hypnotherapist with strong interests in enhanced recovery from surgery and injury, and how to get over, through, or around the things that bother us. He practices in Eugene, Or and works with clients in person, by phone, and in groups.



He has been interested in the healing and uniting of mind and body over a 35-year span.

Joe is author of *The Surgery Coach: Mind-Body Preparation for Faster, Better Recovery*, which responds to the question: "What else can we do for ourselves when facing surgery – other than surrendering completely to the doctor?"

He is the editor and original publisher of *The Lazy Man's Guide to Enlightenment*, a 70s and 80s cult favorite, with over one million sold.

**Joe will be speaking on what Mind-Body Surgery Research Tells Us About Extraordinary Healing.** Recent clinical research has shown convincingly that certain kinds of mind-body preparations prior to surgery, especially hypnosis or

guided imagery, have profound effects on every measurable area of recovery and healing. I will discuss the research and talk about the implications for other mind-body healings. Last year, there were about 83 million surgeries performed in the US, divided almost equally between inpatient and outpatient. Every one of these could have an improved outcome with mind-body preparation.

Joe has lived in Eugene, Oregon for 27 years with his wife Dralyn and, since 1990, their daughter Vanessa. He has a BA from Dartmouth College and a JD from George Washington University Law School.



Visit the **WBN** booth at the **AFFAIR OF THE HEART** event at the Eugene Hilton, on February 16, 2005

**Make Plans** to attend our March meeting where the program will be presented by **Paula Creekmore** with **Sandler Sales Institute**. Paula's topic will be "When They Say They Have No Money".



## President's Message

by Emily Evans

### WOMEN SUPPORTING WOMEN IN BUSINESS

Many of us don't know each other beyond the monthly WBN membership meeting, but that does not matter. We still meet and greet like we've known one another for years. I am always amazed by the overwhelming "great job!" "way to go!" "you are the best!" and other encouraging words and hugs we extend to the members of this group. We are women supporting women in business!

Last month, Helen Lucas offered to WBN members a trial newsletter for your business—do you know how much work that involves? And Elizabeth Genevieve (our January speaker) offered to help facilitate members' meetings to help you overcome some obstacles that have kept you from getting anything done in those meetings. Her valuable time can help you save your valuable time. Aren't we lucky? Where else can you rub elbows with women like these women? Women supporting women in business . . . . .

We hear the success stories from the Business Women's Mentoring Program—mentors and protégées working together to improve the profitability of the protégée's business. If you are not familiar with the program, Lane Community College Business Development Center and Women's Business Network sponsor it. If you are interested in participating contact Edrie Bizak, WBN's Vice President, or Rosemary Busby at LCC (they are both in our directory). Here is another fine example of women supporting women in business.

Diane Cheyne will be at the door to greet you all as you come to our February meeting. Don't forget to drop your business card in the networking basket, and please remember to take another member's card before you leave the meeting. Here is your opportunity to support and to be supported by another woman in our group.

Merrie Sennett has arranged for us to do some extra-credit networking this month at the February 16<sup>th</sup> Affair of the Heart event at the Hilton. Your willingness to staff our WBN booth was heartwarming (get it? --heart warming). This women-only evening is an opportunity to make some new contacts, revisit some old ones and have one heck of a good time. I encourage everyone to attend this month's Affair of the Heart and to have an "affair"—women supporting women in business!

*Emily*

## NEW MEMBERS

**Elizabeth Akers** with **ELIZABETH AKERS, M.A., LLC** - Serving adult individuals whose unresolved issues from the past prevent them from moving forward today, particularly in the area of relationship.

**Jo Brew, Author** - Author of Women's mainstream fiction.

**Pamela Cournoyer, COMMUNITY LEADERSHIP AND SUPPORT SERVICES, INC** - Areas of expertise include Strategic Planning, Goal Alignment and Integration, Board and Staff Relations, Consultant Services, Training and Facilitation.

**peggy iileen johnson, EUGENEPHOTOGRAPHER.COM** Portrait photography with a woman's touch! I'll help you with wardrobe, make-up and hair. Consultation is always free.

**Dana Lionel** with **LITHIA NISSAN OF EUGENE**, the preferred Nissan dealer of the Willamette Valley, offering new and used car sales, service, parts and accessories. Our focus is to exceed customer's expectations in all areas.

**Adele Wilson-Hamaker of ME AND HER DESIGNS** - We specialize in creating websites (E-Commerce, CMS, and data driven solutions) and multimedia materials that define and strengthen your identity and image.

**Katie Wilson-Hamaker, WILSON HAMAHER CONSULTING**

We provide effective business strategies and marketing tools which encourage sustainable products and growth. We eliminate waste, reduce employee turnover, and accomplish marketing objectives by leveraging your sustainable practices.

## Network News

published monthly by  
Women's Business  
Network (WBN)

### 2005 BOARD

#### President

Emily Evans  
683-5060



#### Vice President & BWMP Liaison

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686-8591

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#### Web Editor

Laura McClain  
968-1362

#### Newsletter

Helen Lucas  
729-1458

*Board meetings are held at noon on the third Tuesdays of every month and are open to the general membership. We meet at West Coast Bank 101 E. Broadway at noon.*



#  
**Kudos**  
#  
**(for deserving members)**

*Want to recognize a member who has done something special or whose actions or services have impressed you? This 'spot' is reserved especially for those special 'KUDO's. #*

**Greta Siecinski of Dustin's Auto Repair** was awarded "*Greeter of the Year*" for 2004 by the Chamber of Commerce. Congratulations Greta!#

### NEW MEMBERS (cont)

**Charlene Fauria** with **TRENDSETTER GIFTS**, offering fun, trendy gifts, jewelry and accessories on-line at very affordable prices. Free shipping on entire line.

**Breyer Patterson** with **THE BODY SHOP** - Indulge in delicious pampering products for your entire body. Enjoy a relaxing evening at home with your friend by hosting a girl's night out with the body shop at home party. Earn lots of free and discounted items.

**Lorri Goodman, TAKE SHAPE FOR LIFE FEATURING MEDIFAST** - Take Shape for Life will help you reach your goal weight and maintain, prevent disease and reach optimal reach optimal health. A meal replacement program developed by Johns Hopkins, with dozens of delicious foods, Soy based and inexpensive. Full support from a trained certified Health Advisor.

**Sarah Zenzic, STAYIN HOME AND LOVIN IT** - Educating families and the community about household toxins and safer, healthier alternatives. Helping others achieve their dreams in wellness and financial freedom. Business Opportunity.

#### ??? Ever Wonder ???

- What is the speed of dark?
- Why doesn't glue stick to the bottle?
- If people evolved from apes, why are there still apes?

### Changes and Corrections

**Jo Schecter** now has a new e-mail address: josuccess@comcast.net

An address change for **Tammy Everall of Everall Design**: P.O. Box 71144 Eugene, OR 97401

**Julianne Harris with Prepaid Legal Services** has a new phone number - 515-9600

Member **Lynne Campbell** with **Welcome Home Loans** had a hip replacement surgery recently but is back to work now. We wish her a continued speedy recovery and look forward to seeing her back at WBN.

### NATIONAL 'WEAR RED DAY'

On Friday, February 4, 2005, Americans nationwide will celebrate the second annual **National Wear Red Day**



by wearing their favorite red dress, shirt, tie, or the Red Dress Pin to show their support for women's heart disease awareness.

Women especially are urged to take women's health to heart by spreading the word that **heart disease is the #1 killer of American women.**

### Business Women's Mentoring Program (BWMP) is in need of mentors!

This joint effort between the LCC Business Development department and WBN is a terrific way to help other women in business - or get help with your business and goals by becoming a mentee! The STEERING COMMITTEE also needs more ladies. For more information, check out the WBN website link to BWMP - or contact Edrie Bizak at 686-8591.

A note from **Edrie Bizak** of Insta Print: "Eliminating Violence Against Women" is the topic at a Women's Day Forum & Luncheon sponsored by Zonta, Intl. on March 8, 2005 at the Hilton. See or call Edrie for tickets and/or details, 686-8591.

## MEMBER NEWS

### From Lori Macedone...

Whether it's your husband or lover, best friend or mother, **Lori from SEND-A-SONG SINGING TELEGRAMS** has Valentine's Telegrams for the sweetheart on your list. All personalized deliveries include Euphoria Chocolate hearts, a balloon bouquet, and a copy of the lyrics and guaranteed smiles for all! WBN members will receive double balloons! Free delivery in Eugene/Springfield. Touch a heart and make a musical memory for the special price of only \$45.00. Please call **683-7850**.

Member **Robin Retherford** announces a **Marketing Workshop**: "How to Get Great Business Results in 2005" with Robin Retherford. When: Saturday morning, January 29, 9:30-11:30am. Where: Country Insurance, 260 Country Club Road Suite 120. Registration fee: \$10 advance, \$15 at the door. Please pre-register at [www.actioncoaching.info/bestsales.php](http://www.actioncoaching.info/bestsales.php) Questions? call Robin @ **686-2720**, [robin@actioncoaching.info](mailto:robin@actioncoaching.info)

**Merrie Sennett** announces that she has an **OFFICE TO SHARE**. Light and sunny counseling office in a small professional building at 12th and Pearl available to share on a part-time basis. Contact Merrie Sennett, 729-3997.

**Merrie Sennett** is giving a presentation on the **Power of Inspiration** at the Tamarack Wellness Center (site of the former Easter Seals pool) on Tuesday, February 1 from 7-8:30 p.m. Pre-register and save \$3. FMI contact Merrie at 729-3997. Lots of other great talks and workshops at Tamarack this winter and spring. FMI see [www.tamarackwellness.com](http://www.tamarackwellness.com).

**WOMEN'S GROUP** with **Nina Cherry** is an ongoing therapy and support group starting Feb. 21; Mondays 6-8pm. Sessions include personal processing, journaling, artwork, breath work and more! Nina has been facilitating therapy groups for 20 years. \$20 per session. Call 345-0025.



PO BOX 1412  
Eugene, OR 97440

**NEXT MEETING**  
**February 6, 2005**  
12:00 PM  
Eugene Hilton

*Speaker:*  
**Joseph Casey,**  
Hypnotherapist

*His Topic:*  
**What Mind-Body  
Surgery Research  
Tells Us About  
Extraordinary  
Healing**

**FIRST CLASS MAIL**



### **Meet Member Angela Egremont - Say It Right**

Born on the Isle of Wight just off the south coast of England, Angela reached Eugene in January 2004 after a somewhat circuitous route, having lived in London, Manhattan, Honolulu, Boulder, Flint, Austin, and Los Angeles. While some of these were mere escapades along life's path, her last stop, L.A., was home for 29 years, where she decided to get a career, went to night school for eight years and emerged with a B.A. in journalism from California State University, L.A..

Angela arrived on New York's shores on leap day, 1968, greeted by the forbidding edifices that form Manhattan's skyline, six inches of slush, and bone-chilling winds. At least the language was familiar ... sort of! Equipped with her battered suitcase, inadequate arctic wardrobe, and \$50 "to spend," she was here to stay. The basics were already taken care of: a place to live (The East End Hotel for Women) and a job (a six-month commitment as a temporary secretary with the Hood Temporary Agency).

Skipping abruptly from East to West (due to space constraints), in Los Angeles Angela worked for 17 years for Union Oil Company of California (now Unocal), first as a temporary, then as an employee in the International Oil & Exploration Division, where, after earning her B.A. in journalism, she was given the position of Business Development Analyst. This entailed reading the paper. She tried not to feel guilty while other people were "working." Actually, she was researching historical data on various countries' history, politics, natural resources, infrastructure, geography, and natural tendencies to murder their neighbors and visiting oil workers. The result was Investment Risk Assessments for consideration by upper management in their decision-making processes (not that they seemed to pay much attention to these useful pamphlets). Look at Myanmar!

Well, be that as it may, after taking a voluntary layoff package, Angela went into business for herself, forming "Say It Right," a writing and editing service for the benefit of all you readers. With a wide range of writing skills, she can tackle text for annual reports, brochures, web sites, promotional materials, business letters, press releases, and edit anything in English comprising sentences that require an intelligible beginning, middle and end.