

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. . .



Network News

January, 2006

SINCE 1994

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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 WBN, PO box 1412 or e-mail to:

newsletter@wbneugene.org.
Deadline for newsletter submissions is the 15th of the preceding month.

Christine Schaefer to Speak on "Doing what you love"



Christine Schaefer, MA is an expert in career and business development with more than 25 years experience assisting individuals and entrepreneurs successfully develop their life's work. Her presentation will focus on a women's career development model that is founded on feminine values and women's cycles. She will share her theories, findings, personal experiences and stories from women on this subject. Her forthcoming book on this subject, What Love's Got to Do With It: Women and Work will be published by Blue Pearl Publishing in the spring of 2006.

Congratulations! and Welcome to the 2006 WBN Board of Directors

Past President: **Emily Evans**
President: **Edrie Bizak**
Vice President: **Tricia Henry**
Treasurer: **Nichole Carter**
Secretary: **Ann Fuller**
Membership: **Julie Schulte**
Programs: **Julianne Harris**
Arrangements: **Tinker Flom**
Networking: **Juliana Cichy**
Public Relations: **Lorri Goodman**
Greeters: **Greta Siecinski**
Events: **Chawn Peterson**
Web Editor: **Laura McClain**

'SECRET SISTER' PROGRAM NEEDS "TWEAKS"

Our Secret Sister Program needs a little tweaking.

A couple of our sisters have lost their forms with their Secret Sister information. Since we decided NOT to keep a list of who has whom as a sister, these women are unable to find out who their sisters are.

Being creative, Julianne Harris, administrator of the program has devised the following plan: If you HAVE NOT made contact with your secret sister, i.e. sent a card, gift or e-mail (from a fake e-mail account of course), please do so by the next meeting on January 5th. IF you are a sister and you HAVE NOT HEARD from your sister, please download a new form off the website (www.wbneugene.org), fill it out and bring it to the next meeting and we will hand them out again.

In addition, we have 6 sister forms that were not picked up after last month's meeting. We have also heard that 4 or 5 more women want to join in the fun. So YES, we will be collecting and handing out forms again on Jan 5th. If you missed the first run of finding a sister come join the fun, just bring a filled out form to the next meeting.

Back By Popular Demand!
Paula Creekmore
February 2nd meeting

The logo for the January meeting, featuring the letters 'JAN' in a large, stylized font. To the right of the letters is a small, cartoonish character with a large head and a friendly expression.
Happy 2006

President's Message

by Edrie Bizak

Memories and New Beginnings

January means a New Year begins with last years memories to recall as the dark days of winter embrace us as we attempt to stay warm and dry. I have many wonderful moments from 2005 to fondly remember when I reminisce with friends while watching flames flicker in a fire. Trips to the coast with my little doggies and my best friend – surpassing our team fund raising goal for the Relay for Life – the most beautiful fuchsias I've ever grown – spending time with my sister and her family when they came to watch their beloved Grizzlies try to beat our Ducks (sorry Adele!) – being presented with the Woman of the Year award at the Annual Dinner - Thanksgiving at the coast with my little doggies and my husband to relax while doing a little Christmas shopping... While memories of 2005 are fresh, I'm hoping I can create or witness even fonder moments to cherish this year.

Although our country has been at war for over two years, I still haven't "adopted a soldier", which is something I've wanted to do since the war began. While it's hard for me to be supportive of war, I do feel supporting our troops is important regardless of my political position. I recently learned of a program for "adopting" female soldiers that are nurses on the front lines in a medical unit in northern Iraq. I'm in the process of getting matched up and will share some new memories as they unfold.

2006 means I'm the new President for WBN. Emily and other past presidents have given us so many fun memories to relish. My hope is to add to these memories by creating new beginnings. An expansion of our new sisterhood within WBN is a great place to start. What new beginnings do you have in store for 2006?

Cheers for a wonderful New Year to you all!

Edrie

NEW MEMBERS

Patti Gordon, J.D., Editor **ESQUIRE EDITING SERVICES.** I provide editing services for businesses and students including proofreading; editing; drafting and reviewing correspondence and other business documents and resume writing.
520-9508

Jill LaRue, Community Relations Director **FARMINGTON SQUARE.** Farmington Square offers assisted living, enhanced care and award winning memory care to seniors within a warm community setting. Farmington Square is "Small Enough to Care a Little More".
344-7902

Carla Eisel, Account Executive, **LOVE MBROIDERY. INC..** We provide full service embroidery and screen printing with low minimums. We also offer promotional products. If you would like your logo on it WE CAN DO IT! **914-3891**

MEMBER Changes & Corrections

Patti Gordon is now a Passion Consultant for **Passion Parties.** I provide in-home parties and demonstrations of passion products in a fun and private environment. Perfect for a women's fun night out, couples, bridal showers and bachelorette parties. **520-9508**

Emily Evans no longer works for the Energy Outlet. Her phone number remains the same.
520-4394

Michelle Smith, HOME COMFORT Service Coordinator. Her correct phone number is **345-2838.**



*Man Playing Horn... Or Woman Silhouette?
(hint: woman's right eye is the black speck in front of horn handle)*

Network News

published monthly by Women's Business Network (WBN)

2006 BOARD

President

Edrie Bizak
686-8591

Vice President & BWMP Liaison

Tricia Henry
520-6152

Past President

Emily Evans
520-4394

Secretary

Ann Fuller
687-1483

Treasurer

Nicole Carter
302-1341

Membership

Julie Schulte
302-8181

Programs

Julianne Harris
515-9600

Arrangements

Tinker Flom
484-3121

Networking

Juliana Cichy
349-9170

Public Relations

Lorri Goodman
484-7561

Greeters

Greta Siecinski
343-1254

Events

Chawn Peterson
683-5900

Web Editor

Laura McClain
868-1254

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.

Pamela Cournoyer and **Ruth Linoz** with Community Leadership and Support Services, Inc. would like to thank **Tammy Everall** of Everall Design for her creative design expertise, knowledgeable perspective and willingness to take the time to understand our business and target market as we redesign our logo and business forms.

Barbara Gleason of BGleason Design & Illustration says thanks to **Lia Davis**, Operations Manager at Oregon Roads, Inc., she will soon be happily driving a new Prius hybrid car (working on learning the new techniques for getting 50+ mpg)! (see story this page - "WBN WORKS" article.)

More MEMBER NEWS

Mitzy Zahm and **Ron** invite you to join them as they celebrate the Grand Opening of their new business, Brain Playground, the area's first computer learning center for math and reading where children ages 4 to 16 can improve their math and reading skills. The festivities will be Saturday, January 7th from 10am to 4pm. There will be demonstrations, refreshments and spin to win contests with each child taking home a free gift. The center is located in the Sheldon Plaza at 1510 Coburg Rd.

Lynne Campbell of Stampin'up! shares that her products are high quality, competitively priced decorative stamps and accessories purchased at home workshops. Please consider inviting your friends and family to a workshop in your home or work place and share the fun. "With me you have the benefit of a consultant that will take pleasure in your success. You are more creative than you may think." Call her at 746-5235

Nicole Carter of **Carter Debt Management** announces the Kick-off to her "Manage Your Money for Couple's" series. The number one reason for divorce is Money! Four weeks One night a week 6-8p.m. Start Your New Year Getting In Financial Shape. Become Debt Free Together! call Nichole Carter at 302-1341 or take a look at the events calendar at www.nicholecarter.com for more information.

"WBN WORKS"

(Members share their stories)

Not seeing any previously-known buddies at the WBN Holiday Dinner, Barbara Gleason sat down next to Lia Davis and they began talking about many topics, cars among them. Barbara was lamenting how unresponsive the dealers seemed to be toward new hybrid buyers, and she discovered that Lia's firm can also *sell* cars as well as *lease* them!

Lia was knowledgeable from the start, found out useful information about tax issues and financing and Barbara and her husband had their new car ordered for early 2006 delivery. Even the Oregon Roads owner stopped in to the room to thank Barbara and Dan for helping improve the environment! The entire experience of buying through Oregon Roads has been absolutely wonderful, and Barbara thinks there's no reason to put up with typical dealership tactics.

So, in February, look for Barbara in her new blue Toyota Prius! (She hopes to have special plates, too, and will be happy to give rides, too!)

On November 5, 2005, Emily Evans received the following E-mail:
Contact: email
Comments: Good evening,

I am trying to contact Helen Lucas and found your website through Google. Helen hosted me in 1986 as a high school exchange student and I would like to re-establish contact with her. The old email address that I have is no longer active and I would appreciate if you could either give me her current email address or forward this request to her.

Thanks a lot for your help.

Daniel Muller-Jentsch

What happened next you ask? Emily forwarded the e-mail to Helen, and a welcomed internet reunion occurred. (Incidentally, Nov 5 happened to be Helen's birthday.)

Whether it's networking at a meeting, being included on the WBN website, or making announcements in the WBN newsletter, members have an abundance of resources available to them that *WORK*. Your stories are always welcome.

BOARD NEWS

Since Emily Evans is a Master Preserver, her board presented her with a basket full of homemade as well as purchased gourmet goodies as a special thank you for her year in service as President.



MEMBER NEWS

Wendy Loper, Oregon Roads, Inc. announces that Junction City/Harrisburg Chamber of Commerce would like to invite everyone to their annual dinner and Auction Saturday January 28, 2006. This year's dinner and auction will be held at 6:00 at the Shadow Hills Country Club. Tickets are \$25 each and are available at the Junction City Chamber's office or call 998-6154. This year's theme is Speak Easy, so come dress in your Roaring 20's attire! If you have any questions please contact Taryl at the Junction City Chamber office or Wendy Loper at Oregon Roads 683-2277.

Jan Reel announces the opening of her 3rd Curves in downtown Eugene on January 23 at 858 West Park Place. No phone number yet but she can be reached at 341-4900. "If you have a long lunch hour and want to exercise COME ON IN... the first 100 to sign up get 66% off service fee."


Ker Cleary, MA, will be presenting a workshop on Compassion in Everyday Life at the Tamarack Wellness Center on Saturday, February 18, 2006. The cost is \$15 prepay or \$18 at the door. To register call TWC at 683-7506; for info contact Ker at 349-0595. Tamarack Wellness Center is located at 3575 Donald in Eugene. The workshop is from 9:30 to 11:30 a.m.

Ingrid Edstrom, FNP tells us that she recently purchased Thermography Breast scanning equipment AND set up a private practice at her home office at 1522 Lawrence Street in Eugene. She has started a research project to scan women and identify those with inflammation of the breast, starting them on nutritional supplements, life style changes and balancing their hormones trying to reverse the changes. It is helpful for women with implants, dense breasts or for cancer survivors who want to monitor without the radiation in between other medical follow up visits. Gift certificates are also available. Call 302-2977 for more information.



PO BOX 1412
Eugene, OR 97440

NEXT MEETING
January 5, 2006
 11:30 AM
 Eugene Hilton



Speaker:
Christine Schaefer, MA
 speaking on
 "Doing what you love"

FIRST CLASS MAIL

New Year's Intentions

Submitted by Merrie Sennett, M.A., Licensed Professional Counselor

Are you someone who starts off the new year with a list of well-meant resolutions only to find two, three, or four months later that you barely started the first one on the list? You're not alone.

After the hustle and bustle of the holidays the New Year can feel like a breath of fresh air—a clean slate with infinite possibilities, a time to let go of the old and make room for the new. Instead of making resolutions, which may feel like merciless "have-to's", try thinking about what's really important to you in the coming year and setting these things as **intentions**, as positive visions which can guide your progress throughout the year.

A key principle from Aikido and other disciplines is that **energy follows attention**. I've found that the best way to overcome obstacles that inevitably arise in life is to have a strong, positive intention, inspiration, or vision. While it's not helpful to be in denial about problems and difficulties, it's also not effective to focus only on them. When you've had enough of focusing on the obstacle, shift your attention onto your positive intention. Successful people know this and practice it: "Fall down seven times, get up eight."

Businesses and organizations have mission statements, to help keep them focused and on the right track. I think people need these too. How else do we know how to spend our time and energy? Your intention/vision/mission may be big, e.g. "I intend to be the best business person in Oregon" or it can be smaller and simpler, like "I choose to have more courage (or tenderness, clarity or another quality) in my life."

Once you have your intention you can energize it by:

- Focusing on it daily. Repeat your intention several times, out loud.
- Making visible reminders. Write out your intention and post it, make a collage that represents it, or create a symbol that reminds you of it.
- Remembering to periodically shift your attention **off** the obstacles and **onto** your intention. Notice what this feels like inside you—it should feel good!

How to Recognize a Stroke

This might be a lifesaver if you can remember the following advice, sent by a nurse, whose husband is a medical doctor.

Sometimes symptoms of a stroke are difficult to identify. A stroke victim may suffer permanent brain damage when people fail to recognize what's happening. Now, doctors say any bystander can recognize a stroke, simply by asking three questions:

- ask the individual to smile.
- ask him or her to raise both arms.
- ask the person to speak a simple sentence.

If he or she has trouble with any of these tasks, call 911 immediately, and describe the symptoms to the dispatcher. Researchers are urging the general public to learn to ask these three questions quickly, to someone they suspect of having a stroke. Widespread use of this test could result in prompt diagnosis and treatment of a stroke, and prevent permanent brain damage.

Note: Although this study was funded by a grant from the American Stroke Association, that body has not taken a position on the topic nor endorsed the test because the results, though positive, arose from a very small study. It was drawn from a report presented in February 2003 at the ASA 28th International Stroke Conference and news of it can be found on the ASA web site and the American Heart Association's (AHA) web site. (from Snops.com)