

Women Supporting Women in Business

WBN Mission Statement

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



Network News

ON THE SLATE FOR MARCH Networking Exercise

(bring plenty of business cards!)

Thursday, March 5, 2009 • 11:30 a.m.

**Boy Scouts of America, 2525 Martin Luther King Jr. Blvd.
(opposite Autzen Stadium)**

*****NOTE DIFFERENT VENUE FOR MARCH ONLY***
(see above)**

CONTACT INFORMATION

P.O. Box 1412
Eugene, OR 97440

www.wbneugene.org

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WBN meets the first Thursday of every month, 11:30-1:30 pm, at the Eugene Hilton Hotel, Vista Room, 12th Floor, 66 E. 6th, Eugene, OR 97401 (541-342-2000).

Submit newsletter items to:
**WBN, P.O. Box 1412
Eugene, OR 97440**

or
newsletter@wbneugene.org
(Deadline is the 15th of the preceding month)

Newsletter Editor
Angela Egremont • 343-0917

President's Message

You've Come a Long Way, Baby!

I never start a piece knowing or planning how it will end. Sometimes I just use stream of consciousness and, surprisingly, the words slowly form. But not right now – because I'm watching the Oscars! The actors are beautifully coiffed, their gowns sumptuous and elegant, their talents appreciated and their acting achievements honored. It's a memorable evening for the winners and

still a wonderful night for the "losers," who are still winners in their field by every sense of the word.

But what impresses me this year, as in years past, is their acceptance speeches. Most of them thank their spouses, parents and children among other influential people in their past. They speak about humble beginnings in foreign lands or

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Occasionally a member or guest enters our meeting room before checking in at the registration table, and then forgets to check in and pay their meeting fees. This means WBN is left to pick up the tab, as the hosting facility charges based on a total headcount. While these oversights are no doubt inadvertent, they necessitate an adjustment to the current check-in system. Therefore, effective at our April meeting, everyone will receive a ticket at check-in, which, in turn, should be handed to a greeter as each person enters the room. The fee collected from attendees is not a "lunch" fee per se, but a meeting fee that everyone is charged, whether or not they actually have a meal. We appreciate your cooperation and understanding.

NOTE: To members whose companies write checks to pay their dues, please note in the Memo section the name of the member as it is often impossible to determine who the payment is for. Thanks!

President's Message

Continued from page 1

trailer parks, and how they never imagined they could climb to such heights. Some mention their teachers who mentored them, or a role model who helped frame the growth in their lives. Was it raw talent, the ability to learn the skill of acting, or simply positive thinking that brought them to the highest level in their industry?

It was all those things and EMPOWERMENT – “the process that allows one to gain knowledge, skill sets and the attitude needed to cope with the changing world and the circumstances in which one lives.”

Years ago, I approached my former CEO with a question about an important decision to be made. I knew I could have made that decision myself but in deference to her and being an ingénue in a new industry, I meekly posed the question. She answered, “Are you not empowered to make that decision yourself?” Duh! I barely knew what the term meant at the time but I answered that, yes, I was empowered to go forward. I did, and it was the correct decision.

I am grateful to my mentor. From that one experience, and a few others, I learned the ability to exercise my assertiveness. I gained confidence in my own capabilities and an increased awareness of my own positive self-image.

March 8th marks the 98th anniversary of “International Women’s Day,” a day to honor our own empowerment, our equality, our achievements, and leadership in the board room, in our careers, in our own businesses, in our families, and in the world. We have indeed “come a long way, baby,” since that first International Women’s Day in 1911!

March is also “Feminine Empowerment Month!” It’s great that it coincides with Spring – the season of fresh, new beginnings and hope rekindled. What better time to celebrate ourselves. What better time to stand together, to honor one another and our sisterhood in WBN by supporting each other, providing leadership in our organization, and mentoring the young developing leaders who will come after us?

As we celebrate this anniversary, these are the gifts of empowerment that we are passing on. I hope you will take this opportunity to reach out to others

BOARD ANNOUNCEMENTS

Board Additions. The Board is happy to welcome Pat Rollins of Purse Knitty, serving as co-auditor with Julianne Harris, and new member Joyen Pendowski of Ruby Porter Marketing & Design as Assistant Newsletter Editor. — *Lou Panni*

Raffle. Last year, we began raffle prize giveaways at the monthly luncheon meetings, initially as a means of raising funds for WBN’s “Out of the Red, Into the Black” campaign. This was so well received by the membership that we are continuing the fun. Every month, each member will have another chance to put her name before the group, along with a short message, and raise funds for WBN activities by donating a wonderful raffle gift.

I want to convey a heartfelt “Thank You!” to all who donated in January and February: **Emily Evans** (Special Projects), **Kelsey Zeller** (Oregon Optimal Health), **Kim Arscott** (Longaberger Baskets), **Amber Wilson** (Servicemaster of Eugene), **Bernie Burson** (Color & Image Consultant), **Danielle Gielish** (SELCO Community Credit Union), **Beverly Wilger** (Melaleuca: The Wellness Company), **Megan Miller** (Phoenix Inn Suites), **Angela Egremont** (Knitwits), **Danielle Rosebrook** (Edward Jones, Leo Alapont), **Di Barrong** (Bags of Love), and **Phyllis MacLuan** (CPA, PC). — *Barbara Newman*

Old Photos. If any members have photos of past WBN events, we’d love to have copies for WBN’s photo album to fill in the gaps in our historical record. — *Tammy Everall*

Calling New Members! If you have been in WBN for less than one year and you’d like your business profiled in the newsletter, please e-mail newsletter@wbneugene.org. Angela Egremont or Joyen Pendowski will contact you to arrange an interview. First come, first served!

who may just need a word or gesture of support and encouragement to grow. Because when “sisters stand shoulder to shoulder, who stands a chance against them?”

Peace!
— *Lou Panni*

Network News

published monthly by
Women’s Business Network

2009 BOARD

President

Lou Panni, 686-5324

Vice-President

Barbara Newman, 683-2400

Past President

Julianne Harris, 746-0406

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Pat Rollins, 521-3754

Donna Freshman Award

Tammy Everall, 744-8133

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Jill LaRue, 344-7902
Layla McClellan Fuller, 579-3922

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Emily Evans, 520-4394

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Angela Egremont, 343-0917

Assistant Editor

Joyen Pendowski, 687-6427

Programs

Kathryn Gaines, 870-5742

Web Editor

Karen Rainsong, 968-1986

Board meetings are held at noon on the third Tuesday of every month and are open to the general membership. The next meeting will be at SELCO Credit Union, 925 Harlow Rd., Springfield (12-1:30 p.m.)

NEW MEMBERS & SECOND BUSINESSES

Tammi Brannan, President, INSTINCTIVE LIFE. "Identifying individual skills and helping people use them more in their lives." 501-8044; tammi@instinctivelife.com; www.instinctivelife.com

Danielle Gielish, SELCO COMMUNITY CREDIT UNION. "SELCO provides the best in financial assistance for businesses, innovative e-services, no-cost employee benefit packages and a one-stop shop for all your financial needs." 338-3878; dgielish@selco.org; www.selco.org

Nancy Hines, Owner, HINES HANDIWORK. "Custom sewing and alterations for everyone. Home-based business with over 30 years sewing experience." 461-0210; hineshandiwork@gmail.com; www.hineshandiwork.com

Korrina Junge, Realtor/Broker, ERA – ALL STATE REAL ESTATE. "I am a Real Estate Agent specializing in residential & investment properties. I work in conjunction with my husband, Olaf, forming the Junge Group at ERA – All State Real Estate." 520-9282; kjunge21@gmail.com; www.lanecountyoregonrealestate.com

Maurita McMillen, Licensed Representative, HANAN INSURANCE & FINANCIAL SERVICES.

"Licensed Representatives that will be involved." 747-4266; maurita.mcmillen.p2p6@statefarm.com; www.mitchhannan.com

Tara Palmer, Owner, NUTRITIONAL CHEMISTRY. "I specialize in helping individuals with serious health issues to obtain sustainable outcomes and improve their quality of life. My approach is based on scientific, clinically proven, reliable methods." 915-8412; tara@nutritionalchemistry.net; www.nutritionalchemistry.net

Joyen Pendowski, President, RUBY PORTER MARKETING & DESIGN. "Ruby Porter Marketing & Design offers graphic design, marketing and print coordination services for businesses of all sizes. Contact us today to see how we can help you on your next project!" 687-6427; joyen@ruby-porter.com; www.ruby-porter.com

Michelle Reid, Independent Consultant, CREATIVE MEMORIES. "Interested in celebrating your memories? Do you want to get your photos off of your computer and into your life? I can help you enjoy your photos! Visit my Creative Memories personal Web site today." 342-8623; michellereid@yahoo.com; www.mycmsite.com/michellereid

Michelle Reid, Owner, THE ELEGANT DUCK. "The Elegant Duck

KUDOS KORNER



Want to recognize a member who has done something special, or whose actions or services have impressed you? This "spot" is reserved for your comments of appreciation.

Thanks to **Barbara Newman, Siuslaw Mortgage** for helping me refinance my mortgage from 6% to 4.875% – proof that it's actually still possible to get a loan or improve the one you already have. –*Angela Egremont*

specializes in University of Oregon themed jewelry. For fans with discriminating taste." 342-8623; michelle@elegantduck.com; www.elegantduck.com

Darcee Sloneckerd, Mortgage Broker, PRECISION FUNDING. 284-8044; darcee@precisionfunding.com; www.darcee.biz

Jane Williamson, Media Consultant/Account Representative, YELLOWBOOK. 912-4246; jane.williamson@yellowbook.com; www.yellowbook.com



MEMBER NOTICES & NEWS

European River Cruising: Portugal – May 5-16 (not too late to sign up!); Provence/Barcelona/Paris – Oct.

Day Trips: March 21 – Portland (Art Museum and/or OMSI – French art exhibit at the Art Museum and a Da Vinci "The Genius" exhibit at OMSI through May 3); April 18 – Oakridge; May 16 – Newport; June 20 – Salem.

For more information about any cruise or trip listed above, contact **Helen Wagner, Travel Link & Women's Travel and Social Club** at 726-7416 or travelink-2000@yahoo.com

Are you receiving our newsletter? **CEO Systems** is proud to offer a free information source for your company. Your free subscription to our newsletter will provide you with proven tips and suggestions focused on helping you increase your organization and efficiency. Visit our Web site www.CEOSystems.net to sign up today. – **Kathryn Gaines**



COSTCO memberships: If you would like a **COSTCO** membership, contact **Layla Fuller**, Costco

Marketing, and receive a \$10 cash card with your sign-up. Membership also includes a second card for another person. For more information, contact Layla at 579-3922.



Lord Leebrick Theatre Company is now presenting David Lindsay Abaire's Pulitzer prize-winning play, *Rabbit Hole*. Playing through March 21, performances Thurs. – Sat., 8 p.m. with matinees Sun. Mar. 8 & 15, 2 p.m. Ticket information available at 465-1506 or www.lordleebrick.com. Theatre located at 540 Charnelton St., Eugene.




P.O. Box 1412
Eugene, OR 97440

FIRST CLASS MAIL

NEXT MEETING
Networking Exercise

March 5, 2009



11:30 a.m.
Boy Scouts Center
Martin Luther King Jr. Blvd.

Are You Suffering From Information Overload?

Information can come at us quickly during the business day. In order to be successful, we need to be able to manage and store this information in an accessible way. Following are three top tips for managing incoming information:

1. Create A Notebook

In the heat of the business day, you might find yourself juggling a few projects at once. To help keep track of all the incoming information, consider creating a daily writing pad or notebook. This allows you to store all the information you receive orally in one convenient place, where phone numbers, addresses, and client info can all be jotted down. Date each page for easy reference. At the end of each day, transfer any relevant information into the proper databases.

2. Create Files For All Projects

When we are in the midst of different projects, there is a tendency to allow different piles of paper to accumulate on our desks. Working with piles of paper surrounding us can be frustrating. Our workspace is reduced and papers are

often misplaced.

To fix this problem, clear a space in the front section of the filing cabinet next to your workspace. Label this section "current projects." Make separate files for each project and file them either alphabetically or according to priority.

It is also recommended to create a system that reminds you when to go back to these files, helping you track projects more easily. This can be done by putting the task on your calendar or in Outlook Tasks.

3. Create One Calendar

When we have meetings, personal obligations, invites and e-vites, it is difficult to keep our schedules straight. Try creating one comprehensive calendar that allows you enough room to schedule all of your daily, business and personal obligations. Then, keep it with you!

Many appointments are scheduled while you are on the go. Save yourself embarrassment by keeping your schedule with you.

—Submitted by Kathryn Gaines and Denise Beins



Mark Your Calendar!

2009

April 2

McKenzie-Willamette
Medical Center
Maurine Cates, CEO

May 7

Professional Liability
Dr. Midge Murphy

June 4

Overworked and Overwhelmed
Catherine VanWetter

July 2

Member Profiles
or Networking Exercise