



WOMEN'S PROFESSIONAL NETWORK

February 2009 Newsletter

▲ February 26, 2009 Breakfast Meeting Lakeway Inn, Bellingham, 7am - 9am

RSVP by 5pm February 20 - www.wpnbellingham.org



Keynote Speaker: Marcia Brixey Get Money Smart

During her 26 years working for the Social Security Administration Marcia Brixey met thousands of women who experienced financial difficulties resulting from a personal crisis – husband's death, divorce, illness or loss of a job. In August 2002 she founded Money Wise Women Educational Services to ensure every woman be financially articulate, confident, secure and independent. Today she hosts and speaks at Money Wi\$e Women Conferences throughout the Western United States. Ms. Brixey is the author of *The Money Therapist: A Woman's Guide to Creating a Healthy Financial Life* (Seal Press).

Ms. Brixey's been the featured speaker at numerous conferences including the Prudential Financial Stepping Out Conference in Santa Clara, CA and Chicago IL; Choice Hotels Convention in Orlando, FL; Oklahoma Society of CPAs Invest in Herself: Journey to Financial Freedom Conference in Oklahoma City, OK; Washington State Interagency Committee of State Employed Women in Vancouver, WA; Today's Woman Expo in Boise, ID; Invest in Yourself Strategies for Women Conference in Costa Mesa, CA; Northwest Women's Show, Seattle WA and Portland OR; and Clemson University Professional Women's Conference, Seattle WA, Portland OR and Phoenix AZ. She is a regular columnist for numerous publications, has been a guest on many radio shows and has hosted her own weekly talk radio show "Let's Talk About Money".

Marcia was inspired to take early retirement from her public relations job with the Social Security Administration in August 2002 after reading the quote "Our purpose in life is to find our gift, perfect it and give it back to others". Ms. Brixey's experience with the Social Security Administration includes District Manager, Supervisor, and Public Relations Specialist. She graduated from California State University, East Bay with a B.S. degree in Business Administration.

▲ Presidents' Message - Tip of the Month

Stop Waiting, Start Progressing by Maria Gracia

Tomorrow is a fallacy. If you wait until tomorrow for the time to get something done, tomorrow will have no more time than today has - or yesterday had. You have 24 hours each day to get things done. Use them wisely.

Most people wait to start a home or office project because they feel they have too many

▲ continued on back page

▲ February Featured Members



Shasonta Delmage
Premier Agendas

School Specialty Planning & Student Development proudly features the Premier™ product line, the industry's leading brand of planners and planning resources. Our planner products and programs help you support student success and address issues important for today's campuses such as academic achievement, career planning, student retention, and campus safety.



Kim Haustedt
Rhythms of Life Wellness Studio

Dr. Kim Haustedt, D.C. graduated Magna Cum Laude from Life Chiropractic College West. She has been practicing Network Spinal Analysis (NSA) and Somato Respiratory Integration (SRI) since 1999. It is her goal to assist everyone she works with to maximize his/her potential and inner well-being. Dr. Kim specializes in NSA and SRI because she finds the results unparalleled in fostering physical and emotional transformation and healing. She has achieved the highest level of NSA certification and continues post-graduate education and training through the Association for Network Care.



Jeanette Coffey
Pre-Paid Legal Services, Inc.

Jeanette Coffey has been an Independent Associate with Pre-Paid Legal Services, Inc. since 2004. She has reached the Executive Director level in the company and works full time. She is certified to provide every area of coverage that her company offers including their Small Business Legal Plans and Group Plans. She specializes in protecting businesses and their employees from the fastest growing crime in the world, Identity Theft. Many different organizations have had Jeanette as their guest speaker on the topic of Identity Theft awareness, and she speaks regularly throughout the state.



Ella Eastham
Joy of Pilates

Ella Eastham has been actively involved in the fitness/health arena since being selected for UCLA Army ROTC and serving five years as a commissioned officer in Bosnia and Japan. After completing her military service she became a licensed Physical Therapist Assistant and worked at local rehab facilities. Because of her passion for health and wellbeing she studied Pilates and became a certified STOTT instructor. She completed the STOTT Mat, Reformer, Cadillac, Chair and Barrels trainings. Ella has continued her education with STOTT Pilates – taking the Injury and Special Populations and Breast Cancer Survivor Rehab courses. Ella applies her training to fit the needs of each of her clientele. Ella is also a certified ACE personal trainer, Reebok Spin, ResistaBall, and YMCA Silver Sneakers instructor.



Nancy Gagné
Shaklee Independent Distributor

When I was growing up in California in the 60's and 70's green was my favorite color. I wore green cords and green vans and I had a green surfboard and a green Volkswagen. Who knew that 50 years later green would mean so much more to me and the world. Today green means making choices that help instead of harm our lives and our environment. Green clean is a simple choice that we can make everyday. I would love the opportunity to show you how you can get toxic chemicals out of your home, away from your families, pets and neighbors. It truly is simple. Shaklee's line of Get Clean products for your home (products you already use everyday) are naturally safe and proven effective, always work, always green, and guaranteed 100% or your money back. Please take a green step today.

▲ Policy of the Month

2009 Featured members

This year WPN will be instating a new Featured Member Policy. There will be a *Featured Member bucket* at the name tag table at each breakfast meeting. If you are a WPN member in good standing and *want* to be a Featured Member, please drop your card in the bucket.

Every month four names will be randomly drawn to be Featured Members the following month. Three additional names will also be randomly pulled to have just a marketing table at the back wall at the next breakfast meeting. Your name will stay in the bucket for the opportunity to be chosen for a Featured Member spot until it is chosen.

Featured Members obligations:

- Provide a hi-resolution photo and bio for the newsletter (150 words or less)
- Provide a door prize for the breakfast meeting
- Put together and oversee a marketing table at the back wall for the breakfast meeting
- Sit at the President/Speaker table at the breakfast meeting
- Be ready to give a 60 second elevator speech on stage for the breakfast meeting
- Don't forget to RSVP for the breakfast!

Marketing table obligations:

- Put together and oversee a marketing table at the back wall for the breakfast meeting

**Please make sure you can meet all the obligations before putting your card in the drawing*

**It is only necessary to put your card in once, as you can only be a featured member one time in 2009*

▲ New Members

Molly Maguire, *The Philbin Group*
Karen Parker, *Columbia Bank*

▲ Renewing Members

Cindy Myiow, *A-1 Shredding, Inc.*
Lisa Hill, *Haggen*

▲ News

Joy of Pilates Open House

Saturday, February 28th - 10:00am- 2:00pm
22 Harbor Mall, Bellingham, WA 98225

Enjoy appetizers, complimentary massages by our licensed massage therapists, prizes and free classes!

Joy of Pilates, a fully equipped Pilates Studio, is located in the Squalicum Harbor and offers private and group Pilates instruction. This is the home for everything about Pilates and the studio is dedicated to providing excellent Pilates training with high quality STOTT PILATES™ equipment.

Visit them online at www.joyofpilates.net or call: (360) 244-1433.

Wrapped to Perfection!

March 7th - 10:00am - 12:30am
Whatcom Community College

Join in this fun workshop and learn creative ways to transform gifts into stunning statements for your upcoming spring events--Mother's Day, birthdays, showers, and more! Using both new and recycled materials, instructor Jennifer Ryan will show you how to inexpensively turn the ordinary into whimsical, elegant, and imaginative presentations. She'll demonstrate exciting ideas for wrapping papers, containers, ribbons, gift tags, and more. Bring a small gift to wrap in class (no larger than an 8" box) and go home with a package that is wrapped to perfection, plus lots more ideas for future gift giving! Jennifer Ryan is a local interior designer with a flare for presentation. Class cost is \$25, plus \$10 materials fee payable to instructor at class. Please bring scissors to class; you are welcome to bring any additional paper crafting tools you already own. Register at www.whatcomcommunityed.com or 360.383.3200.

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▲ continued from front page

other tasks on their To Do list right now. They figure, they'll just get to it later when there's more free time.

Sadly, that free time never just appears, and thus the task or project never gets completed. It never even gets started.

Perhaps you've been wanting to organize your closet for months now, or maybe you need to get your finances under control. Possibly you want to start a business or begin growing your current one. Or you'd like to catch up on your filing or your reading pile.

Whatever the task or project is, it will never get started if you are waiting for a bunch of extra time to just magically appear out of the blue.

Whenever you truly want to get something done,

set aside just a mere 10 minutes to start doing it. You can do this by waking up 10 minutes earlier, staying up 10 minutes later, working through a small portion of your lunch hour or even doing it during television commercial breaks.

Once the 10 minutes are up, it's up to you whether or not you wish to keep going. If so, great. If not, simply stop and do the same thing tomorrow, and the next day, and the next day--again, for only 10 minutes at a time.

Within the next week or two, you will have progressed on this project. It is always better to get some of a project done, than none at all. Eventually, you will reach the finish line.

▲ March 26 Speaker

Speaker: Julie Clark

Topic: Creating Space for What Really Matters
rsop by 5pm March 20

▲ April 30 Speaker

Speaker: Gail Watson

Topic: Building your Marketing strategy Goals
rsop by 5pm April 24

▲ Contact WPN

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▲ WPN Board Members

Jennifer Ryan
President

Karen Parker
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Patrice Valentine
Website Editor

Penny Chambers
Secretary

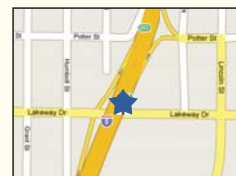
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Christine Jenkins
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The WPN meets on the last Thursday of each month from 7am - 9am at The Best Western Lakeway Inn, 714 Lakeway Avenue in Bellingham.