



# WOMEN'S PROFESSIONAL NETWORK

June 2009 Newsletter

## ▲ June 25, 2009 Breakfast Meeting Lakeway Inn, Bellingham, 7am - 9am RSVP by 5pm June 19 - [www.wpnbellingham.org](http://www.wpnbellingham.org)



### **Keynote Speaker: Dr. Julie Miller Business Writing that Counts!**

Dr. Julie Miller, founder of Business Writing That Counts!, is a business writing expert, author, speaker, and trainer. Over the past thirty years, Dr. Miller has helped more than 600,000 professionals achieve their personal and professional goals by reducing writing time while increasing productivity. Her "lean" writing philosophy challenges you to think about writing and writing production in a completely new way.

Her goal remains to increase her clients' bottom line by eliminating bad writing. The company specializes in working with corporations, organizations, and educational institutions to improve the quality of written communication. Passionate about improving the quality of writing so that reputations, contracts, and relationships are saved and enhanced, Dr. Miller delivers her powerful messages through webinars, seminars, and online writing courses. Dr. Miller is a dynamic keynote speaker and results-oriented consultant and trainer. She also regularly speaks to MBA and Executive MBA students as part of the Distinguished Speaker Series.

A popular columnist for numerous print publications and Web sites, Dr. Miller was recently featured in The Seattle Times. Her national best-selling book, *Business Writing That Counts!*—sold in over twenty countries—details a numbering system that she has taught to over half a million people. Geared toward busy people who need to produce a polished product quickly, the book is full of practical tools, an e-biz section, apropos quotes, and some very funny writing.

## ▲ Presidents' Message - Tip of the Month

**Tips from Eric Stone: Self Confidence is the Key to Surviving in Today's Harsh Economy**  
*by Zeina Zeitouni*

Public speaking and self-confident presentation skills are essential to building strong relationships, leaving lasting impressions and reaching the full potential of all our interactions. Developing effective speech and self presentation skills is an ongoing process that we should be aware of and focused on at all times. I have recently met Eric Stone, an innovative coach who has helped many people accomplish this in remarkable ways. I have cited a few of his essential tips below and three of my favorites:

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## June Featured Members



Naomi Pollack  
*Harmony Matters*

Harmony Matters is a two-woman team of professional organizers, Naomi Pollack and Jesse Larsen. We love to help people "Be clutter free"! We specialize in organizing small spaces, home offices, and project rooms, but we will eagerly tackle any space or project that overwhelms you. There ARE creative, long-term solutions to your organizing challenges, and we will work alongside you to find them! Do you want more harmony in your home or office? You can find it by working with a professional organizer. View our portfolio online at [www.harmonymatters.com](http://www.harmonymatters.com), or call 360.510.6291 to schedule your consultation.



Deborah Thibodeau  
*The Simply Organized Bride*

[www.TheSimplyOrganizedBride.com](http://www.TheSimplyOrganizedBride.com) is a self-help website for brides and people planning special events. We are dedicated to the success of the wedding vendor community in the Pacific Northwest. Our goal is to provide the all important connection between local brides and wedding vendors. An attractive, informative and easy-to-use website is the ideal way for wedding vendors to showcase their products and services to brides. We get 2,000 - 3,000 visits a month to the website. Our advertising rates range from \$50 to \$400 per year. With 75 categories to choose from, there's bound to be a category perfectly suited for your business! Please visit [www.TheSimplyOrganizedBride.com](http://www.TheSimplyOrganizedBride.com) today!



Sandy Levey-Lunden  
*On Purpose*

At 7 years I asked my mother, "Why am I here and why are you here?" Since then I have devoted my life to finding the answers, developing workshops, and counseling sessions to support people in discovering who they truly are and what they are here to do. This work releases patterns caused by past traumas, while embracing the passions that can make one's true life's purpose a reality. For 30 years my business, On Purpose has helped over 30,000 people around the world realize their dreams as well as the training and teaching of my unique Clearing Process method.



Angela Abshere  
*Silpada Designs*  
*Fine Sterling Silver Jewelry*

For years I had worked for companies where I did my job well and LIKED what I did for a living, but after becoming a mother, liking my job wasn't a good enough excuse to miss out on family time. In the summer of 2006 I left the corporate world and became an independent jewelry representative with Silpada Designs. Now I can honestly say I LOVE what I do!

I offer high quality .925 sterling silver and genuine gemstone jewelry through home and catalog shows, and one on one consultations. Silpada has impacted not only my life, but my family's. I enjoy the extra cash, the trips and the flexible schedule. However, it's the friendships I have made along the way that I cherish most. It's amazing how Silpada has fulfilled me in so many unexpected ways!

## Hot of the Press

### Congratulations to Erika Arnold!

Congratulations to Erika who gave birth to Makoy David Arnold on April 9th. He weighed 9lbs 14oz.

### Alycia HoGlin Opens CrossFitX

WPN member and former Co-President Alycia HoGlin opened CrossFitX fitness studio on May 4 with her husband Travis. Their space is tailored to the principles of CrossFit, a national workout program that focuses on overall fitness rather than training for specific sports. Stop by to see the new studio at 3130 Howe Place, Suite 102 in Bellingham or check out their website: [www.crossfitx.com](http://www.crossfitx.com).

### FREE Parenting Workshop: Eliminate Conflict in Your Family

This workshop is presented by Penny Chambers, Parent & Teen Coach on Tuesday, June 23, at the Broadway Youth Center, 7-8:30 pm

Go to [www.pennychambers.com](http://www.pennychambers.com) for information and to register.

## Agape House Donations

In our continuing efforts to support the Agape House for women and children, we will have a drop box available at every WPN breakfast meeting for you to leave your donations. Donations are delivered monthly directly after each meeting.

At June's meeting, items such as shampoo, conditioner, body care products or diapers would be greatly appreciated.

## Advertise in the WPN Newsletter!

Your full color 2" x 3" ad will be featured in our online and printed newsletter.

Send inquiries to:  
[wpn@wpnbellingham.com](mailto:wpn@wpnbellingham.com)

## Policy of the Month

### Marketing Tables are FREE!

One of the benefits to being a WPN member is that you may sign up for a networking table at one of our breakfast meetings. These are the tables at the back of the room where you may showcase your business or non profit. We suggest that you bring marketing materials that are not just brochures and business cards...show us what you do! If you bake and sell cookies, bring some samples, if you sell shoes, let's see them, if you sell jewelry, show it off, graphic designer, show us your stuff!!! There are lots of different and imaginative ways to show WPN members what you do, let's see what you have to offer...sign up for a networking table next month!

## July 30 WPN Speaker

Speaker: Sandra Smith

Topic: Get What You REALLY Want Without the Guilt

rsop by 5pm July 24

## Quotes of the Month

*"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack in will."*

--Vince Lombardi

*"The only way of finding the limits of the possible is by going beyond them into the impossible."*

--Arthur C. Clarke

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“-Responsibility is the ability to respond. Life is life, however, when you find yourself in a meeting, presentation, workshop, television studio or audio booth, etc. It is important if not crucial to understand the “artificial” aspect of the situation from the point of view of control. If life is quasi out of our control in terms of “what shows up,” professional situations are not.

In an artificially designed environment we have full control. Our ability to respond is still valid during a presentation, a speech or an interview, but the real control comes from what we are willing to assert. In a controlled environment, assertiveness is about being able to stand up for and affirm what you want to see happen and not assert what you do not wish to see happen.

## Renewing Members

Penny Chambers, *Thriving Parents, Thriving Teens*  
Erika Arnold, *Barkley Chiropractic / Sell And Rent*  
By Owner

Assertiveness is the foundation of all successful public presentations, communications situations, and performances. In an artificially created environment, we take for granted the fact that everything has to be designed and asserted. That is the essential difference between life and staged life. For some it is obvious, but the finer points are found in the interesting fact that only what you assert is visible and being experienced in an artificial setting such as a speech, presentation or business meeting. If you assert your voice for instance, it will be heard and if you don't it will register like you don't have one. “

## New Members

Kari Fenton, *The Lakeway Inn*  
Summer Huntington, *Healthy Bellingham*

## ▲ Contact WPN

### Email

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## ▲ WPN Board Members

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Karen Parker  
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*Website Editor*

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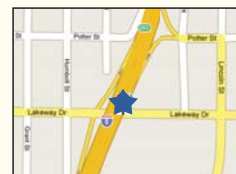
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The WPN meets on the last Thursday of each month from 7am - 9am at The Best Western Lakeway Inn, 714 Lakeway Avenue in Bellingham.