



WOMEN'S PROFESSIONAL NETWORK

October 2009 Newsletter

▲ October 29, 2009 Breakfast Meeting Lakeway Inn, Bellingham, 7am - 9am

RSVP by 5pm October 23 - www.wpnbellingham.org



Keynote Speaker: Melissa Borghorst **Achieving Your Dreams in Today's Economy**

Melissa Borghorst is founder of Dream List Media, a personal development company aimed to help people reach their dreams—both big and small. Since her childhood, she has been dreaming up fun and exciting things to accomplish in her lifetime. By following a few simple steps and thinking outside the box, she has achieved extraordinary feats—many for little or no money: skydiving, riding in a hot air balloon, backpacking across Europe, snorkeling the Great Barrier Reef, singing, dancing and acting in a musical, and becoming an author and entrepreneur.

Melissa is the author of the Dream List Photo Journal series and is a dynamic motivational speaker and life coach. Her talk show on Dream List Radio continues to inspire thousands. Previous interviews included past Oprah guests, Lisa Nichols and Jennifer Loudon, along with other successful leaders. Her expertise in goal setting and teaching the attitudes for success has helped many individuals turn their dreams into reality and has helped entrepreneurs take their businesses to the next level. Melissa's positive spirit and can-do approach has inspired audiences to follow and achieve their dreams, no matter what their circumstances or how much money they have.

▲ President's Message - Tip of the Month

7 Career Tips For Women

By Kimberly Palmer

In her new book *Stepping Out of Line: Lessons for Women Who Want It Their Way in Life, in Love, and at Work*, Nell Merlino—creator of *Take Our Daughters to Work Day*—tells women how to ramp up their careers and lives. "Whether you're standing in a bathroom line or unemployment line, how do you step out of that line? If you focus on what you're good at and what's important to you, you'll probably do it faster," says Merlino. Here are seven of her top tips:

Evaluate your current situation. "We all have moments in our lives when we know there's something else we want to be doing, or someplace else we want to be," says Merlino. The trick is to pay attention. Feeling frustration or anger can be a catalyst for making a change. "A lot of movements have come about because people have complained,"

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October Featured Members



Ericka Bakkom
E Design

After twenty years in the corporate advertising jungle, Ericka returned to her roots and launched E Design. Ericka is adept in a variety of disciplines, and passionate about strategic design. She gets a kick

out of identifying your business's core message – and then executing it effectively through a new or revamped identity, advertising campaign, new media, and print collateral.

Ericka believes her role as a designer in these challenging times is to help her clients shape a positive future through a focused approach. To Ericka, it's all about helping people, doing good things for the planet and creating prosperity. So, what can she help you with today?



Arian Henders
The Sugar Shack

After graduating from The Euro Institute in 06' I bought an RV and started The Sugar Shack Mobile Party Spa!! While the RV was an adventure, I needed a home base and shortly thereafter opened my studio here in

Bellingham. One exhausting year later I am finding myself settled (HA!) and excited for my next chapter. The Sugar Shack Total Skin and Body Care Center is open and it is fabulous!

I am a skin care fanatic who has taken years to find her calling! As an Esthetician I continue with my passion for providing a holistic approach to preserving client's skin while teaching the value of self care at the same time. I am committed to ongoing education through the International Dermal Institute and use only the finest ingredients on my clients skin- Dermalogica. I am here to help you establish a positive relationship with your skin. Skin care isn't about luxury, it's about necessity.



Jackie Jagers
Merrill Gardens

Jackie Jagers serves in the position of Community Relations Director for Merrill Gardens at Cordata. Merrill Gardens provides senior housing for independent and assisted living and secure

dementia care. A family owned business and winner of "Family Business of the Year" in 2007 Merrill Gardens is the largest provider of assisted living care in Washington State. Jackie has been in the health care industry for the last seven years and the best part of her position is making sure seniors are safe. Previous to working for Merrill Gardens she has been a local business owner. A member of Toastmasters International, Elder Service Providers, Whatcom Assisted Living Association. Jackie can be reached at Marketing.cordata@merrillgardens.com or 360-715-8822



Michaela Petz
Cascara Center

As a Licensed Mental Health Counselor and Child Mental Health Specialist, Michaela Petz is committed to helping children thrive. Michaela carries out this mission as the co-owner of Cascara Center

providing mental health services for children, adolescents and families. Michaela offers individual and family therapy for youth between the ages of 3-18. While she enjoys treating a variety of children, her passion is to support the recovery process of child and adolescent trauma survivors. Michaela aims to empower children to make positive life changes by building on current strengths, developing coping skills and working closely with children's identified supports.

Hot of the Press

Power of Clearing & Attracting Your Soulmate

**Tuesday, November 10th 7pm – 9pm - Free
Bellingham Community Co-op**

**Monday, November 16th 7pm – 9pm - Free
The Ground Floor Healing Arts Center**

In this 2 hr presentation we will discuss lifelong tools for changing the way you view your relationships, as well as how to create the environment within yourself to attract the ideal partner. For more information contact Sandy Levey-Lunden (360) 527-2796 onpurpose@sandy-levey.com

Blue Skies for Children 9th Annual Dinner and Charity Auction

**Saturday, October 17th - 5pm
The Lakeway Inn**

Event includes dinner, dessert dash, raffles, silent and live auction. Bring a friend and come out to support Blue Skies for Children. Tickets are \$55. To donate an item to the auction or RSVP to attend the event, call 360) 756.6710.

12th Annual WPN Holiday November Gala & Famous Raffle Dash!

Sponsorship Opportunities are Available!

Being a sponsor at the WPN November Gala is a great way to promote your business and support WPN at the same time. There are sponsorship levels that can fit any business budget, from Platinum Title Sponsorship to Table Sponsorships. Consider sharing a Table Sponsorship with another business - you will both benefit from the exposure you will receive at WPN's biggest event of the year.

Look for more information at the WPN breakfast in October, or online at www.wpnbellingham.org.

Raffle tickets will be available for purchase starting at the October meeting. Purchase early and be ready for November! A tip from the WPN board: bring peel and stick address labels to the next meeting and you won't have to write your name on the back all the raffle tickets you submit!

Policy of the Month

Cell Phones and Pagers

We ask you to silence your cell phones and turn off pagers during our meetings. If yours rings, we reserve the right to collect a \$5 fine, which will be donated to the Agape house.

Quotes of the Month

"To accomplish great things, we must dream as well as act."

--Anatole France

"Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome. "

--Booker T. Washington

New Members

Julie Clarke , Organized at Last

Colleen Haggerty , Big Brothers Big Sisters

Returning Speaker BONNIE DEAN speaks on "IMPERFECT by Design: The MAGIC Gleaned from Life's Many Lessons"

Put on your mental track shoes and hold onto your seats! Bonnie will take you on a magical journey filled with messages that helped shape her path to a life by design... not by accident.

Laugh & learn how you too, can see, taste & experience checking off the boxes on your bucket list of life's opportunities. Come & prepare to be challenged as she hands you tools to have your best year ever!

Your \$25 admission includes fun, thousands of dollars in prizes, breakfast, networking and more! RSVP online today at www.wpnbellingham.org.



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Merlino adds. To get started, ask yourself: “What would I actually like to be doing every day?” And it’s not usually spending the day at the beach. “We want to be productive and have meaning in our lives,” she adds. And life is too short to waste time on something you don’t enjoy.

Figure out what you’re good at. “Forget the jobs you’ve had, forget structure—what do you think you’re best at?” asks Merlino. After spending some time thinking about it, ask friends and colleagues for their perspective, too.

Get help from others. Count Me In, an organization founded by Merlino that supports women entrepreneurs, uses coaches to help aspiring business owners. “Having somebody that keeps you accountable once you start to get in touch with what you’re really great at is helpful,” says Merlino.

Don’t wait for success to happen. Women often make the mistake of thinking “somebody else is going to recognize their brilliance and either promote them, or set them up in business,” says Merlino. But she says women need to “step out of line” instead of waiting to be recognized—the concept behind her title.

Focus on your own goals—it’s not selfish. Merlino compares one’s career pursuits to putting an oxygen mask on oneself before turning to the nearby child. “You’ve got to know what you’re doing before you lead others,” she says.

Pay attention to your ideas. There are some things we continue to need to work on.” Even at the White House, she says, all the portraits of women, with the exception of Secretary of State Hillary Clinton, are near the ladies’ room. Ideas can come while you’re on the subway, at a dinner party, or in the shower—so Merlino recommends keeping a notepad or electronic device handy.

Don’t forget your personal life. People recognize the importance and value of going through life with a partner, says Merlino, which is why she spends time in her book talking about online dating. “In my lifetime, I’ve seen a dramatic change in the options people have for finding someone,” she says. The new technology helps women take action instead of waiting for the phone to ring.

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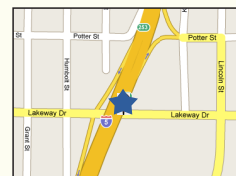
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The WPN meets on the last Thursday of each month from 7am - 9am at The Best Western Lakeway Inn, 714 Lakeway Avenue in Bellingham.