

# WBOM August Newsletter



## Board Member Email Addresses

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\* Gloria Niemier - At Large  
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## President's Message from Karen Barnett



Greetings WBOM Members,

I am sure that you are as busy as I am with summer winding down and school and fall activities just around the corner! The WBOM leadership has been planning for our upcoming events and meetings. Please plan to visit our booth at the Chamber Expo on September 21st at the Century Center where we'll highlight our members and the benefits of joining WBOM.

We have great programs planned for fall and are in the midst of planning our Silver Anniversary celebration to be held in May as well as new expanded learning opportunities on topics that our members have been asking for.

The first SPARK class graduated from Saint Mary's College on August 11th. Many WBOM members were in the classroom this summer sharing their expertise with other women. Thanks for giving your time and talents for aspiring entrepreneurs!

You all continue to amaze me and make me proud. Keep up the great work and remember—the way we

\* Hope Nutting - Past President  
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WBOM is proud to support these local organizations helping women and children in our community:

\* YWCA - [www.ywcancin.org](http://www.ywcancin.org)  
\* St. Margaret's House  
- <http://www.stmargarethouse.org/>

WBOM is a member of the Chamber of Commerce of St. Joseph County -  
<http://www.sjchamber.org/>

"Like Us" on FaceBook!



succeed is to help one another!

Warm Regards,  
Karen Barnett

## September Lunch

*Work Smarter, Not Harder – Your Brain at Work*  
On September 13th, at Bonefish Grill in Mishawaka, Debra Raybold will help us understand a few key strategies about how to use our brain to improve our day-to-day efficiency, output, and satisfaction. From multi-tasking to stress reduction, she'll provide new insights learned through neuroscience research.

Debra has over 20 years of leadership experience in healthcare, business, and non-profit industries. She is the Director of Memorial BrainWorks, a program within Memorial Hospital dedicated to translating the messages of neuroscience into useable strategies to improve our short term and long term daily health, performance, and wellbeing.

For a jump start on developing a healthy mind from the perspective of parenting or care-giving young children – watch Memorial Hospital's TV Quiz Show *Brain Games* (<http://www.wnit.org/braingames/>) airing on WNIT Public Television on Tuesday, August 23rd at 8pm.

**To attend, you must RSVP and pay in advance using PayPal or a credit card by Thursday, September 8th. Click [HERE](#) to RSVP.**

### September Menu

#### **Regular:**

- \* Salmon and asparagus salad
- \* Bread
- \* Beverage
- \* Dessert

#### **Vegetarian:**

- \* Asparagus salad with cheese and fruit
- \* Bread
- \* Beverage

\* Dessert

### August Luncheon Wrap-up

Kurt Meyer, of St. Joseph Medical Center, helped us assess our ability to deal with change and conflict in the workplace. We each found out if we are suited to collaborating, competing or avoiding!

### Do the Blog!

Check out the latest WBOM blog entry by member Rita Miller of Kruggel, Lawton, and Co. with tips on avoiding a "Personal Debt Crisis" at [www.wbom.wordpress.com](http://www.wbom.wordpress.com). And watch for Pat Bailey's (of Hoffman Insurance Group) entry on homeowner's insurance tips coming soon! Interested in writing a blog entry about something related to YOUR business? E-mail [Evie Kirkwood](mailto:Evie.Kirkwood) with your idea!

### We are Raising Money for the YWCA at run, jane, run!

August 20th, 21st, and 22nd 2011

WBOM financially supports the YWCA of North Central Indiana through several activities, including the *run, jane, run*, walk, run and bike ride. We are over halfway to our goal of 40 or \$4,000! Registration is now closed online, but you can certainly still register on-site the day of the event. When you participate with the WBOM, you will receive a WBOM visor or cinch sack. *Can't walk, run or ride?* Please consider making a financial contribution as a donation.

#### **Run/Walk for Women**

5K run/walk /10K run on August 20th (registration opens at 7:00 am; Run/walk start at 8am)

St. Patrick's County Park

*WBOM members are invited to walk together. Meet in the Red Barn.*

#### **Bike for Women**

20- or 40-mile bike ride on August 21st (registration opens at 7:30 am; start your ride anytime between 8 and 10 am)

St. Patrick's County Park

To register for the Walk/Run or Bike come to St. Patrick's County Park the day of the events; Walk-ins welcome!!!

Interested in the run, june, run Golf Scramble at Knollwood Country Club on August 22nd? Email [Judy Jankowski!](#)

### Be a WBOM Ambassador!

Are you interested in helping WBOM welcome new members and guests at lunch meetings and After Hours events? We are currently signing up members to become ambassadors and to serve in this important role. Contact [Gloria Niemier](#) if you can help!

### Save the Date

Join WBOM at the Business Expo After Hours on September 21st from 4 p.m. - 7:30 p.m. at the Century Center in South Bend.

### At the Chamber

WBOM members can participate in Chamber events if they register as WBOM members...**For details and registration info, click [HERE](#).**

### Interactive Learning Shirtsleeve: Social Media

Tuesday, August 23, 11:30 a.m. - 1:00 p.m. Morris Park Country Club

### 2011 Entrepreneur Lecture Series

Leaders of various local companies share their expertise each week. Thursdays, 7:00 - 8:30 p.m. , September 8 - November 17 in Wiekamp Hall, Room 1001 - IU South Bend. Lectures are free and open to the public.

### Welcome WBOM's Newest Members

Welcome Sara Dominguez of Dietz Capital Advisory Group in South Bend, a financial wellness and multi-life welfare benefits firm that applies the lessons of their formal training and professional experience to real life. Visit the website at

[www.dietzcapital.com](http://www.dietzcapital.com) and email Sara at [sara\\_dominguez@glic.com](mailto:sara_dominguez@glic.com).

Welcome Lucinda Gillis of Gillis Law Office in South Bend. Gillis Law Office provides general legal services, Social Security disability, personal injury, and worker's compensation. Find out more at [www.gillislawoffice.com](http://www.gillislawoffice.com) or email Lucinda at [GillisLawOffice@aol.com](mailto:GillisLawOffice@aol.com).

[Unsubscribe](#) [denise@monkeyhousemarketing.com](mailto:denise@monkeyhousemarketing.com) from this list.

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