

## 2010 - 2011 BOARD

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## WEBSITE

### [www.networkexecwomen.com](http://www.networkexecwomen.com)

Our website is updated monthly and provides information about upcoming programs. For updates to the website or to submit information about your upcoming events please submit all your information to Debbie Denton at [debbie@2designstudio.com](mailto:debbie@2designstudio.com) by the 15th of the month. If you'd like to post your photo in the member directory listing on our website please provide Debbie with headshot in a jpg, pdf, or tif file.

## NEW's Annual Meeting

Tuesday, June 14th 11:30 am - 1:00 pm

Centre Club 123 Westshore Blvd.

Members \$20 Guests \$25

### Menu: Cobb Salad

(Veggie plate available; please request when reserving)

RSVP by noon Friday, June 10th through NEW website,  
phone (813) 251-9172 or [Ewhubbard@aol.com](mailto:Ewhubbard@aol.com)

This is essentially a business meeting with "program time" focused on you, the member. We're planning a "mini-Expo" and a chance for you to share business information with the membership. You're encouraged to bring brochures, business cards, fliers, etc. Learn more about the businesses of the members.

This meeting is open to guests and we hope that you will invite someone to join us.

## President's Message

Dear Members and Friends:

We hear it all the time: Balance in our lives is essential. But how well do we heed the message?

Most of us experience quite a bit of stress in our busy daily lives. While it's true it may give us a temporary adrenaline rush necessary to get a job done, the truth is unrelenting stress has

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Learn how you can become a member by visiting our website and downloading a membership application.

Join us on:



Network of Executive Women

P.O. Box 320834, Tampa, FL 33679

[www.networkexecwomen.com](http://www.networkexecwomen.com)

## Events This Month

### Annual Retreat

Hyatt Grand  
Courtney Campbell Causeway  
Friday - Saturday, June 24 & 25th

Join other NEW members for fun and socializing. Karen Koch of CompassPointz will be the speaker for our Saturday morning workshop. You don't want to miss it! More info in this newsletter and on our website: [www.networkexecwomen.com](http://www.networkexecwomen.com)

### Dare Day - After Hours Networking

Honey's in Carrollwood  
11115 North Dale Mabry Hwy  
Wednesday, June 1st, 6:00 pm - 8:00 pm  
[www.networkexecwomen.com](http://www.networkexecwomen.com)

We Dare You to join us for wings & beer. Have some fun, socialize and network in the relaxed atmosphere of Honey's in Carrollwood. The After Hours events are a great way to solidify friendships or make new ones. Don't miss out!.

### Monthly Board Meeting

Wednesday, June 29th, noon - 1:00 pm  
1344 W. Fletcher Ave.

## Special Thanks!

Thank you to our members who generously donated our door prize for May's lunch:

**Lisa Ford - Invent Your Image & Color Concepts**

**Karen Koch - CompassPointz**

## Member News

**Rehbein & Associates - A financial advisory practice of Ameriprise Financial Services, Inc.,** has moved its Tampa office to 4809 Ehrlich Rd, Suite 101, Tampa, FL, 33624.

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## President's Message continued from pg1

long-term negative effects on the quality of our work, our bodies and our relationships. Stress wears down your immune system, increases your heart rate, renders you vulnerable to frequent illnesses and even deadly heart attacks.

It's not the stress itself that causes harm. In fact, stress is what keeps us alive. Think of this: when your heart contracts to beat, that is stress. But the beat—the stress—is balanced by the rest between the heartbeats. Your heart, literally and figuratively, knows stress and balance are the yin and yang of life.

As professionals who drive ourselves to greater achievements, we have to remember that more stress requires more frequent breaks to balance and refresh ourselves. Which is exactly why you should take a break at the NEW annual retreat!

We've planned an event that will relax and stimulate you in completely refreshing ways. On Friday, June 24, and Saturday, June 25, at the Grand Regency Hyatt on the Courtney Campbell Causeway we'll be transported from city-life stress into a relaxing setting overlooking the bay, surrounded by egrets and herons and a gorgeous sunset. Laughter and camaraderie shared with other NEW members will lighten your heart and your mind. Quiet private time is an option, so bring a book or schedule a pampering massage. Better yet, bring a friend to introduce to the fabulous women we are. And if you're new to NEW or Tampa, this is the opportune time to get to know us, because we know strong relationships are the foundation of good business.

You'll also discover new information to create more productivity in your business. CompassPointz whiz Karen Koch will translate "geek language" into terms we can understand, and share the latest technology and social media information we can put into practice at the office—to help us reduce stress!

So join us for a fun-filled weekend retreat on June 24–25. You owe it to yourself to take a break. Mark your calendars, ladies, because this is an event you do not want to miss.

## Welcome to Our New Members!

We would like to welcome our newest members:

**Karen R. Mertes** is a Lieutenant Colonel (Ret.) from our United States Air Force and a lifetime member of the Military Officer's Association of America. Karen is now an Independent Consultant providing strategic and financial insights to her clients. She provides financial analyses using Quickbooks, offering concierge bookkeeping services uniquely tailored to the specific needs of her clients.

**Jodi Perez** is a Certified Financial Planner and a Financial Advisor of Investment Centers of America, Inc. Ms. Perez is the co-owner of Independent Financial Services and has more than 25 years experience in the financial services industry.

**Victoria (Vickie) Vail** is Founder and President of Practice Management Resource Group, LLC (PMRG), a professional firm which helps physicians to manage the aspects of their practice.

## Member News -continued from pg2

### CompassPointz Presents

Enterprising Ideas for Emerging Businesses

**When:** Thursday, June 23, 2011 Time: 3:00 - 4:30 pm

**Location:** Centre Club Cost: \$20.00

CompassPointz will host an informative session:

"Improve your Outlook: Part 2"

We will help you learn how to get the most out of MS Outlook

- Use your email signature to promote your business
- Learn how to block junk email
- Organize your inbox using folders
- Backup email, contacts, calendar and tasks
- Synchronize Outlook with your smart phone
- Setup Rules to automatically send auto responses

Our speaker will be:  
Shawn Clark, Partner, CompassPointz

Register for this event at  
<http://www.compasspointz.com>

Attendees will receive a free Outlook 2007 Reference Guide

## Business Highlight



**Coldwell Banker**  
Dominique Mellow

**Dominique Mellow** is a full time real estate professional with 14 years experience in Tampa Bay. She has assisted numerous families and individuals in real estate transactions, in the purchase or sale of their homes. She is dedicated to excellent customer service in a competent and professional manner, which has been her philosophy throughout her business career. She has extensive knowledge of the local real estate market, strong marketing skills, and networking. She is part of the Woodward/Mellow real estate team, and is also actively involved in the community through various organizations. She is fluent in French and Spanish, and also has an active private pilot license.

Market Area: South Tampa, Westchase, Carrollwood, Riverside Heights, Seminole Heights, Mirabay

Area of Specialty: Relocation Specialist, Luxury Homes Specialist, Waterfront properties, Gated Communities, Condominium, New Construction,

Coldwell Banker Residential Real Estate located at 2201 W Swann Avenue Tampa FL 33606. For more information please visit : [www.dominiquemellow.com](http://www.dominiquemellow.com)

## Scholarship Funds

### 50/50 Fundraiser

This luncheon fundraiser helps raise money which is awarded annually to financially and academically deserving women in the Tampa Bay area. Fifty percent of money raised goes to scholarship and 50% goes to the winning ticket holder.

**50/50 Fundraiser raised \$39 at the May lunch!**

**Contributions can be made on our website.**





View from the Grand Hyatt on the Courtney Campbell Causeway

## Annual Retreat

Come join other NEW members at our **annual retreat on June 24-25**. This year's retreat will be held at the Grand Hyatt on the Courtney Campbell Causeway. Rooms are \$130 per night or \$65 if shared plus registration fee of \$95.

Come out in the afternoon and relax by the pool. Enjoy the beautiful setting on Tampa Bay. We're planning to head over to the Bahama Breeze for happy hour and dinner and, with luck, a beautiful sunset. From there, we'll head back to the Hyatt and have some fun get-to-know each other activities and more food and drink.

Saturday morning join us for breakfast and a program with **Karen Koch of CompassPointz**. The topic will be:

### It's All Geek to Me – Technology Made Simple

Would you like to understand a "foreign" language in as little as one hour? Learn to "decode" the challenging and exasperating world of "geek speak."

With some basic information, people can capitalize on tips and tricks to keep their computers running smoothly and hopefully, their business more productively.

We will also investigate the world of Social Media. Whether you like it, tweet it, blog it or link in, it is definitely not a spectator sport. Don't be left on the sidelines...get in the game!

After the official program is over, you are welcome to stay and enjoy yourself at the hotel.

Hope you can make it. It should be a great time.

## Upcoming Events

### July Luncheon:

**Lt. Col. (Ret.) Karen R. Mertes** is our speaker on July 12. She'll share leadership lessons drawn from her personal and professional life that are applicable to any business model, from sole practitioner to CEO.

Having served more than 20 years in Military Intelligence and Comptroller career fields, Karen often gives presentations on key leadership tips she has garnered in her U.S. Air Force career. Now an independent consultant providing strategic and financial insights to her clients, Karen also founded the Traumatic Brain Injury Survivors Grant Fund, Inc., a non-profit corporation, after surviving a personal tragedy caused by a drunk driver.

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