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### Network of Executive Women

Networkexecutivewomen@gmail.com

### WEBSITE

#### 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 networkexecutivewomen@gmail.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 us with headshot in a jpg, pdf, or tif file.

## Michelle E Walker, Miracles Outreach Community Development Inc. 2012 NEW Exceptional Woman of the Year

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

Centre Club 123 Westshore Blvd.

Members \$20 - Guests \$30

### Menu: Spinach and Boursin Wrap

(Veggie plate available; please request when reserving)

RSVP by noon Friday, August 10th through NEW website or  
Networkexecutivewomen@gmail.com

Michelle Walker and her husband Tyrone saw a group of young people huddling on street corners. The kids were skipping school, selling drugs. They saw generations of youth who had no sense of purpose or direction.

A single mother herself at age 17, Michelle understands how fortunate she was to have the support of family and the opportunity to remain in school to complete her degree programs. Unfortunately, that is not true for millions of children who are thrown out of or in some cases snatched from their homes, and end up in foster care.

More than 10.5 million children will spend time in foster care at some point in their lives. More than 300,000 will age out of foster care in poor health and unprepared for success in either higher education or the workforce. One quarter of those

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## President's Message

How would you feel if you couldn't use the Internet for one whole day? Weird? Sad? No different than usual? In a recent study, 53% of people said they felt upset and 40% felt lonely when they couldn't go online for even a short period.

A 2010 Kaiser Family Foundation Survey found that kids spend more than seven and a half hours each day using different forms of media. Another study reported that about 25% of three-

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

Join us on:



www.networkexecwomen.com

## Events This Month

### After Hours Event

Please check our website:

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

Joi us for our monthly social. If you have never been this is a fantastic venue and a great opportunity to network with exciting, educated executives.

Hope to see you there, bring a friend!

### Monthly Board Meeting

Wednesday, August 22nd, 5:30 - 7:30 pm  
GrillSmith Carrollwood for outgoing and incoming board

## Special Thanks!

Donations of raffle items at the July luncheon were generously provided by Tina Bubb, Bubb's Biz Basics; Lisa Ford, Invent Your Image;, and Michelle, of Toasted Pheasant. Thank you all!

## Upcoming Events!

### MEETING: SEPTEMBER 11

Installation of Officers

## President's Message continued from pg1

year-olds and half of all five-year-olds are online daily. And lest you think it's all about technology-addicted kids, research also shows parents are just as hooked on the Internet, social networking, texting, and more.

I just returned from a great week-long vacation in Costa Rica. No cell phone, very limited Internet. It was a wonderful time to unplug from all the beeping, ringing, e-mails (personal and professional) and Facebook posts, etc. A week of freedom from multiple computers, big screen TVs, a smart phone, and an iPad all ringing and beeping all day! And that

is just at the office!

It started me contemplating ways to help control the intrusion of technology in our day-to-day lives. I recently read a May 14 article about this in The Huffington Post, by Sara Gates. Her points are well worth putting into practice, and here are some of her tips. Turns out that when we unplug the electronics, our batteries are the ones that recharge!

- Pay attention to your time online. Set an alarm that will alert you when it's time to take a break, or use a time tracking program that monitors your time and can help you realize whether you're investing that time wisely or wasting it.

- Shut off notifications. Those pop-ups that let you know when a new message comes in, all those apps that flash for your attention—turn them off. Nothing is so important on your computer that it has to be dealt with this very instant.

- Ever launch into "just a few minute" to deal with your e-mail and look up two hours later and wonder where the time has gone? Organize your inbox with color-coded files and filters. Deal with the e-mail in batches, not willy-nilly.

- Phantom vibration syndrome is now a recognized medical issue. Disable your smartphone notifications. Check it periodically — when you want, not when it wants you.

- How much social media do you really need? Certain sites are important to participate in or monitor, depending on your field and profession. Remember that you live in the real world, not the virtual one.

One last tip from me — set your cell phone on silent when you're behind the wheel of your car. Just as there's no message so important it needs to be dealt with this very instant, there's no text or call so important it's worth dying for.

Tech is supposed to be your assistant, not your master. Take back your control of the electronics in your life, and you'll regain control of your time and your mind!

You can read all of Sara Gates' recommendations at <http://tinyurl.com/cln4lam>

—Laura Rehbein, President

## Program continued from pg1

will experience homelessness.

Michelle didn't ask, "Why doesn't someone do something?" Instead, she thought, "I can help fix this." As the founder and executive director of Miracles Outreach Community Development, Inc. and the Fresh Start Residential Home For Girls, she is providing a solution.

The local kids being touched by Miracles have been the victims of prostitution, incest, physical abuse, or human trafficking. Thanks to Miracles, they are given a rare opportunity to live in a home with other young people who, for many, become the only family they have. Miracle Outreach provides all of them with educational support, job training, life skill coaching, financial planning skills, and spiritual enrichment. They are prepared to leave Miracles at eighteen, but do so knowing they have permanent support from Michelle and the Miracles family for life.

In 2011 alone, Miracles housed 99 young people and provided various forms of supportive services to more than 450 youth. What sets Miracles apart from all others is that the organization receives no Federal government funds. Krystal, one of the girls Miracles has touched, shares, "I owe my life to Miracles. If it was not for them, I would not be here today. My father was all I had and after he died, I became a victim of human trafficking and nearly lost my life. Thanks to Michelle, I am now in college, employed, living in my own housing, and giving back by working with the youth at Miracles. I am a living witness that Miracles still happen!"

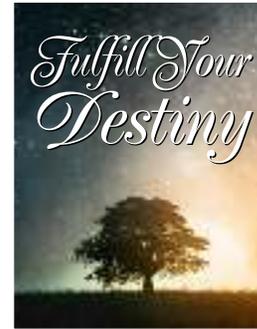
Michelle was named NEW's Exceptional Woman of the Year this past April. Those of us who've met Michelle or heard her speak know this is a luncheon that will touch you deeply, and deserves to be shared by as many of your colleagues and friends as possible.

Michelle holds a Bachelor of Science degree in Human Services and certificates in various areas of youth development and training. She is a certified life skills coach, workshop facilitator, program developer, and former teen pregnancy instructor at Middleton High School. She and her Miracles Outreach have been nominated for a 2012 Classy Award.

More of Michelle's and information about this transformational organization can be found at [www.miraclesoutreach.org](http://www.miraclesoutreach.org).

[www.miraclesoutreach.org](http://www.miraclesoutreach.org). But don't just read about Miracles—come meet the miracle worker herself on August 14.

## Business Highlight



### **Fulfill Your Destiny Karen Mertes**

Karen Mertes is founder of Fulfill Your Destiny Inc. a non-profit dedicated to helping individuals whose career paths have been altered by injury or other unforeseen circumstances. Special consideration is given to those, both civilian and military, who have suffered a traumatic brain injury.

Fulfill Your Destiny  
[www.fulfillyourdestiny.org](http://www.fulfillyourdestiny.org)

## Scholarship Funds

### **50/50 Fundraiser**

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

**50/50 Fundraiser raised \$24  
at the July lunch!**

**Additional contributions can be made  
on our website.**

## Member News

The Tampa Bay Business Journal recently named NEW Members **Michelle Sanchez and Jodi Perez** as finalists for the TBBJ BusinessWoman of the Year award. The winner will be announced on Friday, August 17. Congratulations, Michelle and Jodi, and best of luck to you both!

**Karen Mertes** is now a cover girl! She appears on the front of the new book *Fearless Women: Visions of a New World* by Mary Ann Halpin. Karen is one of 50 visionary women Halpin chose to showcase for inspiring and changing the world around them. A book launch party, in conjunction with Charity Chics, was held July 17, at Whiskey Joe's.

## Website Info!

The website allows each member to update her own profile, pay her events and dues online (via Paypal), have a central location for newsletters, and keep current with the happenings of N.E.W.

If you haven't had a chance to give it a spin, go to <http://networkexecwomen.com> and access your account. If you are a member, type in your email address and type in "password" for the password. If you have trouble, you can go to <http://networkexecwomen.com/Sys/ForgottenPasswordRequest> and get help with the password. If all else fails, contact Karen@compasspointz.com for assistance.

Non-members will have access to many areas, but the member directory is private.

This Website is ready to step out and turn some heads in 2012.



## NETWORK of EXECUTIVE WOMEN

Create your business vantage point  
through membership with NEW

- Be a part of the select group - diverse executive women, able to share knowledge and experience in many different fields
- Monthly programs providing valuable information on the community, business strategies, and much more
- There are many opportunities to give back through various committees, scholarship drives and other outreach projects improving the lives of women and children in our local area
- Members business' are promoted through our social media, web-site, and monthly newsletter
- Each month at our luncheons, one member will be spotlighted allowing for a presentation on their business
- Participate in after hours networking at various locations in the Tampa Bay Community