Women's Referral Network of Montgomery County

CONNECTIONS

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Elections for 2006

Vote at the next meeting!

If you can't make the meeting, please use the "ballot" inside and fax it or you can call or email your vote. We'll also vote on the by-laws!

It is a Balancing ACT!

Cher Frederick
President

Regardless of where we are in our careers or businesses, women can have a tough time achieving balance between work and family. Generally, women take on or are given more responsibility for their homes than are men, leading to frustration and exhaustion. It would be great if all men were willing to take on household and family obligations equally but, alas, this is most often not the case. Women are usually the ones who expect everything to be done and desire perfection – the kids don't notice as long as their needs are met and the hubby usually doesn't notice until he runs out of underwear. Often it is expectations that cause us difficulty. If we are trying to live up to someone else's expectations, life can be difficult. Working women may not find perfection but we can find balance – work on one hand and family on the other – balance means stepping back and forth (between work and home) and finding a place of comfort and quality without becoming overwhelmed.

Women, in most cases, are thinkers and do not let go of the day's events just because we are off the clock or the business is closed for the day. Instead, we think of what needs to done tomorrow, what didn't get finished today, what needs to be done at home and we feel guilty! Working all day and then coming home to more work can be difficult, at best. If the business is a home-based business, coming home can mean merely walking from the office to the rest of the house. In any event, the last thing we may feel like doing at the end of a work day is cooking, cleaning or laundry We feel guilty because dinner is late, the laundry isn't folded, the closets are messy, there is no milk for dinner and that's just the home stuff; the work list goes on and on. Guilt is definitely the gift that keeps on giving. Can we resolve this? Here are tips to consider which could improve balance.

- Learn to Say "No": This tip of course works best in our personal life. We cannot be all things to all people or organizations. We should not feel guilty

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The November Program — 2nd Wednesday of the Month

How do I do it all? by Lorrain Cohen, Powerfull Living

Are you a business owner who wants to accelerate your business but feel it's a juggling act trying to handle your personal and business life? Do you ever feel overwhelmed by all the people and responsibilities you have to manage? If you answered yes, you're not alone. Life has become more complicated and demanding adding more pressure and stress than ever before. Join us to find out more!

The meeting will be held **Wednesday, November 9th** at the Bay Pony Inn at Lederach on Route 113. We will start with registration and networking at 11:30 am; lunch will begin at noon. Cost is $15 for members, $20 for guests. Make your reservations early! Call Tracy McGovern at 215-858-8195, or send your email to connect@wrnmontco.com now. You can also register online at our website: www.wrnmontco.com! Deadline is November 5th.

WRN Connections is a monthly publication of the Women's Referral Network of Montgomery County. It is available as a PDF via email or on our website: www.wrnmontco.com

All articles, news, information, thank you's and advertising should be submitted by the Friday after the monthly luncheon meeting or via email to WRN@hartcen.com no later than the Friday after the luncheon.

Editor: Deborah Cenci, Cencible Marketing, 610-933-5874 deb@cencible.com or deb@hartcen.com

Proofreader: Peg Elliott, Century 21
Publicity: We're looking for a volunteer...can YOU help?

Newsletter Submissions

Please send Member News or Recognition to the editor by the Friday after the monthly meeting.

Articles submitted must have a general interest and are subject to editing if accepted for future publication.

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Women Connecting for Success

The Women's Referral Network (WRN) of Montgomery County introduces you to fellow professional women in your community and serves to promote business opportunities among and for women. Network to make the connections you need to propel your business or career. Learn from others and share your success.

Welcome New Members!

Ayesha Hamilton
Hamilton Law Firm

Linda Dobra
Sovereign Bank

Mary Taylor
Citizen's Bank

Claire DeFazio
Windor Hills Chiropractic

Cheryl Messum
Minuteman Press

Member News and Recognition

Barbara Ayling of Inside-Out Cleaning Service acknowledges **Mary Taylor**, Citizens Bank: "I have my business and personal accounts there and it is a joy to do banking with a team that knows you — it's a lot more personalized."

Peg Elliott, Century 21 Realtors says **Barbara Ayling**, Inside-Out Cleaning, "has been cleaning my home for months and has been a tremendous help."

Cindy Manero, ReMax Services Inc., also appreciates **Barbara Ayling** of Inside-Out Cleaning: "I had my uncle's home for sale and it desperately needed cleaning before settlement. The buyers were extremely pleased with the job Barb and her company did. At settlement, they raved about how great the house looked."

President's Message (continued from Page 1)

when we cannot be a homeroom mother for the 4th year in a row or attend every ballgame each of our kids play. The secret here to pick and choose and say "No" to the rest. When we inform our kids that we cannot attend every game but will attend the game they think is most important, they feel special. Saying "No" isn't always easy but it is necessary for a quality life.

- On your calendar – schedule work time, personal time & family time: We are all less likely to goof off when we should be working or work when we should be goofing off! It is important to be present in the moment whether it be work, personal time or family time. Overlapping or overloading leads to lack of quality.

> To have it all does not mean to do it all. Martyrdom is never attractive.
>
> ~Anonymous

- Prioritized "to do" lists: Develop a master list of tasks that must be done each week at home and at work. The master list is random – having no priority. Put a checkmark by the items that can only be done by you. Next, choose 6 things to do each day in order of priority (most important to least important). This becomes what we will call the "6 Most Important Things" list. Delegate the list of tasks that do not require personal attention/action. Each day, cross off items completed or move incomplete items to the top priority for the next day. The remaining items stay on the master list until they are added to the "6 Most Important Things" list.

- Get Organized: It's much easier to accomplish tasks if work and home are organized. If help is needed, hire a pro and let it go.

- Use voicemail to prevent loss of time on the telephone: A simple and effective way to control blocks of time to complete high priority projects. Always return calls at earliest convenience.

- Get Enough Sleep: Although it's tempting to work long hours at home after having worked all day, in the end we are actually less efficient when we are tired. It is best to have regular bedtime to give our minds and bodies a deserved break.

Cher Frederick