

WRN Executive Board

President

Cher Frederick

Mary Kay Cosmetics
215-234-4544
Cherfrederick@comcast.net

VP, Membership

LaVerne Scheetz

LMS Interiors
215-362-7048
Laverne@lmsinteriors.com

VP, Programs

Dawn Schlichter

Fruta Vida
610-754-0726
dawndean@dejazzd.com

VP, Communications

Deborah Cenci

Cencible Marketing
610-933-5874
deb@cencible.com

VP, Publicity

Laura Edwards

Infusion Marketing
215-859-1631
laura@infusionmktg.com

Treasurer

Maria Shields

Ameriprise Financial
610-992-2480 x102
maria.l.shields@ampf.com

Secretary

Tracy McGovern

Ind. Arbonne Consult./Reflexologist
215-858-8195
anu_path@msn.com

Webmaster

Brooke Martin

National Communications Group
877-757-4NCG x 302
bmartin@4NCG.com

“At The Mercy Of...”

May 2006 was a month of challenges. The month gave me (or I gave myself) a smorgasbord of experiences, emotions, event challenges, family balance issues and equipment failures. Today, I received the following e-mail newsletter article and realized that I had been “At The Mercy Of...” all month long!

“At The Mercy Of...” by Ann Vertel

What are you at the mercy of? And how does it stop your progress?

This past week I lost all email capability. My websites were down. The newsletter system we used got itself listed with SpamHaus and reduced our newsletter “open rates” to as low as 11%. I had hired a new customer service representative and was unable to follow up on her progress because we lost every email she had sent.

With every technical glitch known to man plaguing me this past week, I realized I was at the mercy of the systems I had set up. The answer to “What are you supposed to be learning from all this?” was that I am only as successful as my systems will allow me to be.

You must have the systems you will need when you are “big” in place now, in order to get big.

It's like putting on a coat that's too big for you. But it's a million dollar coat. It doesn't fit right now, but you have to have it in order to grow into it. If you're still wearing a \$20 coat that fits just fine, you'll never grow into the bigger one. In this case, we must put the cart before the horse.

Almost everyone I know, including myself, resists this idea.

Why? Because it usually costs money; money we are not willing to spend now but will gladly spend when we have more of it. The problem is, we will not have more of it, if we do not spend now for the systems that will get us there.

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*Cher Frederick
President*

The July Program

2nd Wednesday of the Month

WRN's Anniversary Party

Last month was our annual summer book review (see inside for details) and this month, we're celebrating our twelfth anniversary on the twelfth! Look for fun networking and learning about each other while enjoying a fabulous luncheon with friends, old and new!

The meeting will be held **Wednesday, July 12th** at the Bay Pony Inn at Lederach on Route 113 in Lederach. 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 June 10th.



The Women's Referral Network of Montgomery County is working with RecycleFirst to raise funds through recycling.

RecycleFirst is a web-based business that offers innovative recycling programs, office, playground, and school supplies and works with businesses and organizations across the country to improve environmental stewardship. With 25,000 products available through the website, RecycleFirst is a leader in "Single Source" purchasing strategies.

RecycleFirst is providing free containers and shipping for ink jet cartridges, laser toner cartridges and high-speed network printer components. Pick up your bags or boxes at a WRN meeting.

We are also collecting used cell phones and accessories for recycling — bring these to any meeting! The proceeds will help support our programs and special activities.

For more information or to have recycling supplies sent directly to you, contact WRN Treasurer Maria Shields (610-992-2480 ext. 102) or Anne Stevenson Smith, our local RecycleFirst representative at 610-430-3377 or via email at asmith@recyclefirst.com. If you are interested in "buying recycled," Anne can send you a catalog either on CD-ROM or in hard copy. So trade your trash for cash!

You can be featured in next month's newsletter! What a great way to promote your business. But you must be at the next meeting to be in the drawing. See you there!

Meg Whalen Memorial Health Fair

Society constantly is reminding us that we need to stay healthy with the latest fad diets. Eating correctly is only one aspect of maintaining a healthy lifestyle. At the annual Meg Whalen Memorial Health Fair, members received a refresher course on healthy living from the guest speaker as well as the exhibiting companies.



Diane Dougherty, a registered nurse at Grand View Hospital, provided us a list of areas that women need to be cognizant of to maintain a healthy lifestyle. They include:

- Total cholesterol check
- Annual GYN exam
- Eye exam – depends on your individual eye health needs
- Blood pressure exam – have one done during your regular physical
- Glucose tolerance test – vital if you have a family history of diabetes
- Weight
- Food guide pyramid – exercise daily for 30-45 minutes and 9 servings of fruits and vegetables most days
- Colonoscopy – depends on your family history
- Alcohol use – what is considered at risk is more than 3 drinks/day or more than 7 drinks/week
- Body shape – different health risks dependant on your body shape. For more information, visit www.mercksource.com
- Dental exams – twice yearly or as recommended by your dentist.
- Laugh daily – known for reducing stress

Women's Referral Network would like to extend our thanks to our exhibitors for educating our members as well as contributing door prizes.

Health Fair Vendors on Display

Arbonne International	Tracy McGovern	215-858-8195
Carol for Heart Inc	Cindy Messerle	610-495-0584
Choices 4 Families	Cindy Dillon	610-327-2419
Family Dynamics	Jill Herman	610-666-7060
Healthy Balance Chiro & Wellness	Aaron Oberst, D.C.	215-855-6154
Holistic Practitioner/ Reiki	Lee Culver	610-888-4606
Journey to Wellness	Gretchen LaLonde	610-995-9279
Juice Plus	Veena Singla	610-564-6168
LMS Interiors	LaVerne Scheetz	215-362-7048
Mary Kay Cosmetics	Cher Frederick	215-234-4544
Melaleuca: The Wellness Co.	Diane Tyson	610-948-5335
Trager Practitioner	Mary Rotondi	215-721-0724
Wellness Initiatives	Alexis Christy	215-723-2961

"The Summer Book Club" — June's Meeting Program

In June we presented our Annual Summer Reading Book Review of four select books chosen to enhance our personal growth and business savvy. These books have been read by five of our members who presented a brief synopsis of each book.

What a great way to get ready for your summer reading!

The Five Dysfunctions of a Team: A Leadership Fable, by Patrick M.

Lencioni and read by Julie Fuimano, Nurturing Your Success



Law of Attraction by Michael Losier and read by Laura Edwards, Infusion Marketing



Feel the Fear and Do It Anyway by Susan Jeffers, Ph.D.

and read by Kim Players, Kiss Me You Fool



The 21 Indispensable Qualities of a Leader, by John C. Maxwell and read by Brooke Martin, National Communications Group



Living Your Joy, by Suzanne Falter-Barns and read by Trish Isaak, Touch of Peace Massage

What would you learn with \$500?

You could broaden your professional knowledge with an online educational course...you could embark on a college degree... or earn that certification you've been wanting.

Did you know the Women's Referral Network of Montgomery County is offering a scholarship of \$500.00 and a one year membership to the WRN to an eligible candidate? This is NOT a scholarship for high school students. The intent of WRN's Scholarship is to assist women 25 years or older residing in Montgomery County who are:

- Reentering the workforce
- Desiring to develop new or enhance current skills
- Pursuing continuing education of an existing career

Current WRN members are eligible. If interested, please see Maria Shields for an application or download one from our website at www.wrnmontco.com The application deadline is August 30th and the scholarship winner will be announced October 11th. Don't miss this chance to let WRN help expand your mind and your career!

Calendar of Events

August, 2006

No Meeting
Enjoy Your Summer!

September 10, 2006

Monthly Luncheon Meeting
Maryann Modesti, When to Hire a Lawyer

October 11, 2006

Monthly Luncheon Meeting
Susan Silberstein, Kitchen Chemotherapy

November 10, 2006

Monthly Luncheon Meeting

December 14, 2006

Monthly Luncheon Meeting

"Bring A Bra Holiday Party"

All Networking – fun and games. Collecting new bra and underwear donations for Laurel House.

January 11, 2007

Monthly Luncheon Meeting

February 14, 2007

Monthly Luncheon Meeting

March 14, 2007

Monthly Luncheon Meeting

April 11, 2007

Monthly Luncheon Meeting

May 16, 2007

Monthly Luncheon Meeting

Also

WRN-Chester County July 11, 2006

Monthly Luncheon Meeting
11:30 – 1:30
info@WRNChesco.com

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: Maryalice Moroz, Tax
Preparer

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.



Women's Referral Network

of Montgomery County

PO Box 388

Harleysville, PA 19438-0388

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.

President's Message (continued from page 1)

My experience this past week was confirmation that the systems I had in place supported my current situation, not the one I was headed for.

Will you have your current office assistant when you are a running a million \$ business? If not, why do you have her now? How about your phone, email, fax, inventory, financial, customer tracking and follow-up systems? What about childcare, housekeeping, meal planning, physical fitness, and auto detailing? Ann's article made so much sense to me I felt as if the opening said:

*Dear Aspiring Businesswoman,
Stop stepping over dollars to save dimes. Wake up – you need systems in place before you grow so that as you go you are not "At the Mercy of" ... So, Cher, read my article!
Regards,
Ann*

My reply would be:

*Dear Ann,
Thanks! I needed that!
Sincerely,
Cher
p.s. beep... beep... vroom!*

Door Prize Thank You!

We will be presenting our speakers with a thank you gift basket and members are encouraged to sign up to donate. If you do not have a product or service specific to your business, you can donate something special along with your business card.

We also will have a limited number of gift items for our monthly raffle. Please see Cher Frederick with any questions.



Life Directions for Women, Inc. a new member of WRN of Montgomery County **IS ASKING FOR YOUR HELP!**

We would like your participation in a focus group to evaluate our business plan. We would like to send you a brief description of our business along with 20 questions, many of which require either a "yes" or "no" answer or simple numerical rating.

Your responses can be via email, regular mail, or phone. They can also be anonymous.

A donation will be made to **Laurel House**, a shelter for abused women and their children, for all completed responses returned in a timely manner.

If interested, please call 267.261.3361 or email smHaggert@verizon.net.
THANK YOU TO EVERYONE WHO RESPONDS!