

A NOTE FROM OUR PRESIDENT

Dana Jordan

Can you feel the momentum??? If you've attended any of our functions over the last six weeks, then your answer has to be an unequivocal YES! This is typically an especially busy time of year for our already-busy members, but that hasn't stopped this group of women this summer! Our Spring Social, held at Macie's Encore Bridal and sponsored by Lembo & Montgomery Cosmetic & Family Dentistry & M.D. Laser Studio on May 25 was fantastic! There was standing room only as we enjoyed the great food, wine, door prizes, and conversation. It was especially wonderful to see so many guests there!

And then our luncheon on June 1 at Red Rocks in Birkdale was absolutely awesome. We had 20 attendees and it was great to see some of our members who have trouble making it to our breakfast meetings. Denise Williams, our board member who heads up our quarterly luncheons, helped us get to know one another a little better by having us share an embarrassing moment. We all got a good chuckle (please ask Cristen Morgan about her wardrobe malfunction on the tennis court!) and gained some perspective on how we're all just human and sometimes stuff just happens.

So jump on board and be a part of our growth! We're working on putting together a speaker calendar for the rest of the year that focuses on the issues that YOU want to hear about! We'll be focusing a bit more on business the last half of the year, but as always, we'll have a mix of issues affecting us personally as busy executive women as well. Check out our speaker calendar on our website for more info.

And finally, I have emailed all members and followed up with phone calls, but we're still missing several member profiles for the website. We want to get this up-to-date so that we can get to know one another and get in touch with one another easily. **PLEASE send me your profile info and headshot (or let me know you haven't received the form) a.s.a.p.!**

INSIDE THIS ISSUE

- 1 A Note From Our President, Mark Your Calendars
- 2 Monthly Article
- 3 In Case You Missed It & Sponsor Recognition
- 3 Member Spotlight & Move of the Month
- 4 Odds and Ends
- 5 Of Note

MARK YOUR CALENDARS

RECURRING MONTHLY MEETINGS:

- **Second & Fourth Wednesday – 8 a.m. Members and Guests Meeting – Alton's Kitchen**
- **Third Wednesday of the Month – 8 a.m. Board Meeting – Cookhouse**
- **Quarterly Lunches & Biannual Socials - varies
Members and Guests - varies**

UPCOMING MEETING INFORMATION:

CHECK UPS

JUNE 8TH - Speaker: Mike Honeycutt with Fisher and Phillips, LLP

Mike will be speaking about Employment Law Basics for Employers – What employers need to know when managing their employees. Topics to be covered will include effective hiring and firing, wage/hour compliance, employment agreements and employee handbooks, and compliance with state and federal employment laws.

Breakfast Sponsor: - Lake Norman Pain & Weight Management

JUNE 22ND – Speaker: Pam Garn, Cristen Morgan & Erika Erlenbach

Do you have your life and business in order?? Time to do a "Check Up!" Pam, Cristen and Erika are going to speak with us about making sure the proper planning has been done and documents have been executed in order to make sure you life and business are "healthy." Come join us for this great opportunity!

Sponsor: - Beautiful Image of Lake Norman

We are currently accepting submissions for future Newsletters.
If you have information to share, please forward it to:
Erika@mcintoshlawfirm.com.

MONTHLY ARTICLE

Business Check Up

By Kathy Holden, Member
President/ Owner of Home Helpers and Direct Link



Just like with our bodies, it's important to give your business an annual check up. It's important to keep in mind that business planning is a process, not a destination. In order to have a successful plan, it takes continuous dedication & effort to create and work the plan. The following checklist is a helpful summary to enable you to work smart and be prepared for the task at hand.

Business Planning

- *Business Plan*
- *Operating or Partnership Agreement*
- *Licensing/Permits*
- *Operational Plan/Manual*
- *Annual Reports*

Business Organization

- *Updated Client Files*
- *Location of Important business documents*
- *Clean out Old Files*

Business Marketing

- *Are you clear about your mission & vision?*
- *What is your marketing plan?*
- *Proper website utilization?*
- *What is your niche? How do you create value?*
- *Do your marketing materials/communications adequately support your vision?*
- *Proper use of media marketing?*

Sales Strategy

- *How will you get new clients in 2011?*
- *What are your sales and revenue goals for 2011?*
- *How will you keep existing clients happy in 2011?*

Personal Finances

- *Cash*
- *Collateral*
- *Credit*
- *Personal Financial Statements*

Business Finances

- *Book Keeping System*
- *Separate Bank Account (EIN)*
- *Basic Financial Statements*
- *Record Keeping System*
- *Business Credit*
- *Updated Profit and Loss (monthly)*

Support Network

- *Who is your support network?*
- *Who are your trusted advisors and consultants?*

Insurance

- *Professional Liability Insurance*
- *Business Owners Policy*
- *Health Insurance (group vs. individual)*
- *Umbrella insurance*
- *General Liability Insurance*
- *Automobile (commercial or rider on existing personal policy)*
- *Life Insurance (buy sell agreements/partnerships)*

Waste your money and you're only out of money, but waste your time and you've lost a part of your life.

~Michael Leboeuf

IN CASE YOU MISSED IT

May Meeting Highlights:

May 11th - Speaker: Cindy Hope

Cindy Hope, an image consultant and former model, gave the group practical tips for how to look our best. From getting rid of the panty lines to the right bra, where the hemline of your skirt should fall to just what is appropriate attire in the nonchalant work atmosphere prevalent today, Cindy shed some light on our fashion dilemmas we often face as busy women in the workplace.

May 25th - **SPRING SOCIAL**

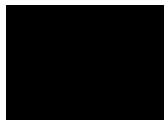
June 1st - **QUARTERLY LUNCHEON**

****WE'RE ON LINKEDIN! Please join EWLKN on LinkedIn by requesting to join the Group!****

THANK YOU TO OUR SPONSORS

May Sponsors:

Advanced Spinal Fitness
Dr. Nicole Whitehead / Member
www.advancedspinalfitness.net



and

SOCIAL SPONSORS

Macie's Encore Bridal
www.maciesencorebridal.com
Ahlara International
www.ahlarainternational.com
Lembo & Montgomery Cosmetic &
Family Dentistry
<http://moorsville-dentist.com>
M.D. Laser Studio
www.mdlaserstudio.com

If you or someone you know may be interested in sponsorship opportunities, please contact Dana Jordan.

MEMBER SPOTLIGHT



Dana Jordan, Editor

Lake Norman Woman Magazine

www.lakenormanwoman.com



What is the best gift someone ever gave you? **A framed photo of my grandparents' old house given to me by my mother so that home would never be far away.**

What is your favorite quote? **"The question isn't who is going to let me; it's who is going to stop me." - Ayn Rand AND "You are braver than you believe, stronger than you seem, and smarter than you think." Winnie the Pooh.**

Are you a morning or night person? **Night! (Remember, I forgot my own shoes before an LKN Executive Women early morning breakfast meeting last summer)**

Do you sing in the shower? **Yes -- my mother and I used to sing Sound of Music songs all the time and I still sing them in the shower, in the car, while I'm cooking -- I'm a firm believer that there's nothing that singing a Sound of Music song can't make better!**

Do you have any phobias? **Flying.**

Do you have any bad habits? **How much space do you have? I procrastinate, I'm unorganized, I sleep eat!**

What is your best hidden talent? **I can swim like nobody's business.**

MOVE OF THE MONTH

By Carrie Gordon, Owner/Founder of Pilates Studio at the Lake



Hamstring Stretches

If our Hamstrings get too tight then we can have a problem with our backs. Why is this? For several reasons, but to begin, we sit most of the day, and the hamstring muscles get tight from excessive sitting. Also, if we don't sit, we train these muscles to be short and tight and don't stretch them back out.

Here is my move for better posture and a longer leaner leg! Lie down on your back with your legs extended on the mat. Bend one leg so the knee is bent and on the mat. The other leg which is straight, bring it up so it is reaching toward the ceiling. Grab the leg with your hands, above or below the knee and bring it in toward your face. Keep the heel reaching back towards the wall behind you and keep your hips even on the mat. Hold this stretch for 10 breaths. If you do this on a regular basis, your back will thank you! Questions or more info: Carrie Gordon, Pilates Studio at the Lake, email me: Pilatesuncc@aol.com

TIP OF THE MONTH

THE BOREDOM BOWL!

By Marilyn Celenza, Member

Summer is right around the corner and that means for many of you the kids will be at home for summer vacation. Between lessons, camp and play dates you will invariably hear the words from your little angel, "Mom I'm bored!" Years ago, I came up with a clever way to keep those words at bay by introducing the BOREDOM BOWL. The boredom bowl is simply a bowl or container that you put little slips of paper in and when you hear the words I'm bored the perpetrator must pick a paper from the boredom bowl. I recommend keeping the bowl in sight but in a place where the kids can't tamper with it. (I kept mine on the top of the refrigerator.) On the slips of paper in the boredom bowl you can write down chores or activities to keep your terribly bored child busy (this can work for husbands and employees also)! The slip of paper can instruct the person drawing it to; clean their room, sweep the garage, cut some wild flowers, jump rope 50 times, draw a picture on the driveway with chalk, write your grandparent a letter, scrub the bath tub! Once the dreaded words are spoken there is no out...you must pick from the boredom bowl! It sure beats having your children narcotized in front of a television or the alternative of having to don a clown suit and becoming your children's personal entertainer! Enjoy your summer with this boredom beating tip.

MEMBER RECIPE

Spring Salsa

Provided by Cristen Morgan, Member

Ingredients

- 1 1/2 cups cherry tomatoes, seeded and chopped
- 1 cup frozen whole kernel corn, thawed
- 1/4 cup chopped red onion
- 2 tablespoons chopped fresh cilantro
- 1 garlic clove, minced
- 1 jalapeño pepper, seeded and minced
- 2 tablespoons fresh lime juice
- Salt and pepper to taste
- Tortilla chips

Preparation

Stir together the first 7 ingredients. Season with salt and pepper to taste. Cover and chill until ready to serve (up to 3 hours). Serve with chips.

QUOTE OF THE MONTH

*Losers make promises they often break.
Winners make commitments they always keep!*

MEMBERSHIP CRITERIA

Do You Know Any Women That May Be A Good Fit For Our Group? If so, we are now accepting applications. Please feel free to contact the Board to discuss guest eligibility and also please invite them to our 4th Wednesday of the Month meeting.

Decision maker ~ Professional accomplishments ~ Involved in the community ~ Has interests/hobbies outside of business ~ Business is not over-represented in group ~ Ambitious goals personally, professionally and for group ~ Professional image ~ Exhibits professional integrity
Has professional networking experience

The Mission of Executive Women of Lake Norman is to encourage and facilitate the growth, performance and visibility of professional women in the Lake Norman area by creating opportunities to foster relationships through support, mentoring and innovative programs.

Our Board

Dana Jordan, President (Lake Norman Women's Magazine)
Erika M. Erlenbach, Vice President (McIntosh Law Firm, PC)
Cristen K. Morgan, Secretary (Lake Norman Financial Group, Inc.)
Denise Williams, Treasurer (People's Bank)
Nicole Filion-Ashline, Speaker and Event Coordinator (Safety Solutions, Inc.)
Coral Riley, Membership Director (Lake Norman Women's Magazine)
Lu Rogers, Membership Director (People's Bank)

CONTACT US

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704-268-WLKN(9556)

OF NOTE

Cristen Morgan's firm, Lake Norman Financial Group, Inc., is hosting an Educational Dinner Workshop on June 23rd from 6-8 @ the Sherrills Ford Fire Department (4011 Slanting Bridge Rd. Sherrills Ford, NC 28673). The topic is: Unlocking the Benefits of Social Security. Dinner and door prizes to be included. RSVP to our office, 704.439.1370, if you would like to attend.

Iredell Health System is the presenting sponsor of the July 2nd Troutman Independence Day Festival.

Kelley Daspit, APR
Director of Planning and Community Relations
Iredell Health System



On May 11, Cindy Hope, an image consultant and former model, gave the group practical tips for how to look our best. From getting rid of the panty lines to the right bra, where the hemline of your skirt should fall to just what is appropriate attire in the nonchalant work atmosphere prevalent today, Cindy shed some light on our fashion dilemmas we often face as busy women in the workplace.



Pam will be celebrating her one year anniversary on July 1st in her new office. **Yeah PAM!!**

Pam Garn
Pamela J. Garn,
CPA, PLLC

The 2nd Executive Women of Lake Norman Networking Luncheon event was held at Red Rocks on June 1st with about 20 people in attendance. We learned a lot about each other and had many laughs. The theme of the day was "Is Crazy The New Norm"? How do we know if we are normal...we all seem to be doing some "off the wall" things, and often wonder is that normal? We shared fun and some of our most embarrassing moments only to discover that we are all perfectly normal, I guess you could say "crazy" now rules. Our event revealed that some of us are still wearing clothing that we have had for over 12 years, imagine that! We shared some really great and memorable personal secrets that only women would dare share. Our group of ladies is so special in many ways, thank you for being a part of this fabulous group, see you next time.....Business Opportunities & Friendships Start Here!

We had a GREAT time at the Spring Social at Macie's Encore Bridal and Ahlara International! Thanks to all to were able to attend!



Cristen Morgan has hired a new Financial Advisor, Jason Frye, to her firm, Lake Norman Financial Group, Inc.



CONGRATS Cristen!

Way to GROOOOOOOW!!!

