



PROWIN

prowin

Professional Women's Information Network



SPRING 2010

NEWSLETTER

Hello ProWin Members:

We've had a great first quarter and now Spring is officially here. The January quarterly luncheon speaker, Kevin Hanville, was a wonderful and informative surprise speaker. And our new addition, the Member Only Networking Luncheon, was a great hit with the participating members. The New Member Coffee's are adding women to our membership each quarter, enhancing our opportunity to accomplish success through "Building Business by Building Relationships".

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10 Health Tips for Spring

1) Get in the Garden - Not only does it make your landscaping pretty, but gardening also burns approximately 250 to 350 calories an hour. Rotate tasks

CORPORATE SPONSORS

ProWIN is honored to feature our Corporate Sponsors. These loyal supporters are champions of the proWIN mission; we deeply appreciate their expertise and loyal assistance. By supporting our sponsors, you support us. We encourage you to visit these Corporate Sponsors links.

For sponsorship information, please [click here](#)

Premier Sponsors



Whether your business needs help managing cash flow, financing expansion or improving the bottom line, First Citizens is here with the products, experience and knowledge to help you succeed.

Wouldn't you rather spend less time managing money and more time making it? Catherine can help make your banking simpler and more efficient. Capital is the lifeblood of every business. Whether you need funds to manage cash flow or finance growth, she is ready with a

every 20 minutes or so to give all your major muscle groups a workout and to avoid overstraining one set of muscles.

2) Sign Up Your Kids for Swimming Lessons - Drowning is the leading cause of accidents and deaths in children.

3) Start Thinking About Allergy Season – If you know you're prone to sniffles and sneezes as the weather warms up, now is the time to stock up on allergy medications.

4) Spring Clean Your Makeup Drawer - Like most products, cosmetics expire. So while you're cleaning out your medicine cabinet, toss out that tube of mascara, that concealer container, and any other makeup you've had so long you can't remember when you bought it. This way, you'll be able to minimize your risk of eye infections or bacteria-induced breakouts.

5) Consider Becoming an Early Bird - Studies have shown that people who wake up earlier are healthier than those night owls who snooze the morning away. Taking advantage of the morning light will also give you a good dose of needed vitamin D. And you'll get a leg up on symptoms of depression.

6) Get Dirty - And let your kids get dirty, too. Getting dirty can be exposure to common bacteria, and common bacteria are good for you. When they routinely inhabit our bodies, they can produce vitamins and proteins we need and help make our immune and gastrointestinal systems work.

7) Think Global, Eat Local - Investigate community-supported agriculture. When you sign up for weekly deliveries or pickups, you get access to in-season fresh vegetables, fruits, flowers, and eggs while local farmers get a guaranteed income base.

8) Take a Walk During Your Lunch Hour - Not only will it give you a chance to stop and smell the daffodils; a walk will also get you away from your desk and provide that moderate exercise doctors keep recommending.

9) Trade Your Flip-Flops for Foot-Friendly Kicks - Each year, as summer approaches, experts warn against those rubbery thongs. While convenient, they're flimsy, making wearers more susceptible to injuries like stubbed toes, rolled or sprained ankles, tendinitis, blistering, arch pain, and stress fractures. If you have to let your toes out, the American Podiatric Medical Association's website offers alternative sandals that can give more support.

10) Change Your Pillows - Some experts estimate that, after five years, up to 10 percent of a pillow's weight is made up of allergy- or asthma-provoking bacteria, pollen, fungi, mold, and dust mites. Disgusting, yes, so take steps to allergy proof pillows with protective covers that seal out allergens, and wash pillowcases with hot water weekly. (US News & World Report)

range of flexible options.

You can count on her for sound advice and an array of choices to help grow and preserve what you've worked so hard to achieve. In addition to working with local business owners Catherine is involved in several organizations in the community including the Buckhead Business Assn, which she serves on the Board. She is currently serving at the President of Prowin. She has also volunteered for Nicholas House and St. Vincent de Paul and Atlanta Women's Foundation.

[Catherine Cattles](#)

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[Send email to Catherine](#)

[firstcitizenonline.com](#)

Member Directory

PROWIN is continuing to develop our Member Directory. The directory will be categorized by industry for easy access and use by PROWIN members. Please go to the PROWIN website to update your profile to ensure your information is accurate.

SPONSOR SPOTLIGHT



Catherine Cattles
First Citizens Bank
Vice President
Retail Sales Manager

As the daughter of a career military man, Catherine Cattles spent her youth traveling with her family to several states along the east coast as well as foreign countries. In fact she went to 14 schools from kindergarten to high school .In those travels she learned a few skills that have assisted her in her current career. Firstly, pack light. Carry what you really need with you and make due with what you have. Secondly, be organized. Plan well enough overcome the major hurdles and learn as you go. And lastly, enjoy life as you are living it! Catherine Cattles is a banking professional in the Metro Atlanta area. Throughout her career, she has focused on being a strategic partner for her clients, understanding what her clients current needs are and helping them plan for their future. She has 13 years experience in banking and 23 years experience in management.

Her strategy is simple: offer products and services to meet customers' needs and understand what true relationship banking is all about. When you need a financial partner, one that understands and responds to your unique needs, you can be confident Catherine will be there for you. She concentrates on the needs of small business owners and entrepreneurs in the Atlanta market.

In addition to her duties with the Bank, she is actively engaged within the community. She has been on Board of Directors of Nicholas House, an organization committed to assisting homeless families' transition from shelters to independent

living. She is also on the Board of Directors of the Buckhead Business Association, whose mission is to bring together and promote business in Buckhead, as well as participation in the Buckhead community.

Catherine has lived in Atlanta for the past fourteen years. She received her MBA in Management from Georgia State University and her Bachelors of Science from the College of Charleston.

WELCOME NEW MEMBERS – WOW!

Barbara Betti
MG Finch
Deborah Hicks
Lydia Hilton
Margaret O'Bryant

Brenda Paulen, DMD
Gayle Rubenstein
Jill Suhm
Lane Tharp
Linda Zuk

Through your participation in the member and networking events, we are confident that you will find your membership to be rewarding, both professionally and personally.

UPCOMING EVENTS

<u>Possible Woman Conference</u>	Tues., Apr 20th 8:00 am - 5:30 pm	Atlanta Marriott Marquis 265 Peachtree Ctr Ave, NE Atlanta, GA
<u>Qtrly Luncheon</u>	Wed. Apr 21st 11:30 am - 1:30 pm	Maggiano's
<u>BBA Taste of Buckhead EXPO</u>	Thurs., May 20th 5:30pm - 8:30pm	Grand Hyatt Buckhead
<u>New Member Coffee</u>	Tues., June 15th 8:00 –9:15 am	Sarah Care, 120 Interstate North Parkway, Suite 420, Atlanta, GA 30339

For all information and to register online now: <http://www.prowin.com/calendar.php>

SPRING LUNCHEON FEATURED CHARITY

EVERY WOMAN WORKS, INC.

Every Woman Works, Inc. Learning Center is a safe, therapeutic and supportive environment where women who are homeless, recovering from alcohol and drug dependency, in transition from the penal systems, recovering from domestic violence, living in poverty will have an opportunity to develop solid, transferable work skills, to strengthen their sense of self confidence and to obtain financial independence.

[Learn more about Every Woman Works, Inc.](#)



MEMBER SPOTLIGHT

Meredith Moore

Moore and Associates Wealth Management

Meredith has built a successful fee-based practice that works with businesses, providing them with estate planning, business succession planning, asset management and risk management. She provides the link that seems to always be missing? coordination and integration between all financial decisions.



Her awards include

- Atlanta Business Chronicle's Up & Comers for 2009, the Top 40 Under 40. She won this award among a pool of over 400 applicants
- Profiled in ?Newsweek Magazine? for receiving the Life Foundation's 2006 ?Client Service Award?.
- Consistent Million Dollar Roundtable qualifier for the financial services industry, placing her production in the top 10% in the industry.
- Personal story profiled on NBC competing in the AFLAC IronGirl triathlon
- 2009 Leadership Character Nominee for Turknett Leadership Group
-

Meredith has also been an active member and great supporter of ProWIN. She is responsible for introducing more than 7 professional women to our organization who have become ProWIN members.

Meredith also does extensive motivational and educational public speaking on her personal story of surviving brain cancer. After being diagnosed in 2005 with a grade 4 malignant brain tumor only five weeks after having her only child, Meredith speaks frequently to industry and community service organizations on the key role and importance of life, disability and long-term care insurance planning.

E-mail: moore@ft.newyorklife.com

Web site: www.moorewealthmgmt.com/

ANNOUNCEMENTS AND KUDOS

Sandra Cykes – Recently celebrated her 27th year with the Morgan Stanley Smith Barney. She serves as a VP, Financial Advisor and Chartered Divorce Financial Analyst in the Buckhead Office.

Elizabeth Gordon – President of Flourishing Business was the featured speaker at the March 11th Panta Rei event.

Meredith Moore & Patricia Rombeletti – Recently launched Family Business Radio. The show broadcasts live every Thursday from 1:00 – 2:00pm via the internet over Business Radio X.

Heather Wright – Attorney and founder of The Wright Firm, LLC is currently serving as the President of Buckhead Business Association and is the youngest president ever elected.

MEMBERS SEND ME YOUR ACCOLADES, HURRAHS AND ACCOMPLISHMENTS FOR THE NEXT PROWIN NEWSLETTER. Contact Sandi Comer-Cooper, VP Member Retention –scooper@rightathome-atl.net or 404-522-0029.

MEMBERSHIP BENEFITS:

- Member pricing for quarterly luncheons which featuring dynamic speakers on topics of interest to professional women.
- Member pricing for your guests at the quarterly luncheon (when paid by member at time of registration).
- Member pricing for admission to ProWin's business education and development seminars co-hosted with The Edge.

Members-Only events.

- Eligible to be our Featured Member of the Quarter.
- Two complimentary coaching sessions provided by trained, experienced coaches.
- Access to and listing in the ProWin membership directory.
- Ability to post ads, classifieds and announcements on the member's only ProWin bulletin board. These ads run quarterly. Ability to submit news and events for posting in the "News and Events" section of the ProWin website.
- A member newsletter distributed quarterly.
- Dynamic networking and relationship building opportunities.
- Connection with other accomplished business women.
- Lifetime membership recognition available.

PROWIN'S WEBSITE

Have you updated your profile on the new website? Visit www.prowin.com to do this if yours needs updating. There are several members that have not done this and you are missing opportunities for members to learn more about you!

You have received this email because you are on the mailing list for ProWIN. If you would like to remove yourself from the mailing list, please click here:

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For further information contact:

Email: board@prowin.com

<http://www.prowin.com/>

