

EMA

Entrepreneurial
Mothers Association

Entrepreneurial Mothers Association Tucson Chapter April 2009 Newsletter

Entrepreneurial Mothers Association (EMA) provides the opportunity for self-employed mothers to enhance their professional and personal development by offering support, exchanging information, and sharing resources and referrals.



Dear EMA Members,

April showers have definitely brought May flowers. I have been busy in my garden enjoying the beautiful weather and sunshine. Now would be a good time to call Maggie Hammerstrom, our EMA member to professionally landscape my yard. Always try to remember your fellow EMA member when referring people.

The April meeting was a big success and full of beauty. Not only did we have our beautiful Cindy Hilton quiz us on our beauty knowledge we had guest speaker, Erin Nurss, Miss Arizona, talk about her life as a beauty queen and her passion of health and fitness. Ginger, our EMA nutritionist, definitely shares her passion about living a healthy lifestyle. Thanks to both women for taking the time for us and sharing there secrets and business.

I hope to see more of you at the May meeting with our guest speaker, Dr. June Stevens NMD, and our member speaker, Jennifer Wilson-Diez. As usual the networking and support is immeasurable.

Sincerely,
Rochelle Browne
EMA President

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Tucson Chapter Contact Information

Please check out the EMA website at <http://www.emausa.org>

You can mail us at EMA Tucson Chapter, PO Box 64512, Tucson, AZ 85728-4512

Meeting Information

Our Next Meeting—Thursday, May 7

Location: Old Pueblo Grille, 60 N Alvernon Way
Time: 11:30 AM — 1:00 PM
Cost: \$15 for members, \$20 guests
RSVP: Sally Haslett needs to know by 6 PM Tuesday!
haslettsbaz@wbhsi.net or 825-4442
If you RSVP and don't attend, you will be charged.

Every meeting includes introductions, important messages, guest speaker or discussion topic, member speaker, lunch, member announcements, a raffle and time for networking!

Member Speaker: Jennifer Wilson-Diaz, Dancing Raven Jewelry

Guest Speaker: Dr. June Stevens, NMD

Dr June Stevens NMD, received her Doctorate in Naturopathic Medicine from the Southwest College of Naturopathic Medicine in 2004 and completed her family practice residency, with an emphasis in cardiology and women's health, at the Southwest Naturopathic Medical Center in Scottsdale Arizona. She also holds a Bachelor of Science degree in Nursing from the University of Southern Maine.

Dr Stevens lectures throughout the United States on topics related to Naturopathic Medicine and was a contributing author for the cardiovascular health sections of the book, Prescription for Nutritional Healing 4th Ed. Blending 15 years of cardiovascular experience with Naturopathic Medicine, Dr Stevens focuses her practice in cardiology and women's health care. She has a unique perspective in that she has experience with both naturopathic and conventional treatments.

You can reach Dr Stevens via email: drjunestevens@live.com

Future Meeting Dates:

Mark your calendars now for our future meetings. We are planning some great guest speakers and regular round table discussions. We're skipping July so we can all celebrate the fourth and our August evening mixer will be the second Thursday.

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| <ul style="list-style-type: none">● June 5● August 13 (evening mixer)● September 3 | <ul style="list-style-type: none">● October 1● November 5● December 3 |
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Raffle Prizes

Our raffle money helps raise money for our chapter. Please consider bringing a gift and buying tickets. Tickets are \$1 each or 6 for \$5. Those bringing a guest or donating a raffle prize will get one ticket as well. Thanks to all who have donated prizes.

Thank You to Our Guests

Wow! We had four guests at our April meeting.

Melissa Solyn, Partner at Solyn & Lieberman, PLLC, specializing in Family Law
melissa@solynlieberman.com (628-2800)

LaDawn Smith, Dubli.com, go to www.dubli.com/4611748 for fun shopping and auctions
ladawnsmith@comcast.net (955-3369)

Marlene Harris, Lovitt & Touche
mharris@lovitt-touche.com (722-7134)

Mary Shanan, Lovitt & Touche
mshanan@lovitt-touche.com (722-7218)

Information about joining our EMA chapter is available at
<http://www.emausa.org/join-ema.html>.

Send your application and check for \$60 (annual dues) to:
EMA Tucson Chapter
PO Box 64512
Tucson, AZ 85728-4512

Be a Member Speaker

Part of networking is to get to know one another better. That's why we have time for getting to talk with one another at all of our luncheons. But how would you like to get up in front of the group and talk in more detail about yourself, your business and your passion. What better way to let us know more about you. Member speakers are needed for the rest of the year. Contact Maggie Hammarstrom at 955-3676 or sweetwaterdesign@cox.net to get scheduled now.



From Sharon Nightingale, Stonecroft Ministries

A note of encouragement in these economically dry times:

Recently, a friend from South Africa explained to me that whenever a plant lives in an arid climate, the roots drive deeper and deeper into the soil to get the water they need. This forces the plant to develop a root system that is far beyond the normal plant because it is forced to go deeper to gain the water it needs. Sometimes God forces us to go deeper into the grace of His love in order to build a greater foundation in our own lives. These lean times are designed to accomplish this in us. If you find yourself in this condition, ask the Lord who provides the water for our soul for the grace you need today to continue to bear fruit in the desert.

Ever hear "When tough times come, tough people get going." or "Tough times won't last, but tough people will."

As a former workaholic myself, I can tell you the root of overworking is often 1) a fear of loss, and 2) a need for self-acceptance created by performance. The fear of loss issue can be a fear of what will happen if we don't work long hours - there may not be enough money. Not knowing how much is enough can drive us to believe a financial stock pile will insure us against potential financial disaster. The second reason people work long hours is their need to gain self-acceptance and esteem from their jobs. It is rewarding to see something come from our efforts. However, when we begin to be driven to work, it becomes an unhealthy condition. We are looking to gain self-esteem needs from our performance and perhaps even outshine a coworker to ensure retention in our position while others are being laid off.

So, in order to avoid work becoming an idol and a compulsive behavior, we must maintain a balance that provides time to spend quality time with our families, friends and the Lord. Living a balanced life is evidence of a Spirit-led life. Sometimes the greatest exercise of faith is to work only forty hours a week. This insures that the outcome of our work is dependent upon God, not our self-effort. Living a balanced life is evidence of a Spirit-led life.

Keeping Your Computer Safe

by Sherry Goncharsky, Shoulder to Shoulder Computer Training & Consulting

Those of us with PCs running a Windows operating system have seen a lot about computer malware lately, especially with the warnings about the Conficker worm. It's much easier to prevent this kind of problem than it is to clean up after being attached. The best prevention is to make sure that your programs are up-to-date.

1. Be sure that your anti-virus program is being updated,
2. If you get a message that there are Windows updates waiting to be installed, go ahead and install them.
3. Other programs that you should install updates when they show up are Adobe (both reader and flash) and Java.
4. If you see something that you don't recognize, don't install it and ask!

Please contact me if you don't know where to get computer help – 721-0658 or sherry@TucsonComputerSkills.com

EMA Website Has a New Look and a new LOGO

The EMA website <http://www.emausa.org> has a new look. Please take a look and see what's new. Any Tucson updates will need to be sent to Sherry Goncharsky (sherry@TucsonComputerSkills.com) so that they can be coordinated any others. As I write the newsletter, I am preparing updates for the Tucson Chapter page. So keep looking for updates and keep me informed of needed changes..

And take a look at the new features:

- There is a calendar of events so you can enter non-EMA events that would be of interest to EMA members.
- There is a bulletin board where discussions can take place. Sign up and you can join in or start a new topic.
- You can view newsletters and information from other chapters.

Add to our Newsletter

One of the things that makes newsletters exciting is interesting information. And your Tucson EMA newsletter is no exception. We are always on the lookout for articles that offer further insight into your business or parenting in general. These board will be the final decision point as to whether articles are acceptable for publication. If you have something you would like to see published, please contact Sherry Goncharsky (sherry@tucsoncomputerskills.com or 721-0658) so it can be included.

Needs, Leads, and Announcements

EMA belongs to all of us. Therefore, we have a time at our meetings to talk about Needs, Leads and Announcements. This is a time to talk about

- Things we are looking for, both personally or in our business. Examples are a plumber or an office location.
- Leads would be something of general applicability like a new business coming to town or a special offer you think is of general interest. Specific leads can be given personally.
- Announcements gives you the opportunity to talk about a special event your business is holding, a new offering, discount pricing, or to have a forum to say thank you.

Officers Needed

Don't forget that we still have open positions on the EMA board. We are in need of a secretary and a treasurer. Both jobs should take you about 1 hour per month with our board meeting preceding each luncheon. Call Rochelle (rbrowne@gotucson.com or 400-7723) to volunteer or for more information .