



CFW CONNECTIONS



Women learning how to grow their business from Pam Hartley, Momentum Marketing at our August 10, 2009 East Cooper Series program. See page 4 for more upcoming East Cooper programs being held at the Family Circle Tennis Center on Daniel Island.



Pictured left to right: Holly Fisher, Amanda Bunting Comen, John McQueen, Jason Cronen, Leigh Ann Garrett, Jennie Fiechtl

Going Green for the Girls!

Thank you Green Drinks Charleston, Carolina's Eco-Unit and our friends at Coco's Cafe in Mt. Pleasant and at Halls Chophouse on King Street for throwing after-work happy hours to help raise funds for simple, energy-efficiency upgrades and retrofits to the late 1880's building that houses the Center for Women on Cannon Street.

Coco's Café was a lovely host on the evening of June 4th, opening up their restaurant and martini bar for the fundraiser. Coco's provided delicious appetizers and signature martinis to all attendees. In addition to hearing about our energy upgrade plan, guests had the opportunity to win fantastic raffle items donated by local and 'green' businesses. We had everything from 3 hours of non-chemical home cleaning to a lemon tree!

Through \$20 donations at the door and the raffle tickets sold, the Coco's event raised over \$1000! That is one third of our goal to completely upgrade our building!

Our second green fundraiser was Thursday, Aug 20 at Halls Chophouse on King Street. A \$10 donation at the door raised over \$500. Halls graciously provided complimentary appetizers and offered great wine specials.

The first phase of our energy efficiency project has been completed and the Center for Women has already saved money on our air conditioning bills over the summer!

Our first upgrade was to seal the interior and exterior. All the windows of our building and all the doors were sealed to prevent heat or air from escaping. For a non-profit organization, we feel it's our duty to save and spend our money wisely so we can put our funds toward more important things such as helping women in this community.

Board of Directors

Doretha Walker
President
Shari Schleis
Vice President, Governance
Alison Standard
Vice President, Development
Shari Stauch
Treasurer
Colleen Troy
Secretary

Cathryn Cato
Pam Everitt
Cindy Floyd
Allison H. Gregory
Charlene Harris
Kendra Haskins
Star Israel
Ann Gregorie Kulze, MD
Amanda Lawrence
Dorothy Perrin Moore, PhD
Susan Parsons
Alison Piepmeier
Harriet Rigney
Abby Simon
Debra Turner, CPA

Staff

Jennet Robinson Alterman
Executive Director
Amanda Bunting Comen
Program Coordinator
Leigh Ann S. Garrett
Events Coordinator
Mary Mallette
Finance Coordinator
Ginger Rosenberg
Marketing Coordinator
Faye Slater, M.A., L.P.C.
Counselor

The Center for Women is a 501(c)3 non-profit organization founded in 1990.

Our mission is to help Lowcountry women succeed personally and professionally every day.



Board Member Shari Schleis; pictured with Doretha Walker, President, Board of Directors

Board Member Profile: Shari Schleis

Where do you live and what's great about it? Summerville and without a doubt, the people. As transplants, my family acclimated in just a few months because of the many wonderful friendships we formed very quickly. I made great friends faster than I could blink... Plus in Summerville, there's such a strong sense of community. We have a small town feel, yet it's a bit artsy in its own right.

Where do you work? For ten years, I've owned Splash Marketing. I'm fortunate to have a great team serving clients while I spend my days at The Art Institute of Charleston as Academic Chair of the Graphic Design and Web Design & Interactive Media programs.

What are the pros and cons about having your own business? I'll start with the pros - The flexibility to choose who you work with. The ability to take long weekends here and there. And of course, the ability to make your cat your office assistant. The cons? You can't really take time off as easily as you'd think - who covers for you?

What kinds of clients and projects do you like? Over the years, we seem to have gravitated toward small to medium sized manufacturing clients. It makes sense, since all of us have corporate industry experience. Our projects are as diverse as our clients. Strategic solutions - and the creatively diverse message delivery mechanisms - are much like proprietary puzzles - everything is customized to the client and their target audiences.

What do you like best about the Art Institute? Again, without a doubt, the people. It's great to work every day in an environment filled with such creative energy. I started as an adjunct professor teaching one class - then two - and quickly realized what a great fit it was for me. I have the opportunity to utilize my management and creative skills in one job. I'm so invested in my students, my daughter says I simply adopted more kids. Watching a student get a design "a-ha." Seeing faculty members get students excited. Getting an e-mail from an employer bragging about a graduate we trained. Little things like that make my day!

How long have you been a Board member at the CFW? This is my fifth year.

What's been the best part of your experience? Charleston is a wonderful place to collect friends and the Center for Women has been a major "feeder" to my circle of phenomenal friendships.

What other community organizations are you involved with? I serve on the Board of the Greater Summerville/Dorchester County Chamber of Commerce. I am a member/volunteer for the Sculpture in the South Show and Sale. I made a very deliberate choice to become involved in my community because I am at a point in my life that I can give back. I truly appreciate knowing that even the smallest contribution of time becomes a piece of the big picture.

What does your family do for fun? My family's idea of fun is very creative...my husband Mark, a quality engineer, moonlights playing bass guitar with local blues and classic rock bands. My daughter, a self-professed film geek, skipped town for LA, and works as a film archivist. And me? My creative brain never quits. Even when wine tasting, I analyze the packaging...



The Entrepreneurial Woman Series offers practical seminars and networking for women creating, managing and building business.

Tuesdays 6:00 - 8:00 pm

Advance Registration Requested:
\$20 CFW Members/\$40 Non-Members

Winning at Work

Grow your political skills by increasing your proficiency to influence and persuade others.

Jane Perdue,
The Braithewaite Group
Tuesday, September 22

Making Great Presentations

Learn effective public speaking by organizing your presentation and building your confidence.

Debbie Cooler, Dale Carnegie
Claire Gibbons

Tuesday, October 20

NEW RESOURCE! Check out our new Lowcountry Women Entrepreneurs Blog! Dr. Dorothy P. Moore, an internationally recognized expert on women entrepreneurs and the author of *CareerPreneurs: Lessons from Leading Women Entrepreneurs on Building a Career Without Boundaries* will help you stay on top of creative ways to start or grow a business. Go To: <http://lwentrepreneurs.blogspot.com/>



Croghan's Jewel Box
one family...one hundred years

CHARLESTON REGIONAL
BUSINESS JOURNAL



Brown Bag Lunch Series

Information and engaging topics on your emotional, physical and financial health. For women of all ages.

Thursdays at Noon. FREE.

Giving Great Parties

How to throw a wonderful party without spending a fortune.

Danielle Murniels, All Occasions
Mitchell Crosby, JMC

Thursday, September 10

Simplify Your Life with Technology

What gadgets, hardware & software will benefit you the most!

Sonya Nordquist Altenbach, C3 Technology
Ralph Cohen, The Computer Guru

Thursday, September 17

Working from Home

Holly Fisher, Account Executive,
Step Ahead

Jennifer Dyer Buddin,
Co Founder & Owner
Little Black Book for every busy woman

Thursday, October 15



Mary Helen Condon Moore, CFM
Lynn Anne Gillen, CIMA

Belk



the little black book
for every busy woman



Unique opportunities to learn something new and empowering.

Advance Registration Requested:
\$20 CFW Members/\$40 Non-Members

Fundamentals of Room Design

Learn the important elements of furniture positioning, room layout and design.

Ivie Parker & Adrian Sims Truluck,
Parker-Sims Interiors

Sandra Gaylord, Gaylord Design

Saturday, September 19 10am to Noon

Floral Design

Learn to create a beautiful floral arrangement. You will leave with a \$75 arrangement.

Tiger Lily

Location: Tiger Lily Florist
131 Spring Street & Ashley Ave., Downtown

Thursday, October 29 6 to 8pm



Legacy Wealth
Management

All programs take place at
129 Cannon Street unless noted.

Daytime parking can be found on the street or the nearest garage is the Ashley Rutledge Parking Garage at 158 Ashley Ave. (between Calhoun & Bee Sts). Allow a 5 - 6 minute walk to the CFW. This is a paid lot and we do not validate.

Free parking is available **nights and weekends** at 30 Bee Street, a gated surface lot. From 30 Bee St., walk to the back of the parking lot and enter our property through the gate. We will provide you with the exit code.

Legal Clinics

No charge. Please call to reserve a seat.

Criminal & Victim Offender Issues

Useful information about the criminal court system. If you have been victimized by crime, mediation can help you heal and hold offenders accountable.

Jill HaLevi,
Mediation & Meeting Center
of Charleston

Monday, September 29
5:30 - 7:00pm

Divorce Law

Family Court/Divorce Mediation is a valuable tool for families experiencing the stress of divorce. Take control over the resolution of your dispute.

Karen McCormick &
Helen Wheeler,
Mediation & Meeting Center
of Charleston

Tuesday, October 27
5:30 - 7:00pm

Join the Center for Women !

**Support your community &
become part of our network
of talented, caring women.**

**Annual memberships are only
\$35.00.**

**Business memberships start at
\$250.00 per year.**

**Help us reach our goal of 1,000
members by year end!**

East Cooper Events

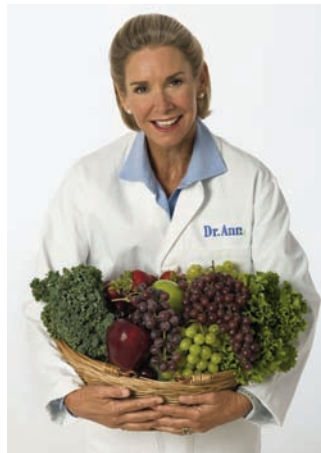


Location & Sponsor:

Family Circle Tennis Center
(next to the stadium)
161 Seven Farms Drive, Daniel Island,
Conference Room 2nd floor

\$20 Advance Registration Requested

Light refreshments will be served courtesy
of *Dish & Design Catering & Events*



Eating Healthy on a Budget

Where you can cut down on your food expenses and where not to compromise.

Ann Kulze, MD
Nationally recognized wellness expert and
author of *Dr. Ann's 10-Step Diet*

Thursday, September 24
5:30pm to 7:00pm

Winning With People

Do some people drive you crazy? Do others push your buttons? Find out how you can recognize and effectively work with different behaviors before there is a problem!

Cathy Liska, Conflict Mediation

Thursday, November 19
5:30pm to 7:00pm

Summerville Events



Location & Sponsor:

Greater Summerville/Dorchester Chamber
of Commerce and Visitor Center,
402 North Main Street

\$20 Advance Registration Requested



He's Just Not That Into You

Join a lively conversation about how to find a partner without losing yourself. Learn to live happily in the dating world!

Jodi Gresh, LPC

Monday, September 14
6:00pm to 7:30pm

SPECIAL EVENT

Summerville Women's Networking Event "Women to Watch" in Dorchester County

Join us for an exciting evening honoring the winners of *Summerville Journal Scene's* first ever "Women to Watch in Dorchester County" awards. The evening includes a *speed networking* session where you'll meet the honorees and others attending!

Sponsored by:
Greater Summerville/Dorchester
Chamber of Commerce
Summerville Journal Scene
Center for Women

Monday, October 26
6pm to 8pm

Registration opens at 5:30pm

Only \$20

To register go to: www.gsdccchamber.org
or call (843) 873-2931

Location & Hospitality Sponsor:
Holiday Inn Express Summerville
(120 Holiday Dr. off Exit 199)

Women Writers Forum

All about the art and business of writing.

Saturdays 10:00am to Noon.

Advance Registration Requested:
\$25 CFW Members/\$50 Non-Members

You Too Can Be An Author

You know you have a book in you and now its time to really get started. Meet successful authors who turned their idea into a published work.

Kelly Love Johnson,
Author of *Skirt! Rules for the Workplace*

Beth Webb Hart,
Author of *The Wedding Machine*

Saturday, September 12
10:00am to Noon

Writing Short Stories

Why do some stories really hit home and others leave you feeling "what was the point?" Learn tips to make your short stories more effective.

Lisa Chewning, Write-It-Right

Saturday, October 10
10:00am to Noon

This program is funded by a generous grant from the James O. and Harriet P. Rigney Endowment of the Coastal Community Foundation of SC

In partnership with
The Lowcountry Initiative for the Literary Arts

Counseling

Are you experiencing a difficult time?

Do you need help facing a life situation?

Our counselors meet with you individually to develop problem solving strategies.

Fees are based on a sliding scale and range from \$15 to \$65.

Call to schedule an appointment.



We love WCIV Channel 4's Lowcountry Live !

Pictured left to right: Dave Williams, weatherman, Ryan Nelson, Lowcountry Live host, Ginger Rosenberg, CFW Staff, Kelly Hamilton, Arcadia Publishing

Every Wednesday morning on WCIV Channel 4's Lowcountry Live, the Center for Women has a 3 to 4 minute segment to discuss our upcoming programs and events.

Pictured above is Kelly Hamilton, Sales Manager from Arcadia Publishing who was part of our Saturday, August 8 Women Writers Forum panel discussion on the "Ins and Outs of Publishing". If you are a budding author and want to learn more about the field, every month the CFW presents a Women Writers Forum.

Job Counseling

Job Search Workshop

A 3-hour workshop to help you land a great job! Job coaches will cover:

- Creating a great resume and cover letter
- Developing your job hunting strategy
- Interview preparation and professional appearance
- Dealing with emotions resulting from change and transition

Wednesday, September 23 9:00am to Noon

Registration required: \$20; seating is limited

Individual, one on one job counseling is available on Wednesdays.

Call for an appointment. Only \$10 per session.

Special Opportunity

Walker Phenomenal Spirit Award



Are you a woman over 35 who needs a little more money to fulfill a life's dream?

You may be eligible for our \$1,000 Walker Phenomenal Spirit Award.

For details and an application, www.c4women.org/support_services.htm

Applications being accepted until Friday, October 30, 2009.

Empowerment Groups

Registration required:
\$35 CFW members; \$70 non-members

Managing Your Life by Managing Your Money

Facilitated by Diane Blackwelder, CFP
Charleston Financial Advisors

Make a commitment to live differently. You'll uncover self-sabotaging money habits and learn to take control of your spending and financial situation. Discover new tools to help you save, spend and invest wisely.

Tuesdays, Sept 8 though October 20
6:00pm to 7:30pm

KaleidEscape Collage

Facilitated by Susan Shealey, LPC-I

Reflect yourself, thoughts, feelings and emotions through the mirror of your own life and, in turn, create beautiful and meaningful collages.

Wednesdays, Oct 7 though Nov 18
5:30pm to 7:00pm

Women Leading Wellness

*A new seminar series
by MUSC women
for women of Charleston*

Co-sponsored by
the Center for Women

**Women as Daughters:
The Last Big Role Reversal
When Your Parents Become
Your Children**

Wednesday, October 14
6:00pm
FREE

Location:
Basic Science Auditorium on Ashley
Avenue near Bee Street

To register: www.musc.edu/women
or call 792-5718

Margo Kaufman Gallery's "Contemporary Women" Benefits CFW



Jeffery Rhodes of the Margo Kaufman Gallery greets new arrivals.



Kendra Haskins and Leigh Ann Garrett

The evening was hot and the King Street party even hotter!

On July 22, the Margo Kaufman Gallery presented new works by some of Charleston's most talented female artists:

McLean Sheperd, Sally King Benedict, Helen Rice, Kaminer Haislip, Zelda Grant, Sharon Lacey and Maria Costa.

The cover charge and a portion of the art sales benefited the Center for Women.

A special thanks to local businesses who donated to the event:

Fish
Il Cortile
OM Cooking
Chocolate Cake
Caviar & Bananas
Billy Pope
Legumier
Muse

SWAG Bags:
Hampden Clothing
Library
Lesesne
Resoul
Acupuncture
Mt. Pleasant Pilates
& Wellness Center