

# GROW

*Golfers Recognizing Opportunities for Women*



**Women on the GROW**

**September 20, 2009**

**Featuring Lynet Payne**



Soon 40 real-sized models will rock the runway! Chefs, realtors, preschool teachers, CEOs, etc. They aren't your typical runway models, but this isn't your typical fashion show. The sixth-annual Fashion for EveryBODY®, a New York-style fashion show celebrating real-sized, diverse models, will feature 40 male and female "ROLE Models" dressed in fall styles ranging from petite to plus-size.

The event takes place Sept. 26 at 7 p.m. and all proceeds benefit Eating Disorders Coalition of Tennessee (EDCT), a Nashville-based, statewide nonprofit dedicated to eating disorder awareness, education and prevention. While this is the first year that ROLE Models have been nominated from within the community, more than 200 nominations rolled in from across Tennessee, as well as from Connecticut, North Carolina and Canada. One such model is Lynet Payne.

Lynet is President of Mahogany Event Planning, a small business with a passion for creating enjoyable and exciting events; executing innovative themes, providing excellent customer service and a "stress free" client experience. Clients include: corporate, non-profit and organized small social occasions for individuals. She also currently serves as member services representative to HCA with the Health and Wellness organization H2U (Health, Happiness, You); Lynet has logged numerous hours and worked tirelessly to promote the importance of living a healthy and balanced life; NOW! So, being recognized as a ROLE model by the Eating Disorders Coalition of Tennessee is, "...a huge honor and testament that the work that I do every day is not in vain."

Lynet is also Executive State Director for the Miss Black Tennessee Scholarship Pageant. In the midst of all of Lynet's busy-ness, she finds time to discover value in the game of golf. "Why I am interested in GROW? It's an opportunity to step outside of my comfort zone and challenge myself to learn a new skill," Lynet comments. "Also, the personal and professional goals that I can set for myself while golfing and networking with these amazing women, Priceless! Do I own golf clubs? LOL, Nooo. That would mean that I would have to commit to using them on a regular basis, so they don't just collect dust...Although, I would love to own a pair one day; right now, that just ain't happenin'."



*Growing Golfers One Stroke at a Time!*

A Message from President Tracy Painter [www.growtoday.com](http://www.growtoday.com)

Hello ladies! I certainly want to give kudos to Lynet on her accomplishment of being selected as a 2009 RoleMODEL. She is a Woman on the GROW! For more information about this weekend's event, contact Lynet at [mahoganyevent@gmail.com](mailto:mahoganyevent@gmail.com)

Earlier this evening, I verbalized my inner thoughts to my 11-year old daughter. "What am I going to write about in my newsletter?" I wondered and asked. She said me! How honest they can be. But it was a revelation. I'm been thinking about how quickly they GROW. She started middle school this year, is wearing braces, can fit my shoes, and is the same height as me (which is no huge goal). LOL. But really they GROW so fast! She is playing the flute now, taking after her Mommy and each time she takes the initiative to get it out and play the tune "Mary Had A Little Lamb" it reminds me of my playing and marching days. It reminds me that when our children go to school, we start to learn some things all over again. I hadn't picked up a flute since 1988, and quickly remembered my comfortable position on the mouthpiece and how to line it up properly and how to read music, etc. In some ways it was like riding a bike, but I had also taken some things for granted about learning. It's no easy task to play an instrument. You have to read the music, interpret the finger movement, memorize the music, etc. Wew! How did I do it? At the same time, learning is a process for our children. We need to assist them in that process and sometimes it takes time. We need to be patient.

And just tonight, out of nowhere while I was doing laundry, my 7-year old son said to me, "Mommy am I going to be short like you? I said I don't know son. You'll be whatever God wants you to be. I then asked, what do you want to be tall or short? He said, whatever God wants me to be. I tell you, children are such blessings. You see there are some things that we just don't have any control over. We need to recognize and ask for the 'serenity to accept the things that we cannot change, the wisdom to change the things we can and the knowledge to know the difference.' Seed you soon!



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