

# *the* Connector

December 2004

A Newsletter for Members of the Professional Business Women's Association

Vol. 04/Issue 12

## networking notes

### Monthly Networking Meeting

Wednesday, December 1, 2004, 6pm to 8pm

The Purple Iris at Hartwood

1409 Winchester Avenue, Martinsburg, WV

Holiday Gala: Reservations were required by Nov. 22

**Thursday, December 16, 2004** 8:30 to 9:30am

### Shepherdstown Breakfast Networking Meeting

Shepherdstown Sweet Shop

German Street, Shepherdstown.

Phone: 304-876-1000

### Monthly Networking Meeting

Wednesday, January 7, 2004, Noon to 1:30pm

The Purple Iris at Hartwood

1409 Winchester Avenue, Martinsburg, WV

Meal cost: \$12 payable to PBWA

### Other Happenings:

#### Wednesday, December 1 is World AIDS Day

The AIDS Network will be at the Martinsburg Mall from 10:00am to 8:00pm

### NEW MEMBER CORNER

Renewal:

#### Dr. Catherine Silver-Riddell, D.C.

Family Chiropractic Center

304-229-5846

New Members:

#### Michelle Foust, Aunt Irene's Care Packages

Creators of old world pastries and confection. Focusing on corporate gift giving needs, special events and weddings. michelle@auntirenes.com

#### Patricia McMillan

City of Martinsburg Community Development Director

As Community Development Director I manage federal community development funds benefiting low and moderate income citizens and neighborhoods. Patmcmillan4@aol.com

#### Pamela Patterson

Transcription, captioning for deaf and hard of hearing. Patterson\_p@msn.com

### GREENSBURG BED & BISCUIT

#### BREAKS GROUND ON NEW KENNEL

Elizabeth Hostler and husband, John, owners of the Greensburg Bed & Biscuit, are thrilled to announce that on November 29th they broke ground on their new kennel building. The new kennel, due to be completed in the Spring, will have 55 state-of-the-art kennel runs, 2 indoor training rooms, grooming services and a wonderful retail/reception area. Many of you know this project has been in the works for several years so we want to thank you for your continued cheerleading and friendship.

### SCHOLARSHIP AVAILABLE

Know a young woman who wants to be an entrepreneur who needs a college scholarship? Guardian Life Insurance Company awards 15 college scholarships to girls who demonstrate budding entrepreneurship. An adult must nominate the young woman by February 25, 2005. For more information: [www.guardianlife.com/womens\\_channel/grils\\_going\\_places](http://www.guardianlife.com/womens_channel/grils_going_places).

# PBWA

Professional Business Women's Association

P.O. Box 2586 Martinsburg, WV 25402

For those of you who missed the November PBWA meeting--here are some holiday de-stressing reminders provided by Diane Mickelson and DINAMIC Fitness:

**BE NATURAL:**

**The key to surviving the holiday season**

B -- Breathe deeply, it will help increase energy levels.

E -- Exercise: 20 minutes, three times a week -- and running from errand to errand doesn't count!

N -- Nutrition: Three well-balanced meals each day.

A -- Attitude: Negative attitudes are contagious and destructive. Try to see the glass half full.

T -- Time management: Set priorities and don't take on more than you can handle.

U -- Uniqueness: Recognize and treasure your own uniqueness. Say 'no' when necessary.

R -- Relaxation: Private time to read or listen to music -- a time not to focus on the next item to do.

A -- Associations: Maintain contact with nurturing support systems -- colleagues, friends, and family.

L -- Laughter: Still the best medicine.

From: [www.iuinfo.indiana.edu/ocm/packages/holiday/stress.htm](http://www.iuinfo.indiana.edu/ocm/packages/holiday/stress.htm)

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***Connecting with The Connector***

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To have your news items included in the next issue of *The Connector*, enclose them in the body of an e-mail or a Microsoft Word attachment and send by the **twentieth of the month** to Jen Rolston at [jen@edendesignco.com](mailto:jen@edendesignco.com)

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