

the Connector

February 2006 A Newsletter for Members of the Professional Business Women's Association

Vol. 06/Issue 2

networking notes

MONTHLY NETWORKING MEETING

Wednesday, February 1, 2006
The Purple Iris at Hartwood
12 noon • Cost: \$12.00 per person.

Topic: Something successful that happened to you in 2005! Be prepared to share a story!

MONTHLY NETWORKING BREAKFAST

Wednesday, January 15th, 2006
8:30 to 9:30 a.m.
Shepherdstown Breakfast networking Meeting
Shepherdstown Sweet Shop
German Street, Shepherdstown
Phone: 304-876-2432

MONTHLY NETWORKING MEETING

Wednesday, March 1, 2006
The Purple Iris at Hartwood
12 noon • Cost: \$12.00 per person.

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Shepherdstown Sweet Shop
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Phone: 304-876-2432



NEW MEMBERSHIP CORNER

Grace Murphy, Regional Director
Good News Mountaineer Garage • 304-725-5070
www.goodnewsmountaineergarage.com
Non-profit organization that takes donated vehicles and provides them to low income families for work or training.

Tammie Greiner
304-725-4700
Interior Design

Glenda S. Helman, Executive Director
Community Networks, Inc. • 304-263-3510
Private, Non-profit working with Bethany House, the HOPE Living/Learning Center and providing HIV/AIDS services.

Anita Connelly, President
ALC Enterprises Inc. • 304-229-4704
Financial support for non-profit & profit business in the are.

Bridget Cohee, Attorney
Step toe & Johnson, PLLC • 304-260-0245
www.steptoelaw.com
A trial attorney defending individuals, businesses and agencies in general litigation, professional liability, and civil rights litigations.

Jodee Arndt
The Neighborhood Welcome, LCC • 304-260-9168
www.neighborhoodwelcome.net
Marketing service designed to introduce area businesses to new residents.

Terin Meade, Mortgage Loan Officer
Premier Bank • 304-279-8574
www.premierbank.com
Home loans or refinancing, loads for land purchases, new construction, auto , personal, and all types of commercial loans.

Christina Lewin, Advertising Consultant
Buyers Guide • 304-263-1775
Covering Berkeley and Jefferson counties.

2006 MEMBERSHIP FORMS

The sign up form can be found at the PBWA site; <http://www.pbwa.org/>

We're kindly asking that everyone fill out the **ENTIRE** form so that we have absolutely up to date info on everybody!

THE DEADLINE TO GET LISTED IN THE NEXT DIRECTORY IS GOING TO BE THE FEBRUARY 1ST MONTHLY MEETING. Any renewals received after that date will not make it into the directory. We plan on having the new directories available at the March 1st monthly meeting!

FEBRUARY MEETING

We're looking for our members to share anything successful that happened to them or their business in 2005. So, be prepared to share!

An example: Jefferson County 9th Graders made and Aids Quilt representing the 46 clients the Aids Network has lost since 1999.

MONTHLY 50/50 RAFFLE

As many of you know, at the January Meeting we started a 50/50 raffle. So far, \$40 has been raised. We will be donating the proceeds at the end of the year in PBWA's name to an as yet decided charity.

TEN CHARACTERISTICS OF A HIGH PERFORMANCE ORGANIZATION

*Assembled by: David C. Hardesty, Jr., President of WVU
Submitted by: Judith Friend*

- 1) Clarity of the organization's mission.
- 2) The power of the leadership's vision.
- 3) Adherence to shared values throughout the organization.
- 4) Cohesive, balanced teams of leaders.
- 5) Clear and measurable goals and objectives.
- 6) Mechanisms for external feedback and input.
- 7) Continuous learning.
- 8) A collective will to persevere; pursuit of excellence.
- 9) Competent planning and decision processes.
- 10) Recognition of the nobility of the organization's work and periodic celebration of its usefulness to society.

EXERCISE FOR BUSY PEOPLE

by Diane Mickelson

It has been a month since we made our resolutions. I hope that one of them was to begin a fitness program. If you stuck with it, you've had those four weeks to make it a habit. Congratulations!

But, as with many people, you may have found that your busy life made you push exercise to the bottom of the to-do list and you never seem to find that block of an hour's time to do it in. If this is your case, today I am going to give you some quick and easy ideas to help you "fit in some fitness" on the go.

Start right away in the morning before you even get out of bed. Take three slow deep breaths and then bring both knees into your chest. Hold for a count of 60. Keep breathing slowly. Relax your legs back down.

Now we move to the shower. As you rinse off, tilt your head to one side and hold for about 20 seconds. Then do the other side. Turn your back to the shower head and as you get a relaxing hydro-massage on your upper back, move your shoulders up and around in a circular motion. Do several rotations in a forward motion. Then reverse the process.

When you are finished scrubbing and rinsing, face the rear wall and stand about two feet back. Keep the water running so that you now get a lower back massage. Place your hands on the back wall and lean in, keeping your feet flat. Be careful with this stretch if you do not have a rubber bath mat on the bottom of the shower.

This is one of my favorite stretches and one I never neglect since it keeps my calf muscles and Achilles tendons flexible, preventing the return of that prevalent foot problem—plantar fasciitis. And if you wear high heels during the day, this is a stretch you should always remember to do.

Moving on to the kitchen, you can get in some fitness while waiting for your toast to pop up. Hold the counter and rise up on the balls of your feet. Count to two slowly and return your heels to the floor. Do 12-16 repetitions.

Walk to work if you can. That would be the best way to get in your aerobic exercise. If this is impossible, park a few blocks away from the office, and at least get a five-minute walk each morning and evening. When you go out for lunch, use the same tactic. Park at the far end of the parking area or before heading back to work, walk around the periphery of the parking lot two times.

Shun the elevator as much as possible. Take the stairs every time you have to move to another level. Most often, this will even save you time.

If you need to be on the phone a lot in your work, get a cordless headset, and walk around the office while you have your conversation. Or, sit up straight in your chair, both feet on the floor and pull your belly button in toward your spine. Hold for a count of ten and relax. Take a deep breath and repeat. This is great for your abdominal muscles and will help relieve low back tightness. These seated abdominal crunches can also be done in the car while you wait for a red light to change.

If you work at home, get some exercise CDs and move to the beat. You can dust, fold the laundry or do the dishes while you march in place or around the room. The main thing is to just keep moving. I like step aerobic music the best for this because it is a consistent beat of around 124-126 beats per minute. You can find any genre from Oldies to Latin to Broadway or Country at powermusic.com or call 800-777-BEAT for a catalog.

If travel is a major part of your work, you can always use the gyms that almost all hotels now have. If you are uncomfortable doing this, march in place in your room for 15 to 20 minutes. While you march, move your arms up and down four times. Then do the same to the front and side. Rest your arms a few counts and repeat. If you do this while you watch Jeopardy, you will get a mental workout too!

When you have a lengthy wait between flights, instead of sitting, walk the concourse for half an hour. Or get an upper body workout by doing "wall push-offs." Stand not quite arms distance from the wall with your feet apart. Put your hands flat on the wall and lean in, bringing your nose almost to the wall. Hold for a count of two and then

push yourself slowly back to a tall standing position. Repeat 12-16 times.

Another way to use the wall and get some strength training in is to do the "wall slide." Place your back against the wall and move your feet apart. Slowly walk your feet out about a foot and slide down the wall until you are in a semi-seated position. Hold for a count of five and slowly slide back up. Do about a dozen reps.

All these traveling recommendations can be transferred to the office and vice-versa. Now, even if you don't have tons of time, you have some quick easy ways to fit exercise into your daily routine.

What are you waiting for?

Diane Mickelson is the owner of DINAMIC (dynamic) Fitness. She speaks professionally on health and wellness topics and is a personal trainer for women.

CLARIFICATION ON CHANGES IN THE TAX LAWS REGARDING TAX DEDUCTIBILITY OF DONATED VEHICLES

by Grace Murphy

Changes in the IRS Tax Laws concerning tax deductions for donated cars left many taxpayers confused and recent articles in area newspapers haven't helped. Few taxpayers realize that when the IRS issued Internal Revenue Bulletin 2000-25 on June 20, 2005 to clarify the changes, they made a very important distinction between cars that are sold at auction and cars that are given to low-income families in need.

The main difference in the tax laws regarding the deductibility of donated cars from 2004 to 2005 was the change from the ability to take a deduction for the fair market value of a donated car if you itemized deductions to being able to deduct only the sale price.....BUT

The IRS exempted one category of car donations from these new rules – cars that are "sold or transferred to needy individuals in direct furtherance of a donee organization's charitable

purpose". This means that programs like Good News Mountaineer Garage, which directly transfer your donated car to a low-income family "at a price significantly below fair market value", which we do, still qualify you to deduct the fair market value for your donated vehicle. In addition, the State of West Virginia has tax credits available through their Neighborhood Investment Program that you may qualify for.

If your car does not qualify for donation to a low-income family and you give us your permission, we will sell your car and you may still qualify to deduct the amount received at auction or \$500, whichever is greater.

Good News Mountaineer Garage will supply you with the necessary IRS form 1098-C and/or acknowledgement letter and NADA valuation. Please consult a tax professional or refer to the IRS bulletin available on <http://www.irs.gov/pub/irs-irbs/irb05-25.pdf> for further information.

Good News Mountaineer Garage is a non profit cor-

poration started by a group of West Virginians who wanted to help low income families get to work. We are looking for good used vehicles. The vehicles are repaired by qualified mechanics and sold for \$1 to low income families. Since 2001, GNMG has helped over 300 families get the transportation they need to get to work.

PBWA

CONNECTING WITH THE CONNECTOR

To have your news items included in the next issue of The Connector, enclose them in the body of an email or as a Microsoft Word attachment and send by the 20th of each month to: terry@thewritemarket.com

2006 MANAGEMENT COUNCIL

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