

# *the* Connector

February 2007 A Newsletter for Members of the Professional Business Women's Association

Vol. 07/Issue 2

## networking notes

### MONTHLY NETWORKING MEETING

Wednesday, February 7, 2007 (1st Wed. each Mo.)  
The Purple Iris at Hartwood  
12 noon \$12 at the door - No Res. Required  
Topic: Discussion about 2007 Business Expo

### MONTHLY NETWORKING BREAKFAST

Wednesday, Feb. 21, 2007 (2nd Wed. each Mo.)  
Shepherdstown Sweet Shop  
German Street, Shepherdstown  
8:30-9:30 am - No Res. Required

### MONTHLY NETWORKING LUNCH

Wednesday, Feb. 28, 2007 (4th Wed. each Mo.)  
Toscanni's  
Corner of Maple and King, Martinsburg  
12 Noon - No Res. Required

### MONTHLY NETWORKING MEETING

Wednesday, March 7, 2007  
The Purple Iris at Hartwood - 7-6:00 pm

### MONTHLY NETWORKING BREAKFAST

Wednesday, March 21, 2007 • 8:30 to 9:30 a.m.  
Shepherdstown Breakfast networking Meeting  
Shepherdstown Sweet Shop  
German Street, Shepherdstown  
Phone: 304-876-2432.

### CONNECTING WITH THE CONNECTOR

To have your news items included in the next issue of The Connector, send by the 20th of each month to: [terry@thewritemarket.com](mailto:terry@thewritemarket.com)

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### ANNOUNCEMENTS

- January meeting: Lynne Wiseman won the 50/50 and donated her \$24 back to the "pot". Ann Marie Carroll from Loaves and Fishes was present to personally thank PBWA for our \$680 donation last year. Everyone used their 30 second introductory speech and we learned: Catherine Silver-Riddell has been at her Inwood office for 29 years, Marilyn Braithwaite has been a full-time realtor for 20 years, Susan Wisniewski will be offering classes this spring, Joan Brooks has moved her office to her home in Shannondale, and Holly Taylor Lemieux reminded us that 98% of products contain petroleum that is not good for your skin.
- Thanks to Joyce Ervin, Bonnie Hersh, J.J. Myers, Catherine Silver-Riddell, Judy Larkin, and Susan Dudics Dean for donating door prizes to start off the year. Kathy Brant from The Buyer's Guide won the free 2007 membership.

### HOW I SPENT MY 2006 VACATION THAT OTHER PBWA MEMBERS MIGHT ENJOY:

#### **PUERTO RICO!!!**

Last June I was thrilled to earn a FREE trip to Puerto Rico because of my sales and efforts with Southern Living at HOME! What was even better is that I took my husband, daughter and mother with me!!!

We stayed at the El Conquistado Resort and Golden Door Spa! The weather was perfect! The sun was shining and the water was cool. The spa was luxurious! Boy! Did I need the rest. And, how better to get it than when some one is soothing your muscles in a tropical paradise?

My daughter, Merissa, had a great time playing in the different swimming pools and on the beach as well as the game room. Mom and I loved the spa treatments. Rick just loved doing nothing in a beautiful setting.

The food was beautifully prepared and tasted of the island. We especially enjoyed the Welcome Party when we arrived and the Farwell Party the night before we left. All kinds of tasty dishes from the island were prepared.

One of our best activities was a trip into Old San Juan and the Bacardi Rum Factory!!! Everyone should take a trip there! We had samples of the different rums and rum drinks. We brought home some bottles for gifts, to ourselves and others.

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While Mom was at the spa, Rick, Merissa and I took a horse-back ride through the edge of a rainforest. It was both lush and gorgeous. We took a break to swim in a mountain spring and cool off. MMMMMM! Heaven!

So there you have it! Next trip, head south to sun and fun and luxury. Soak up some rays. Learn about the rainforest and how important it is as well as how beautiful. And, drink to your health!

~Susan Dudics-Dean

### **THE OUTER BANKS!**

Vacation, every year is the Outer Banks (Kitty Hawk) and it has been since 1959, I know that was before most members of PBWA were born, but it was my graduation present! The best night out begins at Port O'Call and we always stay in beachfront properties. Actually, we've leased the same beachhouse for the past eight years or so. About six hours drive from Martinsburg.

~Judith A. Friend, PhD

### **TUSCON!**

I attended the convention of the Association of Professional Humane Educators in Tuscon, AZ in March 2006. I learned what other communities, most of which are big cities, are doing to address problems such as pet overpopulation and animal abuse and neglect through spay and neuter education and with legislation and enforcement. Our small city has a long way to go to overcome these problems, but it was exciting to learn what can be done with coordinated educational efforts and the appropriate laws and enforcement.

~Ann Morris

### **RUSSIA BY RIVER!**

Uglich? Yaroslavl? Goritsy? Kizhi? I suspect most of you haven't heard these words before. Neither had I. They are names of small towns I visited on my Russia by River trip with Vantage World Travel last fall. Each town showed me parts of Russia most people don't see when they visit only Moscow and St. Petersburg.

Don't get me wrong! Moscow and St. Petersburg are spectacular cities. Among many amazing experiences, we went to the Bolshoi ballet, a Cossack Folk Show and the famous Moscow Circus (though as an animal lover, I was bothered seeing bears and elephants, out of their natural elements, trained to perform). The opulence in the royal palaces we visited is beyond description. We explored winter palaces, summer palaces and one Catherine the Great gave to her lover! That trumps a nice pair of cufflinks any day. No wonder the Bolsheviks revolted.

The trip by boat along canals, rivers and lakes added so much to the enjoyment. We went through 17 locks and I finally figured out how they worked by about Lock 10. The river travel gave us the chance to see these delightful small towns and even have a meal with a local Russian family. Blinis (Russian pancakes) and home brewed vodka for breakfast was such fun!

This was my first trip with Vantage and I was very pleased. Every detail seemed to be well planned. We had a wonderful guide who spoke excellent English and loved her country. It was a joy to see Russia through her eyes.

~Rie Wilson

### **MACHU PICCHU & US...**

Last October, Terry (my dear hubby) & I finally achieved a long-held dream of ours – traveling to Peru &, in particular, to Machu Picchu. We were there for two grand weeks & had an exceptional & glorious visit there.

We started in Lima, Peru – the “City of Kings.” We visited various historical sites, museums, & a grand selection of Plazas. The best museum was the Larco Herrera Museum with its excellent overview of Peru's ancient past & an incredibly extensive private collection of pre-Columbian art. The museum has many fine examples of textile works, one example of which has a record breaking 398 threads per inch; materials & tools used by ancient Peruvians to produce spectacular works in ceramics & metals; and Pre-Inca & Inca period pottery, gold & silver pieces with semiprecious stones. They also had a separate “exotica” gallery of ancient pottery depicting some acts that I never thought possible!

Next we went to Arequipa - a typical, traditional old town complete with one of the most beautiful squares in Peru and great examples of XIXth Century Peruvian architecture. We toured the countryside of tiered agriculture fields that produced luscious products. Here we were also introduced to the amazing coca plant. Well, we saw some leaves – which the men, mostly, chew constantly for energy & other things... We didn't try the chewing, but did drink a lot of coca tea – for assistance with altitude sickness – of course. We also visited the Santa Catalina Convent (really a small city) built in the XVIIth Century where 20 nuns – down from 500 in the old days - still live in a private section.

Then on to Cusco & the Sacred Valley of the Incas. We toured Cusco “city” with its grand Main Square, Cathedral, & Temple of the Sun. Also visited the Inca sites & fortresses outside of town – including the impressive Sacsayhuaman (which is pronounced a bit like “sexy woman”). We visited various communities & typical Indian markets – great bargains, by the way. Also went to the Inca Fortress & Citadel of Ollantaytambo. The fortress consists of a series of stepped carved stone terraces accessed by a VERY long staircase. (okay, I'll admit, I stayed at the bottom of that one & enjoyed a more casual walk-around. Terry did the whole trek!!) After that, we went to the picturesque Andean village of Chinchero with its beautiful colonial temple built on Inca foundations. The young girls there (age 7 or so) had a great time pointing & giggling at Terry – he of the beard, mustache, & very long pony tail). Native Andean men do not have facial hair & only the unmarried girls have long braided “ponytails.” The girls kept trying to braid Terry's hair!!!

And, then, best of all, we went to Machu Picchu. We stayed at the bottom of the mountain in the town of Aguas Calientes. Then, we spent two half-days roaming around Machu Picchu itself. It was a transcendent experience – an ancient site that was, miraculously, overlooked by the Spaniards when they “conquered” (read that killed) the locals. Of course, now after having walked/hiked/crawled over the ruins, I’m guessing they were just too tired to go up there.

According to one site on the internet, “the ruins of Machu Picchu, rediscovered in 1911 by Yale archaeologist Hiram Bingham, are one of the most beautiful and enigmatic ancient sites in the world. While the Inca people certainly used the Andean mountain top (9060 feet elevation), erecting many hundreds of stone structures from the early 1400’s, legends and myths indicate that Machu Picchu (meaning ‘Old Peak’ in the Quechua language) was revered as a sacred place from a far earlier time. Whatever its origins, the Inca turned the site into a small (5 square miles) but extraordinary city. Invisible from below and completely self-contained, surrounded by agricultural terraces sufficient to feed the population, and watered by natural springs, Machu Picchu seems to have been utilized by the Inca as a secret ceremonial city. Two thousand feet above the rumbling Urubamba river, the cloud shrouded ruins have palaces, baths, temples, storage rooms and some 150 houses, all in a remarkable state of preservation. These structures, carved from the gray granite of the mountain top are wonders of both architectural and aesthetic genius. Many of the building blocks weigh 50 tons or more yet are so precisely sculpted and fitted together with such exactitude that the mortarless joints will not permit the insertion of even a thin knife blade.”

Some of the more “famous” structures there are the Temple of the Condor (the condor was a sacred bird to the Incas), the Wiany Wayna (the terraced grounds & buildings you see in a typical picture of the place), the Intihuatana (where the change of the solstice period was celebrated), the Temple of the Tree Windows (where, perhaps, animal sacrifices took place), the Temple of the Sun (again, a solstice kind of thing – kind of like the Inca version of Stonehenge – or the other way around).

Then we were on to Puno – on the way visiting mountain communities, Inca sanctuaries, & village towns. The best Sanctuary was one built by the Inca Pachacutec and dedicated to the great Inca God of Wiracocha, with its great central wall with a stone base of fine Inca architecture & walls of adobe bricks (a prime house construction material still).

In Puno, we found yet another quaint small town with its own grand plaza & chilly temperatures. (The rest of the trip’s weather had been perfect – upper 60s, low 70s, but Puno is at 15000 feet above sea level & windy.) We did a great tour of Lake Titicaca (I just love saying that name.) – which is the largest navigable lake in the world & is part of the border between Peru & Bolivia. We visited the “Floating

Islands” of the Uros. The ancient inhabitants of the lake have built their own “islands” by periodically adding new layers of reed & vegetable fiber. Their homes & boats are also made of the Papyrus family fiber. Then we went to Taquile Island inhabited by Quechua-speaking folks (that’s the native language of the Incas). Here is where we climbed 567 steps (no, I didn’t count, but that’s what the guide said & I believe him) straight up to the Town & a lovely view of the lake. After Puno, we were off to the airport for the trip home. On the way, we did stop at the Chullpas of Sillustani – stone cylinder burial chambers used by the Aymara to bury their important leaders.

The trip was a great success – a delight for all the senses & the mind. The sights, the people, the native crafts, the history, the cultures, the alpaca sweaters, the weather, the art, the music, the llamas & alpacas, the exercise, & some of the food. Altho, as to the exercise, I will admit that it took my body quite a while to recover from all the physical exertion. And about the food, turns out guinea pig is a local delicacy – I did try it & it tastes like a cross between chicken & goat. Also they eat a lot of alpaca – which wasn’t too bad.

I’ll close with a belated holiday greeting – in Quechua – “Sumaj kausay kachun Navidad ch’sisipi.” I have no idea what that really says, but that’s what I found on the internet. Of course, when I showed it to Terry, he did note that the Incas didn’t really celebrate Christmas!!!!!!!

*Take care & happy traveling...*

*~ Johnna Shamp*

### **GLOSSOP!**

My vacation was spent in the company of town criers, Morris dancers, match girls, barrel organists, bodgers, gypsies and ragamuffins, to name just a few of the characters that flocked the streets of Glossop, Derbyshire, England during the first weekend of September.

Glossop is not far from Manchester and is known as the “Gateway to the Peak District National Park.” A former cotton town, with over 46 cotton mills during its hey-day in the 18th and 19th century, many of its fine buildings were built during the Victorian era. However, the 20th century saw the end of the cotton industry in the UK and now all the mills are closed.

For the past 27 years Glossop has hosted a Victorian Weekend to celebrate the town’s colorful history.

My family now lives in Glossop and during a visit to celebrate Mum’s 85th birthday, I decided to participate in the festivities. It was the perfect way to learn more about the era in order to enhance the programs I give on tea and life in Victorian England.

The music from barrel organs and local brass bands filled the air along with the bell ringing and calls from the town crier. In the background children could be heard squealing with delight over the sounds of the hurdy-gurdy as they rode the

carousel or slid down the helter-skelter.

Part of the celebration is a Victorian Costume competition and dressed in outfits from the 1890's my young niece and I actually won a prize for the authenticity of our clothes. Our award was presented to us by the High Peak Mayor and Mayoress and Lady Hilton. The Mayor and his wife were in their full regalia with large golden chains of office. Lady Hilton, a tiny little woman, (who must be older than dirt) was dressed as one would expect English "Lady" in suit, pearls, gloves, handbag on the arm and the biggest hat you ever saw!

Of course, Glossop is in the North of England, an area that probably gets more rain than Seattle. And did it rain that weekend! In fact it continued to rain very heavily most of my visit. Being constantly drenched literally to the skin made me fully realize that the Victorian period was not as romantic as we all envision. Most of the ordinary women wore ankle-length heavy skirts and woolen scarves that had to be dried in tiny little over-crowded houses with only a coal fire for heat.

As part of my Victorian research had a meeting with the curators of Manchester Costume Museum. They were a wealth of information on historical clothing and showed me actual tea gowns plus hats and other Victorian accessories.

It is always wonderful to go "home" and visit family and old friends but the best part of the trip was finding a set of books called "Cassell's House Guide" in a local thrift shop. These Encyclopedias of "Domestic and Social Economy," written in 1890, describe in great detail how to run a household and the etiquette of the time. The information contained in these books will provide accurate information for future programs.

By the way a bodger is an itinerant furniture maker.

~Judy Larkin

*Thanks to all the PBWA members who shared their travels with us. For March, as part of Women's History Month, start thinking about a woman mentor and what she did for you that you might share with us.*

**PBWA**

