

# *the* Connector

March 2004

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

Vol. 04/Issue 3

## networking notes

### **PBWA: Wednesday, March 3, 2004, 6 to 8 pm**

March Regular Monthly Membership Meeting will be an evening networking meeting and the

#### **Founding Members Recognition Dinner**

(see article at right for more information)

The Purple Iris at Hartwood

1409 Winchester Ave., Martinsburg, WV.

Dinner Cost \$12.00/Payable to PBWA

### **PBWA: Wednesday, March 10, 2004, 12 to 1 pm**

Martinsburg Lunch Networking Meeting

The Market House Grill on the corner of Burke and North Queen Street.

### **PBWA: Wednesday March 17, 2004, 8:30 am**

*New* Breakfast Networking Meeting in Inwood

Daily Grind, Inwood

(this group will continue to meet the third Wednesday of each month—everyone is invited to attend.)

### **PBWA: Thursday March 18, 2004, 8:30 to 9:30 am**

Shepherdstown Breakfast Networking Meeting

The Sweet Shop Bakery on German St., Shepherdstown

### **PBWA: Wednesday, April 7, 2004, noon to 1:30 pm**

April Regular Monthly Membership Meeting

The Purple Iris at Hartwood

1409 Winchester Ave., Martinsburg, WV.

Meal Cost \$12.00/Payable to PBWA

### **March 3, 2004, 6 to 8pm**

#### **FOUNDING MEMBERS RECOGNITION DINNER**

Join us in celebrating our 10th year with our Founding Members. As we reminisce about the past 10 years, come prepared to share your most successful business moment or your most embarrassing with the other members at your dinner table. We are thinking of publishing success stories in the newsletter, so bring yours in writing if you'd like to share it with everyone.

#### **EAT & BE WELL!**

##### **Health and Weight Improvement Program**

Holly Taylor Lemieux will be starting a once monthly class and support group for health improvement and weight loss (if needed) in March.

Purpose: 1. Improve your health; 2. Receive education about making healthier lifestyle choices; 3. Group support/accountability; 4. Weight reduction (for those who would benefit)

When: Beginning Thursday, March 11, from 5:45 PM until 6:30 PM. (Alternate inclement weather date: March 18.) We will meet twice the first month, March 11 and 25, then once a month on the second Thursday of each month, from 5:45 until 6:30PM

Where: Inwood, WV, at the home of Holly Taylor Lemieux. The location could change after March, if the participants come to a consensus about a more suitable meeting location for the whole group.

Cost: Participation in the meetings will be free, however, there will be a charge for materials, including a \$22 charge for the

# PBWA

Professional Business Women's Association

P.O. Box 2586 Martinsburg, WV 25402

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book and CD (or cassette) set, around which the eating program is designed. Recommended nutritional supplements will be available at wholesale prices for those who join.

Classes will consist of education, measurements, encouragement and support. Education will include nutrition, fitness, healthy lifestyle awareness, and toxin reduction.

This program will educate you about better eating choices, with the focus on improving your health. The results will be improved vitality and energy, with substantial weight loss for those who need it. When you follow this program, your health will definitely improve, and if you are not at your ideal weight, you will certainly lose weight and inches! However, this program will also be very helpful for those who do not need to lose weight, but have health concerns such as arthritis, lack of energy, digestive disturbances, high cholesterol, blood sugar imbalances, etc.

This plan is based on the work of Krystal Gray, CCN (Certified Clinical Nutritionist) with over 20 years of clinical experience. This program was designed following the guidelines of: The American Diabetes Assoc., The American Cancer Society, The American Heart and American Medical Assoc., The American Council on Exercise, The American College of Sports Medicine and Conditioning Assoc. and the American Council of Applied Clinical Nutrition Foundation.

Holly Taylor Lemieux will be the group facilitator and educator. She has been trained by Krystal Gray and also brings with her a Bachelor of Science Degree in Physical Therapy and over 25 years of clinical experience.

Please call to register, by Wed., March 3rd, so materials and supplies can be ordered and on hand. Holly Taylor Lemieux, 304-229-7650, between 9 AM and 9PM.

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## MARKETING/OUTREACH POSITION AVAILABLE

PBWA member, Susan Benjamin, is looking for a marketing/outreach person to contact conferences and large organizations about her services, talks, and products to help organizations communicate better. Self-motivation is a must. She can be reached at (202) 545-0100.

## EDWARD JONES HOSTS LADIES' LUNCH GROUP

Karen Coyne, the Edward Jones investment representative in Inwood, will host a Ladies Lunch Group on Thursday, March 18, at noon.

"This club was created to provide women with financial information. Women investors have very different needs than men. They generally spend time in the workforce and have longer lifespans," said Coyne.

The group meets every third Thursday of the month at the Inwood Eatery, Inwood, WV. There are no dues or fees, but seating is limited. Please call (304) 229-3100 to reserve a seat.

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## NEW MEMBER CORNER:

**Ann E. Gentile** is the Mary Kay Sales Director.

**304-274-3402 • anngentilemk@hotmail**

**Ginger M. Lewis** is the Vice President Marketing for CoxHollida LLP a certified public accounting firm offering tax planning, accounting & auditing, small business services, business valuations and estate planning. **304-263-0891 • glewis@CoxHollida.com**

**Christy M. Miller** is a Staff Accountant with Nichols DeHaven & Associates, CPAs, PLLC providing accounting, assurance, tax and technology services. **304-725-6525 • cmiller@nicholsdehaven.net**

**Kelly Parsons** is the VP Firm Administration/Human Resources with Nichols DeHaven & Associates, CPAs, PLLC providing accounting, tax, software, financial services and customized accounting assistance. **304-725-6525 ext.124 • kparsons@nicholsdehaven.net**

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## NATIONAL WOMEN'S BUSINESS LOBBY

The US Women's Chamber of Commerce (USWCC) takes another leap forward in connecting women to greater influence, education, opportunity and advancement with its groundbreaking Virtual Town Hall—a revolutionary system of Internet-based live voice conferencing, online polling and interactive sessions. Through Virtual Town Hall events, the USWCC will introduce women business leaders to experts in procurement, leadership and public policy; moderate discussions on top issues of the National Women's

Lobby; and conduct live polling on issues to be presented to state and national political leaders.

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## **TOWN HALL FOCUSES ON ACCESS TO MARKETS**

First virtual town hall to focus on access to markets for women business owners and culminates in "Access to Markets: Women in Procurement Week". The first National Women's Lobby Virtual Town Hall will focus on the top entrepreneurial issue women identified late last year: securing entry into government and larger corporate 2nd tier procurement markets. This Virtual Town Hall is being launched today, Jan. 27, 2004, and will continue until Friday, March 5, 2004 when the final national vote will close on our first policy statement. [www.uswomenschamber.com/nwl](http://www.uswomenschamber.com/nwl)

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## **COMPUTER CONNECTIONS TRAINING WORKSHOPS**

Computer Connections offer one-day, hands-on computer training workshops in Martinsburg, WV. Microsoft Office is the number one software used in most business environments. However, most offices are only using 20% of its features. Take your employees to the next level through these one-day, instructor-led training workshops. These workshops offer a friendly learning environment and are limited to six participants.

Carol Crabtree, the owner of Computer Connections, holds degrees in both business and education and is a certified instructor through the Microsoft Corporation. Carol has been teaching computer application courses at the college level for over 12 years. She currently teaches at Hagerstown Community College, The Community and Technical College of Shepherd and now offers these classes through Computer Connections.

Visit our web site at [www.getuconnected.com](http://www.getuconnected.com) for our schedule of classes and course descriptions. Or email Carol at [info@getuconnected.com](mailto:info@getuconnected.com).

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## **EDEN DESIGN TURNS 4** **by Jen Rolston, Owner**

It is hard to believe but Eden Design will be 4 years old in March! We have grown tremendously since our start and have developed an amazing base of dedicated clients that have continuously hired

us for all sorts of fun and interesting projects. From brochures to web sites and small business start-ups to established non-profits we have enjoyed helping our clients market themselves professionally and economically. We have recently updated our web site ([edendesignco.com](http://edendesignco.com)) to include our latest and greatest work and invite you to check it out.

I joined PBWA soon after I applied for my business license and it was one of the best decisions I ever made. I have worked with many of you over the last several years and have watched your businesses grow along with mine. You also had to watch me 'grow' during pregnancy and now listen patiently as I tell about the antics of my energetic toddler. My point is that I feel I have successfully attained my goal of combining work with pleasure and clients with friendships. So many of you started as clients and I can now truly call you friends. Thank you, thank you, thank you for all of your support and fantastic advice!

*For those of you unfamiliar with Eden Design:*

*We are a full service graphic design firm specializing in small business, non-profits and artists in all medias of web and print. Consultations are free and PBWA members receive a 20% discount on design fees.*

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## **PBWA E-MAILING GROUP HAS BEEN ESTABLISHED**

Many PBWA members have requested to use the PBWA member e-mail list to provide information to the PBWA membership. It has always been PBWA policy to keep use of the e-mail list to a minimum, thus in the past all broadcast e-mails were sent to Rie Wilson and, if found pertinent, forwarded on to the entire membership.

To allow members to communicate better with each other and to minimize Management Council's involvement with online communications we have decided to create an e-mail group with Yahoo Groups. This is a free service offered by Yahoo so you may often have a banner ad at the bottom of a yahoo group e-mail (they do not do pop-up ads and it is easy to ignore the banner ad).

The beauty of the yahoo group is that you have to register to participate so only members who are interested in receiving e-mails from other members will do so. The group will be unlisted so you will not receive e-mails from other parties and PBWA members will not be able to forward your addresses to outside sources. Only PBWA members will be allowed to post messages using this service. Management Council will not be involved in any way so members

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e-mail group, continued from page 3  
will be responsible for keeping addresses current and content professional.

Interested in participating? Here's how . . .

First you must subscribe at:

**pbwaep-subscribe@yahoogroups.com**

You will be required to create a yahoo account but it is free and takes only minutes.

To post a message simply e-mail to:

**pbwaep@yahoogroups.com**

This will automatically send your e-mail to everyone registered with the group. If you receive an e-mail from the group and press "Reply" it will only reply to the sender, not the entire group.

If at some point you wish to unsubscribe, you can do so at:

**pbwaep-unsubscribe@yahoogroups.com**

Management Council will continue to e-mail meeting, newsletter and time-sensitive information to the entire membership using the current directory of members' addresses. If anyone has questions, concerns, etc. about this service please contact **Jen Rolston** at **jen@edendesignco.com 304-728-2508**

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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**

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### Management Council

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