

networking notes

MONTHLY NETWORKING MEETING

Wednesday November 2, 2005 Noon to 1:30
The Purple Iris at Hartwood
1409 Winchester Avenue, Martinsburg, WV
Bring canned goods, to donate to the needy!

TOPIC: ROUNDTABLE DISCUSSION ABOUT THE EXPO. OPEN TO SUGGESTIONS: WHAT WORKED, WHAT DIDN'T, IDEAS FOR NEXT YEAR, ETC.

NETWORKING BREAKFAST

Wednesday, November 16, 2005
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 December 7, 2005
The December meeting will be our HOLIDAY GALA - an evening dinner at the Purple Iris at Hartwood in Martinsburg. **Bring new, unwrapped toys to donate to the needy!**

NETWORKING BREAKFAST

Wednesday, December 21, 2005
8:30 to 9:30 a.m.
Shepherdstown Breakfast networking Meeting
Shepherdstown Sweet Shop
German Street, Shepherdstown
Phone: 304-876-2432

NEW MEMBER CORNER

Michelle Miller: Advertising Account Executive
WLTF/WICL/WEPM

"I work with businesses in the area. I assist them with their marketing efforts and implement successful advertising campaigns to achieve their marketing goals."

Linda Parkhill: Owner
Integrative Resources, LLC - dba/Parkhill Center for Holistic Healing

"Office rental for therapists with flexible lease, all amenities, fully furnished, beautifully landscaped, conveniently located - (9W from I-81)."

LEADERSHIP WV

Judith Friend

Leadership West Virginia is a statewide leadership development and education program that aims to identify emerging leaders throughout West Virginia, enhance their personal leadership skills and enrich their knowledge of not only the problems facing the state, but also of the diverse and unique attributes of the Mountain State. As an alumni (class of '98) of Leadership WV, I am able to recommend someone for the '06 class. It was an incredible experience. The web site is www.leadershipwv.org and I have an application, which I will bring to the luncheon in November or anyone may contact Judith Friend.

DOOR PRIZE WINNER

Terry Kent

I would like to congratulate Ruth Lamb of Real Estate Marketing, LLC in Weston, WV on winning The Write Market's framed photo print of the Grand Canyon. The photo was taken this summer at the Grand Canyon by Terry Kent and given as a doorprize at the October 6th Women in Business Expo.

Terry Kent is Co-Founder and Co-Owner of The Write

AUTHORIZATION NEEDED

We would like to make all the links and emails in the Member Directory on the PBWA web site active links (clickable) but need your written permission first.

Make my email* an active link. My current email: _____
(PLEASE PRINT CLEARLY)

Make my web site link an active link.
My current web address: _____
(PLEASE PRINT CLEARLY)

Signed: _____

If you would like your links active and have not already done so, please sign and mail this form to:
PBWA • P.O. Box 2586 • Martinsburg, WV 25402

*Note: Anti-SPAM measures are being used on the site to help prevent your information from being harvested.

Market, LLC. (www.thewritemarket.com). The Write Market specializes in helping existing businesses grow, and their clients cover a wide variety of fields such as: arts and entertainment, accounting, sciences, retail and service oriented businesses as well. She also dabbles in photography for fun. You can see (and buy) her work at www.artgallerygiftshop.com.

made up of 5-8 volunteers, with a family in need.

Each mentor team makes a commitment to work with the family for one year to help them identify their strengths, set and work toward attainable goals and achieve greater independence and personal well-being. Mentor teams provide friendship, support, guidance, advocacy, tutoring and more to help the family maximize it's independence and reach goals, that without support can seem insurmountable.

DECEMBER HOLIDAY GALA

Yep, it's that time of year already! The December holiday Gala will be held on December 7th. The cash bar will open at 5:30 and dinner will be served around 6:00 pm. Watch your mail box for the invite, we'll need your RSVP and payment to cover the dinner. Bring a \$10.00 gift for the gift exchange. Check the PBWA website for the response form if you don't receive one in the mail. **We need RSVPs by November 15th!**

The team concept is much like a network of friends or an extended family, each bringing different, but equally valuable gifts, talents and skills to the relationship. FIAJC plants seeds of hope in families so they believe in themselves enough to go after their dreams and attain a more fulfilling lifestyle for themselves and their children.

We're also asking if people can donate new, unwrapped toys - just bring them to the Gala.

Friends in Action currently serving 4 families in Jefferson County and would like to recruit additional volunteer mentors to work with more families. FIAJC is also seeking donations and funding for its work. *For more information on how to become a volunteer mentor contact Anne Conlan 274-2613.*

FRIENDS IN ACTION

By Anne Conlan

When PBWA member, Anne Conlan volunteered for a team-based charity in Montgomery County, Md., she was inspired by not only the concept, but the results she witnessed. So after moving to Jefferson County a year and a half ago and learning that 46.6% of female head of households with children under 5 live below the poverty level, she decided to bring the spirit of the friendship and support to the Eastern Panhandle and is now the founder and Board President for Friends in Action of Jefferson County, FIAJC.

Friends in Action of Jefferson Count, FIAJC, is a goal and action oriented program that uses the power of friendship to bring about positive changes in the lives of low-income families in Jefferson County. FIAJC facilitates the linking of volunteer mentor teams,

THANK YOU

Thank you - many times over to all the major sponsors, the exhibitors and all the PBWA volunteers who helped make the 3rd Annual Women in Business Expo such a great success. Sandy Sponaugle and Jen Rolston used the Expo to show their new marketing materials, Elizabeth Hostler used the Expo to bring her new dog and expose him to the public, Holly and Susan used it to share new products with the public, and Bubble B shared the story on her that appeared in a major magazine. Several new members used the Expo to introduce their products and services to the public and to other PBWA members.

SLOW DOWN • YOU HAVE TO

By Diane Mickelson

(This column was previously published on October 24, 2005 in The Journal--Martinsburg, WV)

It always gladdens my heart when the universe helps me out. As I drove to see my first client last Thursday, I was searching my mind for a topic for today's column. And then--there it was -- John Tesh's "Intelligence-for-Your-Life Minute" on 97.5 FM radio.

His one-minute topic was stress management and how to use the "5-7-10" method of minimizing your stress. The number five deals with taking the first five minutes after you arrive home from work to change your clothes. Tesh says studies show that getting out of your "work" clothes and into your every-day duds, gets your mind out of the work mode.

The number seven has to do with minutes, too, but this time, Tesh recommends that you call a friend and talk for seven minutes--or so. This will take your mind off your problems or at least give you someone to commiserate with.

And finally, ten stands for ten minutes of emptying your mind. Imagine you are in an empty room or on an empty beach. Then, work on keeping the scene as "empty" of activity as possible.

All of these methods are great to help reduce stress and kick your body out of the "fight or flight" mode. It is essential that you find something that will do this on a daily basis, or you could end up in "burnout." If you let yourself get that far, it can lead to all kinds of chronic diseases, such as high blood pressure and heart disease. When it is so easy to practice stress management in a few minutes--22, if you did all three of Tesh's suggestions---why not try it?

But, you say, you aren't burned-out, just a little frazzled. Well, let's examine some of the symptoms of burnout that could be affecting you. Are you tired and fatigued most of the time? Are you experiencing bouts of insomnia or losing or gaining weight? On the emotional scale, are you feeling negative and irritable? Do you get angry easily or feel helpless in many situations? Is your body reacting with frequent headaches and digestive problems?

Each of these symptoms alone may not mean you are heading to burnout, but if you are experiencing several of them, it may be time to take an evaluation and get some professional help. Remember, you

don't have to try to be super-woman--or superman.

Practicing easy stress management methods every-day can be your best bet in warding off burnout to begin with. Try something as simple as slowing down. That means when you drive--drive the speed limit. Keep your distance behind the car in front of you and be a courteous driver. All three of these things only add a few extra seconds to your commute time, but can literally be a lifesaver in the end.

Slow down when you eat. Remember the old rule of putting your fork down between mouthfuls? Try it. It not only lets you enjoy and taste your food, but your brain will get the message that you are full before you have over-indulged--again. Eating in the car or at your desk while you work is also a no-no. We have to eat, so why not make it a relaxing experience.

Allot plenty of time for restful sleep. I need eight hours most nights or I feel like a zombie. If you are not getting enough good restful sleep, your body is missing the time it needs for restoration and rejuvenation. And you can't sleep all weekend to make-up for the sleep you missed during the week. Unfortunately, there is no "Sleep Bank."

Practice a daily ritual of prayer or meditation. If you are Catholic, you know these two things are combined together when you say the rosary. If you find you don't have the discipline to schedule downtime for yourself and make it a priority, you may have to join a meditation or yoga class.

My suggestion has always been to write in your planner or palm pilot--"Meeting with the President" and the president is you. This is the time you do your relaxation or exercise. (Exercise is a great stress-reducer, too.) This is a meeting that is of the utmost importance and can't be cancelled. When something does interfere, reschedule the "Presidential" meeting immediately.

Then, when you think you have big problems, just take a look around. There are many people who are very disadvantaged and could use your help. This is a sure way to get your mind off yourself. You may even feel thankful that you have such "little" stressors to worry about.

Start by volunteering to help your favorite organization or charity. I suggest talking to Ann Conlan,

director of the newly formed non-profit agency–Friends In Action of Jefferson County. (For more information, call 304-274-2613 or go to friendsinactionjc.org.) Helping Ann help others who are less fortunate just may be what you need to feel less stressed about your own life.

Now, breathe in slowly–eight counts. Exhale very slowly–16 counts. Repeat–repeat–repeat . . .

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



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

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