

the Connector

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

Vol. 07/Issue 11

Visit us at: www.pbwa.org

networking notes

MONTHLY NETWORKING MEETING

Wednesday, November 7, 2007 (1st Wed. each Mo.)
The Purple Iris at Hartwood, Martinsburg
12:00 PM \$12 at the door - No Res. Req'd.
Topic: Dealing with Holiday Stress

~ **Please bring food for C-CAP- powdered milk, oatmeal, canned meats, etc**

MONTHLY NETWORKING BREAKFAST

Wed., November 21, 2007 (3rd Wed. each Mo.)
Shepherdstown Sweet Shop
German Street, Shepherdstown
8:30-9:30 am - No Res. Required

MONTHLY NETWORKING LUNCH

Wed., November 28, 2007 (4th Wed. each Mo.)
Asian Garden, Martinsburg
11:30 am - No Res. Required

MONTHLY NETWORKING MEETING

Wed., December 5, 2007 (1st Wed. each Mo.)
The Purple Iris at Hartwood, Martinsburg
12:00 PM \$12 at the door - No Res. Req'd.

CONNECTING WITH THE CONNECTOR

To have your news items included in the next issue of The Connector, send by the **15th of each month** to: clundber@blueridgectc.edu

2007 MANAGEMENT COUNCIL

Christina Lundberg
SBDC of Blue Ridge CTC
304-260-4382
clundber@blueridgectc.edu

Katie Ihndris, CPA
Monarch CPA Services
304-260-9112
Katie@monarchcpas.com



Professional Business Women's Association
Visit us at: www.pbwa.org

The Connector is COPIED by Progressive Printing—Thanks Laura!

Susan Dudics-Dean
Southern Living at Home
304-263-3296
susandudicsdean@yahoo.com

J. J. Myers
JJ's Jewelry
304-263-2858
jjjewelry@adelphia.net

Grace Murphy
Good News Mountaineer Garage
304-725-5070
gracegnmg@frontiernet.net

NEW MEMBERS

Misti Bush
Pampered Chef
Walkersville, MD
240-235-9446

Peggy Fobbe
Private Canine
Pet Waste Removal Service
Kearneysville
304-724-8069

Kay Henderson
Blue Ridge Pet Sitting, LLC
Charles Town
304-728-9894

Judy L. Jeffares
Common Ground
Martinsburg
304-263-5633

Pamela Owens
Holiday Inn Express
Charles Town
Ranson
304-725-1330 ext 1002

NOVEMBER MEETING: WE HAVE A FULL AGENDA:

We will also be voting on the organization to send the donated part of the 50/50 raffles to for 2007.

We will also be voting on the 2 vacancies on the Management Council for 2008- currently Ann Halavick, Time Plus Payroll and Judy Larkin, The Tea Lady have volunteered. Other members can also volunteer, and depending on the number of 'candidates' we will hold an election at the November meeting or mail out ballots. We will also have a discussion about the Women in Business Expo to help the Management Council for next year.

Three members will then discuss dealing with holiday stress: Diane Mickelson will discuss dealing with physical stress; Susan Wisniewski will share some visualization techniques, and Joan Brooks will discuss the emotional issues around stress.

EXPO THANKS

Thanks to Joyce Ervin, Marilyn Braithwaite, Jeannie Avey, Susan Wisniewski, Karen Coyne, Rie Wilson and Meg Hughes who volunteered their time to help with registration, door prizes and providing information at the PBWA exhibit. Thanks to Katie Ihndris, Monarch CPS Services for donating the bags for all the attendees.

Thanks to Mary Jo Brown, Governor Manchin's local representative who came and presented Greetings from the Governor to all the exhibitors. The Certificate read: "Greetings: Let it be known that, (name of company and person), has been awarded this Certificate of Recognition for participating in the 5th Annual Women in Business Expo sponsored by the Professional Business Women's Association."

Again there were great door prizes thanks to the following PBWA members: Arceli Day, Candee Hegedus, Cynthia Nicletti, Donna Hubbard, Holly Taylor Lemeux, J. J. Myers, Jo Mileo, Joan Brooks, Judy Jeffares, Katie Ihndris, Marilyn Braithwaite, Melissa Smallwood, Pamela Owens, Rie Wilson, Roberta Chromey, Sarah Soltow, Susan Dudics Dean, Susan Wisniewski, Tracy Keefer, Meg Hughes, Suzanne Crowder and Tina Combs.

Thanks to our three gold sponsors: Tina Combs, Martinsburg-Berkeley County Chamber of Commerce; Dawn Newland, State Farm; and Christina Lundberg, Small Business Development Center of Blue Ridge CTC. Their sponsorship money paid for the Expo advertising.

The money from the Silver sponsors helped pay for the use of the Holiday Inn and thanks to: J. J. Myers, J.J.'s Jewelry; Tracy Keefer, Kelley Allstate; Katie Ihndris, Monarch CPA Services; Ann Halavick, Time Plus, Payroll; Gail Moxley, Citizens National Bank; Terry Kent, The Write Market; Donna Hubbard, Seaside Tan and Spa; and Jo Mileo, Independent Mary Kay Director.

Be sure to check out photos of the event thanks to Joyce Ervin. They can be found at: <http://pbwa.org/events/2007photos/>

OTHER MEMBER NEWS


Sandy Sponaugle of Platinum Public Relations has opened an office at 104 S. King Street, Shepherdstown.

From Rie Wilson- Job Corps needs clothing- they are in need of business attire for women and men for their students to wear on job interviews. Clothes can be dropped off during business hours, call Jennifer Gayles, Business Community Liaison, Harpers Ferry Job Corps center, 304-724-3411.

From Meg Hughes- The Village Spa at Locust grove will be hosting "Breathing Workshop" on Saturday, November 3 from 9:15 am to 12:30pm, \$25. Learn how to engage your entire body while breathing, releasing stress and anxiety, along with affecting many medical conditions including breathing problems, high blood pressure, asthma, fibromyalgia, chronic pain and headaches. The workshop will be facilitated by Linda O'Brien. Call Meg at 304-262-6699 for details.

Did you vote for a PBWA member's scarecrow in downtown Martinsburg? Jodee Arndt, Judy Jeffares, Katie Ihndris and Ann Halavick used their imaginations to create artistic additions to downtown poles. Thanks!

At the March open house at Seaside Tan & Spa, several of us enjoyed the Face Toning Massage. They have now added the cleansers, lotions and toners used in that massage- in Seawater, Azulene and Rose Water hydrating mists. Call Donna Hubbard or Christy Miller at 304-267-3930 or visit them at 881 Mid Atlantic Parkway, Martinsburg.

How many PBWA members pictures are now on billboards? Three for sure: Gail Moxley, Dawn Newland and Tracy Keefer. 



PO BOX 2586
Martinsburg, WV 25402

