

the Connector

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

Vol. 06/Issue 9

networking notes

MONTHLY NETWORKING MEETING

Wednesday, September 6, 2006
The Purple Iris at Hartwood
12 Noon • \$12.00 at the door

MONTHLY NETWORKING BREAKFAST

Wednesday, Sept 20, 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, October 4, 2006
Note: Our October meeting will be the Women in Business Expo!
Holiday Inn, Martinsburg • 5:30pm-7:30pm

MONTHLY NETWORKING BREAKFAST

Wednesday, October 18, 2006 • 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, 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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Terry Kent

The Write Market, LLC
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NEW MEMBER CORNER

Penny Mutton
The Creative Handyman

Margaret Smith Walker
Premier Bank • MADD; Terry Walker Jr. Scholarship Fund

MONTHLY 50/50 RAFFLE

We're continuing to offer our 50/50 raffle. Bring those extra dollars to lunch! At the end of the year, all monies raised will be donated in PBWA's name. (charity still to be determined).

MEETING TOPICS

Meetings: Based on the responses at the January meeting, the 2006 Management Council has planned the following events for the year:

- September: SBDC (bring your mailing labels! We'll be addressing postcards for the October Expo!)
- October 4- 4th Annual Women in Business Expo
- November: Open
- December: evening Holiday Gala

ANNOUNCEMENTS

The Management Council wanted to thank all of our members for their patience this past month! The lunch at the Clarion was a terrific success. We had almost 45 people! We all realize we're spoiled at the Purple Iris so having to come up with an accurate head count for the Clarion was something we haven't had to do for awhile. We hope everyone had fun. It was nice to be able to see so many faces we don't get to see on a regular basis. We are going to try and have more meetings in a location more central to Jefferson County for that very reason (probably the Clarion).

Susan Dudics-Dean has volunteered to run for 2007 PBWA Management Council, and Chris Lundberg and Tracy Keefer have agreed to stay on for another year. Terry Kent will continue to update the website, directory and newsletter. However, we still need 2 volunteers for Management Council. Please let a current MC member know if you are interested. We will have elections at the November meeting.

WOMEN IN BUSINESS EXPO

Wednesday October 4, 2006 5:30 to 7:30

The EXPO is fast approaching! We hope everyone is spreading the word to help make this the biggest success yet!

Our Gold Sponsors:

The Neighborhood Welcome
The Village Spa at Locust Grove
The Write Market, LLC
Allstate
Premier Bank
SBDC

Our Silver Sponsors:

Color Me Beautiful
Eden Design
Platinum PR
The AIDS Network
Jefferson Security Bank
Red Rover Graphics
Tahitian Noni International

Exhibitors:

Southern Living at Home
RE/Max Success Realty
J.J.'s Jewelry
Arbonne International
Rugs for the People
Mary Kay Cosmetics
Peterson Fine Arts
Donna's Custom Creations
Good News Mountaineer Garage
Seaside Tan & Spa
The Eclectic Skillet Personal Chef Service
Insight Services
Organized at Last, LLC
Goddess Creations

Our Two Workshops:

The Evolution of a Small Business:

Hear how PBWA members are helping their businesses evolve. *Panelists: The Neighborhood Welcome, Village Spa and The Write Market, with Judith Friend as moderator.*

Resources to Help Your Business Grow:

Using local resources to achieve your goals!
Panelists: Premier Bank, Allstate Insurance, SBDC, with Joyce Ervin as moderator.

Currently, some of our doorprizes include: a luggage set and a trip to Atlantic City, restaurant gift certificate, bracelet, body soufflé and scrub, Arbonne foot cream, oriental rug pillow, Mary Kay satin hands, granny square afghan, a television, a framed photographic print and MORE! (Must be present to win)

Flyers are now available online (<http://www.pbwa.org/events/expo.html>) to hand out or post in your place of business. Don't forget to bring your mailing labels to the September meeting, we'll have postcards ready to be addressed.

We do need volunteers to help with registration and the PBWA exhibit - contact one of the Management Council members to volunteer.

HARMONY HEALING ARTS CENTER

submitted by Michelle DeStefano

The Harmony Healing Arts Center is hosting a free Healing Clinic. This is a Chinese Style open clinic where clients can walk in and count on receiving a free healing session. Generally the participants will receive Quantum Touch, Medical Qigong, or other therapeutic energy work such as Reiki. They may also be given Qigong exercises to support a particular meridian system that may be weak (which helps to support a certain organ the client may need help with.)

My motivation for starting this clinic is for people who want healing work and can't afford it, to have something they can count on regularly. Each healing session lasts about 20 minutes. Chairs are in a half circle and the person getting worked on sits in the middle while the other people waiting their turn remain quiet, either meditating, relaxing or just holding a general attitude of healing for everyone.

Harmony Healing Center is located at 207 East New Street, Shepherdstown, just around the corner from Princess Street. The dates for the clinic are all Wednesdays. August 23, September, 20th and October 11th and 25th. The hours are from 2-5, however, the last client to be worked on will be 4:30. We will decide on future dates after October. Eventually, I envision other practitioners to join me in the healing work so that more than one client can receive healing sessions at a time.

*Submitted by Michelle DeStefano, L. Ac.
Acupuncture Office of Michelle DeStefano
PO BOX 537 • Shepherdstown, WV 25443
304-261-8077*

SEASIDE TAN & SPA

Submitted by Donna Hubbard

If you haven't visited Seaside Tan & Spa, you're missing out! Seaside Tan & Spa is located at 881 Mid Atlantic Parkway, Martinsburg, WV, offers a variety of services including a 30-bed Tanning Salon, a private Day Spa, a Beauty Salon, and a women-only workout gym.

DAY SPA:

Indulge in the ultimate comfort of a relaxing day spa.

Seaside's Tan and Spa's new facility offers a team of highly professional trained Day Spa Specialists to pamper you in style in the Beautiful Day Spa. The welcoming and friendly atmosphere awaits you with a complete line of luxurious Spa & Beauty Treatments including:

- * Whirlpool
- * Massage Therapy
- * European Facials
- * Steam Room
- * Spa Manicures
- * Spa Pedicures
- * Body Scrubs & Treatments Complete With Vichy Shower
- * European Body Wraps
- * Cell-U-Lite Body Treatments

Specializing in group packages such as bridal or baby showers, bachelorette parties, corporate gifts, office parties, and women's or men's groups. I will be happy to design a day-spa experience for you, a special person in your life, or your group.

BEAUTY SALON:

Highly trained professionals will provide all hair salon services from a defined, precision haircut and style to fit your looks & lifestyle, refined perming, expertly applied chemical treatments and delicate coloration. The patented haircare products available contain ingredients that nurture and fortify your hair from within to restore its balance and unleash its beauty. The up-do specialists can create beautiful formal hair styles for weddings, proms or any other special occasion.

TANNING SALON:

Relax and enjoy a beautiful tan in one of the 30 tanning beds, with several levels of tanning available, in a clean, friendly atmosphere. The certified, trained staff will provide the knowledge to each customer to achieve the ultimate tan in the "Smart Tan" manner. Lotions and moisturizers are available to complement your gorgeous tan.

WORKOUT GYM:

Seaside's Workout & Health Spa is a women-only environment offering a 30-minute total fitness workout. The workout area features PACE (Programmed Accommodating Circuit Exercise) equipment with 20 stations for superior results. Our certified staff is available to train you on proper use of the equipment and to support all of your fitness needs. For those who wish to acquire more cardiovascular activity, Seaside also offers multiple treadmills, elliptical machines, and recumbent stationary bikes. As a bonus to the workout customers, a cedar sauna is included for your enjoyment free of charge. Shower facilities and lockers are also provided for your convenience.

GIFT CARDS:

Gift cards make a wonderful gift for birthdays, anniversaries, holidays, new baby, weddings, congratulations, thank you, I love you, feel better soon, just because, or incentives and promotions. Seaside Tan & Spa gift cards can be redeemed for any of the services available; tanning, beauty salon services, day spa services, or gym memberships.

*Donna L. Hubbard is the owner of Seaside Tan & Spa located at 881 Mid Atlantic Parkway, Martinsburg, WV 25401
www.SeasideTanAndSpa.com*

LEAVING HOME

By Helen Sturm

The interview column, Getting to Know Us, which as appeared here occasionally in the past was intended to offer us brief insight into who our PBWA members are. What diverse, unique, dynamic and gifted women! Many of you have enriched my life immeasurably the last eight years. However, there is a time for every season. This turns out to be the season when Paul, my husband, and I need to move where the weather is a little kinder for more of the year.

A hard thing for us to come to terms with is the need to sell our home --- a unique, custom contemporary, surrounded by acres of mature hardwoods, that has been our private sanctuary. The good news is that we didn't have to search for a Realtor. We wanted a real professional, a busy Realtor with a history of successful selling and buying; someone with lots of connections, respected in her field, who recognized quality and design and who will market our property through various means.

Marilyn Braithwaite, friend and PBWA colleague, has all of these qualities plus the focus and confidence to get the job done. Marilyn is making what could be a very stressful project a lot less so for us.

*Helen Sturm is an Educator and Research Director
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A HOME FOR ALL SEASONS

By Marilyn Braithwaite

Helen's kind words fail to mention how her and her husband's fabulous home have made my job to market it so easy and such a pleasure. They have created a one of a kind, private sanctuary, less than 10 minutes from Martinsburg. Situated on almost 11 beautifully wooded acres, with two spring-fed streams, every season is beautiful with ever changing views from every window. Seven skylights, a wall of two story high windows, and a multitude of angles with a surprise around every corner infuse this house with unparalleled light from the first hint of sunrise to the setting of the moon.

Custom built of cedar and stone, with solid mahogany exterior doors, the center of the house is the two story great room with a magnificent round, floor to ceiling stone fireplace, hardwood flooring, a small offset audio room, and a wall of windows opening to a large deck with an outside fireplace. The deck overlooks the stone garden.

The separate dining room opens to a charming sunroom with removable windows and screens, allowing for at least 3 seasons of enjoyment. It's great for your morning coffee, too.

The kitchen, completely redone just 3 years ago, features cherry cabinetry with ceramic tile backsplash and 2,000,000 year old Bianca Roma granite countertops. A double stainless steel sink with a window above, Jenn-Aire cooktop, double ovens, dishwasher, refrigerator with ice and water in the door, built-in wine glass holder and large, walk-in pantry make this kitchen a cook's dream.

The master suite on the first floor is self contained with a private sitting/tv room and a bath with a whirlpool tub. A powder room with mahogany cabinetry is also on the main level.

Off the large, two story foyer, stairs lead to a landing with 2 more skylights. The loft, currently used as a bedroom, features its own stone fireplace, a cedar lined, walk-in closet, a wet bar, and double doors opening to a second story deck. It's the perfect spot for watching the evening sun drop behind Sleepy Creek Mountain.

Along the "bridge" from the loft, you'll find another bed-

room and a huge bathroom with a skylight, a big soaking tub, separate shower, and a linen closet.

The partial basement houses laundry facilities, water softener and generator systems, and lots of storage space. The interior of the home was completely repainted this past May. A security system enhances the feeling of complete privacy.

If this isn't enough, there is also a huge 26 X 56 garage/workshop building with separately metered electric and a woodstove!

Now the time has come for Helen and Paul to pass their home of peace and tranquility on to new owners, and I was given the honor of listing it for sale for them. If you, or someone you know, is looking for your own piece of "almost heaven", please call me at 596-5500.

Marilyn Braithwaite Broker, ABR, CRS, GRI
RE/Max Success Realty • 304-596-5500 • f: 304-596-5524

PBWA

