



HCWIB

“Here For Each Other”

March 2005

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• Things To Remember

- **Monday, March 7th**
- Contact Katie Carroll by 5 p.m. to reserve your place at the February 7th meeting. Contact her at reservations@hcwib.net or 830-248-1187.
- **Thursday, March 10th**
- General meeting & social will take place at 6:00 p.m. at Fair Oaks Country Club.
- “No Shows” will be billed
- Board Meeting and Audit Committee will meet at 5 p.m. before General Meeting

KERA'S KORNER

Hello Ladies,

A big thank you to **Carolyn Dutson** for hosting our February meeting which was a great success. We had a wonderful food demonstration by **Shea Ash** and **Nancy Fitch from The Peach Tree** and enjoyed their one-of-a kind chile rellanos as well. Our next meeting will be back at the Fair Oaks Ranch Country Club on Thursday March 10th at the regular time of 6:00 p.m. We will be holding our annual elections as well as having a short program by **Kathleen McBride** on Ergonomics.

A Texas sized thank you goes out from me to the entire board for all their hard work and support over the past year. It has been a great learning experience for me and I'm sincerely thankful to all board members and committee chairs for making this year a success in our organization. I wish **Sharon** and her new board all the best and know they have a great year in store for us in the area of programs, socials and continued community involvement as well. Thanks to the membership for continuing to support this organization over the past year as we've grown and welcomed many new members.

Remember to contact **Amy Anderson** regarding any information you would like added to the website; it's almost time to unveil the new site. Yeah, Amy!

Adios and bueno suerte,

Kera

As more and more women join HCWIB, inevitable more and more women will be reading the newsletter. Why not take advantage of this and advertise with us.

The cost is only \$25 for a full 8 /2 x 11 full page. If you prefer, split the cost with a fellow member, and go halves.

E-mail: newsletter@hcwib.net for more information

The Power Of Advertising

BUSINESS INFORMATION

Website Update: Due to a stomach bug, Amy and her husband have missed the last available weekend for awhile to finish the website by the original estimated date. With too many things to keep them busy, they will not have time to finish the site until the end of March. As stated many times, the site will be fabulous, professional and informative. The new release date will probably now be March 20th.

Guest Speaker: The guest speaker at our next meeting on March 10th will be Kathleen McBride. Kathleen McBride is a Certified Rolfer® and a Craniosacral Therapist and member of HCWIB. She will speak to us about Rolfing and holistic body work therapies in general. Kathleen will also be giving us some specific pointers on more structurally integrative (complicated word for 'easy') ways to sit at your computer and/or desk and even a better way of sitting up in bed that won't land you in a back surgeon's office down the line. Kathleen has been practicing Rolfing since 1992 and currently has offices in both Boerne and San Antonio.

MEMBERS ON THE MOVE



Amy Anderson will be walking in the Komen Race for the Cure on April 2nd. Donations are greatly needed to help raise money for the breast cancer research and treatment. To make a tax-deductible donation in her name (Amy/Shutter-Happy Photography), please use the link provided.

http://www.sakomen.org/site/TR?px=1044087&fl=en_US&s_tafld-1012&pg=personal&fr_id=1010

CHAPLAIN'S CHIMES



Hi Ladies

I hope all is well in your worlds. No major news this month. Please keep Suzann Woodward in your prayers as she works through the hectic tax season. Also, keep Katie Carroll in your prayers as she completes her education and tries to work at the same time. Remember our troops each day and don't forget to thank God daily for all of our blessings and gifts. God Bless, Kathy Hubbard.

ATTENTION MEMBERS**HCWIB SLATE FOR BOARD 2005**

Sharon Tschirhart

President

Phone: 830-249-0224

E-Mail: President@hcwib.net

Debra Rodriguez

Vice President

Phone: 210-497-2705

E-mail: vp@hcwib.net

Sharon Huckabay

Secretary

Phone: 830-755-2202

E-mail: secretary@hcwib.net

Suzann Woodward

Treasurer

Phone: 830-249-4159

E-mail: treasurer@hcwib.net

Committees - 2005

Reservations: Wendy Wenger Jones – e-mail: reservations@hcwib.net

Website/Publicity and Historian: Amy Anderson – e-mail: publicity@hcwib.net

Chaplain: Leah Coyne – E-mail: chaplain@hcwib.net

Newsletter: Jeanne Buchanan – E-mail: newsletter@hcwib.net

Membership: Carolyn Dutson – Membership@hcwib.net

Programs: Patrice Davison Marshall – Programs@hcwib.net

Telephone Committee Chair: Susan Whipple – E-mail: telephone@hcwib.net

WATCH YOUR P'S AND Q'S BY DEBRA RODRIGUEZ



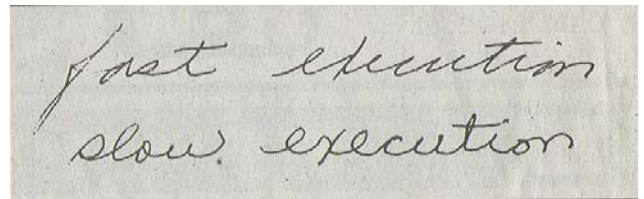
Writing speed reveals writers' emotional balance

The pace or speed at which we write is affected by how we respond emotionally.

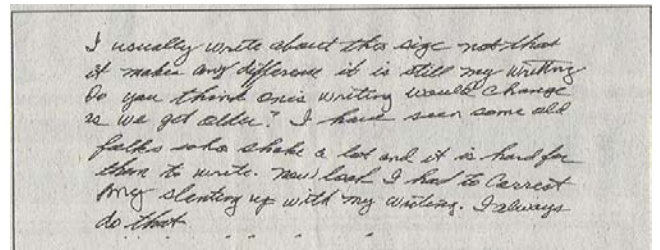
The well-balanced person who expresses emotions appropriately writes at a steady tempo. Someone who is tense and anxious makes many starts and stops.

Each individual has his or her own natural tempo. Some people are slow in everything they do, from getting up in the morning to getting around to making breakfast. The day moves at a tortoise pace. They're even slow about going to bed. The "slow" sample included here shows this writer's handwriting. Neither slow nor fast is negative...it simply shows personality.

Others have energy to burn and never sit still. The day flies by in a whirlwind of activity without a second to spare between tasks. Environmental factors, such as the telephone ringing or someone walking into the room while the writer is in the act of putting thoughts on paper, temporarily affect speed.



The other sample is someone that moves at the speed of light. There is fast, and then there is *fast*. This writer has the ability to get things done quickly and efficiently. Their writing is both fast and hurried. This type of writing takes away from "neatness" and "regularity" in writing. They hurry all the time, regardless of the time available. When they are feeling hurried, they may have a sense of agitation. Borne along by the winds of necessity, they turn their attention to whatever is most urgent at the moment. They feel the hot breath of Father Time on their neck and fears he won't be able to accomplish all that they want to do. But it really doesn't matter how much time is available, as the pressure to hurry up is internal and unrelenting.



Speed in handwriting mimics the writer's personal pace in their day-to-day activities, and even reflects the way he speaks. A writer who writes fast tends to speak fast as well. When you are in a conversation with someone who zooms along, ask for some handwriting. Chances are you won't be able to read it because they think faster than they speak or write.

This is certainly someone of high intelligence with a quick mind. The slower speaker is more deliberate in writing as they are in their speech. Someone who is unsure and feels nervous communicating tends to speak and write hesitantly, starting and stopping numerous times before being able to express what is on his or her mind. There are those who speak in short, rapid staccato bursts. They write that way too, like machine-gun fire.

People often say their handwriting changes all the time. What they are actually saying is they are changeable and versatile.

To anonymously have your handwriting analyzed here in this column, send your sample to BPI Laboratories at 215 W. Bandera Rd., Ste. 114-437, Boerne, TX 78006. Send at least 2 paragraphs spontaneously written on unlined paper using a ball point pen and signed with an anonymous name.

FEBRUARY 2005 MINUTES

HILL COUNTRY WOMEN IN BUSINESS GENERAL MEETING February 10, 2005

As the February meeting was a social, hosted by the gracious Carolyn Dutson, the meeting was brief. President Kera Dutton called the meeting to order at 6:23 p.m. Sixteen members and three guests were present. Chaplain Kathy Hubbard opened the meeting with a brief invocation.

Board Reports

- In Treasurer Donna-Michelle Werner's absence, Secretary Jeanne Buchanan reported that the January money market account balance totaled \$4,527.32 and the checking account balance was \$1,337.28. Kathy Hubbard motioned that the treasurer's report be approved. Bobbie French seconded the motion and it carried.
- Vice President Sharon Tschirhart informed the membership of changes in the slate of officers for 2005-2006. Pat Whittlesey is no longer self-employed, having taken a new job in San Antonio. Sharon had tapped Pat to be vice president. In Pat's stead, Sharon asked Debra Rodriguez to serve as VP, vacating the treasurer-designate post. Sharon reported that Suzann Woodward has agreed to serve as treasurer. All other proposed officers and committee chairs remain as presented in January.
- Kera reported that the Board had approved funding a \$600-scholarship for the Christian Women's Job Corps. Additionally, the Board recommended a \$1,000-scholarship be given to member Katie Carroll to help defer expenses for cosmetology school. Jeanne Buchanan motioned that the scholarship be given, which was seconded by Carolyn Dutson. The scholarship was unanimously approved.

Announcements

- Amy Anderson asked members to send her previously requested information about their businesses for inclusion on the HCWIB Web site. Amy and her husband are currently revamping the existing site. Many thanks, Amy.

Following the introduction of guests, the meeting was adjourned at 6:35 after respective motions by Leah Coyne and Sharon Tschirhart.

/s/ Jeanne Buchanan

Secretary

REMEMBER**Thursday, March 10th – Regular Meeting****Fair Oaks Country Club**

Meeting & Dinner: 6:00 p.m.

PROGRAM

Kathleen McBride is a Certified Rolfer® and a Craniosacral Therapist and member of HCWIB. She will speak to us about Rolwing and holistic body work therapies in general. Kathleen will also be giving us some specific pointers on more structurally integrative (complicated word for 'easy') ways to sit at your computer and/or desk and even a better way of sitting up in bed that won't land you in a back surgeon's office down the line. Kathleen has been practicing Rolwing since 1992 and currently has offices in both Boerne and San Antonio.

MENU

- Salad w/choice of dressing
- Pecan Crusted Chicken Breast
- Seasonal Veggies
- Red Bliss Mashers
- Chocolate Cake

Dinner: \$15.00 for Members & Guests - RSVP Deadline Date: Monday, March 7, 2005

Members can email Katie Carroll at crrll1@ktc.com or call 830-248-1187

PLEASE NOTE: *No shows will be billed! If you are billed for a missed dinner and wait more than 7 days to pay, you will be assessed a late fee. Please make every effort to cancel in advance if you cannot attend, especially those who are on the "Permanent List".*

DEADLINE FOR NEWSLETTER ITEMS

20th of any given month for inclusion in the next newsletter.

(Please send all information to Debra@BPILaboratories.com)

President—Kera Dutton—president@hcwib.net

Vice President—Sharon Tschirhart—vp@hcwib.net

Secretary—Jeanne Buchanan—secretary@hcwib.net

Treasurer—Donna-Michelle Warner

Membership—Pat Whittlesey

Newsletter—Debra Rodriguez

Programs—Kathleen McBride

Publicity/Historian—Sue McCrary

Reservations—Katie Carroll

Telephone—Carolyn Dutton

Each committee chair's e-mail begins with their title (in bold) and ends with hcwib.net