

Hill Country Women in Business

November 2005 Newsletter



Upcoming Events

Thursday, November 3, 2005

*HCWIB Board Meeting
The Huckabay Agency
Allstate Insurance
1411 S. Main Street
Boerne, TX 78006
830-249-2987
12:30 p.m.
BYO lunch*

Thursday, November 10, 2005

*HCWIB General Meeting
Fair Oaks Ranch Country Club
Social 5:30 p.m.
Meeting 6:00 p.m.*

*Reservations required.
Please call Patrice Davison at
830-249-2508 by 5:00 p.m. on
Monday, November 7. No-
shows will be billed.*

October Menu

Chicken Alexandria (breast of chicken filled with artichoke hearts, tomatoes, and spinach) served with wild mushroom risotto and a white wine sauce

Rolls & butter

Triple-layer cheesecake with berry coulis

Iced tea and water
Coffee (offered)

A message from the president

Hello, Ladies,

November is here and the weather is beautiful. I have a hard time realizing that the year is passing so quickly. My life has been really busy and blessed. For that I am grateful.

However, things have been moving a little too fast. I figure one way to fix that is to simply relax and take some time to smell the roses... or is it the coffee? I plan to do that by riding on the Christmas Parade Float on December 3. I'm going to bring my two granddaughters, niece, son-in-law and my darling husband. Why don't you come along with your family? What a wonderful way to introduce everyone and an even better way to get your face in front of the public. We need a good turn out to show the "other" women in business owners of Boerne that

they should join us. Besides it will be fun and relaxing.

Patrice has recruited a guest speaker with a very timely topic for November--identity theft. I have had personal experience this year with this terrible problem.

Our Christmas party will be December 8 at the beautiful home of Carolyn Dutson. What fun!!

A big thank-you to Pam Lewis for donating the door prize at the October meeting. Pam also gave each person attending a sample of her new body lotion. What a treat! Sharon Huckabay will be providing the door prize at our November meeting.

See you in November,
Sharon

Learn to protect yourself against identity theft

The Federal Trade Commission estimates that the average number of months between the time identity theft occurs and is noticed by the victim is 14 months. Additionally, for the typical victim, it takes 600 hours to repair their damaged credit, with an average out-of-pocket cost of \$1,000. Given these ramifications, shouldn't you attend the November meeting to reduce your chances of being victimized by this "silent crime?"

Last year, over seven million people fell victim to identity theft. The information highway, access to easy credit and the inability of consumers to control who has access to their sensitive financial information has created an easy landscape for identity thieves.

At the November meeting, Elizabeth Matthews from Pedernales Electric Cooperative, Inc. will present a powerful

presentation and important information to help you battle identity theft. Take an identity theft risk quiz. Learn who to contact if you fall victim to an identity theft scheme.

Elizabeth is a programs representative with the PEC speaker's bureau. She works in the cooperative's headquarter office in Johnson City. Her job is to keeping PEC members informed.

"Why does PEC offer a program on identity theft," Elizabeth asked. "The answer is simple really. Identity theft is a growing threat to the livelihood and well-being of our members. We want to help PEC members learn to protect themselves," she said.



Members on the Move

Carolyn Dutson, Senior Care Insurance, leaves for Belize on November 2. She won the trip for being among the top 50 Long-Term Care Agents in the country and meeting sales qualifications of over \$100,000 in approved premiums during a specific timeframe. The extra nice part about this reward is that husband Todd gets to join her, all expenses paid. While Todd scuba dives, Carolyn plans to rest, read and relax on the beach.

Lisa Pickard reports that **The Travel Bug** will celebrate its twenty-fifth anniversary in November. Congratulations, Lisa!

Harpreet Lotay is settled in her newly remodeled **Cibolo Springs Medical Center** where she is doing well-women exams and skin biopsies, as well as procedures typical to family practice and medical care visits. She recently brought on a mineral-based makeup line from Jane Iredale. This is a purely mineral-based makeup that provides SPF 15 sun protection. In November, Harpreet is offering a special on Restylane, a hyaluronic filler that is great for getting rid of creases that develop from the nose to the mouth. It can also be used to enhance the lips. The special will feature one syringe for \$350, a savings of \$150! More information is available online at restylaneusa.com.

General meeting minutes

October 13, 2005

President Sharon Tschirhart called the meeting to order at 6:00 p.m. Sixteen members and one guest were present. Sharon opened the meeting with an invocation.

Board Reports

President – Cynthia McKenna was welcomed as a new member. The next general meeting will be held November 10 at the Fair Oaks Ranch Country Club. Vice President – Jeanne Buchanan met with management of County Woman Magazine, a new magazine that will be published six times a year. Jeanne has information on available ads, costs, editorial support, etc. Treasurer – In Suzann Woodward's absence, Carolyn Dutson gave the treasurer's report. We have total assets of \$5946.18.

Committee Reports

Website/Publicity – Amy Anderson announced that the duo, Mystic Sisters, would play at our Christmas party on

December 8. We will have an ad for HCWIB in the Boerne Star and The View. She also has certificates of membership available. They can be framed and hung in our places of business. Also, let Amy know if you can ride on the float in the Xmas parade on December 3. Family members are welcome.

Membership/Reservations - Carolyn Dutson read the menu from the Peachtree Café for our Xmas party in December, which was as outstanding as we have come to expect from Nancy and Shea. The cost will be \$25.00 per person.

Program/Social - Patrice Davison-Marshall reported that the program for November would be on identity theft presented by a Pedernales Electric official.

Sue McCrary won the door prize, which was donated by Pam Lewis. Nancy Chase donated two door prizes, which were won by Pam Lewis and Sharon Huckabay.

/s/ Sharon Huckabay
Secretary

Christmas festivities abound!

Please join us for the Hill Country Christmas Parade on Saturday, December 3, at 6:15 p.m. Provided we find a truck to pull us and a trailer to ride on, we'll have Christmas carols playing, Santa hats for wearing, and candy canes for sharing. What we need are the truck, the trailer and volunteers to ride along! Please contact Amy Anderson (830-249-7591) if you have any questions or would like to join in the fun (well-behaved husbands, kids, and grand-kids are encouraged to participate). Visit www.ahillcountrychristmas.com for more details.

Mark the date—the HCWIB Christmas Party will be held on Thursday, 12-8, at 6:00 p.m. Music by Mystic Sister will accompany the fantastic holiday dinner prepared by Peachtree Café & Catering. Our gracious hosts for the evening are Carolyn & Todd Dutson (126 Kendall Ridge). There will be a Chinese gift

exchange so please bring a gift (\$10 limit) if you want to participate. The price for dinner is \$25.00 per person, and spouses are welcome. Please reserve your spot by contacting Carolyn Dutson at 830-981-8445 or cdutson@gvtc.com by November 30.

Christmas Party Menu

Artichoke dip with tomato & scallions served with assorted breads
Baked brie with cabernet cranberries in puff pastry with crackers
Smoked salmon with capers, cream cheese, red onion & baby bagels
Asian chicken lettuce wraps
Spinach salad with sautéed apples, bacon and spiced pecans
Penne pasta with prosciutto & asparagus in a light parmesan cream sauce
Peppered pork tenderloin with yeast rolls & horseradish slaw
Assorted Christmas sweets for dessert

Member in the spotlight: Cynthia McMullan, LPC, NCC Counseling and Life Coaching

I am a Licensed Professional Counselor, a Nationally Certified Counselor, and an Episcopal priest. I received a Master of Arts in Community Counseling from St. Mary's University, a Master of Divinity from The Episcopal Theological Seminary of the Southwest, and a Master of Early Childhood Education with a specialization in Human Development from Texas Tech University.

I taught small children as Head Teacher for the Texas Tech Child Development Center, Kindergarten and Pre-Kindergarten for Frenship I.S.D. (outside of Lubbock). I also taught Child Development courses for South Plains College in Lubbock, served as Assistant Rector of St. Dunstan's Episcopal Church in Tulsa, and served as Chaplain to the Upper School at Holland Hall in Tulsa where I taught Comparative Religion, Theology, and Ethics. I am currently a therapist at the Rape Crisis Center in San Antonio.

In my private practice, I work with adults, couples, and groups, helping people transform their lives. This dynamic work includes healing old wounds and identifying inner resources and strengths to face the challenges ahead. The focus of my therapeutic work and personal coaching is to help each individual develop his or her potential and have more joy and peace in daily life.

Counseling specializations include: relationships, parenting, stress, intimacy,

pre-marital counseling, grief, aging, spirituality, self-esteem, GLBT issues, and divorce counseling. I also offer EMDR (eye movement desensitization and reprocessing) which is a wonderful treatment modality for treating trauma and anxiety. Life coaching specializations include: finding balance in daily life, developing healthy routines--healthy eating and exercise, managing money and time, life transitions such as applying for graduate school or finding a new job, or transitioning to retirement.

I see clients in my office and am offering some of my services by phone and online via email or IM chat. I have flexible scheduling with evening and weekend appointments generally available.

I have many more interests than actual free time. I love to cook, read, spin and knit. I love to work with essential oils and aromatherapy. I can usually be found outside in the garden, growing organic heirloom tomatoes, and developing my herb gardens and water garden.

The process of learning how to open and operate a small business has been an exciting challenge. I am delighted to be part of the Boerne business community and Hill Country Women in Business. I invite you to contact me for a complementary consultation--phone (210) 557-1715, or visit my Web site at www.cynthiamckennacounseling.com.



More Members on the Move:

*Dr. Michelle Berry has a new product available at **allure**. While it's been around France for years, it is new to the U.S. It's called mesotherapy. FDA-approved and regulated, mesotherapy is an injectable procedure that dissolves fat cells in the body. It can be used to treat under-arm flab, bra flab, double chins, bags under the eye, the bulge around the stomach, love handles, the inner thigh area, saddlebags, and anywhere else that an individual has cellulite.*

Amy Anderson, Shutter-Happy Photography, just attended the Texas Professional Photographers Association's Fall Seminar in San Antonio. Focus (pun intended) was on PhotoShop and digital photo editing, including learning new tricks to erase blemishes, fix stray hairs, whiten teeth, edit distracting background objects, and how to make unique photo composites.

Happy Birthday, November Babies!

Marilyn Bell 11/5

Carolyn Dutson 11/24

Jennifer Molina 11/8

Looking for ways to really take advantage of your Hill Country Women in Business membership?

- Meet and get to know your fellow businesswomen by attending the monthly meetings.
- Take advantage of some free advertising--bring your brochures and business cards or other promotional material to display at the meetings.
- Take advantage of affordable advertising--call the local newspapers for ad space on the Hill Country Women in Business pages.
- Make your face and business logo known. Be sure to submit your photo and logo with your business information for access on the Member/ Business Directory of HCWIB.net.
- Let us know about your good news by sending your latest accomplishments for inclusion in our monthly newsletter.
- Take advantage of all the Chamber of Commerce has to offer (by being a member of HCWIB, you are a member of the Chamber).
- Send your business mailings and newsletters to your fellow members—they just might need your services.
- Support your HCWIB officers. Really get involved by volunteering to help on a committee.

by Amy Anderson