



Getting to Know You

Karen Goins - This Month's Speaker!

Where do you feel best?

I love to feel "tucked" - safe, quiet and away from the maddening crowd; I also love the energy I get when I am around my friends.

Who/What inspires you?

My dad has always been my hero, but I am inspired especially by those who are survivors...those who go through crazy hard times, and do it with a sense of gratitude. I also love my NIA exercise classes!

How do YOU describe yourself?

"Outside the box". Smart, creative, joyful, hardworking, and mission-driven



How would OTHERS describe you?

Intelligent, passionate, open, and frequently walks, dances & sings -- to a different drummer! with joy!!

What is your business?

Helping others (personal & businesses) to grow. Through my magazine, we educate, connect, and inspire others to live and create a higher quality of life - personally, globally & regionally.

What brought you to your business?

I've been blessed to be able to do some awesome things in my life -- managed a wellness center, built an integrative spa & massage school, taught college communications classes. When my hospital CEO retired, life as I knew it, changed and I needed to do something new. Natural Awakenings allows me to combine all of my favorite things - meeting people, sharing important ideas/events, & helping others grow. It's a big responsibility, but I love it!

Why did you join HCWIB?

Moving here, I had to start all over again. I've always had wonderful women friends, and thought this would be a great place to meet quality women who have a caring attitude.

Favorite Quotes

Let Go, Let God.

When we calm the surface of our experience, only then can we see below to the depths.

Our Next Meeting

Chicken Cordon Bleu, Mixed Greens & Key Lime Pie!

Thursday, Sept. 10th

5:30pm social/6:00pm dinner

Fair Oaks Country Club

SPEAKER TOPIC: Rebuilding Your Energy Reserves!!!!

Reservations are required.

Shelby Luke / 830-446-1102

shelbylluke@yahoo.com

Dinner* & Social - \$17

Lunches* & Social - \$15

Sorry ... No shows and late cancellations will be billed unless you email Shelby no later than 48 hours before the meeting.

Please call if an emergency comes up the day of the meeting.

Notes from the President

Kathryn R. Hubbard, MD

Hi ladies,

We had a fun luncheon at the Dodging Duck this month. We had four of our newest members with us; Monique Romeijn, Bonnie Tom, Suzanne McGinnis, and Dr. Chelsea Inez Clinton. Gayle Eason presented them with their very own HCWIB fact book. If you are one of our new members and have not received your own book, come join us for a meeting and Gayle will give you this gift. Now we know these ladies just a bit better. Welcome to the club ladies.

We have two more new members this month that were not able to join us, Jill Ammann and Kelly Owen. If you see any of these ladies around town, please welcome them to our club.

You may hear from one of our members, Shari Keyes, this month. Shari is leading the HCWIB charge to assist the fine ladies that are working hard to find the funds to start a Kendall County Women's Shelter. Helene Bachmann has been working with them over the past few months to help us find a role to help these ladies in this quest. They are planning a fundraiser at Don Strange Ranch on September 26th. If you can help Shari, or if you can donate an item for the silent or live auction, please let Shari know. Her phone number is 830-755-4302. Let's help Shari help this worthwhile cause. I dare say that each of us have known a victim

of abuse in our lives. Turning our back on them is not an option for any of us. We will resume providing lunch for the ladies at the Christian Job Corp on September 17th. So far the only volunteer is Terry Essner who is providing dessert. We are only providing two lunches this session, September 17th and October 15th. If you can provide an item for the meal, please call Bobbie French at 830-981-4568 or e-mail her at bsme@gvtc.com.

This month we will have an evening meeting on September 10th at 5:30 at the Fair Oaks Ranch Country Club. Karen Goins will be our speaker and speak to us on stress management. I don't know about you but I could use a bit of stress reduction. We will also have a short presentation by Carol Bidus on the plans for the Kendall County Women's Shelter and their Safe Pillow project. I hope to see you all there. Invite a business friend to join you. You can find out what business women are eligible for membership by looking at our bylaws in the member section of our website, www.hcwib.org.

Have a blessed month. See you at the club.

Dr. Kathy Hubbard



CWJC

Sept. 17
& Oct. 15

HCWIB will be providing the lunch for CWJC. I am looking for anyone interested in providing a lunch dish for these women. You can leave your contribution or stay and have lunch with the group. If you wish to help with lunch, please let Bobbie French know. Call Bobbie if you need more information. Thank you Terry Essman for signing up to provide a dessert for the upcoming September lunch.

Thanks - Stay Cool

Bobbie (830-981-4568)

Notes from the Chaplain

Patrice Davison - Please join me in praying for the following:

No special prayers requests this month, ladies – but let's keep Leah Coyne, Kera Dutton and Shari Keyes in our prayers as well as our armed forces and keep praying for rain!

My assistant, Glenda, is in dire need of a kidney. She found out that the person they said was a match, now is not. Please keep her in your prayers to find a matching donor!

Pray for all of us ladies, associated with Hill Country Women in Business.



Upcoming Events

GreaterBoerne

T E X A S

CHAMBER OF COMMERCE

- Sep 1 Networking Breakfast
Sponsored by Boundless Network
- Sep 2 Ambassador Council Meeting
- Sep 3 Ribbon Cutting at Just Between Friends of NW San Antonio
- Sep 3 Ribbon Cutting for Boerne Property Services
- Sep 9 Leadership Boerne Opening Retreat
- Sep 10 Business Education Council Meeting
- Sep 10 Government Affairs Council Meeting
- Sep 10 Business After Hours Mixer
Sponsored by Po Po Restaurant
- Sep 15 Chamber Board Meeting
- Sep 21 Lunchbox Lesson Networking "How To Work a Room"
- Sep 24 Ribbon Cutting at Rogers & Moore Attorneys & Counselors at Law
- Sep 24 Ribbon Cutting at An Empty Vase Florist
- Sep 24 Business After Hours Mixer
Sponsored by Ag Heritage Museum
- Sep 28 2009 Chamber Memorial Scholarship Golf Tournament
- Sep 30 Tourism Council Meeting

Help Support Your Community

Kendall County Women's Shelter Launches *Safe Pillow Project*

October is Domestic Violence Awareness month. To draw attention to the growing problem of domestic abuse and aid the effort to build a local shelter, the Kendall County Women's Shelter (KCWS) will be kicking off a fall campaign in area churches and organizations called the *Safe Pillow Project*. Statistics confirm:

- Domestic violence is an epidemic affecting women in every community, regardless of age, economic status, race, religion, nationality or educational background.
- One in every four women will experience domestic violence at some time in her life.
- Last year there were 634 reported cases of domestic violence in Kendall County; however, less than 25% of domestic violence cases are typically reported – especially if there is no safe place where women can stay while building new lives.
- In 30%-60% of domestic violence cases, children are also being abused.
- Witnessing violence between parents or caretakers is the strongest risk factor for transmission of violent behavior from one generation to the next.

The goal of the *Safe Pillow Project* is to provide an opportunity for the entire community to come together to help build the shelter so many women and children need to keep them safe. The project will involve distribution of pillow-shaped boxes containing domestic violence and project information inside. The information also provides the telephone number for the Kendall County Victim Assistance Office where individuals can seek help or report suspected domestic abuse. Brief presentations on the project will be given at churches and organizations and members will be invited to return the boxes with a contribution inside. Volunteers will collect and deliver returned boxes to KCWS.

At our Sept. 10th meeting, a volunteer will give a brief presentation on this project and will invite members to help by taking home a pillow box and returning it with a contribution on October 8th. Members are encouraged to do whatever they can to help the Kendall County Women's Shelter achieve its goal to have a shelter up and running by spring of 2012.

Need training?

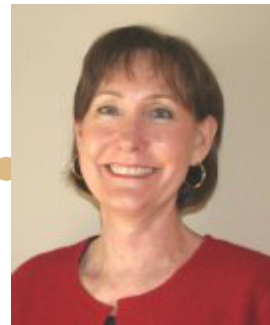
BISD and Boerne Parks & Recreation are offering a beginner's class: Introduction to MS Office 2007, October 20, 22, 27 & 29 6-9pm, BISD Computer Lab-Central Office, Tuition: \$144
This is a HANDS ON course and computers are provided. 830-249-9511.

Happy Birthday To Our Sisters:

Sharon Tschirhart - Sept. 13
Kay Ochoa - Sept. 15
Cindy Ogle - Sept. 20
Linda Kay Stotts - Sept. 26



Board Minutes - August 13



Kathy Hubbard, president, called the meeting to order at 12:00 noon, at The Dodging Duck. Liz McRae provided the invocation. Kathy welcomed new members Chelsea Clinton, CI Clinton Rheumatology, PLLC; Bonnie Tom, Tomboy Tools; Suzanne McGinnis, Curves; and Monique Romeijn, MR Design net.

The minutes of the July 9, 2009 social meeting were approved with a motion by Liz McRae, a second by Marie Hicks. Unanimous.

Bobbie French, vice president, requested volunteers for providing lunches for the Christian Women's Job Corp. Lunches will be on Sept 17th and October 15th this year. CWJC is a nonprofit group that teaches women job skills to assist in entering the workforce. The CWJC is now being held at the Omega Center.

Helene Bachmann, treasurer, reported \$4,708.08 for the account balance. Due to the financial status of Guaranty Bank, funds have been transferred to Frost Bank.

Shelby Luke, hospitality/reservations, reminded members that reservations are due by Monday, 5:00pm. Gayle Eason announced that Chelsea Clinton, Kelly Owen and Jill Ammann were accepted as new members this month.

Karen Goins was noted for doing an outstanding job with the newsletter, a main source of information for our members. Lynn Hoppe continues to provide our website. Sarah Hamilton is keeping HCWIB in the spotlight. HCWIB members are also receiving great publicity from The Hill Country Weekly. Thank you Marie Hicks, editor and owner!

Shari Keyes, programs, announced Karen Goins will be guest speaker in September. Carol Bidus, Kendall Country Women's Shelter, will also briefly speak. A women's shelter is badly needed in our area and Shari has volunteered to be our main contact.

The Christmas party will be a potluck this year and we will be at either the Rainbow Senior Center or Marie Hicks' home. Location to be determined soon. The noon Rotarians will be hosting Wild West Days, Oct 24, a fundraiser for the First Knight program in the schools. Vendor booths are available for \$200 if you have merchandise to sell. Please contact Kathy if you would like more information on this event.

The next board meeting is 9-3 at Kathy Hubbard's office, noon. The next general meeting is 9-10 at FORCC. The meeting adjourned at 12:26pm.

Respectfully submitted,
Linda Tom, Secretary

Board of Directors & Committee Chairs

Board of Directors

President: **Kathy Hubbard**

830-248-1222/monk@gvtc.com

Vice President: **Bobbie French**

830-981-4568/bsme@gvtc.com

Treasurer: **Helene Bachmann**

830-249-4901/helenebachmann@hotmail.com

Secretary: **Linda Tom**

830-755-4975/lindatom99@gmail.com

Ex-Officio: **Leah Coyne**

830-537-5658/lcoyne@gvtc.com

Chaplain: **Patrice Davison**

830-249-6112/davins@gvtc.com

Communications: **Lynn Pendley**,

830-816-2721/lpendley@jpcfinancial.com

Assistants: Denise Ciardello, Rose Englehardt

Historian: **Cindy Ogle**

210-317-6272/cogle@gvtc.com

Hospitality/Reservations: **Shelby Luke**

830-446-1102/shelbylluke@yahoo.com

Membership: **Gayle Eason & Lucy Ziegler**

basketsbydesign@gvtc.com/lkzpc@gvtc.com

Newsletter: **Karen Goins**

210-251-5766/askkaren@gmail.com

Programs: **Caroyn Dutson & Shari Keyes**

cdutson2004@yahoo.com/skeyes35@msn.com

Publicity: **Sarah Hamilton**

830-249-3050/hamilton@gvtc.com

Website: **Lynn Hoppe**

lynn@lpcomputerservice.com



Dear Kendall County Women's Shelter Supporter:

Thank you for supporting our fundraising efforts by contributing the following item(s) to the live and/or silent auction that is being held in conjunction with our September 26, 2009 ranch party. Proceeds from this event will help us construct a safe haven for victims of domestic violence and their children in Kendall County.

Item(s) Contributed: _____

Item(s) Contributed: _____

Contributed By: _____

(Name)

(Title)

(Business Name)

(Phone)

(Address)

Date Contributed: _____ Date Item(s) May be Picked Up: _____

Value of Item(s) Contributed: _____

KCWS Representative Authorized to Request Contribution: _____

Receipt Verification for Contributed Item(s)

Item(s) Received: _____

Date Received: _____ Received By: _____

The Kendall County Women's Shelter is an IRS 501(c)(3) nonprofit organization (Federal Tax ID Number 20-2952146). Your contribution is tax-deductible to the extent prescribed by law.