

Hill Country Women in Business

November 2007 Newsletter



Upcoming Events

Friday November 2, 2007
HCWIB Board Meeting
The Huckabay Agency
Allstate Insurance
1411 South Main St
Boerne, TX 78006
830-249-2987
12pm BYO Lunch

Thursday November 8,
2007
HCWIB General Meeting
Fair Oaks Ranch Country
Club
5:30pm Social
6:00pm Dinner/Meeting
Dinner \$17.00
Reservations required.
Please contact Shari
Keyes,
skeyes35@msn.com,
210-478-6611 by Monday
November 5, 5pm to re-
serve your spot.

November Menu:

Field Greens w/Balsamic
Vinaigrette
Roast Pork Loin with Cran-
berry Compote
Sweet Potato Mashers
Winter Vegetables
Chocolate Overload Torte
Iced tea, coffee and water
offered.

Note: Cancellations and no
shows will be billed.

November 2007 Newsletter
Published by Laurie Stew-
art, Realtor

Carolyn's Corner

Hello dear friends,

Can you believe it's already November and we are fast approaching Thanksgiving? Seems the older I get, the faster the time goes!! As I diligently searched for inspiration on the web to try and make the Thanksgiving newsletter a bit more inspiring, I discovered something - YOU are my inspiration!

It's amazing how my busy day suddenly transformed once I started looking at the smiling faces of HCWIB members grinning back at me from past newsletters and from our web site. With each smile there seemed to be a fond memory, a fun story, silly antics, or just great camaraderie between friends. My busy day was suddenly filled with a nice warm feeling and I found myself grinning at my computer (I am sure I looked pretty silly!) YOU warmed my heart and make me so thankful to be part of this organization that I just wanted each of you to know how you made my day!

As Thanksgiving and the holiday season approach please take just a moment to

discover what brings a smile to YOUR face and what warms YOUR heart. Then enjoy and give thanks. I wish you many heart warming moments.

Happy Thanksgiving,
Carolyn

Holiday Decorating Ideas

The November 8th agenda will feature Christmas Interior Design tips presented by our own

HCWIB
members:
Shari
Keyes... Sue
McCrary...
Shelby
Luke.



Social begins at 5:30pm and Dinner/Meeting commences at 6pm. This will be a fun and informative meeting. Don't miss it!!

Ready for the Christmas Parade?

It's almost here!!!!

Saturday, December 1st. We will meet at Patrice Davison's house to decorate the float in the late afternoon. Parade starts at 5pm and then we'll go back to Patrice's for Chili dinner. You are welcome to attend with family or friends.

Contact Alena Morris 830-248-1263 or Carolyn Dutson 830-981-8445 if you will be able to help decorate and/or attend the Parade.

And don't forget to order HCWIB shirts now for the parade.

www.cafepress.com/hcwib



Members on the Move...

Beth Coyle, Coyle Engineering Inc. The big news for Coyle Engineering is the recent office move - see the address and phone numbers below. It's a 2-acre tract with about 6000 SF of space, and MDS Land Surveying has moved in also - engineering and surveying under the same roof!

Also, Beth was profiled by the Business section of the Express News in October 15 issue - very exciting! Here is a link to the article on mysa.com:

www.mysanantonio/business/stories/MYSA101507.IRcoyle.2add946.html

Pam Lewis, Pam Lewis & Associates LLC, has been asked to be the Key Note Speaker for Expanding Your Horizons Career Conference: Motivating Young Women in Science & Math sponsored by Schreiner University and the American Association of University Women on November 17. The conference is expecting 250 girls from 6th, 7th and 8th grade levels.

Rodda Yates-Dunham CEO, Yates & Associates Insurance Agency LP has been asked by the Boerne Independent School District to be on the Board for the Site Committee for Cibolo Elementary.

General meeting minutes

October 2007

Invocation was given and while the members enjoyed the delicious King Ranch Chicken in the wonderful tea room atmosphere. Guests Natalie Hochstetler (Endless Edges and Curbs) and Martina Pena (Medical Spa Director) were introduced by members Sarah Hamilton and Elizabeth McCrae.

Announcements about the Christmas Parade (December 1st) and the Christmas Party (December 13th) were made. Natalie Hochstetler (Endless Edges and Curbs) will donate the Hay for the Parade float (donated by Misty Thomas owner of the Hair Company) and generator donated by Leah Coyne of (Coyne Inc.)

Leah also announced the CWJC luncheon dates and various members volunteered to assist on the 3rd Wed. of each month to provide lunch for the students.

Submitted by Carolyn Dutson



November Birthdays!!

Jennifer Molina... Nov 8
Carolyn Dutson... Nov 24

Correction for October Birthdays:
Sharon Huckabay celebrated a birthday on Oct 21st not Oct 2nd.

Members On the Move News...

Amy Anderson, Shutter-Happy Photography recently attended the Texas Professional Photographers Association's fall seminar in San Antonio. Topics included: sales, marketing, digital editing, and creativity.

Personal news: Amy is pregnant! :) Baby due to be born in June.

Suzann Woodward CPA would like to let everyone know that she is in her new office at 512 E. Blanco Rd, Suite 200. Also to use her email address swoodward@qvtc.com.

Sue McCrary, McCrary Interior Decorating, will be selling pillows at the Boerne Market Days November 10th and 11th. She hopes to see you there.

Listen to the Pros

Business Info and tips provided by our own HCWIB Members...

"If you ever spill drops of nail polish, glue or paint on your carpet... **DON'T WIPE IT UP** or try to clean it! Typically you will only make a bigger mess that will permanently stain your carpet. Instead **LET IT DRY**. Most spills will sit on top of the carpet and can be easily cut away after they dry."

From Alena Morris, Prestige Carpet & Floor Care

Member in the Spotlight

Dr. Ann B. Davis,

Naturopathic Doctor & Wellness Coach



Dr. Ann B. Davis obtained her Naturopathic Doctor degree from Westbrook University in New Mexico and her Massage Therapy degree from Austin School of Massage Therapy in Texas. She is passionate about helping people achieve and keep vibrant health utilizing nutrition and detoxification.

Our bodies were created to balance and heal themselves when they're given what they need. They need a clean environment, both internal and external, nutritious food, clean air and water, exercise, sleep and loving relationships. In this crazy, stressful world we have removed ourselves far from that and our bodies are breaking down as a result.

Dr. Davis understands this as it was her own illness that led her to search out natural solutions. She got so fascinated by it that it became her mission in life to help others find a better way to health also. She walked away from a career at a large corporation and launched into learning everything she could and then teaching it to others.

A consultation with Dr. Davis includes gathering your medical history, inquiring about your diet and lifestyle, and discussing any stress you are experiencing. You will receive recommendations that are personalized to your body and lifestyle. This will include dietary changes, a cleansing protocol, exercise, stress reduction techniques, and any nutritional supplements, herbs or essential oils you might need. Cleansing protocols include the IonCleanse® footbath, herbal body wraps and Raindrop Technique® (aromatherapy).

Healing is a process and the amount of time it takes varies with the individual. Any journey starts with that first step.

Call Dr. Davis at 830-331-9096 and find out how she can help you get on the healthy way.

Christian Women's Job Corps

By Leah Coyne

Thanks to all you wonderful, giving ladies for your help with the CWJC Luncheon in October. Chris Bryan, Dream Dinners, out did herself again with a terrific Balsamic/Garlic Marinated Roast; Mardi Collins, Ventures International, brought luscious potatoes and hot rolls; Rodda Yates-Dunham, Yates & Associates Insurance Agency, tossed a mean garden salad; and, Jeanne Buchanan, Folio Communications, baked incredible cookies and served them with Italian ice cream!

If you haven't attended one of these luncheons, you are truly missing out on special company and delicious food. Want you join us for the November gathering?

E-mail Leah Coyne, coyne@gvtc.com, and let me know what specialty dish you would like to bring. This last opportunity for the fall class is Tuesday, November 6th. See ya there!



More Members on the Move:

*Cynthia McKenna LPC
NCC, Counseling and Life
Coaching presents*

*Help! The Holidays are
Coming! 7 Tips to Beat Holi-
day Stress as part of the
Methodist Hospital Lecture
Series.*

*Northeast Methodist Hospital
Friday, November 16th
10:00 - 11:00 a.m.*

*Cynthia McKenna LPC, and
Miriam Elizondo LPC are
presenting a workshop:
Are You Sending Mixed
Messages? Clear Commu-
nication at Work and Home
Clark High School
Thursday, November 8th
6:30 - 9:00 p.m.
\$25*

*Sarah Hamilton, Access
Storage, has office ware-
house space available. It is
2600 sq ft with 400 sq ft be-
ing finished office with a
bathroom and 2200 sq ft of
attached warehouse with a
roll up door. She also
owns The Oaks which is the
shopping center with Pizza
Hut and will soon have 1200
sq ft. available in that loca-
tion. Please contact Sarah
at 830-249-3050 or
Hamilton@gvtc.com
for more information.*

The tasty results of HCWIB's Water 2 Wine bottling party...

Which took place in October will be ready on Thursday, November 29th 6pm at Water 2 Wine. Our "HCWIB winemakers" will be bottling and labeling the "fruits of their labor". If you'd like to attend, please email or call Carolyn: cdutson@gvtc.com or 830-981-8445.

We would love to invite everyone to join in the fun. No charge to attend, we just need a "count!"

Here are some photos taken from the bottling event!!



Carolyn Dutson &
Shari Keyes



Wine master,
Linda Tom, Kathleen
McBride & Shari Keyes