

# The Business Buzz



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Wichita Falls Texas Business Women

Jan/Feb 2011



## Women Helping Women

New Year  
New WFTBW  
New You

What resolutions have you made? I am still thinking of mine. With a new year, the best resolution could be to: start your new year - with Wichita Falls TBW. I can't guarantee that this will make a "new you" - but we will inform you and update you and share with you and listen to you, and laugh and cry with you.

Where else can you go and meet great friends that will be there with you every step of the way. You hear us all talk about it in many ways at the meetings, but it comes down to: Yes, we are a club of women, but we are also friends. We join for the contacts and end up being involved. If you are not involved as yet, call me.....together we will find something you would like to do.

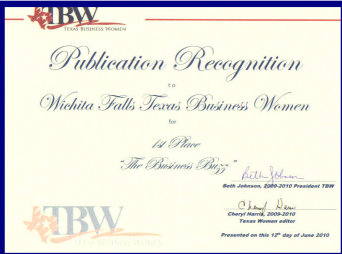
And with all this great talk about the new year - we flow into Valen-

tine's Day/month. Love all around. Take a moment and remember your family and friends that are your base in life.

On another note, a State Conference will be in March in Austin. On Saturday there will be seminars and on Sunday a tour of the capitol. Put it on your calendar and think about attending. It will be fun and informative..

Well, I'm off to try and think of some resolutions that I can stick with this year. For sure, I resolve to be at the Wichita Falls Texas Business Women's meetings this year. See you there!

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## **January Program Meeting**

by Cheryl Cogdell, President Elect/Issues Management

TBW is excited to start the New Year off with Shunta McFadden, the current president for Women to Young Women as our program speaker for January 2011. Women 2 Young Women is an organization founded by Life Purpose coach and author, Crystal Calloway. Women 2 Young Women is a non-profit organization established to maintain and strengthen communication between mothers and their daughters. W2YW recognizes the channels of communication can be strained as a daughter enters the often difficult transition from a young girl to a young woman. Therefore, the mission of W2YW is to connect mothers and daughters; mind, body and soul.

Women 2 Young Women (W2YW) sponsors girls from Hirschi, Wichita Falls, Rider, Iowa Park, City View, Burkburnett & other surrounding High Schools who would like to attend their school prom or similar event, but are without the financial means to participate. W2YW assists young women each year in providing new and gently worn formal dresses, accessories, and a mini-makeover.

When Shunta isn't working for W2YW, she is employed in the field of corrections where she has worked as a probation officer for the last 15 years. She is a graduate of Midwestern State University with a Bachelors of Applied Arts and Sciences and a Master of Arts in Training and Development. She serves as a board member of the Midwestern State University Alumni Association, the Sheppard Air Force Base Protestant Advisory Council, Sheppard Air Force Base Gospel Worship Service Leadership Committee and Omicron Epsilon Omega Graduate Chapter of the Alpha Kappa Alpha Sorority, Inc. Finally, she is a proud Texan who resides in Wichita Falls with her husband, Clifford.

We invite you to join us on Thursday, January 27 at noon at Luby's (North entrance on Baylor Street) to hear more about this worthwhile organization. The serving line begins at 11:30 and everyone is invited to attend. You do not have to make a reservation.

## **February Program Meeting**

by Cheryl Cogdell, President Elect/Issues Management

Jill King has been a dietitian for over 25 years and a Certified Diabetes Educator for 10 years. She is a graduate of the University of Texas and has been in WF since 1998.

Eli Lilly- Educator for 10 years, teaching about diabetes and osteoporosis.

HealthSouth- Dietitian (PRN) since 2002.

Graham Regional Diabetes Education Center- Diabetes Educator since 2008.

Married to Kyle King...3 children, Caleb (23) Rachel (21) and Benjamin (19).

### **Activities:**

\*Mission Team Coordinator at First Assembly of God and active in the student ministry at the church

\*Tanglewood Neighborhood Association President

\*Republican Women's Legislative Chairman

\*SHAC member (School Health Advisory Committee)

Doctor's Day Chairman/Wichita County Medical Alliance

Was the face of Healthy Tuesday on Channel 6 for over 7 years...



***CALENDAR OF EVENTS:***

TBW meets the 2nd and 4th Thursday of the month at noon, Luby's, 1801 9th St, (back entrance says "Monarch Catering"), Wichita Falls, TX.

**January 2011**

- 6 - Board Meeting - Noon - Kemp Center
- 13 - Regular meeting - Noon - Luby's
- 20 - Social Networking 5 pm  
Oyster Bar on Kell
- 27 - Program Meeting - Noon - Luby's  
Guest Speaker: Shunta McFadden -  
Cinderella For A Day

**February 2011**

- 3 - Board Meeting - Noon - Kemp Center
- 10 - Regular Meeting - Noon - Luby's
- 17 - Social Networking 5 pm  
Oyster Bar on Kell
- 24 - Program Meeting - Noon - Luby's  
Guest Speaker: Jill King, RDLD, CDE - Heart Healthy Eating (American Heart Month)

**March 2011**

- March - Women's History Month
- 3 - Board Meeting - Noon - Luby's
- 10 - Regular Meeting - Noon - Luby's
- 17 - Social Networking 5 pm  
Oyster Bar on Kell
- 24 - Program Meeting - Noon - Luby's  
Guest Speaker: Kim Dutton, First Step Volunteer  
Coordinator

**January Birthdays**

- 3 - Cynthia Taylor Schleider
- 11 - Cheryl Cogdell
- 12 - Beverly Bumgarner

**Happy Birthday Ladies!!**

**February Birthdays**

- 13 - Diane Hoskin
- 20 - Jaime Feaster

**Happy Birthday Ladies!!**

Mark your calendars now for the \*Texas Business Women Spring Conference in Austin on March 25-28, 2011!\* It will be at the Hilton Garden Inn Austin Downtown 500 North IH 35, Austin. The special room rate of \$139/night will be available until March 4th or until the group block is sold-out, whichever comes first.

Book hotel reservations online at [http://hiltongardeninn.hilton.com/en/gi/groups/personalized/A/AUSGIGI-TBW-20110325/index.jhtml?WT.mc\\_id=POG#reservation](http://hiltongardeninn.hilton.com/en/gi/groups/personalized/A/AUSGIGI-TBW-20110325/index.jhtml?WT.mc_id=POG#reservation) or call 1-512-480-8181 and ask for Group/Convention Code: Texas Business Women Spring Conference



## **MEMBERSHIP REPORT**

by Rita Vokes, Membership Chair/2<sup>nd</sup> VP

### **RINGING IN THE NEW YEAR**

Hopefully, each of you has still kept your New Year's resolutions! Mine is to get more organized and time efficient!

Let's face it: Each of us gets only **86,400 seconds** or **1440 minutes** in our 24 hour day! If you were given that much in dollars every morning and were told you had to spend ALL of it wisely in each 24 hour period, how would YOU spend your money? Time these days is as valuable ... if not MORE valuable than money.

In this New Year, have you resolved to spend more TIME on yourself? To take time to smell the flowers and enjoy the sights, sounds and love of your family and friends? To take time to LAUGH and do fun stuff with your TBW Sisters? We women are so blessed to have "girlfriends" ...to "hang out" ... to lean on ... to share the happy times ... to give comfort during the difficult times.

Count your many blessings and resolve now to spend time with your WF TBW Sisters and those other TBW sisters throughout the great State of Texas!

Mark your calendars RIGHT NOW for **Saturday, 26 March 2011 for the TBW Spring Leadership Conference**, held at the Hilton Gardens in Downtown Austin. More specific information can be found on the TBW webpage.

Also, it is NOT too late to make plans for the **Annual Membership Meeting and Conference** (formerly State Convention) **24-26 June 2011** at the Sheraton Arlington Hotel.

For you new members who have never made a "TBW Road Trip," you will not want to miss the fun and the opportunity to meet dynamic and interesting women from our great State of Texas.

At both the Spring and Annual Membership conferences, the focus is on YOU: Training programs designed to help meet your professional and personal needs! Stay tuned as the action plan gets rolled out!

Parting thought: Who do YOU know who is NOT a WF TBW member? Did you think s/he would NOT want to be with our fun, interesting and supportive group? You will never know unless you invite him/her. Since you have to eat lunch somewhere, invite someone to one of our next meetings or social networking events!

Rita Vokes  
2<sup>nd</sup> Vice President  
Membership Chair



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Christian Men's Job Corps®**  
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December 16, 2010

Texas Business Women  
Sandra Sims  
#2 Chimney Rock  
Wichita Falls, TX 76310

Dear Texas Business Women,

Greetings in the matchless name of Jesus!

We have just finished our nineteenth session since 2002 and we want you to know that in 2010 you fed 475 students, mentors, tutors, and teachers. Words cannot express the gratitude and appreciation we have towards each one of you for the support throughout these nine years.

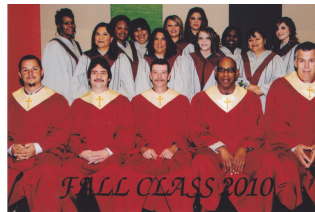
We sincerely appreciate your continued belief that Christian Women's Job Corps (CWJC) and Christian Men's Job Corps (CMJC) is good sowing ground, and you can rest assured that you are making a difference in women's and men's lives.

We are entering our tenth year in ministry and the Spring 2011 class starts **Jan 31<sup>st</sup> to May 6<sup>th</sup>** and we need your support once again! Please contact **Nell Shaffner CWJC Lunch Coordinator at 940-529-6182** to schedule your lunch appointment for (25 people) for the upcoming spring session.

May God bless you and multiply His grace, peace and mercy on you. For you are **BLESSED AND HIGHLY FAVORED!**

In His Service,

GABRIELA NESBITT  
CWJC Executive Director



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*Christian Women's Job Corps and Christian Men's Job Corps provide a Christian context in which men and women in need are equipped for life and employment; and a missions context in which women help women and men help men.*



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Charlene Vomastek	1st Vice President	(940) 322-7769	cvomastek@bgcwf.com
Rita Vokes	2nd Vice President	(940) 696-2442	rvokes@swbell.net
Sarah Eads	Recording Secretary	(940) 761-2527	Sarah@investmentplanner.net
Sheryl Moses	Corresponding Secretary	(940) 851-6693	smoses@workservicescorp.com
Evelyn Lucus	Treasurer	(940) 691-3937	evelyn.lucus@sbcglobal.net
Parliamentarian	Keri Orsak	(940) 696-9597	kericpa@nts-online.net

### Directors at Large

Rita Vokes  
Jerri Schubert  
Patricia Bell

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Silvia Pendleton	President
Diane Sirois	President-Elect
Mary Huneycutt	Vice President
Grace Emery	Secretary
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**The Business Buzz**



***Imagine More  
With Texas  
Business Women***