



The Business Buzz

Wichita Falls Business & Professional Women

January 2009

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In Step With The President

By President Sandra Sims

For BPW, the year 2008 ended on quite a high note. On October 31st nearly a dozen BPW members provided a lunch for Christian Women's Job Corps. The Mexican dinner was delicious and the students were very appreciative. Rita Vokes and other facilitators then led a weekly customized Individual Development (ID) course for these students. Keri Orsak, Sally Gray and I were honored to serve as judges for their speak-off. The students did an amazing job on their speeches. Later that evening fourteen students celebrated completing the CWJC semester and are on to a bright future. Several of them started college courses this month and others are on to the workforce.

In November and December our lunch table basket donations provided holiday meals for those in need. Sally Gray and Cindy Hambright Sternadel identified families in need and even personally delivered the food to the families homes.

Now, in the start of this year, we have quite a few opportunities for personal development, leadership and service. The ID course for BPW and other community women is planned for this month. This is a great time to not only brush up on business skills, but also get to know other members a bit bet-

ter. Contact Rita Vokes ASAP at 696-2442 to get signed up.

We also have a book drive for the Adult Literacy Council coming up and activities to benefit our scholarship fund and MD Anderson. The Home and Garden Show, trivia night and Spring Awards are also on the horizon. Committees for these activities will be having planning meetings soon and have some short term ways for you to be involved. It promises to be a fun year!

Thank you for continuing to be "women helping women!"

**Together, let's
"Step Into the Future"
with BPW!**



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Legislation

by Penny Miller—Legislation Chair

As we begin a new year, ask yourself how you might become a more knowledgeable and/or involved citizen. I encourage each BPW member to find a way to be more informed about issues and the political process. Read the newspaper. Watch the news. Attend meetings and events.

Here are just a few suggestions that apply to the City of Wichita Falls (if you live in Burkburnett or Iowa Park, there are similar events there):

- Attend or watch City Council meetings
- Attend a town hall meeting (the next meeting is Jan 13 in District 4--you can attend even if you live in another district)
- Attend League of Women Voters meetings (1st Wednesday of each month--call 767-0129 for information on speakers)
- Apply for a board or commission seat (for a list of vacancies and an application, go to <http://www.cwftx.net/index.asp?nid=1058>). If there isn't a vacancy on a board or commission you would prefer to be on, fill out the application anyway, listing your preferences as the seats turn over frequently.

If you are feeling ambitious, consider running for office or helping someone else run for office. School Board and City elections will be held in May, so it isn't too early to think about running. City filing packets will be available from the City Clerk in February. If being a candidate isn't your cup of tea, find a candidate who is running and get involved in helping them get elected--you'll learn a lot.

No matter your particular interest, please resolve to be a more active citizen in 2009.



COMMUNITY EVENTS

by Sally Gray, Community Events Chair

This month we are helping the Adult Literacy Council with their Book Fair Donations. I encourage families to clean out their book shelves and donate their books to the Adult Literacy. I will take any book donations this month to 4309 Jacksboro Hwy, Ste 105 . They will be collecting until March 17, 2009. Any books are wanted, EXCEPT Readers Digest Condensed books and encyclopedias.

January's Program Meeting

by Sheryl Moses— Issues Management

Chair

In January Vanda Wright, the Director of the Small Business Development Center, will talk to us about the SBDC telling us who they are and what they do.

The Wichita Falls **S**mall **B**usiness **D**evelopment **C**enter is located on the campus of Midwestern State University. The SBDC provides business counseling, technical assistance, training workshops, and business plan development for small businesses in our 13 county area. They strive to promote growth, expansion, innovation, increased productivity and improved management for small businesses.

To learn more about the Small Business Development Center please join us on Thursday, January

January Birthdays

3—Connie Miser

4—Janet Jackson

9—Judith Krebs

11—Cheryl Cogdell

12—Beverly Bumgarner

15—Sheryl Pulley



CALENDAR OF EVENTS:

BPW 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

TBD Individual Development Classes

8—Business Meeting—Noon—Luby's

15—Social Networking 5:30-6:30

Los Tres Amigos Party room, 2210 Southwest Pkwy

18—Individual Development Class 2-5 pm

22—Program Meeting—Noon—Luby's

Speaker: Vanda Wright

25—Individual Development Class 2-5 pm

29—Board Meeting—Kemp Center 12 Noon

February

1—Individual Development Class 2-5 pm

8—Individual Development Class 2-5 pm

12—Business Meeting—Noon—Luby's

15—Individual Development Class 2-5 pm

19—Social Networking 5:30-6:30

Los Tres Amigos Party room, 2210 Southwest Pkwy

21-22—Home & Garden Show—MPEC

26—Program Meeting—Noon—Luby's

Speaker: Teresa Pontius, Wichita Falls Community Foundation

March

5—Board meeting—6 pm—Kemp Center

12—Business Meeting—Noon—Luby's

19—Social Networking 5:30-6:30

Los Tres Amigos Party room, 2210 Southwest Pkwy

26—Program Meeting—Noon—Luby's

28-30—Book Fair for Adult Literacy Council

BRAGS

I am very excited about teaching the Fifth Grade at the El Alba Bilingual School in Siguatepeque, Honduras in Central America and I am immersed in a wonderful culture and language. My husband is coming to join me to teach High School Science. I hope to see you all this summer.

Katherine Phillips

My son, Matthew's, soccer team finished their season undefeated this year. As the local champion in their age division, his team was invited to play in the Tournament of Champions in DFW and made it all the way to the final four. Matthew had a great season as a sweeper and earned the nickname "Brick Wall."

Meredith Kennedy-Lee

Jennifer Fowler passed her Cosmetology Instructors state board exam.

Cindy Hambright (her Mom)

My brag is about Thomas, my son, who graduated from MSU ,Dec. 13th, Summa Cum Lade, in two and one half years, at 20 years of age. He plans to take graduate courses this spring at MSU.

Sally Gray





It's that time of year again!

***The Holidays are fast approaching and we will ring in the
NEW YEAR 2009!***

Then it's the proverbial New Year's "resolutions!"

How many years have you sat in a BPW meeting and heard all about the many wonderful benefits of taking the Individual Development (I.D.) course and thought "next year I am going to take that course!"

But that was WHEN??? Well this is NOW! NOW is your time to **stop procrastinating** and to do something GOOD for yourself!

- Gain confidence in speaking with others***
- Learn the best ways to handle yourself in a job interview
or other Important situations***
- Negotiate like a pro***
- Network and widen your circle of influence***

These are just a few of the many things to be learned through taking the star-spangled "I.D." course.

WHEN?? January 2009 WHERE? To be announced

Date and time? You decide!

Fill out the form below and give Rita Vokes your preference:

Name: _____ Phone: _____

**Prefer: Sunday 2-5 pm Mon 6-9 pm Sat 9 am -1 pm
 (four sessions) (four sessions) (three sessions)**

We will go with the majority's choice.

Cost? \$45 for BPW members \$55 for non-BPW members
 \$25 for students

Want the quickest response to your request???
Email your preference to rvokes@swbell.net or call 940-696-2442



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