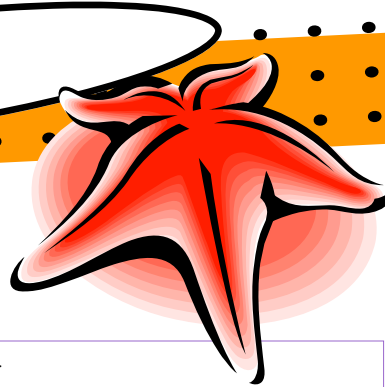


The Uptown News Beat

Letter from the President



September was another great month for "Making a Difference". At our program meeting, September 13th Juanita Catillejas, AIC Director of 211 Texas Permian Basin. Juanita explained that 211 is a phone number that helps the public 365 days a year, 24 hours a day and 7 days a week. They are in partnership with the Texas Commission, West Texas Opportunities and Casa of West Texas helping callers find assistance. The top 5 requests for assistance are: basic needs (food, clothing, rental, Utility), healthcare needs, housing needs, transportation needs and legal assistance. Juanita said that 211 also played a big part in assistance during Katrina and Rita hurricanes. Juanita encouraged us to call 211 if we are in need of assistance but unsure who to call for social services, counseling, senior services, youth services etc. This was an informative meeting. I for one was unaware that 211 offered such assistance.

"Making a Difference"

We approved our 2006-2007 Budget during the Business meeting, September 27th. I want to thank Jo and her committee for your time and efforts in preparing our budget. If you missed this meeting you missed an opportunity to see what Yoga meditation and exercises are about. Penny Crosson, Uptown Member and Message therapist and Yoga teacher led us in a simple Yoga meditation exercise. I always thought Yoga meant bending your body like a pretzel, Penny told us that through slow easy movements Yoga is really a means to channel your thoughts and enter deep meditation. Everyone at the meeting participated and you could have heard a pin drop. I think we were all more relaxed after her presentation. Thanks Penny. I loved getting to know more about you and Yoga. We are going to have member spotlights each month during our business meetings. To find out more about this contact Fonda Martin our Issues Management Chair.

October is when we celebrate National Business Women's Week. This year Uptown is honoring local entrepreneur Susie Hitchcock-Hall. Susie is well known in the community. She is the owner of Susie's South Forty and is active in our community through various charities. We will also honor Uptown's Woman of the Year. Please plan to attend this very special meeting. NBWW is a BPW signature event. All proceeds will go towards our general fund and our raffle proceeds to MD Anderson. We need your help! Contact NBWW Committee Chair, Sheila Warren to obtain tickets or sponsor tables. Tickets are \$35.00 each and our sponsor tables are \$300, \$500 and \$1,000. We are raffling a basket of restaurant gift certificates, a \$500 value. We need each member to collect gift certificates, remember to contact Jo Fite to avoid duplicate restaurant certificates.

Our Business meeting will be held October 11th and our Program Meeting (NBWW), Thursday October 26th 11:30 - 1:00. We welcome Region 6 Director Elizabeth McGill, to our Business meeting this month. Region 6 Fall Conference is October 13th and 14th in San Angelo, TX. Please plan to attend this meeting, it is an excellent opportunity to meet other women in our Region, learn more about our region and meet State Officers. We have a very busy schedule this month - let's all get involved and make the commitment to "Making a Difference."

Building Powerful Women
Glenna Haskell, President

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Special points of interest:

- Business meeting October 11th, Petroleum Club—Noon
- Board meeting October 18th, Arcadis Board room
- National Business Women's Week luncheon October 26th, Petroleum Club—11:30—1:00
- Business meeting November 8th, Petroleum Club—Noon
- Board meeting November 15th, Arcadis—Noon
- Program meeting November 22nd, Petroleum Club—Noon
- Happy Thanksgiving November 23rd

Starfish Award

"Women Making a Difference"

Congratulations go out to our Starfish winners this month: Jo Fite, Mary Kay Cosmetics for her hard work on the budget.

Penny Crosson, Yoga and Meditation Instructor, as our member spot light and her mini presentation on meditation.



STRESS!!

I once heard a world famous teacher of a massage therapy technique tell a class, "Stress is good. It's how you handle it that's bad." Although we all laughed at his clever little joke, I don't think there was a person in the room who thought he was right. Stress is bad. It can even be deadly. Because of the strain caused by stress, the body and the mind can become diseased and can even just give up and shut down completely. The only thing that is worse is that we all live with stress every day. So, what can we do about it?

We live in a society of instant gratification and immediate response. We have conditioned ourselves to accept stress as part of our daily life, and we have even come to expect it. If I had a nickel for every time I've heard a massage client or a yoga student say, "Well, of course I'm stiff and achy. At my age, what can I expect?" We blame our condition on our age or on our lifestyle, but it never seems to occur to anyone that we can alleviate the symptoms of stress *before* we fall prey to them.

Here are a few tips to help you:

Breathe! Take a deep breath, even when the boss is telling about a deadline tomorrow that you didn't even know about! It has been scientifically proven that deep, conscious breathing is one of the best ways to calm the mind and the whole body.

Make yourself stand up and move around occasionally. Even if you only have time to stand up and flail your arms around, at least you'll be moving, and that movement will help alleviate some neck and back soreness.

Take a few moments every day, several times a day, to do something that calms your mind and gives it rest. Meditate, pray, sing, read something inspirational – anything that lifts your spirit. Martin Luther once said, "I would never have time to accomplish all the things I do in a day if I did not pray for at least three hours each morning." Doing something that inspires you can actually change you physically as well.

Be grateful. When I was a kid and I got whiney, my mom would make me sit down and write out a list of things for which I was grateful. It always lifted my spirits and made me realize how truly blessed I am and have been. Gratitude expressed is one of the most powerful things you can do for yourself.

Smile! Again, it has been scientifically proven that when we smile, we release endorphins into our system that enhance our health. The bonus is that it is nearly impossible to grin and frown at the same time. Those sneaky scientists have tried it, and they have found that when your forehead relaxes, your whole body relaxes!

And remember this: when push comes to shove, no matter how grim the day or how loudly the boss or clients may be yelling, they can't eat you. So relax! So grin – and make them wonder what you're up to!

Letter from Scholarship Chair

The Scholarship committee has awarded four \$500 scholarships for the fall 2006 semester. The four recipients are all returning from the 2006 spring semester. All of these women are working very hard to accomplish their educational goals and make a better life for their family. Uptown BPW can make a difference for these women. Some information about each of the scholarship recipient is below:

Jerri Ripplinger is studying Accounting. She is planning to finish in the Spring of 2008.

Jerri is a member of the Permian Central BPW and employed at Midland Fair Havens,

Lea Ann Ervin is pursuing a degree in Finance from UTPB. She has a 7 year old son and 4 month old son. Lea Ann also works for Robert Burns Financial Group.

Christy Williams is attending UTPB studying to be a elementary teacher. She and her husband Bobby have 3 children. Christy said going back to college was a little terrifying.

Angelica Garcia is following a dream of becoming a Registered Nurse. She is attending Midland College. Angelica wants to be able to give back to the community and society.

Demetra Johns

Scholarship Chair

~Prayers & Well Wishes~

We have several members who need to be kept in our thoughts and prayers in the coming months. Diane Brown of Post Net told Glenna that she has had skin cancer and being treated for it. The same thing for Barbara Elliott. And Sandra Elliott will be starting treatments again. Also Becky Bouck's dad recently past away. Please keep each of these ladies in your thoughts and prayers.

Birthdays and membership renewals

October Birthday's

Sara Spencer 10/6
Lily White 10/7
Irma lee Ingram 10/11
Jane Clark 10/18
Penny Crosson 10/19
Peggy Driver 10/21

Happy Birthday Ladies!!!

Membership renewals

Jeanette Porter 10/31

New Members

Jamie Alcocer with
First National Bank
Delores Schuler

Becoming Powerful Women



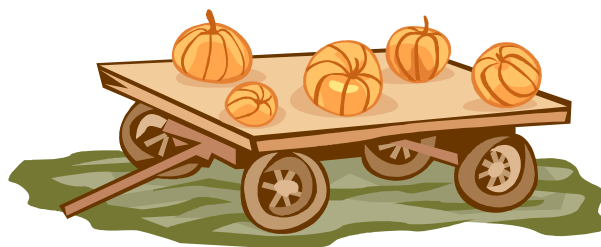
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**"Making a
Difference"**

Welcome to Fall,
with all the colors,
sites and smells!



2006-2007 Uptown Midland Officers

President: Glenna Haskell
1st Vice President: Fonda Martin
2nd Vice President: Shirley Harris
Recording Secretary: Evie Adams
Corresponding Sec: Debbie Gann
Treasurer: Jo Fite

Bylaws	Past President's
Community Projects	Evie Adams
Finance	Jo Fite
Foundation	Demetra Johns
Fundraisers	Donette Marble
Hospitality	Jeanne Larance
ID Program	Open
Issues Mgmt	Fonda Martin
Leadership Midland	Fonda Martin
Legislation	Shirley Harris
Membership	Shirley Harris
NBWW	Sheila Warren
Newsletter	Sheila Warren
Nominations	Sandra Elliott
Planning	Chris Hagan
Public Relations	Penny Crosson
Scholarships	Demetra Johns
Telephone	Debbie Gann
WOY	Donette Marble
Young Careerist	Open
Web Page	Jennifer Cochran

Region 6

Director	Elizabeth McGill
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State Nominating Committee Alternate	Sheila Warren
	Warren@dawson3d.com

