

SRLA NEWS



Hello From The President



Upcoming

Meetings

Jan. 14 Healthy You! Cooper Clinic McKinney
Outreach: Teen Mothers of Preschoolers

Feb. 11 - Restaurants of McKinney
Outreach: Hope's Door

March 10 - Fashion Show
Outreach: Hope's Door

April 14 Landscaping a Beautiful Yard
Outreach: Relay for Life

May 14 - Food and Wine Pairings
Outreach: SPCA

Keep up with SRLA on the web at www.srla.us

If you would like to receive e-mails please send your updated e-mail address to Wendy at wendshel@aol.com

The Stonebridge Ranch Ladies enjoyed another great meeting in November at Urban Alleye. Members and guests enjoyed discounts, door prizes, wine and appetizers as they shopped. A special thanks to Martha Farquharson for opening her lovely store to us for this event.

We also enjoyed getting the inside scoop as what's ahead for McKinney from McKinney Economic Development Corp Chairman and 2008 Chamber of Commerce Chairman-elect Ray Ricchi. I can't wait for that waterpark!!!

Our next meeting will be our holiday party, **Monday December 10, 7:00 pm at Dr. Jennifer Buchanan's office in Adriatica.** Join us for a festive evening of appetizers and celebration. Please bring a wrapped ornament (under \$15) for our ornament exchange. Also, author and inspirational speaker (and McKinney resident!) Barbara Baker will join us too.

I wish all of you the happiest of holidays and look forward to seeing you December 10.
Wendy



Did You Know...



SRLA is going to participate in the **12 Hour Cycle for a Cure** Sat. Feb 9, 2008 noon-midnight No, you don't have to ride that whole time!!! You can ride as long as you'd like. Join us in cycling for a cure for type 1 diabetes. This event is going to be amazing.

For more info and/or to join the team, e-mail Wendy at wendshel@aol.com

SRLA Spring Fashion Show

Let's get going on our spring fashion show! If you are interested in helping out, please RSVP to Wendy at wendshel@aol.com. The show is Monday, March 10, 2008 at The Ranch Country Club.

Did you know ... Zin Zen has charity wine tasting on Tuesday nights from 5-9?!? For \$20 you taste wine and have appetizers with \$5 of it going to the charity of the month!

THANK YOU to **Sweet Caroline's** for your donation to SRLA and for the wonderful evening of shopping at your store!

SRLA Member Kate Moore will be singing at our meeting on the 10th! She also does in home massage and is offering SRLA members \$10 off their first service. Call her at 214-585-2523 or katemooremusic@yahoo.com What a great way to unwind from your holiday stress!



Outreach



SRLA Page 2

Our outreach for December is the North Park Health and Rehab Center of McKinney. Please bring stocking stuffers for their residents. Things like socks, playing cards, candy, nail polish, books, etc. would be perfect.

Also, an on-going outreach program is Cell Phones for Soldiers. Bring old cell phones to any of our meetings and help support our troops! Check out www.cellphonesforsoldiers.com.



For those who have signed up for the angel tree, don't forget to finish your angel shopping by Wednesday, **December 12** and drop off your items at Melanie Hedrick's house – 1000 Goldenrod Court. Contact Melanie if you have any questions m.hedrick@sbcglobal.net or 972-816-7205.

Also, does anyone have a military family in the area you'd like to see SRLA help out? Please e-mail Melanie at the address above and let her know.



Here are some of the ladies at last year's holiday meeting.

Do you know someone who would like to be a part of this great group of women?
Invite a friend to our next meeting!



Advertising



SRLA Page 3

Board Members

Wendy Shelley, President - wendshel@aol.com
 Beth Tuma-Thomas, Vice President/Programs - btuma@inovixmedical.com
 Jan Ferris, Secretary - rwferris@aol.com
 Stacy Pierson, Treasurer - spierson@robertbalkman.com
 Elaine Coomber-Manders, Membership - elainecoomber@tx.rr.com
 Pat Thrasher, Membership - pat_thrasher@yahoo.com
 Chris Wallace, Programs - chriswallace@tx.rr.com
 Nicole Everett, Publicity - nicholeverett@kw.com
 Bridget Talley, - Membership - bridgettalley@sbcglobal.net
 Sharon Taylor, Fundraising - sharon.a.taylor@sbcglobal.net
 Melanie Hedrick, Outreach - m.hedrick@sbcglobal.net
 JoAnn Austin, Historian - joanntravels@yahoo.com
 Janis Spear, Hospitality - janisspear@hotmail.com

Interested in advertising your business in the SRLA newsletter? Rates are \$30 for 1 month or \$75 for 3 months. Just send your check and ad copy to PO Box 1972, McKinney, TX 75070 or send an e-mail to: spierson@robertbalkman.com

Need A Great Sitter?

Jenny and Krista Bukovec
 972-529-4902
 Allison Brusa-
 972-529-2859
 Alison Sheffer -
 972-562-1462
 Elder Care/Weekend Care
 Nadya Patapoff (adult)
 972-540-6354

Murals, Faux Textures & Handpainted Furniture

Contact Missy at

214-532-6640

LET'S GET FIT!!

Bobbi Smillie – *In home personalized training that will fit into YOUR schedule. Proper techniques for maximum benefits, core strengthening, stabilization and balance work.*

All ages and fitness levels welcome

\$40/hr personal training

\$30/hr each for two people \$25/hr each for three people

- National Academy of Sports Medicine (NASM) certified personal trainer
- American Council on Exercise (ACE) certified personal trainer
- AHA First Aid and CPR certified • Triathlete
- Attendee of 2007 IDEA World Fitness Convention, San Diego CA
- Member of IDEA Health and Fitness Association

214-578-3180 bobbic98@yahoo.com