

Upcoming Meetings

**March 10 -
Fashion Show**
*Outreach: Hope's
Door*

April 14
*A "babyshower" for
My Friend's House*

April 25
Relay for Life –
The Ballfields at
Craig Ranch

**May 14 - Food
and Wine Pairings**
Outreach: SPCA

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

Hello From The President

The Stonebridge Ranch Ladies Association members enjoyed a fabulous January meeting at That Elegant Touch Day Spa. Members and guests enjoyed wine and appetizers along a very informative presentation from Dr. Robert Berry, orthopedic surgeon, on the importance of preventing osteoporosis and how to do so. I want to thank Cindy Safstrom for opening her day spa to us and making our evening there so enjoyable. I also want to thank Michelle Gamble, publisher Spa Magazine, for providing everyone

with a copy of Spa's "World Wide Spa Guide" and Kate Moore for giving us AMAZING chair massages! (If you missed that, you can reach her at katemooremusic@yahoo.com to schedule one!)

Our next meeting is February 11, 7:00 pm. We will showcase area restaurants and also, Hank Wich, Exec. Dir. from Avenues Counseling Center in McKinney will attend. This meeting is not to be missed!!!! The location will be the new Keller Williams office in Adriatica, corner of Stonebridge Dr. and Virginia. Hope to see you there!
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

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

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 – which is SRLA in February!!! See you there.

HELP!!

We need a Relay for Life Captain. It's an easy job! It's just being a point of contact for the team. Contact Wendy wendshel@aol.com or if you want to be on the team, let me know. It's really fun and is a great way to support the fight against cancer. The event is April 25th at the Ballfields at Craig Ranch.

Thank you to Kim at Welco Web Design for keeping our web site up to date!!! 817-784-0660
kim@welcowedesign.com



We are in need of donations for the silent auction and door prizes for the fashion show. Please ask friends, neighbors and family members if they can help by donating goods and services. We will be happy to distribute their company brochures or business cards as thanks. Also, if you have a unique gift or talent, consider it for donation. An income tax preparation, legal advice, your teenage daughter's babysitting services, a dinner party, travel vouchers, a week at your vacation home, a day outing on your boat, financial planning services, landscaping services, a pool party are all suggestions. Please contact Sharon Taylor at sharon.a.taylor@sbcglobal.net if you can help.

Also, continue to bring us those used cell phones for Cell Phones for Soldiers.

A note from Melanie Hedrick – Outreach chair

Thank you to all who participated in donating so generously to our community these last few months. SRLA had many wonderful items to deliver to the McKinney Salvation Army Angels and to our seniors at the North Park Rehabilitation Center. The donation receipts from Salvation Army have been mailed, so, if for some reason you did not receive your tax receipt, please contact me at m.hedrick@sbcglobal.net. We received many heart-felt thanks for the diapers provided to Teen MOPS in January. For February and March, our community outreach will be focusing on our style-show fundraiser for Hope's Door. Thank you ladies for all you do!

Stonebridge Ranch Ladies Association Fashion Show

Presented by SteinMart, benefiting Hope's Door

Monday, March 10, 2008

The Ranch Country Club

5901 Glen Oaks Drive

6:00 pm Cash Bar and Silent Auction 7pm Dinner

RSVP with your check for \$45 to:

SRLA, PO Box 1972, McKinney, TX 75070

Tickets are limited

Questions www.srla.us or 214-544-2280



Upcoming Events

www.WomensHealthInMotion.org

"Empowering Women to Achieve Optimum Health"

January 31st Nutrition and Hormones Seminar at the McKinney Performing Arts Center 6:30-9 PM

February 3rd 10- 3 Healthy Pets Fair at the McKinney Performing Arts Center check out their web site for more details on these events.

Advertising

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Board Members

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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