



SOUTHERN FAUQUIER BUSINESS OWNERS ASSOCIATION, INC.

SFBOA NEWSLETTER

VOLUME 2, ISSUE 3 MARCH 2009

SFBOA MEMBER SPOTLIGHT The Healthy Zone



Linda Dulicai, CNHP, JETC, gets a tremendous amount of questions about what she does and how she does it. So, let's start at the beginning. The CNHP stands for Certified Natural Health Professional. It is a standard of learning with continuing education requirements like all professional certifications. Linda has been trained in several methods of assessment that do not require anything invasive along with physiology, nutrition, 2 methods for aligning the energy in your body, Bach flower therapy, basic herbology and homeopathy, and have continuing education specializing in Enzyme Therapies, hormone health, and nutrition. There are other modalities as well. She also has a team of professionals at your disposal if you need services that I do not provide.

Partner that with four years working in food supply issues, 30 years in nutritional supplementation and a certification in kinesiology. In fact, Linda has instructed part of the curriculum for the certification process.

"What truly makes me different is my ability to make a program specific to your needs and lifestyle that can still move you toward better health." says Linda.

So whether you are an athlete needing peak performance safely, or a stressed out corporate couch potato just looking to make it through the next week, The Healthy Zone can help. For more information call Linda at 540-428-1949 or visit <http://www.the-healthy-zone.com>.

SFBOA FEBRUARY MEETING UPDATE

SFBOA President Lynne Cox opened the meeting and introduced Disa Haugsdahl, an MCA student raising \$6,500.00 to pay for her trip, "Exploring Australia" with the People to People group. Lynne announced that the by-laws update was on each table for review and that a vote would be taken later in the evening. Lynne gave the blessing. Andreas Keller, SunTrust Mortgage, gave a 5 minute overview on reverse mortgages.

The minutes from the last meeting were waived by motion from Allison and seconded by Sissy. Attendees introduced themselves. Lynne introduced the guest speaker, Mr. John Stewart, Managing Director of Vantage Economics. Vantage Economics provides businesses comprehensive analysis and forecasts that can be used for strategic and critical planning. He discussed how the Gross Domestic Product impacts the dynamics of how we do business and what our perspective is. He gave comparisons of former recession statistics and went over the current recession stats. John answered several questions from the floor.

Allison motioned to approved by-laws. Trina seconded the motion. All were in favor. Lynne introduced the newest SFBOA members: Scenic America, Joel Barkman - Golden Rule Builders and Linda Dulicai - The Healthy Zone.

March Monthly Meeting

The upcoming meeting will be held on Tuesday, March 24, 2009 in Ripley Hall at the Inn at Kelly's Ford. Located at 16589 Edwards Shop Road in Remington. Social hour starts at 6 PM; dinner is served at 7 PM followed by a brief business meeting and the evening's program.

Andreas Keller of SunTrust Mortgage, Inc. will be our guest speaker.

Menu

Vegetable Spring Roll
Chicken with Teriyaki Sauce
Broccoli
Steamed Rice
Rolls
Coffee / Tea
Dessert
(Non-alcoholic drinks included in price)

Dinner per person is \$22.00.

Please call Suzanne Williams at 540-439-8411 or e-mail her at

fom4seniors@verizon.net

to make your reservation, and include any guests one week prior to the meeting. All reservations must be honored.

April Speakers

Carson Ashley and the Mintbrook Project Representatives

MARCH GUEST

Andreas A. Keller



Growing up in as small a country as Switzerland, Andreas Keller dreamed of seeing the world. After attending the Jesuit College in Austria and attaining a Master's Degree from Columbia University's Business School in New York, he enjoyed a career as an international banker living and working in Europe, the Middle East and Asia. Andreas spent five years with Union Bank of Switzerland and close to a quarter century with Citibank, N.A., as a commercial banker and Senior Credit Officer.

When his children needed a place to call home and to make friends, he and his wife decided to settle in beautiful Northern Virginia in the early nineties, and he soon found his passion as a mortgage specialist, financial coach and guest lecturer. Twice a year, Andreas offers free ten-week courses in financial planning to the community and presently serve on the Board of Directors of the Fauquier Chamber of Commerce and is a member of the Southern Fauquier Business Owners Association.

As his professional focus has evolved towards working with seniors who are using reverse mortgages as part of their retirement strategy, he realized that he had found his new calling. Andreas works for SunTrust Mortgage, Inc. in Gainesville, VA as a Reverse Mortgage Specialist.

Andreas was voted 'Best Mortgage Broker' for three years in a row beginning in 2006 by the readers of the Warrenton Lifestyle Magazine.

ANNOUNCEMENTS

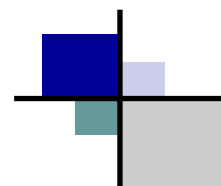
Paradigm Solutions

Paradigm Solutions has been awarded a Management Consulting Contract with Fauquier County Government and Public Schools. The contract is for a one year period with three one year renewal options. Dennis Taylor, Paradigm Solutions' Chief Operating Officer said, "We are delighted to have been selected to serve our County Government as we have for the past four years". Taylor continued "Our relationship with the Fauquier County Team over the last four years has been very positive and mutually rewarding, and we believe there are some exciting and productive things we can do together with our County partners during this very challenging economic downturn and subsequent tax revenue shortfall".

Paradigm Solutions is a full-service business and management consulting firm, located in Catlett, VA, serving small, medium and large firms and municipalities in and around Fauquier County.

Midland Christian Academy

In December of 2008 Midland Christian Academy was deeded a gift of property from Midland Church of the Brethren member and MCA neighbor, Mildred Cooke. The property was listed in January and had a purchase contract in two days. Many hands helped to prepare the property for final sale. MCA's most sincere thanks go to Mrs. Cooke for her generous gift designated toward construction of a new MCA school building. Thanks also to realtor Jonathan Thoburn (an MCA parent), Rich Marouse (VA Hydro-seeding and Excavating, an SFBOA member and MCA family member), Tyronne Champion (Community Touch, Inc., an SFBOA member) and Ron and Denise Haugsdahl (MCA parents of Disa Haugsdahl) for the work they contributed to the final sale of the home. Mrs. Cooke contributed the property to MCA's *Bridge to the Future* Campaign honoring the work the school has done in "preparing true Christian leaders."



MEMBERSHIP

The Board

If not listed and dues are paid, please inform Lynne Cox.

Absolute Variety Sales
 Access Point Communications, Inc.
 Allstate - Payne Agency
 Alvin Henry Appraisals
 Arbonne International
 ATEC, Inc.
 BB&T Bank
 Brenda L. Eggleston, Realtor
 C & C, Ltd.
 Cabling Systems, Inc.
 Carl Faller Real Estate
 Carr and Hyde Insurance
 Carson-Ashley
 cbgreene interiors, llc
 Clark's Gun Shop, Inc.
 Colvin Floors, Inc.
 Community Touch, Inc.
 Corner Deli, The
 Cows-N-Corn
 Cryogenic Fuels
 Dara Law Group, P.C.
 Deer Meadow Farm
 Dewberry & Davis, LLC
 Didlake Opal Business Center
 Dominion Construction Group
 DRH Design Group, Inc.
 Ennis Construction
 Farmers Insurance
 Fauquier Bank, The
 Fauquier County Chamber of Commerce
 Fauquier County Dept. of Economic Development
 Fauquier Medical Associates

Fauquier Times Democrat
 Fauquier's Finest Custom Meat Processing
 Fifield-Helm Insurance
 Financial Organization and Management for Seniors, LLC
 Fox Wood Works
 Gaven E. Reynolds, DDS, PC
 Generations Flowers
 Genworth Financial & Rhynalds Enterprises
 Golden Rule Builders
 Great Meadow Foundation
 Groves Hardware
 Happy Trails Western Wear
 Healthy Zone, The
 Holly Knob Farm
 Hospice of Rapidan
 inFauquier.com
 Inn at Kelly's Ford
 Ithaca Properties, LLC
 J-C's Cleaning & Power Washing
 Jockey Person to Person
 Joe Stribling's Service Center
 Kehoe Construction
 Liberty Community Church
 Liberty Heritage Society
 Lois Volunteer Fire Department
 Lord Fairfax Small Business Development Center
 Luckstone Corporation
 Mayhugh's Stores II, Inc.
 McLeod, Inc.
 Meadows Electric
 Middleburg Bank
 Midland Christian Academy
 Miller Brothers, Inc.
 Moser Funeral Home, Inc.
 Norwood Construction
 Paradigm Solutions
 Piedmont Press
 Pressley Enterprises
 Primerica Financial Services
 Pro 1 Auto, Inc.
 Rappahannock Station, Inc.
 Remington Drug Company
 Ritchie's Millwork
 Rogers Ford Winery
 Rozanne K. Kelley P.C.
 Scenic America
 Shady Grove Kennel
 Simply Sommelier'ed Celebrations
 SkyWorld Aviation, Inc.
 Smith & Sons Equipment
 Smith's Antiques
 Smith-Midland Corporation
 Southern Business Web & Networks LCC
 Sowder Enterprises
 State Farm Insurance
 SunTrust Mortgage, Inc.
 Town of Remington
 Trigon Development, LLC.
 Vern's Plumbing, Inc.
 Virginia Hydro-seeding & Excavating
 Virginia Southern Cooking, LLC
 Waivasir, Inc.
 William A. Long, Inc.
 William Allan Edwards Trucking
 Winter Wood Farm
 Woodward Turf Farms

Officers
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 Smith-Midland Corp.
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 Allison Clark,
 Midland Christian Academy
 Sissy Duckworth,
 Cabling Systems, Inc.
 Susan Eicher Kemper,
 Generations Flowers
 Jessica Pritt, BB&T Bank

February Winners

50/50 Winner

Lynne Cox, MCA
 (donated to student
 Disa Haugsdahl)

Dinner for Two

Nancy Walbridge,
 Hospice of Rapidan

March Member Spotlight

The Healthy Zone,
 Linda Dulicai

SOUTHERN FAUQUIER BUSINESS
OWNERS ASSOCIATION, INC.

P.O. Box 358
Bealeton, VA 22712



WE'RE ON THE WEB

WWW.SOFAUQUIERBUS.ORG

ABOUT SFBOA

Organized in 1996, the Southern Fauquier Business Owners Association is comprised of approximately 120 members consisting of retailers, service businesses, industries & medical professionals

The members of the Association wish to express their thanks and gratitude for the support, and patronage, that has been received from our customers. The Association fully realizes that our customers' future is our future and with that the Association will pledge the following:

The SFBOA seeks to inspire, empower and transform Southern Fauquier businesses to increasing levels of success, influence and prosperity through education, community involvement, and collegial support.

The members would further like to extend an invitation to other businesses to relocate to our community and join us in creating a friendly and family oriented environment.

Important Dates to Remember

- March 17- Board Meeting, 6:15 PM, Church of the Brethren Fellowship Hall
- March 24 - Monthly Meeting, 6 PM, Ripley Hall, Inn at Kelly's Ford
- March 27 - News Deadline for April Newsletter

SFBOA Newsletter Online www.sofauquierbus.org/news.htm If you would like your business featured in the monthly SFBOA newsletter, drop your business card or a note off at the next SFBOA Meeting. A box will be provided for a drawing to determine the business to be profiled in the next issue. Please send business announcements, new ideas, or suggestions to Suzanne Williams at fom4seniors@verizon.net.