

HOUSTON EXECUTIVE ROUNDTABLE

H.E.R. is a 28 year old business group where entrepreneurs meet, greet, and have fun. We meet at the Marriott hotel every Tuesday morning at 6:45-8:30am. The Marriott is located at 1750 West Loop South.

MISSION STATEMENT

To promote and exchange business,
To educate members about the Houston business climate, and,
To motivate members to reach their personal and professional goals



ANNOUNCEMENTS

Pat Devine has extended the deadline for the extra info for the websites to Friday 30th, so please get your forms filled out and sent to Pat.

John Huang will be having his **Food Drive** November 20th, 8:30am - 1:00pm. Proceeds to the West Houston Assistance Ministry.

Joe Cherry has "closed" the deal on the property for his Church. His wife has recovered from Pneumonia.

Greg Burkett nominations for the Leah Lewis Award, are in and will be announced at our Annual Anniversary Breakfast next month

Marcia Wilson has an upcoming charity fund raiser at "Water 2 Wine" on Westpark in honor of "The Women's Home"

REMEMBER our **Membership Contest**. Through December 8th, anyone bringing a viable guest will receive 1 point for each visit and 5 points if that person is signed, sealed delivered and becomes a member on or before the end of Dec 8th. Winning prize is a whopping \$500.00 Bucks, 2nd prize is \$250. **Scott McGrath** is leading with 4 guests with a total of 4 points. **Mickey Blake** has 2, **Pat Devine 2 & Henry Wise** is trailing with 1 point.

October 27th, 2009



Member Spotlight

This weeks member spotlight is on **Merrill Chance of EIS Office Solutions**

713-484-7300 ext 210 office

Member since 2007

GUESTS

Jonathan Allen of **Alarm Monitoring Services**, and guest of **Gaylon Pemberton**.

SPEAKER



The Speaker this week was our very own **John Huang** of **Westchase Wellness & Chiropractic Ctr.**

Thanks John for a very insightful overview of what you do, and how you can help us as members to live healthier lives.

John was a senior in college when he decided that he "wanted to help people" for a living, starting him on a path to practicing Chiropractic Medicine. He said that we should all take a proactive approach to our health and listen to our bodies before we develop a "condition" which needs to be remedied.

John has a wide range of treatment techniques and uses a combination of his hands, mechanical aids, and lasers to treat his patients.

He recommends that we should: take Natural Supplements daily, and drink them with water rather than coffee, tea or sodas; Cleanse our digestive systems once a year.

John provides many treatments to his clients. One of them is the "Detox Footbath" which helps removes toxins from the body using "Ionic Exchange". It takes about 23 minutes. He also uses "Electrical Stimulation" to help accelerate healing and decrease inflammation. He uses "Stress/Emotional Therapy" with the help of a sound and vision system, and he also does "Magnetic Therapy" to help increase energy and reduce pain.

"Orthotics" help improve posture (which has a direct affect on physical ailments), and John showed how they can help one's balance in a demo with Jay Warren.

Most insurance companies do provide coverage for Chiropractic services and John does accept Insurance.



The Weekly Funny

AN ATHEIST IN THE WOODS

An atheist was walking through the woods, alongside a river, when he heard a rustling in the bushes behind him. He turned and saw a 7-foot grizzly bear charge towards him. He ran as fast as he could, but the bear was closing in on him. He tripped and fell to the ground, and the bear was soon right on top of him, raising his right paw to strike him...

At that instant the Atheist cried out, 'Oh my God!'

Time Stopped. The bear froze. The forest was silent.

As a bright light shone upon the man, a voice came out of the sky. 'You deny my existence for all these years, and now expect me to help you out of this predicament? Am I to count you as a believer?'

The atheist looked directly into the light, 'It would be hypocritical of me to suddenly ask you to treat me as a Christian now, but perhaps you could make the BEAR a Christian?' 'Very well,' said the voice.

The light went out. The sounds of the forest resumed. And the bear dropped his right paw, brought both paws together, bowed his head and spoke: 'For what I am about to receive, may the Lord make me truly thankful, Amen.'

Missing Members

This week we were missing:

Carter Breed
Poly Sylvester
Chuck Weiner



The Goodwill Raffle

This week the raffle was won by **Mike Catalano**. The prize: A \$75.00 to \$100 "Thanksgiving Center Piece", was donated by **Marcia Wilson**. We collected \$73.

Board Members

PRESIDENT - Mickey Blake
VICE PRESENT - Greg Burkett
SECRETARY - Dave Baltzer
TREASURER - Judy Budnik
BUSINESS DEVELOPMENT - Mike Catalano
PROGRAM DIRECTOR - Pat Devine
COMMUNICATIONS - Les Wolf
MEMBERSHIP DIRECTOR - Dr. John Huang



Next Weeks Speaker

2 people from **Continental Airlines**:
Lynn Houston and **Joe Pizzitola**.