

## December Meeting Holiday Party Tuesday, December 20, 2005

**Berwick Manor Party House**  
(3250 Refugee Road at Winchester Pike)

Dinner is free for ASU members and one guest. The cost of the meal for additional guests is \$20.00 per person. No children, please.

### Agenda:

5:30 - 6:20 pm	Social Time
6:20 - 7:10 pm	Dinner
7:10 - 8:10 pm	Dinner Program

### Menu:

**Hot Hors D'oeuvres**  
Relish Plate with Dip

#### Dinner

Prime Rib - Stuffed Chicken Breast  
Whipped Potatoes - Candied Yams  
Buttered Broccoli - Buttered Carrots  
Hot Fudge Sundae  
Cash Bar

### Directions:

From I-70 East (from downtown) take State Route 33 south and exit left onto Winchester Pike. From I-70 West (heading towards downtown) take State Route 33 south and exit immediately right on Refugee Road. From either exit turn left (East) on Refugee Road. Berwick Manor (3250 Refugee Road) is on the northeast corner of Refugee Road and Winchester Pike.

### Reservations:

Dinner is free for ASU members and one guest. The cost of the meal for additional guests is \$20.00 per person. No children, please. Reservations are being taken at 294-6078 (6:30 am to 12 midnight). **You can also email your reservations. Send your reservation request to ASU via email at [reservations@ASU-columbus.org](mailto:reservations@ASU-columbus.org).** Please place your reservation by 3 pm, of the Friday before the meeting. Cancellations will be accepted until 12:00 noon of the Monday before the meeting. Reservations made, but not attended, will result in monies owed.

## Holiday Stress Relief

Feeling stressed? Want to find out how to feel less stressed? Then come to ASU's December dinner meeting...

Our guest speaker for the December dinner meeting is Denise Cattley, LMT, NCTMB. Denise is the founder and principle therapist for Matters of Touch, Inc. ([www.mattersoftouch.com](http://www.mattersoftouch.com)), a massage therapy business established in March 2005.

Denise has been a professional member of our IT community since 1988 when she began a software consulting career first on IBM mainframes, migrating to the midrange arena in 1993, then mixing it up between the Unix and midrange platforms since 2000. She also served as an officer of ASU for a few of years during the '90s.

During her hiatus from ASU, Denise returned to school and became a licensed massage therapist in August 2003. She understands first-hand the stress and tension computer professionals sometimes feel and will share some of the self-help techniques she's learned as a massage therapist. Focusing on the common stress-holding areas for IT professionals, namely the head, neck and shoulders, she'll suggest new ways to deal with this stress by way of a visual explanation and presentation, demonstration, handouts and Question & Answer time.

This will be an audience participation session, so come prepared to join in the fun!

*Don't miss the  
great door prizes  
and gifts at this  
month's meeting!*



## President's Note...

Happy Holidays to All....

We are quickly approaching a New Year and more importantly to other's a gift exchange season. I would like to ask every member of ASU to be safe and enjoy the season.

I would like to thank Scott Johnson of iTera, Inc. for his discussion about high availability. Scott's presentation helped all of us see that high availability can be very affordable.

This month's meeting will be focused on dealing with STRESS. This is very appropriate for this time of year. Actually, we can learn how to deal with STRESS anytime during the year. Denise Cattley of Matter of Touch, Inc. will help us learn how to deal with stress in a realizing manner.

I invite you to attend this meetin. It will be one to remember.

See you at ASU!

*John*

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