

On Eagle's Wings



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SOARING EAGLES

Chapter 6495
P.O. Box 725
Escondido, CA 92033

www.abwa-
soaringeagles.org

Happy December Soaring Eagles!

Wow! I'm sure I am not the only one who feels the year is disappearing much too fast! Our chapter calendar has been very full these last two months, and I'd like to recap a few of these events.

At the November meeting, we highlighted many of the opportunities available to members, those who have recently joined our chapter, and also those with more seasoned membership. One of the recent important events for our chapter was our Community Vendor Faire, which provided an excellent networking venue for members, guests, and vendors. This newly reformatted event, generously hosted by Kim and Bruce of Sacred Space Imports in San Marcos, allowed us to accomplish our goals of community exposure, time to network with our vendors, and to add funds to our chapter general fund. We were also very pleased and excited to welcome 3 new members to our chapter that day!

Looking ahead, I hope you've made your reservation to attend our December holiday party, December 3rd at the Vineyard Golf Club in Escondido. In addition to our dining and socializing, we will enjoy our 2nd annual Bottle Auction, with auctioneer Tony Devine. This will also be the planned delivery date for our Sees Candy products from the fall fundraiser.

As my "last words" for 2009, I have a few kudos and thanks to extend to committed members and friends who have done excellent work on behalf of our chapter:

- Lee Durham, for raffle ticket sales and special wine tasting at the Vendor Faire.
- Lisa Durham for locating our host business as well as coordinating vendor sign-ups.
- Pattie Vargas for achieving our January membership goal of 50 members—over a month early!
- Anne Grimes and committee for the See's candy fundraiser benefiting Member Professional Development.
- Charter member Evelyn Madison for being the top salesperson for the Sees fundraiser!

I wish all of you a wonderful holiday season and I hope you'll join us again (with guests!) for our January chapter meeting at the Escondido Country Club!

Julie Kangas
President ABWA Soaring Eagles

Julie Kangas

Presidents Corner **P.1**



ABWA December Events P.2

Managing Stress, Career, and Family...during the Holidays.

Women's Executive Forum

December 2, 2009

A joint meeting will be held with ABWA and the San Diego North Chamber of Commerce. The meeting will be held at the Courtyard Marriott in Rancho Bernardo.



Speaker Panel Includes: Carol LeBeau, Pat Reno, and Dr. Alicia Gwynn.

Location: 1611 Bernardo Plaza Court
Rancho Bernardo, CA

\$25 per person and includes dinner. Check in: 5:30 PM
Dinner: 6:00 PM
Speakers 6:30 PM

HOLIDAY PARTY!

The Soaring Eagles Annual Holiday Party will be held December 3rd @ 6:00 PM

**The Vineyard Golf Club
925 San Pasqual Road
Escondido, CA 92025**



****Note this event replaces our regular Chapter meeting and will be held at the Vineyard Golf Club****

Please invite your significant other and/or prospective ABWA members– share the excitement of ABWA!

Bring a wrapped bottle for the Bottle Auction! This was a huge success last year and proceeds benefit our General Fund. It can be a bottle of ANYTHING, so get creative!

Cost is \$30/pp and includes a lovely buffet dinner in a beautiful setting. Dress is Holiday Friendly (Dressy, Casual, you call it!)

**RSVP by Nov 29th
Contact Shelley Gardner
Gardnersh@sbcglobal.net or 760-809-2614**

Soaring Eagles Focus P.3



Soaring Eagles Vendor Faire Update

The Vendor Faire, held at Sacred Space Imports of San Marcos, was a great success this year! We had 5 ABWA Vendors and 8 Non-Members raise a total of \$502.00. It was a lot of fun and will continue to grow each year!



2ND ANNUAL SEE'S CANDIES MINI HOLIDAY FUNDRAISER



The See's Candy fundraiser ends November 29th so be sure to get those orders in by the Holiday Party! Thanks for supporting ABWA Soaring Eagles!

ABWA MISSION STATEMENT

The mission of the American Business Women's Association is to bring together business-women of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.

Scrip Business Gifts

It's the time of year to say "thank you" to employees, customers and business associates. Scrip gift cards are welcome holiday gifts! Our scrip program offers hundreds of gift cards from America's favorite retailers, so you'll have something to delight even the most finicky customer or employee.



10 Ways to take Great Holiday Photos!



1. **Focus your eyes** just slightly above the camera lens, move your face forward a bit, and tip down your chin.
2. **Put your tongue behind your teeth and smile**, which will relax your face.
3. **Keep your arms by your side**—but not glued there. To look natural, they should be a little away from your body.
4. **Test-drive clothing against a white wall**, with an indirect, natural light source (under a tree, indoors near a window)—it will show whether blue really is your best color.
5. **As a rule, avoid patterns.**
6. **Photos exaggerate everything**, so go easy on the makeup. For women under 30, a little mascara and lip gloss; over 30, add a touch of concealer.

7. **Practice the classic model pose:** Turn your body three quarters of the way toward the camera, with one foot in front of the other and one shoulder closer to the photographer. When you face forward, your body tends to look wider.
8. **For standing photos**, belly in, buttocks tight, shoulders back, spine straight.
9. **Study photogenic people** as well as photos in which you think you looked best. Look at your best angle. You'll probably see that you were laughing or having a good time. Capturing someone when they're relaxed or most animated usually makes for the best results.
10. **To feel at ease**, try closing your eyes, then opening them slowly just before the photo is taken.

Readers Digest

Did you Know?

1. Christmas caroling began as an old English custom called Wassailing--wishing neighbors a long and healthy life.
2. The first United States President to decorate the White House Christmas tree was Franklin Pierce.
3. Santa Clause gets his origins from St. Nicholas a generous man from the 4th Century A.D. who helped children and the poor and often threw gifts through children's windows to make them happy. The story was brought to America by Dutch immigrants who called the man "Sinter Klaas."
4. Electric lights for trees were first used in 1895.
5. Charles Dickens' famous work, "A Christmas Carol" was written in just six weeks.
6. During the Christmas buying season, Visa Cards alone are used an average of 5, 340 times every minute in the U.S.
7. Even though many believe the Friday after Thanksgiving is the busiest shopping day of the year, the Friday and Saturday before Christmas are actually the two busiest shopping days of the year.
8. In Greek, X means Christ. That is where the word "X-mas" comes from, contrary to the idea that people wanted to take the "Christ" out of Christmas.
9. Coca Cola was the first beverage company to use Santa Clause for a winter promotion.
10. If you received all of the gifts listed in "The Twelve Days of Christmas" song, you would receive 364 presents.



Community Events **P.5**

First Night Escondido

December 31st

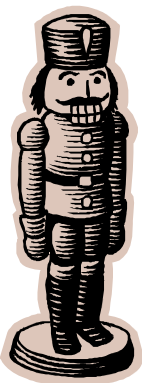
A community Celebration of Music, Dancing and fun for the entire family. 6 PM–Midnight with fireworks at midnight.

Location: California Center for Arts and Grand Avenue, Downtown Escondido.

Ticketed event 760–639–0220 or www.firstnightescondido.com



City Ballet of San Diego Presents
'The Nutcracker'
December 8th-17th



In its 11th Annual production, City Ballet of San Diego presents its popular production of The Nutcracker at the Spreckels Theatre, downtown San Diego.

Held on the weekends of 12/8 to 12/10 and 12/15 to 12/17.

Tickets are: \$20.00 - \$42.00
Call: 858-272-8663



*The WaveCresters
"Holiday Glitz At The Ritz?"*

*Hors d'oeuvres menu
No Host Bar*

**Monday, December 7th, 2009
6:00 pm to 8:30 pm**

**The Ritz Restaurant and Garden
800 Newport Center Drive
Newport Beach, CA 92660
(In Beautiful Newport Fashion Island)**

Reservations Required

**Please RSVP To Donna Ham-Burke at
(714)797-4549 or email
Treasurer@wavecrestersabwa.org**

**Festival of Lights– Wild Animal Park
Dec 8-23; 26-30**

More than 100,000 multi-colored lights, up-close animal encounters, glimmering animal light sculptures, holiday-themed entertainment including Santa and carolers, as well as holiday crafts and shopping.

www.wildanimalpark.org

ABWA Soaring Eagles Chapter

Treasurer's Report P.6

Balance on hand, September 25, 2009 9,433.26

Income:

Dinner Meeting	595.00
50/50 Cash Drawing	95.00
Dues (2009-2010)	252.00
Misc. income	
Interest income	5.99

Total Income 947.99

Expenses:

Dinner Meeting Expense	570.00
Paper/Supplies-General	3.00
Newsletter - Natl Conf.	118.26
National Conf. - President	1,275.07
Membership	69.39
Member Professional Development expenses	3,599.79
General	
Scholarship expenses	
Scholarships 2009/2010	500.00

Total Expenses 6,135.51

Balance on hand, October 23, 2009 4,245.74

* Union Bank of California	1,024.88
Waddell & Reed MM	3,170.86
Cash on Hand	50.00
Total Cash in Banks & On Hand	<u>4,245.74</u>

Scholarship/Education Funds Reserved:

Balance @ 8/1/09	7,744.43
Fundraiser 09/10	
Misc. Fundraiser	
Scholarship 09/10	(2,250.00)
Total Scholarship Fund	(5,494.43)

Member Professional Development Reserved:

Balance @ 8/1/09	3,600.10
Fundraiser 09/10	
Misc. Fundraiser	
Misc. Fundraiser	
Member Professional Dev Expenses 09/10	(3,599.79)
Total Member Professional Development Fund	(0.31)

Funds Available for Operations, October 23, 2009 (1,249.00)

Submitted by Roxann Randall, Treasurer

Let's Get This Chapter Learning!

Greetings, Soaring Eagles!

I am writing this article a few days before Thanksgiving, so I thought it would be appropriate to give thanks to all of our ABWA sisters who participated in this year's See's Candies fundraiser for our Member Professional Development fund. At this time we are still calculating the totals, however, I can say that we surpassed the minimum that we needed to sell in order to participate in the fundraiser. Final totals will follow once we know them.

I also want to thank all of you for listening to my presentation at the November meeting about the benefits of ABWA pertaining to Member Professional Development. I hope you all find an opportunity to take advantage of member reimbursements, grants, or scholarships at some point during your time with ABWA. Don't forget to tell your friends!

Feel free to contact Anne Grimes, Member Professional Development Committee Chair, at 619-253-6869 for more information.

"If you really want something, work hard, take advantage of opportunities, and never give up, you will find a way."

Give the Gift of ABWA Membership to a Woman in Your Life This Holiday Season!

What better way to introduce valued colleagues to the greatest Business Development group around than by gifting them with membership! Maybe you know an entrepreneur who needs access to critical business skills. Perhaps you'd like to mentor a young business professional just starting out in their careers. Or maybe one of your service providers needs to break out of their particular industry "niche" and network with other professionals. Whatever the need, consider giving them a membership in ABWA! This could be your chance to become that Trusted Advisor or Business Mentor to someone special! Give it some thought!



Share the memories, inspiration, success and friendships of this amazing Association and your gift membership recipient will receive a specially packaged membership welcome packet, limited edition ABWA gift, and a holiday card from you. Order now and receive a \$10 Merchandise Certificate for yourself!

Go online to purchase a gift membership or call 816-361-6621 today and ask for Jennifer!

Welcome New Members!

Dawne Morris
Jennifer Constantinidis
Kimberly Nguyen
Chris Gallagher
Kari Witman
Patt Davis
Kristin Phillis



**American Business Women's Association
Soaring Eagles Chapter #6495
A Best Practices Chapter
November 5, 2009 General Meeting Minutes**

Nov

The Meeting was called to order at 6:15pm by President, Dr. Julie Kangas. The attendees said the ABWA Mission Statement and Pledge of Allegiance, Julie read the Invocation followed by dinner and self introductions. There were 26 attendees: 21 members, 5 guests,

Program:

Celebrate Your Success

Executive Officers from the Soaring Eagles gave a presentation on the benefits of being an ABWA member. Dr. Julie Kangas, President, started the presentation by reading a letter from ABWA National congratulating the chapter on our 11th anniversary and the story on what ABWA has done for Casey Coven.

Pattie Vargas, VP Membership, spoke on numerous benefits for ABWA members. She spoke about lifelong learning and how the Women's Instructional Network (WIN) offers online courses at your convenience for continuing education credits. WIN also allows members to communicate locally, regionally, and nationally. Pattie presented the benefits of developing leadership skills through board and committee chair positions at all levels (chapter, council, national). She discussed that giving back to the community is important to the Soaring Eagles chapter. She also touched on Top 10, Professional Development (including our monthly meeting Program), and our Award winning magazine. Anne Grimes, Members Professional Development, spoke on the education reimbursements available through ABWA locally and nationally. Anne covered the importance our fundraisers play in having funds available for MPD. The Program started at 6:55pm and ended at 7:50pm

Business Meeting:

September Treasurer's Report filed for audit. Meeting minutes stand approved as presented.

Lisa Durham, VP Fundraising, discussed the upcoming 'Community Vendor Fair' fundraiser. The event is Sunday, November 8th, from 11:00am to 4:00pm at Sacred Space Imports. Lisa also presented the Great Lakes Scripts fundraiser project. Lists were available at the meeting. If you did not receive one, please contact Lisa Durham. Scripts (gift cards) are available for hundreds of vendors and we make a percentage.

Pattie Vargas, VP Membership, along with Shelley Gardner, Sue Puffet and Ansha Saunders affiliated new members into the Soaring Eagles Chapter. New members affiliated today: Jennifer Constantinidis, Dawne Morris and Kari Whitman.

Julie Kangas asked the Audit Committee to complete the annual audit by the next meeting. The Audit Committee members are Anne Grimes, Ansha Saunders and Sandra Curtis.

Marlene Montooth reported Pattie Vargas is Vice Chair of Impact Council. The next Inland Valley Council meeting is Saturday, November 14th, at the Menifee Hospital; we're the Sponsors.

Suzanne Southwell announced the Escondido Chamber Meeting will be held November 12th at Westfield Shopping Town. Contact Suzanne for more details.

Anne Grimes won the 50/50 drawing: \$45 to Anne, \$45 to Operations.

The December meeting is our annual Holiday Party. Party is at the Vineyard Golf Course on San Pasqual Road near Westfield Shopping Town, on Thursday, December 3rd.

Meeting adjourned at 8:15pm

Minutes Prepared by
Mary M. Large
Secretary

SOARING EAGLES

CHAPTER 6495
P.O. BOX 725
ESCONDIDO, CA 92033

WWW.ABWA-
SOARINGEAGLES.ORG

ABWA Proud Code Of Conduct

- All members will serve as goodwill ambassadors for ABWA.
- Members will not allow their personal beliefs and convictions to interface with the representation of ABWA's mission.
- Members will always treat their member colleagues, guests, vendors and sponsors with honesty, respect, fairness, integrity, responsibility, kindness, and in good faith.
- Members will maintain compliance with ABWA national, Chapter and Express Network Bylaws.
- Members will not use their personal power to advance their personal interests.
- Members will strive for excellence in their professions by maintaining and enhancing their own business knowledge and skills and by encouraging the professional development of other members.

SOARING EAGLES

PRESIDENT

Julie Kangas
760-489-5545

SECRETARY RECORDING

Mary Large
760-739-0717

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Stacey Moffat
858-204-2677

VICE PRESIDENT

Shelley Gardner
760-809-2614

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Ansha Sanders
760-975-8549

PUBLICITY

Marissa Cartwright
508-981-0173

VP MEMBERSHIP/ HOSPITALITY

Pattie Vargas
760-294-2465

TREASURER

Roxann Randall
760-471-1306

ROSTER

Stacey Moffat
760-317-1480

VP NEWSLETER

Heidi Smith
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PROFESSIONAL DEVELOPMENT

Anne Grimes
619-253-6867

INLAND VALLEY COUNCIL REPRESENTATIVE

Marlene Montooth
760-715-5835

VP FUNDRAISING

Lisa Durham
760-798-9692

PROGRAMS

Michelle Sullivan
858-451-9390

HISTORIAN/BANNER

Candace Trevino 760-294-0767
Sara Dosier 858-361-1143

ABWA STANDING RULES

SOARING EAGLES CHAPTER #6495

Approved Revision 11/12/08

1. The monthly minutes of our Chapter Meeting and the monthly Treasurer's report will be published in the newsletter each month.
2. The Executive Board may approve expenditures of up to \$200.00 without the approval of the general membership.
3. The Chapter will accept Primary and Secondary members. Secondary members may not hold executive board positions or request reimbursement from the member education fund.
4. Attendees at the monthly Chapter meeting will pay the current dinner charge.
5. There will be a fee of up to \$25.00 to cover bank charges assessed for any returned check. After a second returned check, the member must pay in cash.
6. If a member's National dues lapse, the remaining paid up Chapter dues will be refunded upon request and all member privileges revoked.
7. The Chapter will send the Chapter President to the ABWA National Women's Leadership Conference. The chapter will pay the President's early registration for ABWA National Women's Leadership Conference. In addition, transportation and room costs (not to exceed four nights) will be reimbursed up to \$1,250.00. In the event the president is unable to attend, priority will be given as follows: The Woman of the Year, Executive Board members, current Chapter Top Ten, General Membership (amended 11/12/08).
8. Based on available Member Professional Development funds, attending Chapter members will be reimbursed 100% of early registration costs for ABWA National Women's Leadership Conference and/or ABWA Spring Conference. (amended 11/12/08). Based on available chapter Member Professional Development funds, all eligible attending Chapter members may be reimbursed up to 50% per MPD Guidelines of their additional expenses, excluding meals, not to exceed four nights.***
9. If proceeds are available from Member Professional Development funds, the current and past Chapter Top Ten nominee/Chapter Woman of the year may be reimbursed for the ABWA National Women's Leadership Conference Woman of the Year/Top 10 luncheon cost (amended 11/12/08).
10. If proceeds are available from Member Professional Development funds, the current and past Soaring Eagles' Chapter Woman of the Year may be reimbursed for the ABWA National Women's Leadership Conference Woman of the Year luncheon cost.
11. If proceeds are available from the Scholarship fund, a yearly donation of up to \$1,500.00 may be made to the SBMEF.
12. Proceeds from the annual fundraiser are to be split 50/50 between the Scholarship fund and the Member Professional Development fund.
13. The Chapter Advisor shall be the immediate past president. If she is unable to serve the Chapter Advisor will be appointed by the outgoing Executive Board at the end of the term. The Chapter Advisor will not have a vote on the Executive Board.
14. A member of the Executive Board will serve on the Scholarship and Member Professional Development Committees.
15. Any member elected as Chapter Woman of the Year will not be eligible for selection until three terms have passed.
16. After a review of the Standing Rules by the Ad hoc committee, they will be published two times before going to vote by the general membership.
17. The Chapter has adopted the ABWA Proud Code of Conduct. The Code will be published in each edition of the Chapter newsletter.

Revised by Rosi Weisser Last Revision 7/23/07, 11/12/08

Ad hoc members: Rosi Weisser, Mary Large, Judy Jessup

*** (Award Year 2006-2007 Star Award Criteria now requires 6 eligible attending Chapter members to attend ABWA)