



Year: 2011 Issue: 5

Presidents Corner P.1

Hello Soaring Eagles,



I am very excited to join you in all the wonderful activities planned for the Soaring Eagles this month! All of you should have received flyers and information about our big spring fundraiser, Wine & Roses, on Sunday May 22nd. Be sure to send this information to friends and family on your e-mail list, and print flyers to give to colleagues and clients at your place of business. When you joined our chapter, you accepted responsibility to support the chapter in making our group successful. At this time of year, we need everyone's help in achieving our fundraising goals, and here is what we ask of you:

- 1) Purchase tickets for yourself and at least one guest to attend the event, which includes lunch, wine tasting and a live and silent auction
- 2) Provide one or more auction donations for the live and silent auction
- 3) Sell 10 or more tickets for the Best Buy \$500 raffle to be drawn at the event
- 4) Attend the "basket party "on Saturday May 7 to assemble auction Donations

You'll find out all you need to know at our next chapter meeting Thursday May 5th. Our VP of Fundraising, Lisa Durham, and her committee have a great event lined up, with 2 special additions to make the day even more fun for our guests. Purchasing your tickets at this meeting helps the committee plan for attendance and member participation.

We'll have all the details on the fun basket party and needed donations as well.

May is the month for our chapter elections for the next ABWA year, which begins in August. Our National office requires that we submit our new officer list in June, and we need your vote to decide our chapter leadership for the next year. A few positions remain open—contact Suzanne Southwell, nominations chair, for information, and to express your interest to serve on our board.

I am proud to congratulate the Soaring Eagles Woman of the Year for 2011-2012, Shelley Gardner. Shelley has served the chapter for several terms as an officer—vice president, recording secretary and corresponding secretary. Very active since joining our chapter in 2004, Shelley poured her heart into our chapter from day one, earning the Protégé award for active service her first year. She has supported all our events, fundraisers, and been active as a new member recruiter. Well deserved Kudos to Shelley! We know you will continue to do us proud!

As you can see, I never run out of good news to share about the Soaring Eagles! This week I will join other ABWA members from Districts VI and II at the Regional Conference in Santa Fe. I'm looking forward to spreading the news about our wonderful members—and I hope you will do the same!

See you soon!

President Julie
Julie Kargas

Soaring Eagles

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

www.abwa-soaringeagles.org

On Eagles Wings

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May Meeting

“Building Your Tribe”

Tanya Paluso, Co-Founder of Tribal Truth.



Tanya will be teaching us about Tribe Building, a technique to build your business and improve your life:

Tribe Building is finding and connecting with like-minded people and leading them to a place they want to go. Tanya will share with us how to find your audience as a business owner and build your loyal clients and friends. This is a solid way to get referrals and market your business. This method can also be applied to your life, to help you reach your personal goals as well.

Find out how to put the tribe behind your dreams!



ABWA MISSION STATEMENT

The mission of the American Business Women’s Association is to bring together businesswomen 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.

Where:

Escondido Country Club
1800 Country Club Lane
Escondido, CA 92026

When: May 5th, 2011

Networking: 5:45 pm

Dinner: 6:00 pm

Speaker: 6:30 pm

Free 50/50 Raffle Tickets!

First time visitors get \$5.00 in Free 50/50 Tickets.

Become a member your first meeting and get an additional \$5.00 in Free 50/50 Tickets!

Dinner Prices:

Member \$23.00

Guest \$28.00

ABWA Soaring Eagles 2010-2011

Vision Statement :

The Soaring Eagles are a Best Practices ABWA chapter in North San Diego County. We are the “organization of choice” for businesswomen and entrepreneurs interested in connecting through networking, professional development and career advancement.

Announcements & Upcoming Events

2nd Annual Business Women's Mega Mixer:

Lori Schindler, VP of Membership, Julie Kangas, President, and Derilyn Atkinson, Program Chair, network for the Soaring Eagles at the Business Women's Mega Mixer in La Jolla on March 24. ABWA is clearly the BEST business women's organization around!



Fundraiser News!



Chapter Members and Friends ~ Our Annual Wine & Roses fundraiser at the RB Winery is coming up soon. There is an addition to the event ~ we are offering a 9-hole game of golf for \$30 before the event, space is limited, so RSVP soon. Members, don't forget to sell your raffle tickets for the Best Buy gift card, \$5 could win the \$500 card, what a deal! We are asking everyone to email out the flyer to their contact lists so we have great attendance at the event. This event supports our community scholarships and member education. The flyer is in the newsletter. Please contact Lisa Durham if you have any questions, 619-892-0181.

EXCITING NEWS!

FOUR \$500.00 SCHOLARSHIPS HAVE BEEN AWARDED BY OUR CHAPTER TO STUDENTS AT VALLEY HIGH SCHOOL!

CONGRATULATIONS TO THE FOLLOWING STUDENTS FOR THEIR EXCELLENCE, PERSEVERANCE AND COMMITMENT TO THEIR FUTURE!

- FRANCISCO ANDALUZ
- KIMBERLY TEMPUS
- SUSANA GARCIA
- SHEILA DOMINGUEZ

EACH OF THESE STUDENTS IS COMMITTED TO A BETTER LIFE THROUGH EDUCATION AND WE ARE BLESSED TO HELP THEM IN THEIR JOURNEY.

THANK YOU TO EVERYONE IN THE CHAPTER FOR MAKING A DIFFERENCE IN THE YOUTH OF OUR COMMUNITY!

ABWA Member Spot Light



Full name: Allison Denehy (not Denehey, LOL!)

Current career: Emotional Freedom Techniques Practitioner and Owner/Founder of In Balance Healing

Family members: Noel Schaeffer, Significant Other

My family is... Totally supportive of all of my endeavors as well as my idiosyncrasies!

My last vacation was... To the Midwest over the holidays. I needed to remind myself that snow is an amazing thing to VISIT.

Favorite quote: "Everything will be okay in the end. If it's not okay... it's not the end."

One piece of advice you wish you could have told yourself 10 years ago is... Do it all exactly as you have planned. It will all be amazing and great in the end!

Your Dream job? I'm livin' the dream!

Favorite Website: Ha! www.inbalancehealingsite.com

Where were you born? Hinsdale, Illinois.

What degrees/certifications do you hold? BA in liberal arts, MS in clinical/ counseling psychology. Level III Training in EFT.

Favorite thing to do on a Sunday? Hike, explore an area I've never been to, spend time with my significant other, spend time with my dogs, and REST.

Who is your Role model and why? Currently, it is Carol Look, EFT Master. She is amazing.

Favorite hobbies include: Hiking, Running, Walking, Cooking, Spending time with my Shelties: Katara and Kirby, and feeding Noel.

What changes have you made to be greener? I only clean with vinegar, baking soda, or Method Products. I eat only organic, free range, antibiotic-free products. I cook at home as much as possible instead of eating out, I re-use bags when I shop, I buy clothes made from organic fibers.

How has technology affected the way you do daily activities? It has created in me a lovely co-dependent relationship on which I completely depend. I would be lost without it. It has also made me totally accessible at all times. I turn off my phone every day at 7:30 pm so that I can focus on my family and myself and I never have my phone beside me during mealtimes.

How have you benefited from your ABWA membership? Friends and support! It feels so good to be part of a family of people who are filled with a positive outlook and are forward-thinking.

What is one thing you couldn't live without? That's a tough one. If we are talking about a materialistic thing... I suppose it would be my mattress. So, so comfortable!

Where did you meet your best friend? On a blind date. I opened the door and I knew in an instant that it was love at first site. He, on the other hand, tells me that he heard a voice in his head say, "Man, you are totally in trouble." Either way, we are soul mates and best friends!

How do you empower women? I teach them how to heal themselves with Emotional Freedom Techniques. It truly works miracles. I am so blessed by my job.

Something most people don't know about me is... I was a competitive gymnast, and therefore am VERY good at following directions and pushing myself to the limit!

Meet Abby!

Where's Abby???

The month of March was jam-packed with TRAVEL, TRAVEL, and MORE TRAVEL! First I went to Atlanta for the District I and IV Regional Conference. There I received the thrill of my life when I met Rene Street, executive director for ABWA! I was so excited to see that we share the same hair style! There was so much to do, I would NOT have made it without my trusty Starbucks!



Next it was on to Women on the Go up in Placentia! I heard this was a great event to see and I was NOT disappointed! There were great presentations, including a wonderful speech by Pattie Vargas, our District VI VP (who took me along, by the way) and the location was absolutely beautiful! Can't wait for NEXT year!



I had barely unpacked when it was OFF to St Louis, Missouri for the District III and V Regional Conference! (Boy, don't ABWA ladies ever SLEEP???) The best part of St Louis was being able to FINALLY meet Rosi Weisser, the Soaring Eagle who wins the distance membership award!!! I attended all the sessions and spent time with Rosi, my Board Sisters and other members from the Central part of the United States! This cute blond with the pink crown is my Board Sister, Stella, from Globe, Texas.



On Friday night, Rosi and Pattie took me up to the top of the hotel where they shared a glass of wine and took my picture with the famous St Louis arch in the background.



Earlier in the month, I spent some time up at Bay Area Council and heard a great speaker and met friends from the San Francisco Bay Area. Pattie stayed with Amy and Greg Dawson so I was treated to a night in the Harry Potter Suite. It was memorable! I even took a ride on a broom stick – that was a definite first!!!

And, of course, work still needs to get done so, in and around all the travel, Pattie also had to go to work once in awhile. After my visit with Sara Dozier, she dropped me off at AMN Healthcare where Pattie was working and I got to hang out with some of the team. They had a crazy project going on that was due to launch in a couple weeks so no one paid much attention to me! The highlight was that I met my idol, Xena, who has a place of honor in Pattie's office!



Next we head to Santa Fe for the **District II and District VI regional!** Hope to see you there!!!!!!





Lets Get This Chapter Learning

Let's Get This Chapter Learning!

Last chance for any Business Skills reimbursements to be submitted to National! All submissions are due to National on or before June 1, 2011. Since your submission to National must be approved at a general meeting first, that means you need to present it to the MPD Committee by our May 5th General meeting to get approval to submit it to National. **Remember, Business Skills reimbursements are only for business relevant courses taught by an accredited institution for courses that cost a minimum of \$100.** If we do not use the funds in our SBMEF account, then we lose them!

What do ulie Kangas, Shelley Gardner, Ansha Saunders, and Marlene Montooth have in common? They all attended the Woman on the Go event and were reimbursed \$50 each from our MPD fund. Congratulations to these ladies for furthering their Professional Development!

Take advantage of your membership benefits with ABWA by being involved and taking advantage of all that Member Professional Development has to offer. Ever been to a National Conference, a regional event, or attended a class or seminar that was continuing education for your career? Then what are you waiting for? Contact Anne Grimes, MPD Chair at 619-253-6869 or email annegrimes@cox.net to find out how you may qualify for a partial reimbursement.

"Develop a passion for learning. If you do, you will never cease to grow."

-Anthony J D'Angelo




Urban Dictionary

Computer-face to squint and kind of frown as you look at your computer to give the illusion that you are, in fact very busy analyzing something vital to your work; often used in conjunction with paper-shuffling and calling numbers that you know won't answer, then acting really frustrated when you hang-up so that it gives the impression you're chasing a very important account and have a lot on your plate already. *After I computer-faced facebook for an hour this morning, I called a random number and talked to an older gentleman for 27 minutes about the prospect of leasing his mineral rights until he realized he didn't own any mineral rights. So I hung-up and went back to computer-facing a New York Times article about fashion week.*

Googleheimer's The condition where you think of something you want to Google, but by the time you get to your computer, you have forgotten what it was. *I've got Googleheimer's so bad that between the garage and the office, I forgot what I was going to look up.*

cleptopenia The unconscious theft of Pens. Also known as Cleptopenamania. *The person who steals pens from the grocery store, bank, or post office must have cleptopenia (Klep-toe-pen-ee-uh)*



April Meeting Minutes

**American Business Women's Association
Soaring Eagles Chapter #6495
A Best Practices Chapter
April 7, 2011 General Meeting Minutes**

The meeting was called to order at 6:10 p.m. by President 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 23 attendees: 22 members and 1 guest.

Program:

Stacey Moffat presented the Scholarship Committee and Scholarship Finalists. Finalist were rated on their Biographies, Career Goals, Uniqueness and Essays. The program started at 6:45 p.m. and ended at 7:30 p.m. Candidate rankings RN, International Flight Attendant, Cosmetologist, Automotive/Artist

Business Meeting:

Standing Rules: Marlene Montooth moved to accept the revision of the Standing Rules. Derilyn Atkinson seconded the motion. 22 members voted to accept. No members abstained.

Fundraiser: Vice -President Shelley Gardner reported that the Wine & Roses event will be held May 22, 2011 at the Rancho Bernardo Winery in "The Barrel Room." The Basket party will be from 1 pm to 5 pm on May 7, 2011. Shelley encouraged members to donate items for the live and silent auctions. Shelley reminded members about the gift card program. Mary Large reiterated picking up more Best Buy tickets, as well as utilizing the Gift Card program to donate a gift card to the fundraiser.

Business Women's Mega Mixer on March 24, 2011: President Kangas advised that the over 400 attendees proved that there are many women's networking organizations in San Diego, but President Kangas was proud to state that ABWA differentiated from the other organizations by being more than a networking organization, by having ties to a national organization, and our emphasis on education. The Macaroni Grill gift card recipient was Linda Ramey—Fashion Consultant for Vault Denim.

District VI VP Pattie Vargas invited members to attend Regional Conference 4/29/11 - 4/30/11 in Santa Fe, New Mexico. District II and District VI. Enjoy ABWA business SBMEF, Day 2 Professional Development

Membership: Vice-Presidents of Membership Sue Puffet and Lori Schindler affiliated the following members: Gloria Loeffler, Allison Denehy and Margarita Knowles. Welcome!

Announcements:

Ann Grimes announced the 2011 Chapter Women on the Year award recipient: Vice-President Shelley Gardner! Congratulations Shelley!

Sara Dozier won the 50/50 drawing: \$42 to Sara; \$42 to the Operations Fund. Congrats Sara!

The Escondido Chamber and the San Marcos Chamber of Commerce will co-sponsor the April Mixer at Pala Casino from 5 to 7 p.m. on 4/14/11.

ABWA Board meeting will be held in 2 weeks on 4/21/11. Members are welcomed to attend Regional Conference is 4/29/11 - 4/30/11 in Santa Fe, New Mexico.

Wine & Roses Basket Wrapping Party will be held on 5/7/11 from 9 a.m. to 5 p.m.

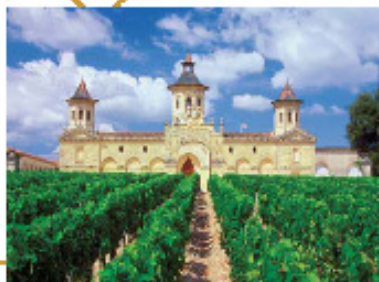
Visit the Soaring Eagles Facebook page "Escondido ABWA."

Councils

Inland Valley Council: VP Marlene Montooth announced that Pattie Vargas will speak at the next IVC meeting on the 2nd Saturday in May.

Impact Council Delegate Ansha Saunders announced that the next meeting will be on 4/9/11.

ABWA WINE & ROSES FUNDRAISER



Join us for a winery tour, private tasting and California lunch.

Win wonderful raffle prizes and enjoy live and silent auctions. All while sipping a fabulous glass of wine. Come have some FUN with the Soaring Eagles!

Our fundraiser proceeds benefit our scholarship and educational programs.

Cost: \$40 per person or \$70 per couple

DATE: 5/22/11 TIME: 2:00–6:00 PM

Rancho Bernardo Winery in "The Barrel Room"

13330 Paseo Del Verano Norte

San Diego, CA 92128

RSVP to Lisa Durham by 5/15/11; Ph: 619-892-0181 or Email
lissjewls@hotmail.com

ABWA Soaring Eagles Chapter, Escondido, CA



The Soaring Eagles Chapter of the American Business Women's Association
 Presents our Ninth annual
Wine and Roses
Fundraiser

Sunday, May 22nd, 2011

2:00 pm to 6:00 pm

Rancho Bernardo Winery

13330 Paseo Del Verano Norte, San Diego, Ca 92128

_____ \$40 per person / \$70 per couple

Includes Tour, Private Tasting, California Lunch

Live and Silent Auctions and Opportunity Drawings

For those who would like to attend the 9 Hole Golf Tournament

_____ \$70 p/person to include Golf

_____ \$100 p/couple to include one Golf

_____ \$130 p/couple to include two Golf

Over the past nine years, our chapter has awarded over \$35,000 in scholarships to local students including the abused and/or underprivileged which are often overlooked by traditional scholarship programs. Please join us in an effort to continue this mission.

Visa and MasterCard are accepted. If paying by check, please make payable to ABWA Soaring Eagles. Please complete this form and mail it along with payment to:

ABWA Soaring Eagles, c/o Lisa Durham, VP Fundraising

P.O. Box 725, Escondido, CA 92033

You may also fax your registration to 760-798-9695

Name(s): _____ #Attending _____

Address: _____

Phone: _____ E-mail address: _____

Credit Card No. _____ Expiration _____

ABWA Proud Code of Conduct

- All members will serve as goodwill ambassadors for ABWA.
- Members will not allow their personal beliefs and convictions to interfere 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

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

SOARING EAGLES BOARD**PRESIDENT**

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SECRETARY CORRESP.

Roxann Randall
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HISTORIAN/BANNER

Sara Dozier
858-361-1143

STANDING RULES ABWA
Soaring Eagles Chapter #6495
Revised 02/17/11

1. The minutes of our monthly Chapter Meeting and will be published in the newsletter and the monthly Treasurer's Report will be posted in WIN on the Soaring Eagles site 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 local Chapter dues will not be refunded and all member privileges will be 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: 1) Executive Board member, 2) current Chapter Woman of the Year, 3) current Chapter Top Ten nominee, 4) general membership. See details in MPD Guidelines, No. 2C.
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 and a portion of additional expenses. See details in MPD Guidelines, No. 2C
9. If proceeds are available from Member Professional Development funds, the current Chapter Top Ten Nominee may be reimbursed for the ABWA National Women's Leadership Conference Woman of the Year/Top Ten luncheon cost.
10. If proceeds are available from Member Professional Development funds, the current Soaring Eagles Chapter Woman of the Year may be reimbursed for the ABWA National Women's Leadership Conference Woman of the Year/Top Ten luncheon cost.
11. If proceeds are available from the Scholarship fund, a yearly donation of up to \$1500.00 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 for the first \$4000. All remaining proceeds will be split 50/50 between the Community Chest 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.

Last Revision 7/23/07, 11/12/08, 02/17/11

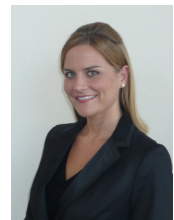
Ad hoc members: Rosi Weisser, Mary Large

*For questions or
suggestions please*

contact :

*Heidi M. Smith,
ABWA Soaring
Eagles Newsletter
Editor*

hsmith@Strophe.com



Special Thank You to Rosi Weisser for helping to Edit the Newsletter!