



# On Eagles Wings

VOLUME 9 ISSUE 8

APRIL 2007

## SPECIAL POINTS OF INTEREST:

- Chapter By-laws Inside! Great for those running for an office or committee next year
- Welcome to the Spring Membership Campaign!

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## The President's Corner by Rosi Weisser

Happy Spring, Soaring Eagles:

It's housecleaning time, and I'm doing a lot of it! How about you? Find out what's weighing you down, and just get rid of it. It's very freeing. I discovered I have a lot of networking books. My goodness, how many times do I have to read what I already know in my heart? I dumped them all. .yes, I did. I have found that "netweaving" works much better; that is, weaving wonderful, dynamic people into the fabric of my life while doing those things that touch my heart and are important to me. It's amazing who you'll meet. You don't

have to get rid of things or activities like I did, just change your attitude and start weaving. You'll have great results.

I hope everyone is gearing up for our Wine & Roses fundraiser. Just remember, invite, invite, invite, and always look for opportunities to solicit sponsorships. The less we have to pay for, the more money we make. We have a lofty goal, but very easy to accomplish if we all work to our strengths. ABWA believes "together we're better" and "sharing the power" is how we accomplish miracles.

Blessings to you all in the month ahead.

Rosi



## Soaring Eagles Celebrate "Room to Grow" Spring Membership Campaign

Spring is nearly here at last, and the Soaring Eagles are growing! In honor of our new, expanded meeting location, we've named our spring membership drive, "**Room to Grow**"!

With 35 members and guests at our first two meetings, we've only just begun! Your executive board has implemented many GREAT new ideas to grow your networking and membership benefits! Here are a few:

- Expanded networking/no-host cocktails** available before meetings at 5:45 p.m.
- Larger networking/member business news table** (bring your materials early to meeting)
- Scholarship and business skills information table.** Find out about new member business skills reimbursement!
- Special guest door prize drawing!**

ready to take the Eagles to new heights! Positive comments and reviews of the excellent food and congenial location are already traveling by word of mouth. Don't miss the April 5 meeting for all the news of upcoming events. An excellent program awaits you and your guests!!

Julie Kangas  
Membership Chair

Yes, Soaring Eagles, we're

# Happy Birthday in April!

Leilani Haugen

April 3

Pattie Vargas

April 20



## Chapter Woman of the Year Announced

Rosi Weisser, President of the Soaring Eagles Chapter, was named Chapter Woman of the Year 2007/2008 at our March Meeting. Pattie Vargas, Woman of the Year 2006/2007, presented Rosi with a plaque and a lovely bouquet of roses after speaking from the heart about what Rosi means to all of us. Rosi has dedicated herself to the chapter and has given her talent, knowledge and hard work unselfishly for several years, serving twice as Chapter President and once as Secretary. Rosi is admired by her board because she gets involved with every committee and does her best to lift her board members up while giving them room to grow. She sets the example for others to follow and we are so proud and blessed to have her as our President and our Chapter Woman of the Year.

*“You get the best  
out of others when  
you give the best of  
yourself”*  
Harvey S. Firestone

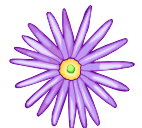
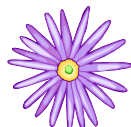
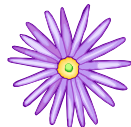
### JOIN US FOR THE APRIL MEETING!

ESCONDIDO COUNTRY CLUB  
1800 W COUNTRY CLUB LANE  
ESCONDIDO, CA

APRIL 5, 2007

5:45 NETWORKING, 6:00 MEETING

\$20 PER PERSON



# Let's Get This Chapter Learning!

Hello, fellow ABWA Soaring Eagle Members!

In case you missed the update, here is the low down on our newest benefit of belonging to the Soaring Eagles Chapter. Now, qualifying members have the opportunity to get reimbursed ½ of the tuition cost up to \$250 for courses from non-accredited institutions and for classes costing less than \$100 (all courses are based upon board approval). The guidelines are similar to the Business Skills Grants; however the applications are not sent to National for approval or reimbursement, but instead are

approved and reimbursed at Chapter level. Please ask for more information or an application from anyone on the Member Professional Development Committee. Our first reimbursement went to Pattie Vargas for her DISC Certification course. Congratulations, Pattie!

Mark your calendars for these AWESOME ABWA events that you may qualify for partial reimbursement:

**Spring Conference Dates:**  
(your choice of locations)  
**March 23-24<sup>th</sup>** Kansas City, MO

**March 30-31<sup>st</sup>** New Orleans, LA  
**April 13-14<sup>th</sup>** Albuquerque, NM  
**April 13-14<sup>th</sup>** Louisville, KY  
**April 27-28<sup>th</sup>** Norfolk, VA  
**May 4-5<sup>th</sup>** Sarasota, FL

Members are not required to attend, but it is encouraged. It is also a great time with much to learn!

For more information and to see how you can qualify for this awesome benefit of belonging to ABWA, please contact me, Anne Grimes, Committee Chair or any of my Committee Members: Judy Jessup, Mary Large, Carol Archibald, or Sheri Genovese.

*“Be a life long learner. Constantly be looking for ways to make your life easier, to grow, and to be the person you are capable of becoming.”*

*Debra Pestrak,  
Speaker and  
Author*

## Save the Date!

Soaring Eagles Annual Fundraiser  
Wine & Roses

Sunday, May 20th, 2007

4-8 pm

\$50 per person

Italian Buffet, Wine Tasting,

Live & Silent Auctions and Opportunity Drawings

This is an AWESOME way to get involved in our chapter. Not only do we have a blast, but you'll make new friends and save a bundle on your ticket... a whopping \$20!!!

*Musings from Erma Bombeck...*

*Did you ever notice that the first piece of luggage on the carousel never belongs to anyone?*

*My second favorite household chore is ironing. My first being hitting my head on the top bunk bed until I faint.*

*I was too old for a paper route, too young for Social Security and too tired for an affair.*

## Thank You from Rosi

I would like to extend my deepest thanks and appreciation to the Soaring Eagles for being named your 2007 Chapter Woman of the Year. It was very unexpected and truly an honor. There are so many women in the Soaring Eagles deserving of this honor. I am blessed to be among them. The roses were beautiful and graced

my coffee table, probably longer than they should have. As I put the Woman of the Year ribbon on my name badge, I got more tears in my eyes. I also realized it's not all about me. It's about all of us, how we have blended, what we have accomplished together, and the vision we have for the future.

Together we are better, and I am so excited to be a part of it. Thank you so much.

*Rosi*



## The Importance of Walking

Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$5000 per month.

My grandmother started walking five miles a day when she was 60. Now she's 97 years old and we don't know where she is.

The only reason I would take up exercising is so that I could hear heavy breathing again.

I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently you have to go there.

I have to exercise early in the morning before my brain figures out what I'm doing.

I like long walks, especially when they are taken by people who annoy me.

I have flabby thighs, but fortunately my stomach covers them.

The advantage of exercising every day is that you die healthier.

If you are going to try cross-country skiing, start with a small country.

And last but not least, you could run this over to your friends but why not just e-mail it to them!

# ABWA Proud Code of Conduct

- \* All members will serve as goodwill ambassadors for the American Business Women's Association.
- \* 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.

## Escondido Chamber of Commerce Honors

### Suzanne Southwell



**AMBASSADOR OF  
THE MONTH**

**January**

**Suzanne Southwell**

*With Waddell  
& Reed, Inc.*

American Business Women's Association  
Soaring Eagles Chapter 6495  
General Meeting: March 1, 2007

President Rosi Weisser called the meeting to order at 6:25 PM. There were 25 members and 8 guests and 1 speaker. The mission statement was read in unison and the Pledge of Allegiance was recited by all attendees. All the Board Members were introduced.

### Business Meeting

**Minutes:**

The minutes stand approved as written.

**Treasurers Report:**

The Treasurers report was presented in the newsletter and will be filed for audit.

**Correspondence:** None.**Speaker:**

Our speaker for the evening was Ms. Grace Judson from Svaha Concepts who spoke for 45 minutes on Helping Professionals who feel trapped and want a sense of direction. There are options in every situation.

Chapter Women of the Year: Pattie Vargas and her committee reviewed all the applications for Chapter Women of the Year and presented Rosi Weisser a plaque and flowers in honor of being the Soaring Eagles Chapter Women of the Year 2007/2008. Congratulations Rosi!!!

**Committee Reports:**

**Scholarship Committee** – All completed applications are due on March 25, 2007. Applications are also located on the website.

**Professional Development Committee** – Anne Grimes updated the members on what it was like to attend the Women on the Go. Pattie Vargas was the keynote speaker and Anne found this venue to be very exciting, very enjoyable, very inspiring and very rewarding.

**Fundraising Committee** – Sue Puffet, Sharon Mack and Judy Jessup are the committee members for the function coming up in the spring. Fifty percent of the profits will go to member education. The committee identified the location and the date of the fundraiser as the Escondido County Club. The date of the event will be on May 20, 2007. All members who work the function will receive a \$20.00 discount on their ticket. See Sue for more information.

**Standing Rules:** Pattie Vargas moved that the Standing Rules are published in the Newsletter. Marlene Montooth seconded the motion, the motion carried.

**Old Business:** None**New Business:**

**Nominating Committee:** Mary Large will chair this committee. If you are interested in joining the committee please see Mary. Tracy Foote is a member of the committee. There will be a general election held at the May meeting. If you are interested in participating as a board member, or chair of a committee, please see Mary.

**Networking Table:** If you would like to display your business (e.g. business cards, pamphlets, etc.) please bring the items with you to the meetings and then take them home with you. We are not in a location where we can store the items.

**Announcements/Recognition:**

District 6 Approved Amy Dawson as a candidate for National Vice President.

District 6 Approved Joann Osbe as a candidate for National Vice President.

The Escondido Chamber Mixer will be held on March 8, 2007 at the On the Boarder in the Escondido Mall from 5PM until 7PM. Please see Suzanne Southwell for more information.

The Escondido Chamber of Commerce nominated Ms. Suzanne Southwell as The Ambassador of the Month. Congratulations Suzanne!

Opportunity Drawing: The 50/50 drawing of \$70.00 was won by Nancy Sticka.

Meeting adjourned at 8:34 PM.

Respectfully submitted,  
Shelley Gardner  
Recording Secretary



**Inland Valley Council**

***Inland Valley Council  
April 21, 2007  
Meeting***

**9:00 a.m. – Registration/Networking**

**9:30 a.m. – Meeting and Program**

**Place – Menifee Valley Medical Center,  
Sun City, CA (Address/Directions Below)**

**RSVP by April 14, 2007 to Kathy Williams**

**Phone: 951-654-0518 or E-Mail: Signart2@aol.com**

***Program: “Pain Management 101”***

***By Linda Gifford, Massage Therapist***

***Join us and you will be uplifted as you  
hear Linda’s story and learn about  
simple techniques that make a huge  
difference in relieving pain and stress.***



**Menifee Valley Medical Center, 28400 McCall Blvd., Sun City, CA**

Directions: From Riverside go south on I-215 and exit at McCall Blvd. At stop sign, turn left onto McCall Blvd. From San Diego go north on I-215 and exit at McCall Blvd then go right at stop sign. Travel approximately 1.5 miles to main Medical Center entrance on the left. Parking is available behind the building then follow sidewalk to the Education Center on the left.

# CHAPTER BYLAWS OF THE AMERICAN BUSINESS WOMEN'S ASSOCIATION

## ARTICLE I. NAME

The name of this chapter shall be The Soaring Eagles Chapter, located in Escondido, California.

## ARTICLE II. CHAPTER GOALS

The goals of the chapter are to increase the business efficiency of all members; improve the earning power of all members; promote good relations between employers and employees; assist members in securing employment; advance members in a social, business and educational way; and assist women in the community to better themselves through professional development.

## ARTICLE III. MEMBERS

**Section 1.** Chapter membership is a valued privilege. Candidates for membership in this chapter shall meet the requirements set forth in the National Bylaws.

**Section 2.** The monthly dues of this chapter shall be \$3.00 per month, payable in advance annually to the chapter treasurer. Any member who shall not pay chapter dues within forty-five (45) days after such are due and payable shall be removed from the chapter membership roster.

**Section 3.** Only members in good standing locally and nationally shall be eligible to vote and participate in any other chapter activity.

## ARTICLE IV. EXECUTIVE BOARD

**Section 1.** The executive board of the chapter shall consist of the chapter officers. The president shall act as chair of the chapter executive board.

**Section 2.** The executive board shall have general supervision of the affairs of the chapter between business meetings, set the time and place of executive board meetings, make recommendations to the chapter membership and perform such other duties as specified in these bylaws. The board shall constitute chapter authority in deciding matters of chapter policy not otherwise decreed. The majority of the executive board shall constitute a quorum for the transaction of all business at executive board meetings.

## ARTICLE V. OFFICERS

**Section 1.** The officers of this chapter shall be a president, vice president, secretary, treasurer, and any other officers the chapter shall deem necessary to achieve the goals of the chapter.

**Section 2.** A Nominating Committee, consisting of three members, shall be elected by the membership no later than March 31, and an Auditing Committee, consisting of two or more members, shall be appointed by the president by the July chapter meeting.

**Section 3.** All officers shall be elected in May by secret ballot to serve for one year or until their successors are elected. Their term of office shall begin August 1. A majority of the members voting shall elect. No member shall serve more than two consecutive full terms in the same office.

**Section 4.** With the exception of the office of president, a vacancy in any other office shall be filled by a majority vote of the executive board. Should the office of president be vacated, the vice president shall serve as president through that term of office. In the event the vice president cannot serve as president, the executive board shall appoint a member to serve as president until her successor takes office.

## **ARTICLE V. OFFICERS (cont'd.)**

### **Section 5. Accountabilities**

The PRESIDENT is the authorized leader of the chapter. She maintains unity and harmony within the chapter, directs officers, committees and members toward common goals and facilitates communication between ABWA National and the chapter's officers and members by disseminating information appropriately. The president:

Appoints committee chairs except the nominating committee, which is elected.

Assigns executive board members as project leaders of specific committees.

Collaborates with the executive board in developing an annual plan and budget that best serve the needs of the membership while at the same time uphold the mission of ABWA.

Prepares written agendas and presides at all meetings of the executive board and chapter.

Countersigns checks with the chapter treasurer or vice president in the treasurer's absence.

Conveys information received by the chapter to the membership.

Recognizes the efforts of all chapter members and presents member awards at chapter meetings.

Welcomes and introduces all new members affiliated with local leagues at the first meetings they attend.

Notifies the secretary, treasurer and membership chairs when members are to be removed from the chapter roster for nonpayment of annual national dues.

Maintains compliance with ABWA National and Chapter Bylaws, rules, procedures and policies.

Serves as an ambassador for ABWA and her chapter.

Shares ABWA materials (i.e. management resource package, rosters, etc.) with the executive board and committee chairs as appropriate.

Supports and recognizes executive board and committee members in fulfilling the responsibilities of their positions.

The VICE PRESIDENT is the chapter host and primary assistant to the president. The vice president:

Assumes all duties and responsibilities of the president in her absence or when called upon by the president.

Coordinates the assignment of new members to committees of their choice.

Schedules, plans and coordinates orientation sessions for new members throughout the year.

Countersigns chapter checks in the absence of either the president or treasurer.

Serves as an official chapter host, welcoming members and guests at chapter functions.

Helps ensure the vitality of her chapter by recruiting and retaining new members.

The SECRETARY is the transcriber of the chapter meetings and correspondence.

The RECORDING SECRETARY:

Records the minutes of all meetings of the chapter and its executive board. Minutes should include the number of members in attendance.

Provides one copy of the minutes to the president and sends a monthly meeting report to ABWA National. Report can be sent to ABWA National via e-mail to [abwa@abwa.org](mailto:abwa@abwa.org) or by submitting meeting report cards.

Obtains approval of chapter minutes from the membership and approval of executive board minutes from the board.

Prepares reports of meetings of the executive board and provides a summary to the membership.

Preserves in a permanent file all minutes and records of value to the chapter. Minutes are retained for seven years.

Maintains a roster of officers, committee chairs and committee members, and reports changes to the chapter and ABWA National.

## THE RECORDING SECRETARY (cont'd)

In the event that a member does not pay her local dues, notifies the member in writing that she will be placed on national status; also provides the secretary, membership chair and ABWA National with the names of any such chapter members.

If any member current in her local dues does not appear on the chapter roster due to nonpayment of national dues, call ABWA National to 1) verify member status, and 2) determine appropriate action, if any, to be taken.

Obtains and files required Internal Revenue Service (IRS) forms.

Submits her books for audit before the end of her term of office or at any time upon the request of the membership or executive board.

## ARTICLE VI. MEETINGS

**Section 1.** Regular meetings are the normal periodic gatherings of the chapter to transact business, typically held at regular intervals. Special meetings are the opposite, convened only to consider one or more items of business specified in the notice of the meeting.

**Section 2.** Regular meetings shall be held the first Thursday of the month and shall usually consist of food, program or speakers, and a business meeting. Members shall be notified in advance of the time, place and duration of each chapter meeting.

**Section 3.** Special meetings may be called by the president or by the executive board or upon the written request of one-third (1/3) of members in good standing within the chapter. The purpose of the meeting shall be stated in the notification. Except in case of emergency, at least three days' notice shall be given.

**Section 4.** The quorum of the chapter shall not be less than one-third (1/3) of the chapter membership. A quorum must be present for the valid transaction of chapter business. The right to vote is limited to members in good standing who are present at the time a vote is taken at a meeting.

## ARTICLE VII. COMMITTEES

**Section 1.** The standing committees shall be Professional Development, Fund-Raising, Membership, Newsletter, Program, Publicity and any other standing committees the chapter shall deem necessary to achieve the goals of the chapter.

**Section 2.** Special committees shall include the Nominating Committee, Auditing Committee and any other special committees the chapter shall deem necessary to achieve the goals of the chapter.

**Section 3.** All standing committee chairs shall be appointed by the newly elected president by June 30 and they shall serve for one year beginning August 1.

**Section 4.** Committee chairs are empowered to select their committee members immediately upon their appointment. The chairs shall provide the names of their committee members to the current and incoming (if applicable) secretary(s) and membership chair(s) promptly following their acceptance.

**Section 5.** Duties:

The AUDITING Committee shall audit the treasurer's accounts annually, upon a vacancy of the office, or upon demand of the membership or executive board.

The PROFESSIONAL DEVELOPMENT Committee shall inform the membership of seminars, leadership opportunities and other professional development opportunities in the community. The committee also shall be responsible for presenting to the membership its recommendation of candidates for SBMEF Business Skills Tuition Reimbursement and SBMEF Outright Grants. Additionally, the committee shall review the professional development programming at ABWA spring and national conferences with the membership.

The FUND-RAISING Committee shall present recommendations for projects that will provide sufficient funds for the chapter that should be used to support the chapter's goals (as stated in Article II of these Chapter Bylaws). Once annual projects are approved, the committee shall act to create strategic plans for implementation. The committee shall be responsible for the completion of the approved projects, including maintaining accurate records.

The MEMBERSHIP Committee shall encourage membership retention and promote membership recruitment either in its chapter or in the formation of a new chapter. The committee shall maintain an accurate chapter roster and report all status, name and address changes to the secretary. The committee also shall assist the vice president in performing her duties as chapter host.

The NEWSLETTER Committee shall publish a chapter newsletter, at least quarterly and at most monthly, and shall coordinate its distribution.

The NOMINATING Committee shall nominate one or more candidates for each office to be filled and shall present a slate of candidates to the membership at the May meeting.

The PROGRAM Committee shall plan, select and schedule professional development programs/speakers for chapter meetings and other special events as requested. The committee shall be responsible for planning the time, place, reservations, food and other special arrangements needed for these meetings or events. The committee also shall notify all members of the date, time and place of each chapter meeting and special event.

The PUBLICITY Committee shall send promotional information to all appropriate media covering national, chapter and member achievements as well as chapter activities. The committee shall send copies of major publicity coverage to ABWA National. The committee also shall list or file information about the chapter with sources for potential member contact in the community, such as the local chamber of commerce or public libraries.

## **ARTICLE VIII. AMENDMENTS**

With the exception of setting the amount of chapter dues, all proposed amendments to these bylaws shall be approved by ABWA National before being put to a chapter vote. Amendments to the Chapter Bylaws require an affirmative vote by a majority of the active membership or record (not simply a majority of members present). Such amendments shall not conflict with the National Bylaws of the Association. Articles permissible to amend in every chapter are:

Article I: name of the chapter, city and state.

Article III, Section 2: amount of dues and how payable.

Article VI, Section 1: day of the month of regular chapter meeting.

No other Articles to these Bylaws may be amended except by ABWA National, which reserves the right to do so at its discretion.

## **ARTICLE IX. STATUS**

**Section 1.** The chapter is organized as not-for-profit and no part of the net earnings shall inure to the benefits of any members, and it shall not engage in a regular business of any kind ordinarily carried on for profit.

**Section 2.** If deactivation of this chapter should occur by vote of the membership, written notice shall be provided to ABWA National by the current executive board, and the chapter charter returned. All funds remaining in the treasury, after payments of all debts, shall be contributed to the Stephen Bufton Memorial Educational Fund and/or the American Business Women's Foundation (tax-exempt organizations to which contributions are deductible under Section 170 of the Internal Revenue Code), as shall be specified by the executive board of the chapter.



March 2007

Dear Soaring Eagle Members:

It's time for our Spring Membership Campaign and we've got "Room to Grow!" It's time to kick things into gear again with excitement and energy. I'm talking about a fantastic opportunity to connect with prospective members and grow the Association to new heights and diversity. With the 2007 Spring Membership Campaign launching, now is the time to reach out to other women and share your experiences of skill building, growing your own business if you're an entrepreneur and all the fun that comes along with being an ABWA member.

New members can only bring more networking opportunities, diversity and fresh perspectives. That's why the 2007 ABWA Spring Membership Campaign is so important to you and the Association. The campaign will allow our group to make a concerted effort to recruit new members into ABWA. Not only will this be a wonderful chance to extend the benefits of ABWA membership to our friends, colleagues and family members, but welcoming new members will allow each of us to gain exposure to the fresh ideas and talents they will bring with them.

The success of this campaign will depend, in large part, upon the amount of effort you are willing to put into it. Our Chapter is relying upon you to take a good look around you and invite those women who you believe would be solid additions to our group to visit with us (and join) between now and the end of May in our new meeting location, the Escondido Country Club. If you haven't been to a meeting since we moved, you've got to check it out. As I said at the beginning, we've certainly got room to grow here, with a more professional environment and a greatly improved networking venue. I look forward to seeing you on April 5 as we kick off our Spring Membership Campaign.

Thank you for your support of our Chapter. I look forward to a year of personal and professional growth for all of us. Make every day extraordinary in some way.

In the Spirit of ABWA,

*Resi*

**R. L. Weisser**

Soaring Eagles President

[rlweiss7@pacbell.net](mailto:rlweiss7@pacbell.net)

760-489-9234



## 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

Soaring Eagles Chapter 6495  
Stacey Moffat, Editor  
P.O. Box 725  
Escondido, CA 92033



## Working for You - ABWA Soaring Eagles

### **PRESIDENT**

Rosi Weisser  
760.489.9234

### **VICE PRESIDENT**

Pattie Vargas  
760.489.1069

### **1ST VP MEMBERSHIP**

Dr. Julie Kangas  
760.489.5545

### **ACTING 2ND VP NEWSLETTER**

Stacey Moffat  
858.204.2677

### **3RD VP FUNDRAISING**

Sue Puffet  
760.822.2242

### **RECORDING SECRETARY**

Shelley Gardner  
760.945.6842

### **CORRESPONDING SECRETARY**

Suzanne Southwell  
760.737.7640

### **TREASURER**

Carol Archibald  
760.591.9768

### **CHAPTER ADVISOR**

Mary Large  
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### **PROGRAM**

Sandra Curtis  
760.738.7546

### **MEMBER EDUCATION**

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