

American Business Women's Association

www.abwa-soaringeagles.org

On Eagle's Wings

2004 Spring Conference Newsletter Award Winner!

Soaring Eagles Chapter 6495
Escondido, California

December 2005
Volume 8, Issue 5



"ABWA - Connect!"

"I am careful not to confuse excellence with perfection. Excellence, I can reach for; perfection is God's business." *Michael J. Fox*

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**The President's
Corner**
By Rosi Weisser

December Chapter Meeting December 1, 2005

The December meeting was held at The Spaghetti Factory in San Marcos. This was our annual Gift Exchange and Holiday Celebration – our selected charity was Operation HOPE in Vista.



There was outstanding attendance – many faces that we hadn't seen in awhile! Everyone had a good time selecting and "stealing" gifts and we collected cash and donations for the charity. There's still time to help – see the donations list elsewhere in this newsletter.

We're looking forward to a great 2006 – be sure to bring a guest to the next meeting! See information about the January meeting elsewhere in this edition.

Several of the Soaring Eagles just returned from our National Conference. If you haven't already done so, be sure to check out the "special edition" of the newsletter that covered the conference. Please take time to read it and look at all the pictures. I think you'll get inspired just like we did. Start planning to attend the 2006 Conference that will be in Anaheim. No airfare involved and we will be looking at ways to help defray costs, so that all of our members can attend. Book the dates now—September 28-30, 2006 at the Hilton in Anaheim.

We just finished our Westfield Works Wonders fundraiser and we're already starting on "Wine & Roses." It's not too early to start thinking about getting donations from people you know, or even people you don't know. If this is one of your strengths, "get movin" early. Let's help make a big dent in higher education for some very deserving women.

As the holidays roll in, please take time to enjoy the season with loved ones. We all have good times and bad times, but in the big picture we are all so blessed. Take time to let the people you love know how much you care. I am so blessed to have each and every one of you in my life. Thank you and happy holidays!

Rosi

From The Editor



I thoroughly enjoyed creating the Special Edition Newsletter all about our time at the 2005 Conference. Since it was my first time at a National Conference, I didn't know what to expect. I was impressed with the quality of the keynote speakers, as well as how our National officers spoke with such eloquence. I was inspired to begin 2006 with new sense of commitment to ABWA, and especially the Soaring Eagles Chapter. I loved sharing it with all of you through the newsletter.

There is so much about our chapter and the ABWA organization that I find rewarding. I originally joined because of the commitment to education for all women, but I stay because of the relationships that I have created with all of you. I truly enjoy attending the meetings, fellowshiping with my fellow Soaring Eagles, and working with the Board on chapter planning. We are blessed to have assembled women with the talent, drive and commitment that you all show.

As Roxann and I brainstormed at the conference about future scholarship ideas, we became so excited at the possibilities – when we think about what we could do – the difference we could make – it's hard *not* to get excited! All we need is YOU! So let 2006 be your year to make a serious dent in the need – become more involved! Recruit new members, take on more responsibilities, step up to the plate! Although it may seem like one person can't make much of a difference, remember what ABWA CEO Carolyn Elman said – “Together, we're better!”

As always – if you have any interesting news to share – a new job, a promotion, weddings, babies, or other exciting news, send them to the newsletter editor **by the 20th of each month.** Pattie.vargas@cox.net or (760)489-1069.

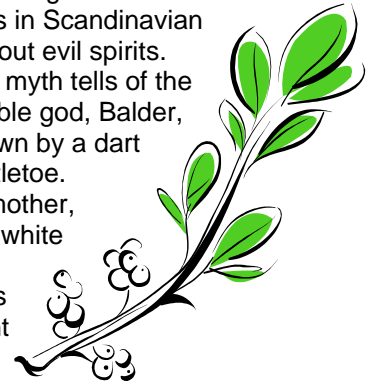
Pattie

Welcome New Member
Amalia Martinez from Z-Organizers!

Where Did Mistletoe Come From?

Mistletoe was often hung over the entrances to homes of the pagans in Scandinavian countries to keep out evil spirits. An old Scandinavian myth tells of the seemingly invulnerable god, Balder, who was struck down by a dart made from mistletoe.

The tears of his mother, Frigga, became the white berries of the mistletoe, and it was decreed that the plant must never again be used as a weapon.



Frigga, who was the goddess of love, henceforth gave a kiss to anyone who passed under the mistletoe. It may be that our present custom of kissing under the mistletoe derives from this old legend.



Legend holds that the Druids, who were members of a pagan religious order in ancient Gaul, Briton and Ireland, held the mistletoe in such reverence that if enemies met under it in the forest, a truce was declared for the day. It was their belief that only happiness would enter a home when mistletoe hung over the door. When the Yule season approached, the mistletoe was cut down from the sacred oaks by the Prince of the Druids who used a golden sickle. The mistletoe was distributed to the people who believed it possessed powers of the protection against sickness and evil.

Later among Christians it came to symbolize the healing powers of Christ.



Soaring Eagles Chapter #6495
Member Education Fund Guidelines & Recommendations for 2005-2006
Chair-Anne Grimes
Members-Judy Jessup, Mary Large, Dianna Greene

A. Members need to be ACTIVE to receive reimbursement from the Member Education Fund.

ACTIVE is defined as:

1. Primary Chapter Member
2. Member's local and national dues are paid current
3. Member must serve on any committee or on the Executive Board
4. Member must fulfill any other special requirements set forth by the committee, including the contribution or solicitation of auction items, selling admission tickets or opportunity tickets, or actively participating in the planning or execution of the Annual Wine & Roses fundraiser event.

B. Business Skills Tuition Reimbursement

1. Must follow the requirements shown on the National Application
2. Maximum reimbursement of up to \$250 per application
3. Must be a member of the chapter for at least 1 year.
4. Member has attended at least 50% of the chapter meetings in the last 12 months.
5. The goal of the committee is to give out all available funds during the current year to avoid forfeiting the remaining funds at the end of the year. (Use it or lose it!)
6. There shall be a limit of one reimbursement request per member until the last quarter (beginning in March). At that time, if funds are still available, members may apply for a second reimbursement for any additional courses completed.
7. All applications must be submitted to the committee chair by May 15th to be able to make it in to National by the June 1st deadline.

C. SBMEF \$1200 Grant

1. Applicants must apply to the chapter by April 1, 2006.
2. Applicants must follow the National Guidelines for the Grant application.
3. The applications will be reviewed by the committee for eligibility.
4. If there are multiple applications, the committee and/or Board will recommend one applicant to the chapter for approval.

D. ABW Day – September 2005

To encourage member attendance, the chapter will allot \$200 total to be reimbursed equally among the attendees, at a rate of \$25.00 maximum per person.

E. Woman on the Go – January 28, 2006 Anaheim, CA

To encourage member attendance, the chapter will allot \$500 total to be reimbursed equally among the attendees, at a rate of \$50.00 maximum per person.

F. Women's Score Event – Spring 2006 San Diego, CA

To encourage member attendance and host a membership table at the event, the chapter will allot \$100 total to be reimbursed equally among the attendees at a rate of \$25.00 maximum per person. Those attendees must volunteer to man the ABWA table in order to receive reimbursement.

G. Other Chapter Events

To encourage attendance at other chapter events in So. California, the chapter will allot \$200 total to be reimbursed at the rate of \$25.00 maximum per person, if that member was selected by the board/chapter to represent the Soaring Eagles Chapter at the event. The member attending will give a short report of the event at the following chapter meeting.

H. National Women's Leadership Conference (Sep. 27-Oct. 1, 2005 Anaheim, CA) & Spring Conference (Spring 2006)

1. Suggested reimbursements to be up to 80% of the early registration fee, Air Travel, and Lodging.
2. Standing Rules 7, 8, and 9 will apply.

Note: Members are welcome to attend any of the locations below for Spring Conference.

March 24-25, 2006 TBD -District II

March 31-April 2, 2006 Hershey, PA –District IV

April 7-8, 2006 Lake Tahoe, CA –District VI

April 21-23, 2006 Muncie, IN –District V

April 28-30, 2006 Jacksonville, FL –District I

May 5-7, 2006 St. Louis, MO –District III

American Business Women's Association
Soaring Eagles Chapter 6495
General Meeting: November 3, 2005

1. President Rosi Weisser called the meeting to order at 6:20PM. There were 17 members and 4 guests in attendance.
2. The mission statement was read in unison and the Pledge of Allegiance recited by all attendees.
3. Introductions were made.
4. The Spotlight speaker was Shelley Gardner.
5. The Guest Speaker was Beth Goodman. She spoke of being ASSERTIVE and had the audience spellbound. She ended her talk with a short rap about being ASSERTIVE.
6. The Treasurer's report as presented in the newsletter will be filed for audit.
7. Old Business:
 - 2005 Women's Leadership Conference: there are 7 members attending from this chapter. All have purple suits.
 - 2006 Women's Leadership Conference: will be held in Anaheim, CA. We are one of the chapters that are sponsoring the conference. There are hats for sale to wear at the conference. There is an opportunity drawing, and the tickets are \$10.00 each. Pick one up at the next general meeting.
 - Standing Rules: The rules have been published in the newsletter for three months in a row; they now have been approved as written.
8. New Business:
 - Minutes of October, 2005 meeting were approved as written.
 - Dianna Green received the Women of the Year award.
 - Fundraiser Report: Westfield works wonders: 1/3 of the goal has been achieved. Stacey will need to turn in the remainder of the money as well as the dollars collected by November 23, 2005.
 - Sandra Curtis reported on the membership drive.
 - Charities for the Holiday season were discussed. Roxann presented information on Operation H.O.P.E. This is a homeless outreach center in Vista which provides not only a shelter from the elements, but encouragement, assistance and guidance for needy families. Shelley presented information on Shakti Rising. This is a Women's organization that works with women based on education and empowerment. Their main purpose is to assist your ages 15-25 in overcoming addictions, abuses, and disempowerments about their bodies, minds and spirits. Mary's House was also discussed. This is a home in Escondido where young women who are beyond the foster care system have literally nowhere to go. Mary's house provides guidance, assistance to these young women. The members voted on donating to the charity Operation H.O.P.E. We also approved giving \$100.00 to Mary's House as a donation.
 - The Holiday party will be held at the Old Spaghetti Factory in San Marcos. Location is: 111 No. Twin Oaks Valley Road, San Marcos, CA. Phone number is: 760-471-0511. Please contact Roxann or Shelley for your RSVP.
 - Hurricane Relief: Julie Kangas spent time in the Hurricane hit areas of the south. She helped with the rebuilding of homes on the east side of Mississippi. Look for a write up in the newsletter.
 - November 19, 2005. San Diego fashion show will be donating 100% of the proceeds to the Hurricane Victims.
 - Chamber of Commerce mixer will be held on Thursday, November 10, 2005. The cost is \$10.00 for non-members and \$5.00 for members. Woody's Sports Bar & Grill on South Center Parkway in Escondido is the location
9. Opportunity Drawing \$52.00 was raised for the chapter and the 50/50 drawing was won by Tina Fox. Door prizes were given away.
10. Spotlight speaker for the meeting in January will be Anne Grimes.
11. Board meeting will be at Mary's house on November 17, 2005
12. Meeting was adjourned at 9:00PM.

Respectfully submitted,
Shelley Gardner
Recording Secretary

**News You Can Use!!!
And other neat stuff...**

Mississippi Hurricane Relief Efforts

Our own Julie Kangas, dentist and owner of Citracado Dental Group, flew to Mississippi this past October, as part of an effort assembled by Emanuel Faith and The Church at Rancho Bernardo. Their charter was to work with a couple of local churches to assist people from Mendenhall and Pascagoula, in drywall and roof repairs on damaged homes. Many of the victims, though, just wanted someone to talk to, since everyone around them was in as much devastation as they were. The group brought more than tangible help – they also brought a message of HOPE from beyond the state of Mississippi.

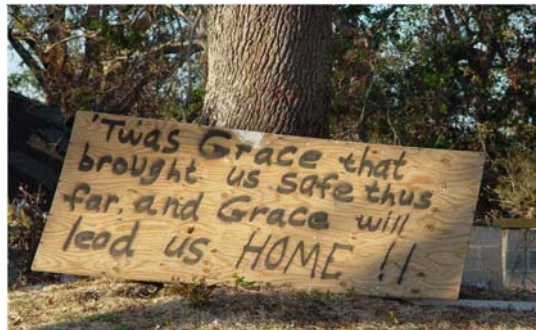
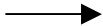


Home damaged in Pascagoula – team found clothes still in the closets



More damage

Julie hard at work with her hammer!



Victims still found a way to express their faith ... and humor



William and Mary ask for prayer – 80+ years old and they lost their home and possessions



WOMEN ON THE GO

"Spreading Your Wings"

Presented by
IMPACT COUNCIL CORPORATION
ABWA IMPACT COUNCIL
**Ninth Annual One-Day
Educational Conference**

SATURDAY – JANUARY 28, 2006
ONE DAY CONFERENCE – ALL FOR \$90.00*

Conference includes workshops, Continental breakfast, lunch, dinner and entertainment.
Dress is casual.

Registration: 8:00 a.m.

Conference starts: 8:45 a.m.

See flier for additional information

Event to be held at:
**Wyndham Hotel, 222 W. Houston Avenue,
Fullerton**

- * Partial Registration (no dinner) \$80.00
- Registration at the door: \$110.00
- Guests (Dinner Only) \$20.00



National Dues

The following members renew their national membership in December. Remember that you must be a member in good standing both nationally and locally (local dues payable in August) to be eligible for any chapter benefit such as member education reimbursement and committee participation, as well as voting for chapter officers.

December
Basanti Shaw

FYI

The fee for the dinner meetings increases to \$16.00 in January.



**Hear ye,
Hear ye!
Upcoming
Events!**

December 15 – Board Meeting
December 25 - Christmas
Jan 5 - Chapter Meeting
Jan 14 – 2006 Planning Meeting
Jan 28 – Women on the Go



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.

January Dinner Meeting **Communicate with Confidence**

Does nervousness and anxiety derail you from speaking up and making suggestions or presenting new ideas? Do you know how to develop rapport and credibility with an audience? Have you missed any career opportunities as a result of not projecting confidence?



Dana Bristol-Smith is the founder of Speak for Success, an organization that works with companies that want their people to communicate with confidence and credibility.

Dana is the author of *Overcome Your Fear of Public Speaking*.

**Working For You
ABWA Soaring Eagles**

Chapter Officers

President Rosi Weisser 760-489-9234	Vice President Pattie Vargas 760-489-1069	1st VP, Membership Sandra Curtis 760-738-7546	2nd VP, Newsletter Pattie Vargas 760-489-1069
3rd VP, Fund-Raising Stacey Moffat 760-489-1995	Recording Secretary Shelley Gardner 760-945-6842	Corresponding Secretary Suzanne Southwell 760-737-7640	Treasurer Carol Archibald 760-591-9768

Committee Chairpersons

Chapter Advisor Mary Large 760-739-0717	Program Julie Kangas 760-489-5545	Member Education Anne Grimes 619-253-6869	Scholarship Roxann Randall 760-471-1306
Publicity Open			



What I've Learned

I've learned that our dog doesn't want to eat my broccoli either. Age 7
I've learned that just when I get my room the way I like it, Mom makes me clean it up again. Age 12
I've learned that if you want to cheer yourself up, you should try cheering someone else up. Age 14

I've learned that silent company is often more healing than words of advice. Age 24
I've learned that brushing my child's hair is one of life's great pleasures. Age 30
I've learned that if someone says something unkind about me, I must live so that no one will believe it. Age 35

I've learned that there are people who love you dearly but just don't know how to show it. Age 42
I've learned that the greater a person's sense of guilt, the greater his need to cast blame on others. Age 46
I've learned that children and grandparents are natural allies. Age 47

I've learned that no matter how bad it seems today, life does go on, and it will be better tomorrow. Age 50
I've learned that making a living is not the same thing as making a life. Age 58
I've learned that regardless of your relationship with your parents, you miss them terribly after they die. Age 60

I've learned that life sometimes gives you a second chance. Age 65
I've learned that everyone can use a prayer. Age 72
I've learned that even when I have pains, I don't have to be one. Age 82

I've learned that every day you should reach out and touch someone. People love that human touch -
holding hands, a warm hug, or just a friendly pat on the back. Age 90
I've learned that I still have a lot to learn. Age 92





Soaring Eagles Chapter 6495
American Business Women's Association
Pattie Vargas, Editor
PO Box 725
Escondido, Ca. 92033

Our next meeting is January 5, 2006.
Call Pattie Vargas at (760)489-1069 for reservations.



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