



On Eagles Wings

Volume 10 issue 4

December 2007

The President's Corner

by Pattie Vargas



Hello, Soaring Eagles!

Where did the time go? It seems like only yesterday we were enjoying the sunshine and bar-b-ques in our backyards and now we're lighting fires in the fireplace! Not to mention the fact that we've finished with Thanksgiving and we're headed into the holiday season with all the hustle and bustle that goes along with it!

I am making a concentrated effort this year to take it slowly ... to try to remain focused and engaged in every minute while it's happening instead of thinking ahead to what I have to do next. Not an easy feat for me! I can think back to memories past where I was so concerned with all the details that I almost missed the fun going on around me. You know what I'm talking about! Our minds work like grocery lists or flowcharts with one thing

leading right into another!

The recent firestorms help put things into perspective, though. Our Thanksgiving celebration was very special as we thanked the Lord for safety and provision and remembered our friends and families who were not so fortunate. It was wonderful to gather as many of us together as possible and share phone calls with those who couldn't physically be there. Diets were suspended for the day and old and young alike were engaged in playing games, watching movies and – of course! – eating!

Here's one of my favorite Christmas memories – and it's as recent as last year ... for the first time in several years, I had all of my kids under one roof. We went to church on Christmas Eve and then came home and got into our jammies and

broke out the Cranium game. My daughter in law made a huge mess in my kitchen cooking Mexican food for an army and we ate most of it! Best of all – when I got up in the morning, the kitchen was spotless! (Wish that happened more often!)

So enjoy the moment, focus on those we love but know that it is ok to look forward to what is to come, too. Lots of great times coming – our Holiday party on the 6th followed by Women On The Go in January. When I think of those I love, the Soaring Eagles are certainly in my thoughts!

Fondly,



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December Birthdays!

Suzanne Southwell—8th

Tina Marino—15th

Rosi Weisser—12th

Mary Large—22nd





JOIN US FOR THE “SEASON FOR GIVING” SOARING EAGLES CHRISTMAS PARTY!

BRING A \$15-\$20 WRAPPED ITEM FOR THE GIFT EXCHANGE

**SEE PAGES 8 & 9 OF THIS NEWSLETTER FOR IDEAS ON HOW YOU CAN HELP OUR
ADOPTED CHARITY, THE ENCOURAGEMENT CENTER**

**ESCONDIDO COUNTRY CLUB
1800 W COUNTRY CLUB LANE
ESCONDIDO, CA**

DECEMBER 6, 2007

5:30 P.M.

\$25 PER PERSON

We are blessed to be part of the ABWA sisterhood. Hope to see you on the 6th!

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.

Member Spotlight!

Candace Trevino



I was born in Arizona but at age 13 my family moved to Maui, Hawaii. (No, it was not glamorous - I was the wrong age and wrong color). I left the islands behind after High School vowing never to return. I went back to Arizona and after a semester at Arizona State University, I decided there had to be an easier way as student loans were not going to go very far. So in 1984 I joined the Navy and began my "military adventures". I was fortunate to live or travel to such places as: Italy, Germany, England, Holland, Switzerland, Georgia, Virginia, San Diego and Hawaii. After 11 years I decided to get out. I had achieved my goal and graduated College with a B.S. in Business Management, Information Systems. I had traveled part of the world and I had employable skills. I started my civilian career with MRC, Inc; a company that put education technology and instructor based college courses onboard Navy ships and submarines. This job allowed me to continue to travel to such places as: Japan, Guam, Thailand, Singapore, Korea, and Hong Kong. Besides the all-expense-paid-travel, they actually paid me to talk. The majority of my job was public speaking and presentations. Since I had a military background and a passion for the importance of education, it was a perfect fit. I became skilled at projecting my voice over shipboard noise so 100 to 200 sailors could hear me with no microphone. I can now do a presentation in almost any environment. My other unofficial job with MRC was the "un-ruffling-feathers person. Anytime we had an unhappy customer (the Commanding Officer of a Navy Ship) the company sent me to go "fix" it. One time they even sent me around the world just to service a ship stationed in Bahrain. I started in Hawaii, flew to London, then to Bahrain, then to Japan, and back to Hawaii. That was some adventure to the Middle East all during Ramadan...meaning there was no place to eat until the sun went down at 8pm.

Today education is still very important to me but my passion has changed. I still enjoy helping people but now it is through health, alternative healing, products that work and through new technologies. I work two days a week for a chiropractor and love it. I am also an Independent Consultant with Arbonne which is a company on the cutting edge of the latest and greatest technologies. I am married with 3 daughters ages 20, 6 and 4. My husband just retired from the Navy after 20 years of service. We moved to Escondido two years ago and I am still getting to know the area. I have enjoyed my association with ABWA and it has been rewarding getting to know all of you.



Great news! After 2+ years of building, Julie Kangas' new home passed final inspection and she gets to move in on December 1st!!! YIPPEE!



American Business Women's Association
Soaring Eagles Chapter 6495
General Meeting: 4 October 2007

- Meeting called to order at 6:15pm by Vice President Anne Grimes
- All members and guests read the Mission Statement in unison. The Pledge of Allegiance was recited.
- Introduction of Board members, members and guests. There were 23 members and 7 guests present.
- Spotlight Speaker: none
- Success Stories: none

Guest Speaker: Detective Pamela Lawson, San Diego Police Department

Business Meeting:

Minutes: The General Meeting minutes from 6 September 2007 were approved as published in the newsletter.

Correspondence: Sent – none. Received – none.

Treasurers Report: The Treasurers Report dated 24 September 2007 will be filed for audit as published in the newsletter.

Old Business:

Congratulations to Julie Kangas, was selected as the ABWA National Top Business Woman of the Year for 2008.

New Business:

- Escondido Street Fair: Street Fair scheduled for Oct 21st volunteers needed to work 2 hour shifts from 9am to 5pm.
- Affiliations: none
- Woman on the Go Conference: Pattie Vargas emailed a list of positions to be filled in sponsoring the next WOTG conference. There will be a planning meeting scheduled later in the month.

Christmas Charity: A handout was given to all members of the Christmas Charity Results. A vote will be taken at the October Board meeting to decide on the Charity our chapter will sponsor.

Announcements:

- Upcoming Events: Chamber Mixer – 2nd Thursday of each month. This month will be “Octoberfest” from 5 – 7pm at the BMW dealer in Auto Park area.
- November General Meeting: ABWA Business Vendor Faire. Members will have the opportunity to promote and sell their products and services while helping to support the Soaring Eagles Chapter. Contact Lisa Durham for more information. Volunteers needed to join the Professional Development Committee. Call Sheri Genovese for more information.

Opportunity Drawing: 50/50 drawing of \$62 was won by Blanca LaVoie

Meeting adjourned at 8:25pm

Respectfully submitted,

Candace Trevino, Recording Secretary

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

- Meeting called to order at 6:09pm by President Pattie Vargas.
- All members and guests read the Mission Statement in unison. The Pledge of Allegiance was recited.
- Introduction of Board members, members and guests. There were 27 members and 8 guests present.
- Spotlight Speaker: none
- Success Stories: Several members shared their success stories.

Guest Speaker: Member Vendor Fair. 14 chapter members shared their products and services with all in attendance.

Business Meeting:

Minutes: The General Meeting minutes from 4 October 2007 stand approved and will be published in the next newsletter.

Correspondence: Sent – Several Birthday Cards were sent to members. Received – none.

Treasurers Report: The Treasurers Report dated 18 October 2007 will be filed for audit as published in the newsletter.

Committee Reports:

- **Women On The Go (WOTG):** Planning meeting will be held on Nov 7th at Marie Callender's restaurant in Escondido at 6:30pm. All who would like to assist in the planning for this event are welcome to attend.
- **Fundraiser:** General overview presented on next year's fundraiser. New venue will be a Casino Night held in April 2008. Location still to be determined. Working on generating sponsorships and advertising. Contact Sue Puffet for more information.
- **December Meeting:** December General Meeting will be our annual Christmas Party to be held on Dec 6th. Dinner will be \$25 per person. Please bring a wrapped gift (\$15-\$20 value) for a gift exchange. Entertainment for the evening will be Karaoke. Guest are welcome.

Christmas Charity: The Encouragement Center was chosen as this year's Christmas Charity. A handout was given to all members of items to bring to help support this charity.

Announcements:

Upcoming Events: Chamber Mixer – 2nd Thursday of each month. This month will be at Budget Car Sales on North Broadway in Escondido.

Opportunity Drawing: 50/50 drawing of \$72 was won by Tina Marino

Meeting adjourned at 8:30pm

Respectfully submitted,

Candace Trevino, Recording Secretary





WHO'S FEELIN' LUCKY?!!!!

The Ways and Means (a.k.a. fundraising) committee is excited to announce some big changes for our 2008 spring fundraiser! After several successful years of our "Wine and Roses" theme, the committee has decided that it is time for something new. So we are heading to a new location and a new type of event. On Saturday, April 26th we will be holding our first ever Casino Night at the San Marcos Community Center. In addition to Vegas-style gaming, we will have a silent auction, buffet, no host wine and beer bar and lots of fun. Invite your friends to enjoy Blackjack, Roulette, Craps, and Texas Hold-em, all while helping us raise money for our scholarship and member education programs.

We will have several sponsorship opportunities available if you or anyone you know wants an opportunity to promote your business. We need all members on board for this one. Committee opportunities include sponsorship decoration, catering, silent auction and site. More information will be coming soon. If you have any questions, feel free to contact Sue Puffet, Ansha Saunders or Nancy Sticka for more details.

At press time, the November Treasurer's Report was not available. Copies will be available at the Christmas party on December 6th. Next month we will publish reports for both November and December in the newsletter.

Our chapter is sponsoring Impact Council's "Women on the Go" conference this January. Please support our chapter and Impact Council by attending. We have an awesome keynote speaker lined up as well as some amazing breakout sessions. You won't regret this wonderful day with your ABWA sisters!



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2008 "Women on the Go" Registration Form

Name: _____ Company: _____

Address: _____

Best Contact Phone #: _____ E-Mail: _____

- Registration Fee received by December 31: \$90.00 Enclosed
- Registration Fee received after December 31: \$110.00 Enclosed
- I require a vegetarian meal

Preferred Sessions (See above schedule)

Select ONE
 A or B or C

Select ONE:
 D or E or F

**Every effort will be made to accommodate your preferred sessions, pending space availability*

Make checks payable to: IMPACT COUNCIL

Mail to Carol Archibald, 804 N Twin Oaks Valley Rd #119, San Marcos, Ca. 92069

Your cancelled check is your confirmation and tickets will be issued at the conference
 For additional conference information, please call: Pattie Vargas (760)420-8444

Lodging: Room rates are \$89 + tax. Please make reservations directly with the Wyndham Hotel at (714) 992-1700



The
Encouragement
Center
Hope & Help for the Needy

ITEMS NEEDED TO HELP THE POOR

Gift Cards

Gift cards to grocery stores and gas stations come in handy for those low-income families we help. Getting gift cards to grocery stores allows them the dignity to pick their own choice of food. Plus, when we give grocery and gas cards we know the money is being used for the intended purpose!

Sack Lunch Items

We take non-perishable sack lunches directly out into the streets to the homeless. We also give them out at our big community meals so the people have one more meal for the day. Individually wrapped items go into the sack lunches, which guarantees lack of spoilage and helps us meet health department standards. The items we use:

Granola Bars (approx 1-2 oz bars)

Cookies (2 oz pkgs)

Peanut butter or Cheese & Cracker Sandwiches (6 to a pak – 1.38 oz pak)

Chips (1 oz bags)

Raisins (1.5 oz boxes)

Boxed Juice Drinks w/straws (Capri Sun, Hi-C – 6.75 oz)

Food Bank

We provide groceries to the working poor. Periodically we ask groups to host food drives to stock our mini-food bank. Items needed:

Non-Perishable Foods (canned, boxed, packaged) i.e. cereals, pasta, rice, soup, chili, peanut butter, veggies, fruit, tuna

Community Meal Items

We currently cook and serve a free meal to the poor on the 4th Saturday of each month. We purchase the ingredients for these meals at Smart & Final, Costco, and Wal-Mart. At this time, we do not have a freezer or refrigerated storage, so we must purchase immediately before each meal. This makes buying in bulk impossible. Items needed:

Monetary Donations (cash, check, Paypal, VISA and Mastercard)

Gift cards to Smart & Final, Costco and Wal-Mart

Introduction to Corporate Donors who would donate or underwrite the meals

Freezer and Refrigerator

Living Assistance

Whenever possible, we assist low-income families in getting back on their feet. We help with rent, utility bills and medical prescriptions. Monetary donations are greatly needed to continue providing this much-needed service.

ALL DONATIONS ARE TAX-DEDUCTIBLE - FEIN #90-123333

The Encouragement Center Hope & Help for the Needy

Daily Menu

SACK LUNCH for 10 persons

A hefty & healthy sack lunch to satisfy the hunger pangs of homeless men, women & children

\$10.00



GROCERIES for a week

Groceries for a family of 3 for one week

\$25.00



GAS & GROCERY STORE certificates

\$50 certificates allow money to be used for the intended purpose, with dignity

\$50.00



HOT MEAL for 50 persons

A full meal and a take-home container personally cooked & served to those in need

\$100.00

We accept cash, checks, VISA & MasterCard

The Encouragement Center

P O Box 4350

Carlsbad, CA 92018

760/845-8838

www.TheEncouragementCenter.org

Donations are tax-deductible.

IRS #90-0123333

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

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

We're on the web!
www.abwa-soaringeagles.org



Working for You ~ ABWA Soaring Eagles

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