

# On Eagle's Wings



February 2007  
 Volume 9, Issue 6

## THE PRESIDENT'S CORNER BY ROSI WEISSER

Hello Soaring Eagles:

How are you doing with your new year's resolutions? How many are you still committed to? I heard a quote this morning by Fritz Perls that says, "Learning is discovering that something is possible." So I'm going to make it a point to learn something new every day. How about you? Take time to commit to your own learning. A good way to do that is to take advantage of outside training (whether skills-based or soft skills) and to also take advantage of the opportunities provided through ABWA. There is a lot of information in this newsletter about available training and seminars.

Schedule time for yourself on your calendar to make a breakthrough with your personal improvement this year. What could be better than feeling good about yourself and what you're doing to improve your mind and your business? That's when your value to others increases exponentially. I am believing for wonderful changes (whether big or small) for all of you this year.

Make every day extraordinary in some way!

*Rosi*

### Inside this issue:

Scholarship	2
Professional Development	3
Chapter Standing Rules	4
January 2007 General Meeting Minutes	5-6
Treasurer's Report	7



Happy Birthday in February  
 to Maria Cruzeta!

Enjoy your special day.



*"Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don't turn up at all."*

— Sam Ewing

# SCHOLARSHIP COMMITTEE

The chapter Scholarship Committee will be meeting on January 31st to discuss the following:

- \* Scholarship application to drop off at various locations
- \* List of possible schools or organizations to drop off applications
- \* Review Scholarship committee notes
- \* Agree on scholarship criteria
- \* Review scoring criteria
- \* Determine award criteria
- \* Discuss possible number of awards
- \* Review the possible schools / organizations to drop off applications to
- \* Assign schools / organizations to committee members
- \* Agree on procedures for distribution

Leilani Haugen  
Scholarship Committee Chairman



**NEW MEETING LOCATION!**

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

**BEGINNING FEBRUARY 1ST**

**5:45 NETWORKING  
6:00 MEETING**

**\$20 PER PERSON**

# 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!!! Here are some pics from last year. As you can see, we had a wonderful time.

*“To accomplish great things, we must not only act, but also dream; not only plan, but also believe.”*

*— Anatole France*



# LET'S GET THIS CHAPTER LEARNING!

Hello, fellow ABWA Soaring Eagle Members! I am happy to tell you that we are working on getting our members even more opportunities for Professional Development reimbursement. We will be presenting the new guidelines to the membership at our February meeting. Stay tuned!

By now you all should have received your "Women in Business" magazine from ABWA National. There are always great articles designed to help you improve yourself and your business. On page 10 there is an article on building the perfect business card that you may find helpful. On page 12 there is a great article with tips on dressing professionally. Finally, see page 35 for the professional development article on Successful Networking. Remember, if you want to receive professional development credit from National, complete the quiz at the end and send it in to ABWA. Mark your calendars for these ABWA events that you may qualify for partial reimbursement:

**February 24<sup>th</sup> Women on the Go** (Fullerton, CA) An affordable 1 day conference with our very own Pattie

Vargas as the Keynote speaker! You don't want to miss this one!

**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 our newest member, Sheri Genovese.

Anne Grimes  
Member Education Committee Chair

*"The best educated human being is one who understands most about the life in which he is placed."*

*— Helen Keller*

## ABWA'S 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.

---

## "Does Your Thinking Limit Your Success?"

- Want to enjoy "Change in your life?"
- Want to learn how to make better choices to lead a happier life?
- Want to move your business forward this season?
- Want more out of life?

Whether you're looking for ways to improve your results in the areas of business and productivity or in your relationships, you'll find this enlightening 45-minute interactive talk is an event you won't want to miss. Some participants tell us they attended to discover how to move their life to the next--more extraordinary level.

### You'll take away --

-- How your assumptions about money actually affect how much money you make.  
--How your preconceived notions limit what you can bring into your life in any area.

-- How much money you're probably leaving on the table, and why you don't have to.  
-- Why your daily habits may be costing you time, money or a higher quality of life.

- And so much more -



---

**Meeting:** AWBA

**Date:** Thursday, Feb 1st, 2007

**Time:** 5:45 p.m. to 8:30 p.m.

**Where:** Escondido Country Club  
610 W Country Club Lane  
Escondido, 92026

**RSVP:** Sandra Curtis, Program Chair  
760-738-7546

**Guest Speaker:** Judy Parker  
Productive Learning & Leisure

"I think your presentation is incredible! I have been a Sales Representative for the last nine years. I have attended many training and motivational seminars and classes and I have heard the best of the best. I cannot even begin to express how pleased I was with the presentation that you gave. The clients that I work with have been equally impressed. The information that you give is definitely thought provoking. I found that I could relate it to my personal, as well as professional life. I highly recommend your company to anyone looking to provide stimulating educational experiences to their staff, co-workers or clients. Thank you again for a fascinating, immediately applicable presentation."

Kathy G.  
Chicago Title

**STANDING RULES**  
**ABWA**  
**Soaring Eagles Chapter #6495**

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 \$100.00 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 dues shall be refunded 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. Transportation and room costs (not to exceed four nights) will be reimbursed up to \$1250.00. In the event the president is unable to attend, priority will be given as follows: The Woman of the Year, Executive Board members, General Membership. Based on available Member Professional Development funds, a minimum of five eligible attending Chapter members will be reimbursed 100% of early registration costs for ABWA National Women's Leadership Conference and/or ABWA Spring Conference. Based on available chapter Member Professional Development funds, all eligible attending Chapter members may be reimbursed up to 50% of their additional expenses, excluding meals, not to exceed four nights. (Award Year 2006-2007 Star Award Criteria now requires 6 eligible attending Chapter members to attend ABWA National Women's Leadership Conference and/or ABWA Spring Conference.) (Amended 06-26-06, 09-01-06)
8. If proceeds are available from Member Professional Development , the current Chapter Top Ten nominee may be reimbursed for the ABWA National Women's Leadership Conference Woman of the Year luncheon cost. (Amended 6-26-06)
9. If proceeds are available from Member Professional Development , the current Chapter Woman of the Year may be reimbursed for the ABWA National Women's Leadership Conference Woman of the Year luncheon cost. (Amended 6-26-06)
10. If proceeds are available from the Scholarship fund, a yearly donation of up to \$1500.00 may be made to the SBMEF. (Amended 8-15-05)
11. Proceeds from the annual fundraiser are to be split 50/50 between the Scholarship fund and the Member Professional Development fund.
12. 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.
13. A member of the Executive Board will serve on the Scholarship and Member Professional Development Committees.
14. Any member elected as Chapter Woman of the Year will not be eligible for selection until three terms have passed.
15. After a review of the Standing Rules by the Ad hoc committee, they will be published three times in the newsletter before going to vote by the general membership.
16. The Chapter has adopted the ABWA Proud Code of Conduct. The Code will be published in each edition of the Chapter newsletter. (Added 9-1-06)

*Revised by Pattie Vargas*

*Last Revision 06/26/06, 9-1-06*

**Ad hoc members: Rosi Weisser, Pattie Vargas, Mary Large, , Carol Archibald, Roxann O'Shaugnessy, Shelley Gardner, , Julie Kangas, Suzanne Southwell, Sandra Curtis, Mickey Boston**

**American Business Women's Association  
Soaring Eagles Chapter 6495  
General Meeting: January 4, 2007**

President Rosi Weisser called the meeting to order at 6:22 PM. There were 20 members and 2 guests.

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. A check in the amount of \$1,570.00 was received from National.

**Correspondence:**

Correspondence received was read at the meeting.

**Speaker:**

Our speaker for the evening was Ms. Wendy Hill who spoke for 45 minutes on "Welcome to women in Transition: What is next in my life?"

**Committee Reports:**

Scholarship Committee – Pattie Vargas is still looking for another member to volunteer for the scholarship committee. Any one interested should contact either Pattie or Leilani Haugen. Tracey Foote volunteered for the position.

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.

They are looking at a couple of items: 1) Stone Brewery – checking on prices.  
2) Escondido Country Club – checking on prices. Proposals should be in by the next board meeting.  
May 20<sup>th</sup> is the tentative date for the fundraiser. Every member is expected to assist in the fundraiser, please begin brain storming, look for sponsors, etc. Our goal is to raise \$20,000.00 from the fundraiser.

Sponsorship Chair: Stacey Moffat  
Publicity Chair: Roxanne Randall  
Silent Auction Chair: Julie Kangas  
Basket Party Chair: Pattie Vargas  
Opportunity Tickets: Carol Archibald will sponsor the printing of the tickets.

Sue Puffet will contact everyone and packets for the fundraiser will be passed out at the next general meeting.

**Old Business:**

The Holiday event and donations to the Hidden Valley House exceeded all expectations. Thank you to Leilani and all who helped make it such a success.

## General Meeting: January 4, 2007 Meeting Minutes, Continued

### New Business:

Chapter Woman of the Year – Committee Members are Pattie Vargas, Sue Puffet and Carol Archibald. They will be going over the criteria for Chapter Woman of the year. There are many members who are eligible and they will receive paperwork in the mail. The winner will be announced in March. National Award Top 10 Business Woman of the Year will be selected by individuals who are outside of ABWA.

**Change in Meeting Location** – The Location of the General Meeting will be moved from the Sizzler TO The Escondido Country Club beginning on February 1, 2007. The price for the meal/meeting will be \$20.00 per person (to include meal tax and gratuity). Barbara Lebsock moved to relocate the meeting to the Escondido Country Club, Tracey Foote seconded the motion. **See you at the Escondido Country Club on February 1, 2007!!!**

Women on the Go – Pattie Vargas will be the keynote speaker on February 24, 2007. The Chapter will reimburse those members who attend at \$25.00 per person.

### Announcements/Recognition:

Two new members were affiliated: Sheri Genovese and Vicki Redoble. Welcome to the Soaring Eagles Chapter.

The Friendship Program: Shelley Gardner was recognized for sponsoring two new members.

The Escondido Library is having Scrabble Tournament on February 3, 2007. Anyone interested or wants more information, please see Julie Kangas. There are teams of 4, cost is \$25.00.

The Escondido Chamber Mixer will be held on January 11, 207 at the 1<sup>st</sup> Centennial Bank. Please see Suzanne Southwell for more information.

Meeting adjourned at 8:36 PM.  
Respectfully submitted,  
Shelley Gardner  
Recording Secretary

**The Procrastinator's Creed:**

1. I believe that if anything is worth doing, it would have been done already.
2. I shall never move quickly, except to avoid more work or find excuses.
3. I will never rush into a job without a lifetime of consideration.
4. I shall meet all of my deadlines directly in proportion to the amount of bodily injury I could expect to receive from missing them.
5. I firmly believe that tomorrow holds the possibility for new technologies, astounding discoveries, and a reprieve from my obligations.
6. I truly believe that all deadlines are unreasonable regardless of the amount of time given.
7. I shall never forget that the probability of a miracle, though infinitesimally small, is not exactly zero.
8. If at first I don't succeed, there is always next year.
9. I shall always decide not to decide, unless of course I decide to change my mind.
10. I shall always begin, start, initiate, take the first step, and/or write the first word, when I get around to it.
11. I obey the law of inverse excuses which demands that the greater the task to be done, the more insignificant the work that must be done prior to beginning the greater task.
12. I know that the work cycle is not plan/start/finish, but is wait/plan/plan.
13. I will never put off until tomorrow, what I can forget about forever.



# Impact Council of

**ABWA**

AMERICAN BUSINESS WOMEN'S ASSOCIATION

## Presents the Tenth Annual "WOMEN ON THE GO"

### "Tropical Surge"

**February 24, 2007**

### Wyndham Hotel

222 West Houston Avenue, Fullerton, CA  
(Harbor Boulevard and 91 Freeway)

Fun ♦ Keynote Speaker ♦ Educational Programs ♦ Networking ♦ Breakfast ♦ Lunch

Registration:	8:00 am
Conference Begins:	8:40 am
Conference Ends:	4:00 pm
Registration Fee-Received <u>by</u> February 15:	\$ 90.00
Registration Fee-Received <u>after</u> February 15:	\$ 110.00

## Keynote Presentation by Pattie Vargas The Power of Resiliency

**"Life is what happens when we're busy making other plans."**



**Pattie Vargas**

The universe has a sense of humor all its own – just when we think we have it all figured out – along comes LIFE. Developing resiliency helps us learn how to adapt and be flexible without compromising our values. The ability to be resilient comes from having a firm foundation – anchors in our lives. This message proposes the power of a personal mission statement, strong values and the “upside of the downside.”

Pattie Vargas is the Principal and Founder of The Vargas Group and a 2007 Top Ten Business Woman of ABWA. Pattie has a Bachelor's Degree in Business Management, a Master's Degree in Organizational Management, a PMP certification from Project Management Institute, and a certification in Total Quality Management. With a focus on the needs of the individual team members, coupled with a no-onsense, approach to delivering results, Pattie inspires others to achieve their personal best and unparalleled results.

## Schedule and Registration Form

<i>Time</i>	<i>Session</i>	<i>Schedule of Activities</i>
8:00 am – 8:40 am		Registration/Networking/Continental Breakfast
8:40 am – 9:00 am		Welcome/Introductions JoAnn Osby, Impact Council Chair
9:00 am – 10:00 am <b>(All Attendees)</b>		<b>"The Power of Resiliency"</b> Keynote Presentation by Pattie Vargas
10:10 am – 11:10 am <b>(All Attendees)</b>		<b>"Your First Relationship with Color"</b> Andrew Graham, Master Color Intuitive
11:20 am – 12:20 am <b>(Pick One: A or B)</b>	<b>A</b>	<b>"Living Each Day So Tomorrow Is Easier to Wake Up To"</b> Barbara A. Berg., L.C.S.W., Author and Psychotherapist
	<b>B</b>	<b>"The Presidential Wives of the Early 20<sup>th</sup> Century"</b> Penelope Engard, Historical Lecturer and Author
12:25 pm – 1:50 pm <b>(All Attendees)</b>		Luncheon/Networking
2:00 pm – 3:15 pm <b>(Pick One: C or D)</b>	<b>C</b>	<b>"Achieving Peak Performance"</b> Bill Milligan, DISC Specialist, University of Phoenix  <b>(Limited to first 35 Participants who will be required to complete a 10-minute on-line assessment no later than February 16. The electronic link will be provided to you upon registration for this session and you will receive your individualized printed assessment at the conference.)</b>
	<b>D</b>	<b>"Hula for Health...and Fun"</b> Susann Crosson, Hula Instructor
3:25 pm – 4:00 pm <b>(All Attendees)</b>		Wrap-Up/Recognitions/Evaluations Agnes Peters, "Women on the Go" Chair

### 2007 "Women on the Go" Registration Form

Name: \_\_\_\_\_ Company: \_\_\_\_\_

Address: \_\_\_\_\_

Best Contact Phone #: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Registration Fee received by February 15:    \$ 90.00 Enclosed

Registration Fee received after February 15:    \$ 110.00 Enclosed

I require a vegetarian meal

**\*Preferred Sessions**  
(See above schedule)

Select One

**A** or  **B**

Select One:

**C** or  **D**

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

Make checks payable to: IMPACT COUNCIL

Mail to Carol Smith, 6019 Hardwick Street, Lakewood, CA 90713

Your cancelled check is your confirmation and tickets will be issued at the conference

For additional conference information, please call: Agnes Peters (951) 925-2283

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



**American Business Women's Association**

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](http://www.abwa-soaringeagles.org)

**WORKING FOR YOU... ABWA SOARING EAGLES**

**PRESIDENT**

Rosi Weisser  
760.489.9234

**RECORDING SECRETARY**

Shelley Gardner  
760.945.6842

**MEMBER EDUCATION**

Anne Grimes  
760.253.6869

**VICE PRESIDENT**

Pattie Vargas  
760.489.1069

**CORRESPONDING SECRETARY**

Suzanne Southwell  
760.737.7640

**SCHOLARSHIP**

Leilani Haugen  
760.743.1889

**1ST VP MEMBERSHIP**

Dr. Julie Kangas  
760.489.5545

**TREASURER**

Carol Archibald  
760.591.9768

**PUBLICITY**

Roxann Randall  
760.471.1306

**ACTING 2ND VP NEWSLETTER**

Stacey Moffat  
858.204.2677

**CHAPTER ADVISOR**

Mary Large  
760.739.0717

**ROSTER**

Ananda Kachaturoff  
760.500.6750

**3RD VP FUNDRAISING**

Sue Puffet  
760.822.2242

**PROGRAM**

Sandra Curtis  
760.738.7546