

## INSIDE THIS ISSUE:

March Birthdays 2

March Meeting 2

Member Spotlight 3

Proud Code of Conduct 4

February General Meeting 5

Monday Morning Stretch 6

## The President's Corner by Pattie Vargas

Hello, Soaring Eagles!

*"The secret of getting ahead is getting started."*  
Sally Berger

I'm writing a book. I've actually been writing a book in my head for most of my life. When I was a child, I wrote a book for Mother's Day called, "Fantasy, The Wonder Horse." (The only reason I remember is that my mom still has it, packed away in all the memorabilia that we mothers keep!) The book had something to do, obviously, with a horse, and demonstrates that the writer gene is deeply embedded in my DNA.

Over the years, I've written poems, humorous newspaper pieces, business-related articles and a personal journal, but actually sitting down to put my thoughts together in a **Real Life Book**, is a different experience altogether. The book is called "Extreme Project Manager Makeover" and, as you can guess, is based on my experience as a former project manager and how I learned to develop a team and motivate people who did or did not report to me. I

never really thought about writing a book like this until someone approached me after hearing me speak on the topic and desperately asked, "Where's the book?????" So there you go – the fuse was ignited!

Sometimes I am lucky enough to set aside a whole day to dedicate to writing. That dedicated day starts with checking my email and deleting SPAM: this takes about an hour. Then there is an urgent email or phone call that I have to respond to, which might take another hour. Then SOT happens – SOT stands for **Some Other Thing** – and before you know it, it's time for lunch. After lunch, I get back to work and, if I am really, really diligent, I get in an hour or two before SOT hits again. Evidently I am not as disciplined as I think I am ...

So I've joined a writer's club. Once a month we meet to share ideas, best practices and critique one another's work. We commit to having so many words, pages or chapters completed by the next meeting, and hold one another accountable for doing so. THIS is working



for me! It's just a part of my makeup that if I make a commitment, I keep it. I may kill myself doing it, but I'll keep it.

So how about you? What gets you stuck? Where could you use some accountability? Give it some thought and make a new commitment – a great place to start is with our upcoming fundraiser! The more people we have involved and committed, the greater the success and the more money we'll have towards our education efforts. And believe me, you'll have no problem finding someone in this chapter to help keep you accountable!!!!

Fondly,

*Pattie*

# Happy Birthday in March!

Julie Kangas	March 1
Roxann Randall	March 12
Nikki Ahern	March 30



*“A great attitude  
does much more  
than turn on the  
lights in our worlds;  
it seems to  
magically connect  
us to all sorts of  
serendipitous  
opportunities that  
were somehow  
absent before we  
changed”  
Earl Nightingale*

## JOIN US FOR THE MARCH MEETING!

**OUR SPEAKER FOR MARCH IS CONNIE PHILLIPS FROM  
LIBERTY TAX SERVICE. SHE WILL BE SPEAKING ON THE  
TOPIC OF IDENTITY THEFT AND 3-STEPSTO DETER,  
DETECT AND DEFEND.**

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

**MARCH 6, 2008**

**5:30 NETWORKING, 6:00 MEETING**

**\$20 PER PERSON**

# Save the Date!

## Soaring Eagles Fundraiser

### Casino Night!

### Saturday, April 26th





## Soaring Eagles Member Spotlight

Brita Bolane, President of **pare it down, inc.**, provides professional organizing services to individuals at their homes and to small businesses. Prior to forming **pare it down, inc.**, Brita's involvement in sports, education and corporate career shaped and influenced her organizational skills. As a full scholarship athlete (volleyball), Brita earned a B.S. in Business Administration and an MBA from California State University Long Beach.

Brita played professional volleyball in the US on the Bud Light Pro Beach Volleyball League and in Italy for a top indoor team. Brita has been inducted into the California State University Long Beach Athletic Hall of Fame and will be inducted into St. Francis High School Athletic Hall of Fame in April 2008.

Brita retired from volleyball and managed a multi-million dollar media plan for national grocery store, Albertson's - becoming savvy with budgets and planning details. After that, Brita transferred her skills and experience to become the first Product Manager of Women's Products for one of the largest golf manufacturers, Callaway Golf.

Brita is married to Jesse and has one daughter, Camden (2) and one dog, a Weimaraner, named Chloe (4). When Brita isn't organizing other people, she enjoys traveling, wine tasting, spa days with friends, running, reading and spending time with her family. Brita is a member of the National Association of Professional Organizers (NAPO) and serves as the Director of Marketing for the San Diego



chapter. Brita is also a proud member of the Soaring Eagles chapter of ABWA and serves as the Publicity Chair.

# 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.

**Go ahead and ask me about April 23<sup>rd</sup>!!!**

**Don't know what that day is???**

**It is an unofficial secular holiday called Administrative Professionals' Day  
(formally known as Secretary's Day)**

**What a great way to recognize the work of secretaries, administrative assistants,  
executive assistants, office managers, receptionists and other administrative  
support professionals? Ask Me.**

**The Gift of Choice is a great way to say thank you. It is easy to purchase, easy to  
give and easy to use... and the recipient will remember you over and over and  
over again.**

**So Ask Me. Contact me either by phone at 760-809-2614 or by e-mail at  
[gardnersh@sbcglobla.net](mailto:gardnersh@sbcglobla.net) and order your Gift of Choice now .... That way you will  
have it in plenty of time to give it on April 23<sup>rd</sup>.**

# American Business Women's Association

## Soaring Eagles Chapter 6495

### General Meeting: February 7, 2008

- Meeting called to order at 6:11pm by President Pattie Vargas
- All members and guests read the Mission Statement in unison. The Pledge of Allegiance was recited.
- Spotlight Speaker: none
- Success Stories: Several members shared their success stories. We were also given congratulations for our very successful participation in the Women On The Go (WOTG) event.
- Introduction of members and guests. There were 26 members and 11 guests present.  
Guest Speaker: Nicholas Fletcher from Tom Hopkins Organization spoke on Business Building techniques.

### Business Meeting:

**Minutes:** The General Meeting minutes from 3 January 2008 stand approved as published in the newsletter.

**Correspondence:** Sent – none, Received – 3 Thank You notes from WOTG.

**Treasurers Report:** The Treasurers Report dated 16 January 2008 will be filed for audit as published in the newsletter.

#### Committee Reports:

- **Women On The Go:** Overview and recognition given to Soaring Eagles for a job well done.
  - President of Impact Council, Donna Hempel, spoke to us on the success of this year's WOTG event and thanked us for our successful participation, amazing team work and event planning. Many positive remarks were received from speakers and those participating.
- **Special Recognition:**
  - Ron Rose received the ABWA "Good Guy" award for all his help with WOTG and other printing assistance he has given our chapter.
  - Recognition given to Marleen Montooth for her 25<sup>th</sup> Anniversary with ABWA
- **Membership Committee:** 2 new Affiliations: Linda Sweeny and Jamie Seckelman
- **Woman Of The Year Committee:** Rosi Weisser will be giving out letters to those who are eligible for the Woman of The Year award.
- **Scholarship Committee:** Pattie Vargas will chair the committee this year
- **Fundraiser Committee:** Sue Puffet gave us a report on our upcoming fundraiser scheduled for April 26<sup>th</sup> and introduced Bill from Casino Magic who gave an overview of the event.

Announcements:

Opportunity Drawing: 50/50 drawing of \$62 was won by guest Mia Ruvalcaba

Meeting adjourned at 8:35pm

Respectfully submitted,

*Candace Trevino*

Recording Secretary

**At press time, the February Treasurer's Report was not available. Next month we will publish reports for both February and March in the newsletter.**

## Soaring Eagles,

I get this wonderful e-mail every Monday and I thought this one was great so I've decided to share it. I'm not trying to advertise for her, I just put her information at the bottom of the article because she wrote it! I think Debbie spoke at one of our meetings. Enjoy!

Stacey Moffat, Editor

### Good Morning!

Here it is - March - the beginning of spring, warmer weather, and the rebirth of those things that hibernate for the winter. How about your career – has it been in hibernation for the last few months? Over the next four weeks, we'll cover skills you may consider to help grow and nurture your career. Any special requests - please send them my way!

Let's get right to it:

**“Never stop learning”**. That's the motto for an adult community ed school here in my area. While they are promoting their class offerings, this saying is literally applicable to each and every one of us. While you may have the ability to take classes after work and on the weekends, some may prefer to look at learning opportunities during their work week and work hours.

In addition to typical classroom settings, here are some ideas to help you **never stop learning**:

- Cross train within your company to learn how other departments fit together to form the whole organization.
  - Attend training classes conducted by your company's training department or attend outside programs; ask your supervisor to bring in outside trainers to present specific topics of interest
  - Mentorship – be one or become one. Either way, I see the same benefit – wisdom from a more experienced person and/or the new ideas and perspective from a fresh newcomer in the workplace.
  - Management and skill development books on tape – put your commute time to good use.
  - Books – surround yourself with those relative to career development. Read cover-to-cover or pick out nuggets from chapters here and there.
  - Master mind groups, formal or informal, which are incredible support systems
- Associations within your industry. Hear what your counterparts are doing and thinking in their companies.

If you take only one or two of these suggestions and implement them, you are opening yourself up to an abundance of new ideas. Go ahead, pick one this week, take some simple action steps (visit your training department for upcoming classes, shop the book-on-tape aisle at the bookstore, take a wise co-worker to lunch to discuss mentoring), and open your mind to another point of view that can make a big difference for your career.

One more reason to **never stop learning**: It keeps your mind young and healthy! The more you use those synapses – message connections between your brain cells – the stronger they get and the more they increase. Furthermore, if you learn something that excites you, you learn it faster and train those synapses to make strong connections. Read **You: Staying Young, the Owner's Manual for Extending Your Warranty** for more information on the biological benefits to keep learning!

Have a great week!

Debbie



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## 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

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