



On Eagle's Wings

2004 Spring Conference Newsletter Award Winner!

Soaring Eagles Chapter 6495
Escondido, California

May 2006
Volume 8, Issue 10



"ABWA - Connect!"

"A person can grow only as much as his horizon allows." **John Powell**

What's In This Issue

President's Letter	Page 1
Monthly Meeting	Page 1
From The Editor	Page 2
It's All About Us!	Page 2
Minutes	Page 3
Treasurer's Report	Page 4
Fundraiser Update	Page 6



The President's Corner

By Rosi Weisser

May Chapter Meeting May 4, 2006

The Power of a Stress-Less Life!



Susie Silvestri has been working with people all over the country on how to **live a stress-less life...now!** As a frequent presenter and author of *Live a Stress-less Life...Now* and several articles on health and well being, the focus of Susie's work is educating groups and organizations on how to reduce the

stress in both their professional and personal lives. She delivers practical and useful information laced with energy and enthusiasm to inspire audiences to make changes and see the value of living in a way that will create a stress-less life...now!

Plus – come and meet our 2006 Scholarship Winners!

Soaring Eagles Chapter Meeting American Business Women's Association

The Sizzler Restaurant
355 N. Escondido Blvd.
Escondido, Ca. 92025
5:45 pm networking/social

All Guests Welcome

Call Pattie Vargas 760-420-8444 for reservations
\$16.00

Congratulations, Soaring Eagles on an outstanding Wine & Roses Fundraiser! Everyone seemed to love the new venue and the time change. Many, many thanks to Stacey Moffat and all who helped her make this year's event so successful. I can't wait to hear the final numbers. Stacey, you can take a break now!!

Now to change subjects—we still have a lot going on, starting with the success of our membership campaign. Kudos to those of you who have brought your friends and colleagues aboard. I am getting very excited because we just need five more new members (if my calculations are correct) and we may just qualify for the National Star award, which we would receive at National Conference in September. That would just be the "icing on the cake" to a great year. It's not too early for all of you to start thinking about attending Conference, which is being held this year right in our own backyard in Anaheim. You'll get more information in the May issue of your Women In Business Magazine.

Last but not least, it's time to think about getting involved in some way in our own Chapter. How would you like to help? Committee involvement is a great way to get to know about ABWA and to build some special relationships with other members of this great organization—not to mention it's another avenue to build some skills and gain confidence in public speaking and ??? You choose. ABWA is all about you. Make it count. Have a great month.

Rosi

From The Editor



Wow – another great fundraiser passes into history. This is so much work, but so rewarding. I think everyone of us who worked on, or attended, the event, felt the same way at the end of the day – what a great place to expend our energies.

For me, the highlight of the day was when Candy Luzadas, 2005 Scholarship recipient, took to the stage. Candy is quiet and a little shy – I wasn't prepared for the punch her message would bring. And when she received a standing ovation, I thought my heart would burst! I am so proud of this chapter and our approach to awarding scholarships to those who are often overlooked. It makes the effort so much more meaningful when you know you have really made a difference! And I think the audience agreed, based on the number of people who stopped by Candy's table and spoke to her, encouraging and congratulating her on her courage and resiliency.

At the age of 41 I found myself in the position of having to start all over – and became the sole support of my three children. I distinctly remember what a terrifying time that was – wondering how I would make ends meet and whether we would make it through ok. However, I had a steady job, a marketable trade, and a family that was willing to support me emotionally and help financially if necessary. I can't imagine starting all over from ground zero – which is the position many of our applicants find themselves in. I am so impressed and honored to play a small part in their success. Hooray for them and hooray for the Soaring Eagles!!

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@thevargasgroup.net or (760)489-1069.

Pattie

May Birthdays

Happy Birthday to:

Judy Jessup	May 1
Stacey Moffat	May 6
Lisa Kunschick	May 10
Dr. Donna Martos	May 19
Shelley Gardner	May 24

And Special Note:

Katie is 80!
(April 28)



Enjoy your Special Day!



It's All
About
US!

Mary Large celebrates 25 years of employment with SBC! That's almost an unheard of accomplishment in today's workplace. Congratulations!

Anne Grimes has a new address!
25660 Rue De Lac,
Escondido, CA 92026
Home Phone is the same:
760-737-8183

Sandra Curtis, owner, announces that **Oasis Day Spa** joins The Palms Day Spa in Carlsbad!

American Business Women's Association
Soaring Eagles Chapter 6495
General Meeting: April 6, 2006

1. President Rosi Weisser called the meeting to order at 6:20 PM. There were 23 members and 5 guests in attendance.
2. The mission statement was read in unison. The attendees recited the Pledge of Allegiance.
3. New members were introduced.
4. The scholarship committee presented six profiles of individuals who provided requests for scholarship funding from the Soaring Eagles Chapter. The six individuals were ranked according to current situation, goals and influential people in their lives. The results were announced at the end of the meeting.
5. Minutes were approved with corrections: Carol Archibald also received the hand of Friendship award.
6. Correspondence: No correspondence received or sent.
7. The Treasurer's report as presented in the newsletter will be filed for audit.
8. Standing Committee Reports:
 - Fundraising – Stacey Moffat: The Wine and Roses Event will be held on Sunday, April 30, 2006 at the Vineyard at Escondido. There will be a basket party on Saturday, April 22, 2006 from 1:00PM to 5:00PM at Julie Kangas' office. Members who work the event will pay \$35.00. There are opportunity tickets for sale. Each ticket is \$2.00. Help is requested for the auction, please see Stacey for more information. Kudos' to Suzanne Southwell and Roxanne Randall for selling the most opportunity tickets.
 - Membership – Sandra Curtis: The membership tea held on March 19 at Julie Kangas Dental Office in Escondido was successful. There was a great turnout.
 - Education – Anne Grimes: Qualifications for education reimbursement are in the December newsletter as well as on the website.
9. Old Business:
 - 2006 Conference is the 28th of September, the Impact Council/2006
10. New Business:
 - Officer election will be held at the General meeting on May 4, 2006. Sue Puffet is the chairperson for the election committee with Suzanne Southwell and Judy Jessup as her committee members. Individuals interested in running for an office, please contact Sue.
 - Member introductions were made.
 - Spotlight speaker for the May General Meeting will be Suzanne Southwell.
11. Announcements:
 - Suzanne Southwell announced the date and location of the next Escondido Chamber of Commerce meeting. The monthly mixer will be held on Thursday, April 20, 2006 at the Chamber Office. This is an Anniversary Party, cost is \$5.00 for members and \$10.00 for non members.
 - Ananda announced the IAAP Palomar Chapter luncheon for Administrative Professional's Day. It will be held at the California Center for the Arts in Escondido beginning at 10:30 AM for exhibitors with lunch at 12:00 noon.
 - Judy informed the members that recently one of our members passed away. Kathleen Umland suffered from cancer for many years. The Soaring Eagles Chapter sent a contribution in her name to Operation Hope.
 - Rosi announced that she has been participating in sponsoring wardrobes for teachers in the Mississippi area from Weekenders.
12. Opportunity Drawing: \$125.00 was raised for the chapter and the 50/50 drawing was won by Julayne Kern. Door prizes were given away.
13. Board meeting will be at Mary's house on April 20, 2006 at 6:30PM.
14. Meeting was adjourned at 8:35PM.

Respectfully submitted,

Shelley Gardner

Recording Secretary

2006 Scholarship Recipients

The 2006 Scholarship Committee proudly presents the name of this year's recipients.

*Brittany Jordan- Mary's House
Melodie Wille- Women's Resource Center
Alice Jackson- Women's Resource Center
Maryssa Torres- San Pasqual High School
Alfredo Sanchez Jr.- Valley High School
Eva Cardenas- Valley High School*

Please join us at the May Chapter Meeting and meet them in person!



National Dues

The following members renew their national membership in May. 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.

May
Shelley Gardner

Getting born is like being given a ticket to the theatrical event called life... now all that ticket will get you is through the door. It doesn't get you a good time and it doesn't get you a bad time. You go in and sit down and you either love the show or you don't.

Stewart Emery



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.

It is good to be a woman:

1. We got off the Titanic first.
2. We can scare male bosses with the mysterious gynecological disorder excuses.
3. Taxis stop for us.
4. We don't look like a frog in a blender when dancing.
5. No fashion faux pas we make, could ever rival the Speedo.
6. We don't have to pass gas to amuse ourselves.
7. If we forget to shave, no one has to know.
8. We can congratulate our teammate without ever touching her rear end.
9. We never have to reach down every so often to make sure our privates are still there.
10. We have the ability to dress ourselves.
11. We can talk to the opposite sex without having to picture them naked.
12. If we marry someone 20 years younger, we are aware that we will look like an idiot.
13. We will never regret piercing our ears
14. There are times when chocolate really can solve all your problems.
15. We can make comments about how silly men are in their presence because they aren't listening anyway.





Wine and Roses 2006

A Smashing Success!!!



Stacey Moffat, VP Fundraising, will present a report at the Chapter Meeting. Here are a few highlights and notables:

Many chapter members participated at the Donor level, either by directly contributing or soliciting sponsors, among them:

Carol Archibald	Julie Kangas	Pattie Vargas
Debi Pizzica	Kristina Merrick	Stacey Moffat
Judy Jessup	Sue Puffet	Lisa Durham
Anne Grimes	Sandra Culbert	Rosi Weisser
Ananda Kachaturoff	Charity Singleton	Roxann Randall



One of our 2005 Scholarship recipients, Candy Luzadas, inspired and motivated the audience to dig deep and contribute! Candy is wrapping up her schooling and her stay at Women's Resource Center and will be moving out on her own, with her daughter, in November!



own, with her daughter, in November!

check-in

Pattie working the checkbooks



The venue was wonderful - different from past years - but wonderful in it's own ways! Looking out over the green golf course while you sipped champagne and browsed auction items was relaxing and fun!



Rosi, Pattie and the Princesses give away Opportunity Items

**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			

The Doctor told me I should start an exercise program. Not wanting to harm this old body, I've devised the following regimen:



Monday

Beat around the bush
Jump to conclusions
Wade through the morning paper

Tuesday

Drag my heels
Make mountains out of mole hills
Hit the nail on the head

Wednesday

Bend over backwards
Jump on the Band Wagon
Run around in circles

Thursday

Toot my own horn
Pull out all the stops
Add fuel to the fire

Friday

Open a can of worms
Put my foot in my mouth
Go over the edge

Saturday

Pick up the pieces

Sunday

Kneel in prayer
Bow my head in thanksgiving
Hug someone and encourage them



ENJOY!



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

Our next meeting is May 4, 2006.
Call Pattie Vargas at (760)489-1069 for reservations.



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