

American Business Women's Association

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

On Eagle's Wings

2004 Spring Conference Newsletter Award Winner!

Soaring Eagles Chapter 6495
Escondido, California

November 2005
Volume 8, Issue 4



"ABWA - Connect!"

"Treat people as if they were what they ought to be and you help them to become what they are capable of being." *Goethe*

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The President's Corner

By Rosi Weisser

November Chapter Meeting November 3, 2005

Beth Goodman

"Being An 'A.S.S.E.R.T.I.V.E.' Woman in Today's World"



Bust the myths about what it means to be an assertive woman and learn how to be more effective, authentic and successful. Learn how the letters in the word "Assertive" hold the keys to joy, success and connection to others. Beth

Goodman is an experienced professional Life Coach, Counselor, Trainer and Group Facilitator. She is currently the owner and principal of BG LifeCoaching for Women.

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

Life Direction

Activity with no clear direction is little more than a waste of time and energy. Yet when you give direction to your efforts, they result in true achievement. No matter how fast and furious you're going, if you don't have a consistent direction then you won't end up getting anywhere meaningful. Yet even the smallest, slowest steps, when they have a well-defined direction, can take you to the most ambitious and valuable goal. Once you're clear about your direction, your thoughts and actions will begin to take you there. People, places, conditions and events will work together to move you in whatever direction you have sincerely and intentionally chosen. Your wisdom and experience, your knowledge and skills, your passions and resources all are made accessible and effective when they are well focused. Provide your life with direction, and your life will provide you with accomplishment. Thoughtfully and lovingly choose your direction, and then commit yourself to it. And each moment, each action will move you toward it. ---

Ralph Marston

Join us in Soaring Eagles as we follow the direction we have set. Happy Thanksgiving and make every day a great one!

Rosi

From The Editor



I recently spoke at the 2005 PMI (Project Management Institute) Convention in San Diego. My topic was Building High Performance Teams – a subject that happens to be near and dear to my heart. I followed a colleague who spoke on the basics of team building and I was struck by how often I had heard this same, old information – and had even presented it myself – but without ever really getting down to the heart of the matter: *How do you encourage, motivate, empower people to do extraordinary things?* I believe that in this day and age of doing more with less due to corporate downsizing or reorganization, it is more important than ever to enable managers and leaders to *really connect* with their teams and employees.

I believe this can be done if those in a supervisory, managerial or leadership role follow 4 basic steps:

Assume a Leadership Role – Step up to the plate, stop waiting for someone else to do it or to give you permission.

Invest in Team Development – Get to know the individuals, utilize their strengths and help them improve where they are weak.

Learn To Manage Conflict – Plan for it, don't run from it or pretend it doesn't exist – it does!

Believe in Team Empowerment – Create an environment of freedom and autonomy even in the most constrained workplaces.

Sound easy – of course not. Worth it – you bet! Too many managers have neglected the so-called “soft-skills” and end up making their jobs much more difficult than they need to be. Tom Peters believes that, in the coming years, the possession of good interpersonal skills will become the deciding factor in whether business leaders succeed or fail.

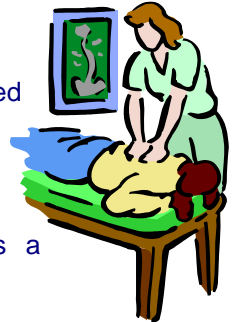
As always – if you have any interesting news to share – a new job, a promotion, weddings, babies, or other exciting news, send them to the newsletter editor **by the 20th of each month.** Pattie.vargas@cox.net or (760)489-1069.

Pattie

Oasis Day Spa Moves!

After more than 10 successful years at their Escondido address, Oasis Day Spa has moved to Oceanside.

Owner **Sandra Curtis** is pleased to announce the newly named **Ocean Oasis Day Spa** is now located at 613 Mission Avenue, Oceanside. The 5000 sq ft spa facility boasts a beautiful ocean view.



In addition to the services offered in the past, they are offering the following new services:

- Hair services
- Full nail services: including manicure and pedicure parties!
- Sudatonic Body and weight loss treatment.

Be sure to visit soon!

Ocean Oasis Day Spa
613 Mission Avenue, Oceanside, CA 92054
760-738-7546
www.oasisdayspa.com

Standing Rules

The Standing Rules appear in the newsletter on page 9.

Please review and familiarize yourself with these rules.

The Chapter will be voting to adopt them as amended during the November meeting.

Hurricane Relief *Weekenders® Reaches Out*

Weekenders launches the “Fashions for Compassion” Program to help provide new personally designed wardrobes to help women get back on their feet and to give them new hope and reassurance that we have not forgotten their plight.



How Fashions for Compassion Works:

The Weekender’s business model concept called “Wardrobe Planning Made Easy” shows women how to create a core wardrobe with 10 classically-styled garments. For the Fashions for Compassion Program, they send women fabric swatches, our Fall Collection Brochure and a Gift Certificate entitling them to \$550 Shopping Dollars (enough for 10 garments). The women can then “shop” for the styles and colors that suit them, fill out their “wish list” and return it to them. Weekenders then works with their fashion consultants to have these wardrobe plans “sponsored.” The clothes are sent to the recipients with a card signed by the women or organization that has sponsored the garments.

In addition to the gifting of wardrobes, they are also donating all net profits from the sale of the garments to various schools or organizations. There are also a few large events scheduled in different communities here in California. Look for a flier elsewhere in this newsletter. For more information on the “Fashions for Compassion” Program, contact Rosi Weisser.

Appreciate and develop the art of compromise in your lifestyle. Keep true to your goals and values, but give yourself some operating room. Understand that you often have to work a long time to achieve your goals, and the steps to success are often small ones.

- Win Borden



**2005 National
Women’s Leadership
Conference
Unleash the Leader in
You!**

2005 – 2006 Conference Update Notes

Suits:

There is still time to purchase the official purple suit for the 2006 Convention. The Soaring Eagles, along with other sponsoring chapters, will be proudly “Sporting the Purple” in Grapevine. The suits are \$98 for 2 pieces, or \$130 for 3 pieces (pants, skirt and jacket). Please contact Barbara Brushere at bbushere@earthlink.net to order. **Be sure to checkout Rosi modeling the purple hat at our chapter meeting on the 3rd.**

Websites:

For more information on the 2005 Convention, go to www.abwa2005.org or the link off the national website www.abwa.org. For info on the 2006 Convention, go to www.anaheim2006.org. Advertising and Chapter pictures can be viewed at <http://www.threedivas.com/abwa2006/>.



2005 Elections

All ABWA members with a complete registration will be eligible to vote at the annual national conference. This is a terrific opportunity for you to have a direct say in the election of your ABWA national board of directors – specifically, the national president, the national vice president, the national secretary-treasurer and your district vice president.

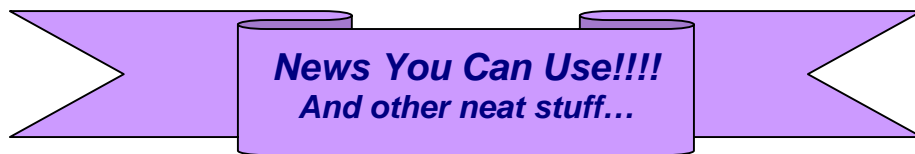
Advertising

Advertising opportunities are available for both merchants and chapter members. Look on the networking table for more information.

American Business Women's Association
Soaring Eagles Chapter 6495
General Meeting: October 6, 2005

1. President Rosi Weisser called the meeting to order at 6:05PM. There were 17 members and 9 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 Evelyn Madison.
5. The Guest Speaker was Colette Carlson who spoke on "Yes I can say NO".
6. The Audit committee, consisting of Pattie, Mary, Suzanne and Carol found no mistakes and made some recommendations. The copy of the audit report is with the Treasurer's report.
7. The minutes from last month were approved with corrections.
8. Standing Committee Reports:
 - The standing rules have been revised and are printed in the current newsletter. They will be available in the newsletter for the next two months. After that time the chapter will vote on the standing rules.
 - Scholarship Committee: The computer was purchased.
 - Fundraiser Committee: Westfield Works Wonders. Each ticket is \$10.00 with \$7.00 going to ABWA and \$3.00 going to the mall. November 13 from 6PM to 9PM, many stores will offer sales for those who participated in the Westfield Works Wonders program.
 - Membership Committee: Sandra Curtis is working on the Kick-off for the membership drive.
9. Old Business: The 2005 Women's Leadership Conference was mentioned. Six members from the chapter are going.
10. New Business:
 - Marlene Montooth became a primary active member of the Soaring Eagles.
11. Announcements:
 - Operation Hope is a shelter in Vista, CA. Roxanne announced that there will be a walk in November to benefit the shelter.
 - Classical Academy is a Charter School in Escondido. There are 1100 to 1200 students and the High School is due to open in 2006. November 4, 2005 will be a gala – fundraiser for the school. Information was passed out at the meeting.
 - Pattie discussed opportunity relief for the hurricane victims. They could use gift cards, canned foods, cleaning supplies. She will e-mail the information.
12. Dates to remember:
 - Escondido Chamber Mixer on October 13
 - Board Meeting on October 13
 - Women's Leadership Conference on November 10-12.
13. Opportunity Drawing \$48.00 was raised for the chapter and the 50/50 drawing was won by Julie Kangas. Door prizes were given away.
14. Spotlight speaker for next meeting will be notified by Julie Kangas.
15. Board meeting will be at Mary's house on October 13.
16. Meeting was adjourned at 8:35PM.

Respectfully submitted,
Shelley Gardner
Recording Secretary



MISSION Possible: Live the ABWA Mission

"The ABWA Mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others to grow personally and professionally through leadership, education, networking support and national recognition."

This is the final installment of a four-part series designed to prompt ideas for making the ABWA Mission a reality. These simple techniques come from District VI VP, Robin Neal.

Part Four: to grow through leadership, education, networking support and national recognition.

- 1) LEARN to be organized and to plan.
- 2) ENCOURAGE other leaders and members to be organized.
- 3) Provide agendas either prior to meeting and/or at meeting.
- 4) PREP members scheduled to speak on time allotted and topic they are to cover.
- 5) Be a GOOD ROLE MODEL, when in leadership positions.
- 6) SUPPORT the group goals and efforts, when not in leadership position.
- 7) Check YOUR body language – are YOU saying the same verbally and physically?
- 8) Check YOUR tone when speaking – do you use the right words / wrong tone?
- 9) Don't take things personally.
- 10) CELEBRATE member's success in articles and at meetings—Applause is good!
- 11) CELEBRATE nonmember successes by sending congrats cards and include your ABWA card.
- 12) Create and Send Press Releases announcing local Top Ten Nominees and other honors.
- 13) GIVE PRAISE when earned, become aware of outstanding service and effort.
- 14) NOMINATE someone worthwhile, if local media awards Outstanding Citizens.
- 15) SEND notes recognizing local member accomplishments to HQ.
- 16) Send copies of local newspaper articles recognizing local members to HQ.
- 17) Survey members at the beginning of the chapter year to establish goals.
- 18) Survey members after each meeting – good, bad, and how can we improve?
- 19) BEWARE of saying: "That's the way we've always done it." Or, "That won't work."
- 20) Establish lines of communication – share and delegate responsibility.
- 21) Follow-up on delegated tasks – early in the project and coach when possible.
- 22) Provide OPPORTUNITIES to have members speak.
- 23) INTRODUCE yourself to guests and members that you don't know.
- 24) Introduce guests to other members and guests, play host(ess).
- 25) When Networking – know your purpose, share your goal in a non-threatening manner.
- 26) EXPLAIN things like SBMEF – Stephen Bufton Memorial Education Fund.

Beauty Tips
By Audrey Hepburn

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his/her fingers through it once a day.

For poise, walk with the knowledge that you never walk alone.

People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone.

Remember, if you ever need a helping hand, you will find one at the end of each of your arms.

As you grow older, you will discover that you have two hands; one for helping yourself, and the other for helping others.



National Dues

The following members renew their national membership in November. 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.

November

Judy Jessup	Suzanne Flannery
Blanca Dubon	Evelyn Madison
Stacey Moffat	Julie Kangas
Barbara Lebsock	Donna Riley
Ananda Kachaturoff	Sue Puffet
Shannon Root	Rosi Weisser



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

Nov 3 – Chapter Meeting
Nov 9-13 2005 Nat'l Convention
Nov 17 – Board Meeting
Nov 24 - Thanksgiving
Nov 30 – End of Membership Campaign



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.

November Birthdays

Happy Birthday to:

Dianna Greene November 13



Enjoy your Special Day!

ABWA Soaring Eagles Chapter #6495
Proposed Standing Rules
2005

The Board of Directors has recommended changes to the Standing Rules. Please review below, as amended. We will be voting on these during the Chapter Meeting in November.

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 minimum 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 National Convention. The chapter will pay the President's early registration for ABWA National Convention. 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 chapter Member Education funds, all eligible attending Chapter members will be reimbursed up to 80% of their expenses, excluding meals, not to exceed four nights. (Amended 8-15-05)
8. If proceeds are available from Member Education, the current Chapter Top Ten nominee may be reimbursed for the ABWA National Convention Woman of the Year luncheon cost. (Amended 8-15-05)
9. If proceeds are available from Member Education, the current Chapter Woman of the Year may be reimbursed for the ABWA National Convention Woman of the Year luncheon cost. (Amended 8-15-05)
10. If proceeds are available from the Scholarship fund, a yearly donation of \$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 Education 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 Education 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.

Revised by Pattie Vargas

Last Revision 8/15/05

Ad hoc members: Rosi Weisser, Pattie Vargas, Mary Large, Kate Large, Carol Archibald, Roxann Randall, Shelley Gardner, Stacey Moffat, Julie Kangas, Suzanne Southwell

Fashions for Compassion

Where giving is always in Style!

Please join us for this special event! 100% of all proceeds are being donated to elementary school teachers and students that were affected by Hurricane Katrina.

Saturday, November 19, 2005

10:00 am —1:00 pm

Handlery Hotel

950 Hotel Circle North

San Diego

\$25.00 Donation includes:

Holiday Shopping Boutique

Music by Craig and Jill Anderson

Fashions by Weekenders

Luncheon

Raffle Prizes

Invite your girlfriends and reserve a Table of Ten!

RSVP by November 5, 2005

RSVP by check to: Marijane Relth, 1708 Boxwood Way,
Oceanside 92054

Or Fax with credit card: Fax 760.433.7349

Name _____

Number of guests _____ *List guest names on back

Phone _____

For Credit Card please fill out the following.

CC# _____ Exp. _____

Zip Code _____

Amount \$ _____

**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			



Life's Little Instructions

- ~ Don't believe all you hear, spend all you have, or sleep all you want. ~
 - ~ When you say, "I love you" - mean it. ~
 - ~ When you say, "I'm sorry," look the person in the eye. ~
- ~ Never laugh at anyone's dreams. ~
 - ~ You might get hurt, but it's the only way to live life completely. ~
- ~ Remember that great love and great achievements involve great risk. ~
 - ~ When you lose, don't lose the lesson. ~
- ~ Remember the three R's: Respect for self, Respect for others, Responsibility for all your actions. ~
 - ~ Don't let a little dispute injure a great friendship. ~
- ~ Spend some time alone. ~
 - ~ Open your arms to change, but don't let go of your values. ~
 - ~ Pray. . . There's immeasurable power in it.
- ~ Never interrupt when you are being flattered. ~
 - ~ Mind your own business. ~
- ~ Remember that not getting what you want is sometimes a stroke of luck. ~
 - ~ Learn the rules, then break some. ~
 - ~ Judge your success by what you had to give up in order to get it. ~
 - ~ Remember that your character is your destiny. ~





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

Our next meeting is November 3, 2005.
Call Pattie Vargas at (760)489-1069 for reservations.



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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.