

**American Business Women's Association**

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

## On Eagle's Wings

2004 Spring Conference Newsletter Award Winner!

Soaring Eagles Chapter 6495  
Escondido, California

October 2005  
Volume 8, Issue 3



### "ABWA - Connect!"

"Tell me and I'll forget; show me and I may remember; involve me and I'll understand."  
Chinese Proverb

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### The President's Corner

By Rosi Weisser

#### October Chapter Meeting October 6, 2005

*Colette Carlson*

*"Yes, I Can Say NO!"*

Co-creator of the New York Best Seller  
Chicken Soup of the Soul Series and  
Co-author of the #1 New York Best Seller,  
One Minute Millionaire

Learn how busy women can create the time and energy to do more of what you want to do and eliminate the pressure to do more than you can handle.

#### 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

*Spotlight Speaker: Evelyn Madison*

Featuring the 7<sup>th</sup> Anniversary Celebration  
of the Soaring Eagles Chapter

Happy Seventh Anniversary, Soaring Eagles! Be sure to come and celebrate with us at our meeting on October 6, especially if you're a charter member. We want all members with us for our anniversary celebration. We're excited about our special "Spotlight Speaker" for this meeting. Come and see who it is! AND, for this meeting only, we will be **starting at 6:00 PM** instead of 6:15 to give our keynote speaker time to "connect" with us, entertain us and teach us how to say no, so we can "Say Yes" (without guilt) to dynamic organizations like ABWA. Don't be late. You won't want to miss a minute of this very special evening.

Our mission states that we: "bring together businesswomen of diverse occupations to provide opportunities for them to help themselves and others to grow personally and professionally." I hope that you're finding ways you can live out this mission for yourself and others in ways that are successful and fulfilling for you while also stretching you just a little. And let's stretch for our "Westfield Works Wonders" holiday fundraiser this year as we work to raise over \$2000 for our scholarship fund. Every day is a new beginning. Make the most of each one!

**Rosi**

## From The Editor



I really like being your newsletter editor because it provides a small forum for me to air my views, opinions, rants and raves! As I consider some of the events that have transpired over the last month – Hurricane Katrina, followed by her less evil twin sister, Rita, I am struck by how much more we can accomplish when we all pull together with a common goal. Almost immediately, the negative publicity began – not only were the events tragic enough on their own, there are always those who seem to feel it is their duty to focus on every horrible, inhumane act we can do to one another. What better way to take our eyes off the task at hand, than to get caught up in the finger-pointing, blame game? While I believe every event should be studied to learn what could have been done better (how else will we ever improve?) we should focus on priorities – getting aid to those who need it and saving the lives of those in peril. There is plenty of time to review when the crisis is under control.

Just like on September 11, 2001, tragic events seem to bring out the very best and the very worst in humankind. So many acts of heroism, kindness and selflessness occurred back then, just as they did during the hurricanes – I was proud, inspired and challenged to be a better human being. I don't think it is "Pollyanna-ish" to want to focus as much on the positive as on the negative. We need to believe in the goodness of one another and be looking for ways to serve – and that includes working together to improve the processes, organizations and methods in place to deal with catastrophes. Let's just not forget that we are all in this together - we really are all on the same side. Political infighting does nothing to move the action forward.

Ok – I'll get off my soap box now.

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 20<sup>th</sup> of each month.** [Pattie.vargas@cox.net](mailto:Pattie.vargas@cox.net) or (760)489-1069.

Pattie

## Scholarship Update

One of our 2005 recipients, Haymara Saldado from Valley High School, decided not to attend the trade school she had originally applied to, in favor of a similar, lower-cost program through ROP. During the September meeting, The chapter voted to allow her to use the scholarship award to purchase a computer to aid her with her studies. Roxann Randall and Mary Large accompanied her to WalMart where the chapter assisted her in the purchase of a full HP Computer System. Haymara was very appreciative of our flexibility, knowing a home computer will go a long way towards helping her achieve her educational goals.

"Anyone can keep going when the going is good, but some extra ingredient is needed to keep you fighting when it seems that everything is against you."

- Norman Vincent Peale

## Recharging Your Batteries

Whether it's a three-day weekend or a three-week extended vacation, time away from the daily grind offers a multitude of benefits,



including re-focused attention, stress relief, and increased motivation and productivity. A day (or two) off can even aid in the recovery of tired muscles – reinvigorating

your body as much as your mind. Yet many Americans don't take time off. According to a recent survey by Expedia.com, on average, people will let three days of vacation go unused this year. Here's how Americans stack up against other countries:

Country	Days Off Per Year
Italy	42
France	37
Germany	35
Great Britain	28
Canada	26
Japan	25
United States	13

- Excerpt from Future Magazine, Fall, 2005.



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

The American Business Women's Association is proud to be a sponsor of the 2005 National Women's Leadership Conference this November 9-13. Last month we highlighted the Keynote Speakers, Mark Sanborn and Mary Lou Quinlan. Here is what else will be going on:

### **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.

### **Entertainment**

#### ***Dreamer***

Back by popular demand, the sounds of the energetic group Dreamer blend together so well that it's no surprise that the band has been performing together for more than 20 years.

Dreamer began singing gospel and country music in 1982, and quickly became a favorite act at many of the larger state fairs and concert venues. Soon they began opening concerts for such acts as The Judds and Garth Brooks.

#### ***Al Nelson's Rock n Roll Show***

Today's women wear many different hats as they play multiple roles throughout the course of their daily lives. Singer Al Nelson, too, wears many different hats, but in the literal sense, and watching him shift roles during his show is pure entertainment! Al has been entertaining audiences throughout the nation for 20 years with his high energy show, which consists of hits spanning the years from the 1950s to the 1970s.

The Soaring Eagles are planning on sending a representative contingent to the 2005 Convention. The attendees will be reimbursed a percentage of their registration and travel expenses, based on chapter rules for reimbursement. If you are interested in attending, see Mary Large or Rosi Weisser.

### **HEALTH QUESTION & ANSWER SESSION**

In the interest of furthering the health and fitness of the Soaring Eagles, the editor provides these helpful tips ...



Q: Is swimming good for your figure?

A: If swimming is good for your figure, explain whales to me.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable products.

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine is made from fruit. Brandy is distilled wine. That means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body and you have body fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: Aren't fried foods bad for you?

A: YOU'RE NOT LISTENING!!! Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

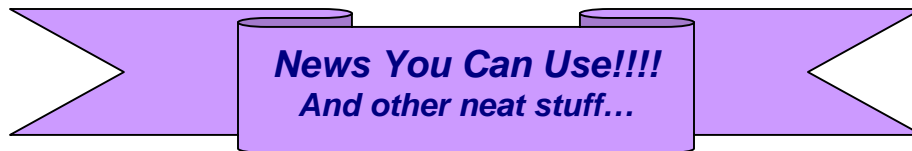
Q: Is chocolate bad for me?

A: Are you crazy? HELLO ... Cocoa beans... another vegetable!!! It's the best feel-good food around!

**American Business Women's Association**  
**Soaring Eagles Chapter 6495**  
**General Meeting: August 4, 2005**

- President Rosi Weisser called the meeting to order at 6:15PM. There were 18 members and 3 guests in attendance.
- The mission statement was read in unison and the Pledge of Allegiance recited by all attendees.
- Introductions were made.
- The Spotlight speaker was Stacey Moffat.
- The Guest Speaker was Charity Singleton with Curves.
- The Treasurer's report as presented in the newsletter will be filed for audit.
- Old Business:
  - The 2005 Women's Leadership Conference was mentioned. Six members from the chapter are going.
  - Information and a reminder that ABW Day is on September 10, 2005.
  - The standing rules have been revised and are printed in the current newsletter. They will be available in the newsletter for the next three months. After that time the chapter will vote on the standing rules.
- New Business/Committee News:
  - Fundraiser Committee: Stacey spoke about upcoming fundraiser for the Westfield Works Wonders. Each ticket is \$5.00. Tickets will be distributed at the next meeting (October 6<sup>th</sup>).
  - Scholarship Committee: Pattie spoke of one of the recent recipients who was awarded dollars to continue her education. The individual was up against some challenges and asked if we could re-direct the dollars to better assist her with her education. The request was to purchase a computer and accessories. Motion was approved by the members with the following: 1) ABWA member(s) will accompany the recipient to the store, 2) ABWA member(s) will authorize the purchase, and 3) ABWA member(s) will provide the funds to pay for the computer and accessories.
  - Education Committee: Looking for volunteers, please contact Anne Grimes.
- Announcements:
  - Operation Hope is a shelter in Vista, CA. Roxann announced that there will be a walk in November to benefit the shelter.
  - Dates to remember: Escondido Chamber Mixer on September 8
  - ABW Day on September 10
  - Board Meeting on September 15
  - Citracado 25 Year Anniversary on September 25
  - Women's Leadership Conference on November 10-12.
- Opportunity Drawing \$43.50 was raised for the chapter and the 50/50 drawing was won by Roxann Randall. Roxann donated her winnings to the chapter. Door prizes were given away.
- Spotlight speaker for next meeting will be notified by Julie Kangas.
- Board meeting will be at Mary's house on September 15.
- Meeting was adjourned at 8:30PM.

Respectfully submitted,  
Shelley Gardner  
Recording Secretary



### **MISSION Possible: Live the ABWA Mission**

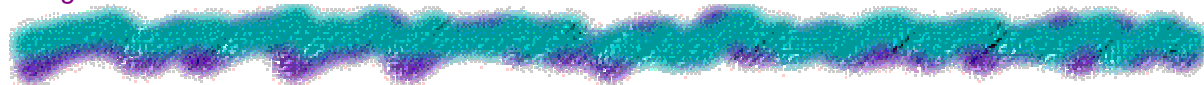
*“The ABWA Mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others to grow personally and professionally through leadership, education, networking support and national recognition.”*

Over the next few months, we will look at some ideas to make this mission a reality for women who have not yet been introduced to ABWA. These simple techniques come from District VI VP, Robin Neal.

#### **Part THREE: *to grow personally and professionally***

- 1) TRY NEW things and once done, ask how you could do better next time
- 2) VOLUNTEER
- 3) TAKE INITIATIVE when you see a need that you can meet
- 4) Decide what you want to learn in the next 2-6 months
- 5) Decide what you want to learn in the next year...
- 6) ASK someone to help you find ways to learn and grow
- 7) SEEK learning resources in ABWA, online, and your community
- 8) Ask if anyone has the expertise you need
- 9) Ask if they would mentor you or coach you
- 10) SUGGEST topics of interest to the program chair (early in the chapter year)
- 11) OFFER to present a CEC article from the magazine to the chapter as a program
- 12) WRITE IT DOWN — List what you want to accomplish personally in your lifetime
- 13) Find someone to be accountable to for #12 above
- 14) WRITE IT DOWN — List what you want to accomplish professionally
- 15) Find someone to be accountable to for #14 above
- 16) ASK HOW others became successful
- 17) ASK others, “WHY did you choose the directions you took in life?”
- 18) LEARN something – no matter how big or small – EVERY DAY.
- 19) Learn to GIVE specific POSITIVE FEEDBACK that encourages
- 20) Try new ways to accomplish familiar activities
- 21) Accept compliments graciously
- 22) PRACTICE introducing others in groups
- 23) KNOW WHAT YOU WANT and focus on it instead of what you don't want
- 24) Work toward your goals each day
- 25) INVITE someone to join you on your adventure – a play, movie, trip, *whatever*

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





### **We Don't Mean to Brag ... but**

**Pattie Vargas** will be speaking at the PMI (Project Management Institute) Conference in San Diego on October 5<sup>th</sup>. The topic is **Building High Performance Teams**. She is also presenting the same program in a Webinar on October 12<sup>th</sup>.



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

October 6 – Chapter Meeting  
October 15 – 2006 Nat Conv  
Planning Meeting  
Nov 9-13 2005 Nat'l Convention

### **October Birthdays**

*Happy Birthday to:*

Barbara Lebsock    October 23rd



*Enjoy your Special Day!*



### **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.

### **Welcome, New Members!**

#### **Charity Singleton Owner, Curves**

Charity was our featured speaker last month and helped us all understand that, regardless of our busy schedules, everyone has time to stay in shape!

"The greatest thing in this world is not so much where we are, but in what direction we are moving."

— Oliver Wendell Holmes



National                      Dues

The following members renew their national membership in October. 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.

#### **October**

Sandra Culbert                      Viola Bartley  
Anna Clark                              Sharyl Falk  
Anne Grimes

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

MARTHA vs. MAXINE



\*Martha's Way\*

Stuff a miniature marshmallow in the bottom of a sugar cone to prevent ice cream drips.



\*Maxine's Way \*

Just suck the ice cream out of the bottom of the cone, for Pete's sake! You are probably lying on the couch with your feet up eating it, anyway!

To keep potatoes from budding, place an apple in the bag with the potatoes.

Buy Hungry Jack mashed potato mix, keep it in the pantry for up to a year.

When a cake recipe calls for flouring the baking pan, use a bit of the dry cake mix instead and there won't be any white mess on the outside of the cake.

Go to the bakery! They'll even decorate it for you.

If you accidentally oversalt a dish while it's still cooking, drop in a peeled potato and it will absorb the excess salt for an instant "fix-me-up."

If you oversalt a dish while you are cooking, that's too bad. Please recite with me the real woman's motto: "I made it and you will eat it and I don't care how bad it tastes!"

Brush some beaten egg white over pie crust before baking to yield a beautiful glossy finish.

The Mrs. Smith frozen pie directions do not include brushing egg whites over the crust so I don't.

If you have a problem opening jars, try using latex dishwashing gloves. They give a non-slip grip that makes opening jars easy.

Go ask that very cute neighbor if he can open it for you.

***Working For You  
ABWA Soaring Eagles***

***Chapter Officers***

<b>President</b> Rosi Weisser 760-489-9234	<b>Vice President</b> Pattie Vargas 760-489-1069	<b>1<sup>st</sup> VP, Membership</b> Sandra Curtis 760-738-7546	<b>2<sup>nd</sup> VP, Newsletter</b> Pattie Vargas 760-489-1069
<b>3rd VP, Fund- Raising</b> Stacey Moffat 760-489-1995	<b>Recording Secretary</b> Shelley Gardner 760-945-6842	<b>Corresponding Secretary</b> Suzanne Southwell 760-737-7640	<b>Treasurer</b> Carol Archibald 760-591-9768

***Committee Chairpersons***

<b>Chapter Advisor</b> Mary Large 760-739-0717	<b>Program</b> Julie Kangas 760-489-5545	<b>Member Education</b> Anne Grimes 619-253-6869	<b>Scholarship</b> Roxann Randall 760-471-1306
<b>Publicity</b> Open			

***Forgive With me***

One night I had a dream. I saw a beautiful forest in front of me, exotic and lush. As I stepped inside to explore this pristine landscape I was taken by the beauty and diversity of plant life - the trees, foliage, flowers and other mysterious vegetation that filled its grounds. My surroundings were nourishing my whole being when I suddenly looked up to see a patch of dead trees. It jarred me to see this troubling sight in the middle of this magnificently alive environment. At first I tried to ignore it and just focus on the parts of the forest that were alive and thriving, but it was so disturbing to see these dead trees existing inside such a robust environment that my thoughts and my sight kept revisiting this particular patch of destruction. I became obsessed with why they were there, all the potential reasons for it, what it might mean, how to change it, how to fix it and who to blame. I took picture after picture of the entire area and when thoroughly frustrated, I left the forest. When I came home I began telling all of my friends about this splendid forest but mostly emphasizing the patch of dead trees that scarred the surroundings. Weeks later - still inside my dream - the dead vegetation remained front and center in the re-telling of my tale. And then, all of a sudden, came a strikingly lucid moment. I saw that I had stopped talking about the beauty of the forest altogether.

The point? It's a shame when we stop seeing the whole picture. So much good gets lost. So many blessings disappear. So much wisdom goes to waste. There is always beauty, goodness and wisdom around us. There is always a bigger picture that we cannot see, a side of the story we cannot hear, a perspective that hasn't been taken into consideration. Even when we think we are the one who can see clearly, we are often so blinded by the righteous positions, attitudes and beliefs that are old, rotted and out-dated inside of us - our own dead trees. **Life is short. Choose forgiveness.**

Debbie Ford



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

Our next meeting is October 6, 2005.  
Call Pattie Vargas at (760)489-1069 for reservations.



#### 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.*