



American Business Women's Association

Soaring Eagles Chapter 6495
Escondido, California

www.abwa-soaringeagles.org



January 2004

Volume 6, Issue 4

“Discover Yourself!”

“Turn your wounds into wisdom.” – Oprah Winfrey

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The President's Corner

By Anna Clark

Hello Everyone:

I am still determined to be cheerful and happy, in whatever situation I may be; for I have also learned from experience that the greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances.

Martha Washington

**January Dinner Meeting
January 8th**

Networking 5:45

Dinner and Speaker 6:00-8:00pm

Serena Lumiere

Teaches us about

“The Magic Within”



Serena is a highly qualified Hypnotherapist and an experienced Magician. She comes to us as a published author, a

student, a teacher and a facilitator in the development of self-esteem and the art of effective communication.

Serena is a unique entertainer and presenter and has been for over 30 years.

Spotlight Speaker: Phyllis Allinson

Let's get ready to make some magic!

Thank you all for your support to St. Clare's Home with your generous donations of cash and goods. The donations we received at the December dinner meeting will make a special holiday for the families at St. Clare's Home.

Again thank you all, and have a wonderful Holiday Season.

Anna L. Clark, President



From The Editor



Well, the holidays are over and it's back to reality! There are many wonderful ABWA activities coming up in the first quarter of 2004 beginning with an outstanding dinner meeting on the 8th followed by ABWA "Women on the Go" on February 7th! There are great things going on – we're growing with new visitors and members at every meeting! Remember, 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** for inclusion in the next newsletter. Also, remember to let Pattie know of your delivery preference – email or snail-mail. Let's help keep operating costs down!
Pattie.vargas@mitchell.com or (760)489-1069.

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.



Birthdays

Carol Archibald	Jan 2 nd
Audra Merrell	Jan 18 th
Barbara Wade	Jan 20 th



Spring Conference Schedule

Please check out the dates for the upcoming Spring Conferences. You can attend any one you'd like!

Long Beach, CA	March 19-21
Oklahoma City, OK	April 16-18
Greater Dayton, OH	April 23-25
Naples, FL	April 30-May 2
Cedar Rapids, IA	May 14-16
Manchester/Bedford, NH	May 21-23



National Dues

The following members renew their national membership in December, January and February. Remember that you must be a member in good standing both nationally and locally (local dues payable in October) to be eligible for any chapter benefit such as member education reimbursement and committee participation, as well as voting for chapter officers:

December

Basanti Shaw

January

Abigail Wentzel	Audra Merrell
Joyce Meehan	Deborah Valentino

February

Cindy Choice	Dianna Greene
Kate Large	Paula Mellon
Kathleen Riley	Marlene Montooth
Roxann O'Shaughnessy	



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

- The January Chapter Meeting will be held January 8th, rather than January 1st. Begin discussions of Chapter Woman of the Year.
- January 17th - Inland Valley Council. Topic: Developing an Attitude with Gratitude.
- February 5th – Soaring Eagles Chapter Meeting. Begin Top Ten Elections.
- February 7th – Women on the Go!
- March 19-21, District VI Spring Conference will be held at the Queen Mary in Long Beach.
- April 25th – Wine and Roses Fundraiser, Escondido.

~ Misc Notes ~

- ⇒ There are no minutes from the December Dinner Meeting. This was our Holiday Party at Fireside.
- ⇒ Those who attended the National Convention in November will give a brief account of their experience at the January Dinner Meeting.
- ⇒ **All** board members and Committee Chairs must be at the January board meeting on Jan 20th! Be prepared to present your first quarter plan!
- ⇒ The 2004 National Convention will be held in Richmond, Virginia, October 13-17th.

Welcome New Member!

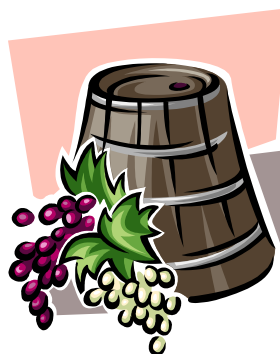
Susan Christensen
Owner
Paradise Travel

**Remember!
Chapter Dues Structure To Change in
2004!**

In order to correspond to the National ABWA fiscal year, which ends each July 31, chapter dues **will become due in August in 2004**. This year our dues will only be \$20.00, instead of \$24.00 and will cover the time frame of October 1, 2003 through July 31, 2004. National has been gradually moving the chapters to compliance with this new policy.

**Wine and Roses Fundraiser
April 25th
Belle Marie Winery**

It's coming up quickly, ladies! Our annual Wine and Roses fundraiser will again be held at the Belle Marie Winery! Last year we had our biggest attendance ever and this year we expect to out-do ourselves again! Mary Large will have more information for us in the upcoming weeks.



ABWA Scholarship Committee

Soon you will be hearing more about the Scholarship Committee for the 2004 awards. This is one of the most rewarding committees you can serve on and is the basis for our Spring Fund Raiser Event. The Chairperson this year is Tatyana Shan and she is recruiting new members. You can contact her at tatyanashan@hotmail.com or phone her at 760-945-7440.





Shoot for the Stars

It's amazing but true: some people can't see further than the end of their current workday. When you talk to these people, you'll often find them drowning in their everyday problems. Ask how they can go on this way, and they'll give you a strange look...as if they have no alternative.

But you know better. You know that each morning brings you closer to larger goals. So, you can look past the wear and tear of day-to-day "grunt work". You can see beyond being turned down or tuned out by a close-minded prospect. You won't spend the day brooding over what happened yesterday—or worse, worrying about what might happen tomorrow. You also know there's an easy way to stay motivated and to guarantee your success. It's as simple as building a goals program.

Goals keep you motivated on the tough days when you feel you're slipping. And they give you the peak experiences on the days when you hit the target. The vision of a better future embodied in your goals gives you reasons to move through obstacles, not around them. They answer the question, "Why?"

Goals don't have to be glamorous or earth-shaking. They don't have to reach into some far distant future. You can start small with goals that take you through tomorrow, into next week, or next month. Or create lifetime goals that reach as high and as far as you dare to dream. Large or small, you must have goals if you are to achieve.

But you can't buy goals in a store or order them on-line. You can't borrow them from your neighbors. So where do you find them? In your mind. And how do you find them and free them? By ignoring the problems of the day-to-day grind, and leaping over the limits of old habits and fears. Take time to let your imagination soar. Allow yourself to dream. Imagine, "What if . . .?" and capture on paper the new pictures you see—even if only for an instant.

Then, once they're captured, allow these small scratches on a pad, these glimpses of the future, to take shape as the masterpiece which is to be your future.

You can do it—if you dare.

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We Don't Mean to Brag ... but

Special Activities

Tatyana Shan is excited to announce she has moved into her new home! Please note her new address:
2018 Date St., Vista, 92083

Be Proud, Support CDF

The board is pleased to announce a \$25 donation was made to the Valley Center Firefighters memorial. These funds will help support fire relief efforts in the Valley Center area.

Don't miss out on your bragging rights! Notable events – send your info to Pattie Vargas @ pattie.vargas@mitchell.com!



Holiday Party *By Dianna Greene*

T'was three weeks before Christmas
The first party of this holiday season
When the Soaring Eagles came together.
To eat, drink and be merry at the lovely
Fireside Restaurant.
The prime rib was sinful and the décor
full of cheer.

St. Clare's Home took the tree that was graciously decorated
With checks and cash
From our dear members who desired to give back.
Gifts for all scattered across the room
And Anna's laugh boomed.
As each of us carefully chose a gift to unwrap,
Some sneakily hid theirs in their lap.
Few were shy when diamond earrings sparkled in their eyes.
The cute little space cat and dog drew lots of attention
But they eventually went home with the woman on a mission.
Laughter and good times for all.
We hope to see you next year because we sure had a ball!

2004 Chapter Survey

Be expecting a phone call from the Soaring Eagles Board Members regarding the 2004 Member Survey. Rather than using the survey methods we've used in the past, we'd like to discuss your interests and ideas one-on-one. Together we can make this the best year ever in the Soaring Eagle's history!

Basket Wrapping Party

As you know, creating baskets to auction or use in the Opportunity Drawings is a big part of our April chapter fundraiser. It is a lot of fun and fellowship as the Soaring Eagles come together to create beautiful and unusual gift packages ranging in value from \$15 and up. Some of the themes in the past have included Movie Night, Death by Chocolate, Picnic, For Men Only and more! We can be very creative when we put our minds to it!
This year we would like to use different means of packaging, rather than just baskets, such as beach pails, garden buckets and so forth. Be thinking of ideas – you'll be hearing more about this as we near the fundraiser. The Basket Wrapping party will be held Saturday, April 3rd!



Working For You
ABWA Soaring Eagles

Chapter Officers

President

Anna Clark
760-471-1051

Vice President

Mary Large
760-739-0717

1st Vice President, Membership

Deborah Valentino
760-735-2839

2nd Vice President, Newsletter

Pattie Vargas
760-489-1069

Recording Secretary

Renee Irons
760-729-2121

Corresponding Secretary

Dianna Greene
760-740-1020

Treasurer

Carol Archibald
760-591-9768

Committee Chairpersons

Chapter Advisor

Judy Jessup
760-737-3745

Program

Roxann O'Shaughnessy
760-598-3618

Member Education

Ananda Kachaturoff
760-639-0633

Scholarship

Tatyana Shan
760-672-2474

Fund-Raising

Mary Large
760-739-0717

Publicity

Sandra K. Culbert
760-489-6909

Sincere, But Twisted Holiday Greetings To My Female Friends

If I were ol' Santa, you know what I'd do, I'd dump silly gifts that are given to you
And deliver some things just inside your front door, things you have lost, but treasured before.

I'd give you back all your maidenly vigor, and to go along with it, a neat tiny figure.
Then restore the old color that once graced your hair, before rinses and bleaches took residence there.

I'd bring back the shape with which you were gifted, so things now suspended need not be uplifted.
I'd draw in your tummy and smooth down your back, till you'd be a dream in those tight fitting slacks.

I'd remove all your wrinkles and leave only one chin, so you wouldn't spend hours rubbing grease on your skin.
You'd never have flashes or queer dizzy spells, and you wouldn't hear noises like ringing of bells.

No sore aching feet and no corns on your toes, no searching for spectacles when they're right on your nose.
Not a shot would you take in your arm, hip or fanny, from a doctor who thinks you're a nervous old granny.

You'd never have a headache; so no pills would you take, no heating pad needed for your muscles won't ache.
Yes, if I were Santa, you'd never look stupid, you'd be a cute little chick with the romance of a cupid.

I'd give a lift to your heart when those wolves start to whistle, and the joys of your heart would be light as a thistle.
But alas! I'm not Santa. I'm simply just me, the matroniest of matrons you ever did see.

I wish I could tell you all the symptoms I've got, but I'm due at my doctor's for an estrogen shot.
Even though we've grown older this wish is sincere, Merry Christmas to you and a Happy New Year!

Our next meeting is January 8th, at the Sizzler in Escondido.
Call Mary Large at 760-739-0717 for reservations.



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