



On Eagle's Wings



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SOARING EAGLES

Chapter 6495
P.O. Box 725
Escondido, CA 92033

www.abwa-soaringeagles.org

Presidents Corner **P.1**

Hello Soaring Eagles!

I am sorry to miss you all at the March chapter meeting. I'll be attending the Academy of Dental Practice annual meeting in Palm Springs. Having been a member since 1995, I have not missed a meeting in 20 years. Why is this meeting so important to me? You might think it's because all dentists need the education credits offered at dental meetings, but this is not the reason. My passion for this meeting comes from **feeling connected** to peers who support each others' success. This is an event which always gives me **inspiration** and the program and networking **recharge** me for another year. It's my "**dental insiders**" ABWA!

Like all of you, my life is busy and seems to get more complicated every year. I've become more selective about how and where I spend my time and energy. ABWA never fails to give me a healthy return on investment. If we haven't seen you recently at ABWA events, we're both missing out! Your board works hard to ensure excellent programming at our monthly meetings, but it doesn't stop there! Our networking experience is at an all time high—guests are arriving early during room set-up and many stay long past the end of the meeting for networking. Our calendar of outside events is highlighted each month to ensure that you are aware of all the great opportunities to enhance your ABWA experience even further!

You belong in ABWA—become an "insider" and get the MOST out of your membership! We'll be glad to show you how!

Major events this spring:

Women on the Go, Saturday, March 6

District VI Conference (Reno) April 9-10

Soaring Eagles Fundraising Auction May 16



District VI and National Conference will both be **especially exciting** this year. Your Soaring Eagles VP of Membership, Pattie Vargas, is now an official "approved candidate" for District VI Vice President!! As her "ABWA home", the Soaring Eagles are proud to support her landmark candidacy for national office. Stay connected for the latest news on Pattie's Road to Chattanooga! (National Conference October 2010!)

Warmly,

Julie Kangas
President ABWA Soaring Eagles

How vulnerable are YOU to identity theft?

More than you may think! Join us for the March Chapter Meeting. This month our speaker is Anna Winn, San Diego County, Deputy District Attorney, and she will be speaking on the North County Identity Theft Joint Task Force.



“Con artists, beware. Prosecutor Anna Winn is on the hunt, and she has a team of San Diego-based white-collar-crimes agents and detectives behind her. Working together for about three years now, they have never lost a case.”
- North County Times

Anna received her J.D. Cum Laude at the California Western School of Law and has been working with the Deputy District Attorneys office since 1991. Anna is also a wife and mother of 3. Come hear how you can protect yourself and what threats are currently out there.

"She's like June Cleaver, but with an attitude when she gets into court," said San Diego Police Detective Sgt. Steve Stone, a founding member of the task force.

March Meeting **P.2**

**Where: Escondido Country Club
1800 Country Club Lane
Escondido, CA 92026**

When: March 4, 2010

Networking: 5:45 pm

Dinner: 6:00 pm

Speaker: 6:30 pm

Free 50/50 Raffle Tickets!!

First time visitors get \$5.00 in Free 50/50 Tickets.

Become a member your first meeting and get an additional \$5.00 in Free 50/50 Tickets!

Dinner Prices:

Member \$20

Guest \$25



ABWA MISSION STATEMENT

The mission of the American Business Women's Association is to bring together business-women 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.

Membership - What does it mean?

Membership in any group carries some responsibilities. This is true if you are a member of a family, a school, a sports team or an organization such as ABWA. The idea of being a member in any group comes with risks and rewards. As a student, you give your attention to the teacher and study material and in return you are rewarded with knowledge and are more likely to be successful in life. As an athlete, it is likely you will practice as a team and be rewarded with a winning game and season. It is not likely you would forego practice and expect the reward of a win.

What does it mean to be a member of the ABWA Soaring Eagles Chapter? We've all heard the saying, "You get out of it what you put into it." Surprisingly, many have discovered you can get a lot more out of being a member of the Soaring Eagles than is required for you to put in. Our ABWA chapter creates opportunities for you to grow personally and professionally in so many areas. If you have time to be on the Chapter Board and help keep the wheel turning - excellent! If you only have time to attend the monthly meetings then you have the chance to hear an educational Program, network with members and other guests, and still have WIN courses available to you. If you are the member who can make some meetings but wants to help support all the things we do for members and scholarship recipients then we have numerous fundraising opportunities where you can help. We would love to see every member on a committee but understand not everyone can make that commitment. We want your membership in the Soaring Eagles chapter to be as rewarding as possible. We want each member to feel the reward of the ABWA Mission Statement, to help yourself and others grow personally and professionally through leadership, education, networking support and national recognition.

Mary Large
ABWA Soaring Eagles
Recording Secretary



Upcoming Events P.4

March 6th

What: **Women on The Go**
Time: 8:30 AM Registration
9:00 AM - 5:00 PM
Where: Anaheim Park Hotel
Cost: \$90 before Feb 19th
RSVP: Donna Hempel donna hempel@msn.com

March 24th

What: **Orange County Mixer**
Time: [call 949-338-8338](tel:949-338-8338) or <http://www.ocmixer.com>
Where: OC Fair & Event Center
Cost: \$20 (No checks or credit cards accepted.)
Info: **Helpers needed to assist at ABWA table**
Contact Phyllis Eichler 714-379-4525 or
Phyllis@chasandcompany.com

March 12th

What: **SCORE- Networking Breakfast**
Time: 8:00 AM - 11:00 AM
Where: Morgan Run Resort & Club
5690 Cancha de Golf, Rancho Santa Fe
Cost: \$39 until March 9, \$49 thereafter
619-557-7272 or www.score-sandiego.org/index.asp
RSVP [index.asp](http://www.score-sandiego.org/index.asp)

March 25th

What: **El Dorado Chapter: Night at the Theater**
Agatha Cristie Murder Mystery "The Hollow"
Time: Play starts at 7:30 PM
Where: Long Beach Community Playhouse
5021 E. Anaheim St., Long Beach
Cost \$25 which includes Hors d'oeures
served at 6:45 pm

March 13th

What: **Los Angels Area Council Meeting**
Time: 8:30 AM Networking
9:00 AM Meeting
Where: First Baptist Church (Room 105)
8340 3rd Street, Downey.

March 25th

What: **Women's History Month Mega Mixer**
Over 20 Professional Women's Organiza-
tions throughout San Diego County
Time: 6:00 PM - 8:00 PM
Where: Fashion Institute Design & Merchandising
350 10th Avenue, Suite 300, San Diego
www.BusinessWomensMegaMixer.com
Cost: \$29 – must pre-register at



ABWA Announcements P.5

The Soaring Eagles Chapter of ABWA is exceptionally superb because of the excitement, commitment, and enthusiasm of our members. Below are just a few members that continue to go above and beyond for the ABWA Soaring Eagles:

Roxann Randall and Lisa Durham---Set up and worked the Soaring Eagles booth at Business Expo 2010, February 9th. Neither rain nor dark of night could deter the enthusiasm of these fearless networkers!! Thank you for the good will and the many new ABWA contacts!

Michelle Sullivan—"Plan B" Program Chair and Speaker—February chapter meeting. Put together an excellent presentation on "alternative dispute resolution" with only hours notice, and a "no stress" attitude! Thinking on her feet is definitely a career asset!

Kimberly Nguyen---"Networker extraordinaire"—Brought 3 guests to the February meeting from different parts of San Diego—arranged a meeting spot and drove them to the Country Club! That's commitment!!

Pattie Vargas---Approved 2010 Candidate for District VI VP—Congratulations and **GO Pattie!!**

Attention Soaring Eagles

Stacey Moffat announces donation to Pattie Vargas' District VI Campaign:

25% of all Mary Kay product sales to ABWA members during the month of March will be donated to the campaign fund!

Replenish your Mary Kay supply and help Pattie on the way to District VI VP!

Gift Card Program Update:

Special Thanks to: Michelle Sullivan, Sara Dozier, Marlene Montooth, Sue Puffet, Shelley Gardner, Julie Kangas and Safety Syringes for placing your orders! We have raised over \$350.00 for our General Fund. I will be placing an order on March 5th, if you would like to order? You can reach me at 619 892 0181 or lisas-



Wine and Roses Event! Save the Date!

Wine and Roses Fundraising Event, May 16th, 2010 from 2-6pm... Come to March's meeting to find out all of the details. We are in need of items to be donated for our Silent Auction, if you would like to donate or know of someone who would like to donate, please contact: Lisa Durham 619 892 0181 or 760 798 9692.



Information P.6

Here's some fun "New Words" from the Urban Dictionary:

Echo Boomer: The child of a Baby Boomer. "I didn't have my Echo Boomer around to show me how to download a ringtone to my cell phone."

Stealth Abs: When your ripped six pack is covered by a thick layer of fat. "This isn't a beer belly, it's my stealth abs. I just needed to avoid attracting too many ladies with my well defined stomach."

Noted: A reply posted when someone puts a status on Facebook, Myspace, etc. Sarcastically shows that you care, and are going to write the status down in a notebook, when you really don't care at all about the status. Facebook Status- "John Smith is going to the movies" Comment - Noted.

Chronoptimist: A person who always under estimates the time necessary to do something or get somewhere. "Hey, Cindy. you know my parents are expecting us in 20 minutes." "No problem. I just have to wash the dishes, take a shower, do my hair, walk the dog and then I'm all good to go. See you in 15." "You are such a chronoptimist! I'll see you in 45."

Mutually Assured Distraction: The practice of distracting others in a manner assuring that neither party gets any work done. "We were both working on our papers but then she started chatting with me on Facebook and it was mutually assured distraction after that."



A little update on one of last year's Scholarship recipients:

"I just wanted to let you guys know that I'm loving my classes and I'm doing really great too!"

What awesome update as we gear up for the 2010 Scholarship process. This year's applications are due in just two weeks!

IMPACT Council community service project for April, 2010 is the Seal Beach Animal Care Center a non-profit, pro-life animal shelter dedicated to aiding lost and abandoned pets, helping with pet related problems, promoting responsible pet ownership and pet population control, and preventing cruelty to animals through educational programs. You can check them out on their web-site www.sbacc.org and below is their wish list, the council is asking members to bring items for the shelter to the meeting.

WISH LIST:

- Volunteers
- Wheat Scoop cat litter
- 6' nylon dog leashes
- Flannel baby blankets for kittens
- Small dry-erase markers and erasers
- Bathroom tissue
- Top-loading cat carriers
- Pet supply and home improvement store gift cards
- cardboard cat scratchers
- Ziplock food storage bags, all sizes
- 33 and 13 gallon trash bags
- Liquid hand soap
- Bleach
- Dish washing liquid (for hand washing)
- Liquid laundry detergent
- 4x6 Borderless photo paper for HP digital printer
- Paper or Plastic drinking cups
- Postage stamps
- Office supplies: dry erase board, markers, copy paper, envelopes, etc.
- Monetary donations (Paypal, Other donation methods) for our special needs & veterinary bills
- Dog and Cat sponsorships
- Foster homes for adult cats
- Forever homes for our cats and dogs



Bring items to the March Meeting and Pattie Vargas will deliver the donations for us.

ABWA Soaring Eagles Chapter

Treasurer's Report P.7

Balance on hand, December 21, 2009		7,079.49
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Income:

Dinner Meeting	585.00	
50/50 drawing	43.00	
Dues 09/10	198.00	
Gift card fundraiser	1,130.60	
See's Candy fundraiser	218.70	
Misc. income	45.00	
Total Income		2,220.30

Expenses:

Dinner Meeting Expense	1,355.56	
Paper/Supplies-General		
Gift card fundraiser expense	1,440.96	
See's candy fundraiser expense	1,398.90	
Membership	119.00	
Member Professional Development expenses		
Program expense		
Scholarship expenses		
Scholarships 2009/2010		
Total Expenses		4,314.42

Balance on hand, January 22, 2010		4,985.37
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* Union Bank of California	1,764.51
Waddell & Reed MM	3,170.86
Cash on Hand	50.00
Total Cash in Banks & On Hand	4,985.37

Scholarship/Education Funds Reserved:

Balance @ 8/1/09	7,744.43	
Fundraiser 09/10		
Misc. Fundraiser		
Scholarship 09/10	(2,250.00)	
Total Scholarship Fund		(5,494.43)

Member Professional Development Reserved:

Balance @ 8/1/09	3,600.10	
Fundraiser 09/10		
See's Candy fundraiser 09/10	361.80	
Misc. Fundraiser		
Member Professional Dev Expenses 09/10	(3,599.79)	
Total Member Professional Development Fund		(362.11)

Funds Available for Operations, January 22, 2010		(871.17)
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Submitted by Roxann Randall, Treasurer

Let's Get This Chapter Learning!

Greetings, Soaring Eagles!

Did you know that you can attend Spring conference for Saturday only? If you can only make it or afford it for 1 day, ABWA offers Saturday at the price of \$199.00. Complete registration is \$249.00, so that is a significant savings. Better yet, for those who qualify for SBMEF Business Skills Reimbursement through National's, you can get reimbursed \$75.00 for attending. This is a great professional development opportunity at a great price. It is also a great way to experience what ABWA offers at Conference. Go online to www.abwa.org to register. Hurry to take advantage of the early bird registration!

In order to qualify for SBMEF reimbursement members must meet the following criteria:

Active Member Guidelines:

Members need to be ACTIVE to receive reimbursement from the Member Professional Development Fund.

ACTIVE is defined as:

1. Primary Chapter Member of Soaring Eagles.
2. Member's local and national dues are paid current.
3. Member must currently serve on any committee or on the Executive Board.
4. Member must fulfill any other special requirements set forth by the committee, including the contribution or solicitation of auction items, selling admission tickets or opportunity tickets, or actively participating in the planning or execution of the annual fundraiser event.
5. Must be a member of the chapter for at least 1 year **and** must attend at least 50% of the chapter meetings in the last 12 months **or** is a committee chair or executive board member **and** have attended a minimum of 6 meetings.

Feel free to contact Anne Grimes, Member Professional Development Committee Chair, at 619-253-6869 for more information.

Sour Cream Pound Cake (Early 19th Century)

ALL INGREDIENTS NEED TO BE AT ROOM TEMPERATURE

2 sticks of butter
3 cups of sugar
3 cups of flour
1 tsp baking powder
1 cup sour cream
2 tsp vanilla
1 tsp lemon (or almond, or orange extract, etc.)
6 large eggs

Heat oven to 325 degrees

Cream the butter with the sugar.
Add eggs, one at a time to the butter and sugar. Beat until blended.
Combine flour and baking powder.
Add dry ingredients and sour cream in 1/3 parts at a time to the butter and sugar.

Don't beat too much.

Use tube pan – coat with butter and follow up with sugar. Make sure the entire pan is covered with butter then sugar. This will give it a nice glaze and make it easier to get out of the pan.

Bake in 325 over for an hour – depending on the oven, it may require additional time. Check to see if it is done, take it out of the oven, let it cool. Once out of the pan you can sprinkle powder sugar on top or create your own butter frosting.

American Business Women's Association

Soaring Eagles Chapter #6495

A Best Practices Chapter

February 4, 2010 General Meeting Minutes

Feb Meeting Minutes P.9

The Meeting was called to order at 6:15pm by President, Dr. Julie Kangas. The attendees said the ABWA Mission Statement and Pledge of Allegiance, Julie read the Invocation followed by dinner and self introductions. There were 42 attendees: 32 members, 10 guests, speaker cancelled this afternoon.

Program:

The scheduled program of "Effective Presentations and Public Speaking" by Dr. Leola McClure from Mira Costa College was cancelled due to illness. In lieu of the scheduled program, the replacement program was "Things everyone should know about Litigation" presented by Michelle Sullivan, J.D., from the law firm of Sullivan & Guzman. Ms. Sullivan covered areas of what becomes 'public information', the differences among Arbitration, Mediation and Collaborative forms of litigation. The Program started at 6:55pm and ended at 7:40pm

Business Meeting:

- Treasurer's Report filed for audit.
- Ansha Saunders reported the 2008-2009 Audit is complete. Report filed.
- Lisa Durham, VP Fundraising, discussed the upcoming annual chapter fundraiser. It will be a Wine Tasting event on Sunday, May 16, 2010; location and other details to follow. Please save the date and let your friends and family know to save the date also. Lisa is also looking for donations to include in our auction items.
- Pattie Vargas, VP Membership, along with Stacey Moffat and Shelley Gardner affiliated new members into the Soaring Eagles Chapter. Six new members were affiliated today.
- Marlene Montooth reported the next Inland Valley Council meeting is Saturday, February 13th, at the Menifee Hospital.
- Judy Jessup announced the Escondido Chamber Meeting will be held February 11th at the Lawrence Welk Resort from 5pm – 7pm. Fliers available.
- Soaring Eagles have a Vendor table at the Business Expo at the Del Mar Hilton next Tuesday, February 9th, starting at 4pm.
- Soaring Eagles are holding a WIN Café event at the Jungman-Kangas home on Thursday, February 25th, 6:00pm – 8:00pm,
- Michelle Sullivan moved we nominate Pattie Vargas for District VI Vice President 2010-11 Candidate. The motion was seconded by Tracy Foote. A vote was taken by secret ballot of the 32 members present. The vote was a unanimous YES. The Soaring Eagles Chapter approves and supports Pattie Vargas for District VI Vice President Candidate.
- Anne Grimes won the 50/50 drawing: \$57 to Anne, \$58 to Operations.
- Other members gave away door prizes before the meeting ended.

The next meeting is March 4th.

Meeting adjourned at 8:45pm

Minutes Prepared by Mary M. Large, Secretary



Name: Pattie Vargas

Family: Married. Tony Devine. The kids: Stephen, age 30 (daughter in law, Emmy, 30), Joel, 28, Bekah, 24. Two cats: Zoie and Rocco

List your previous job/work experience: Worked in bank operations for 4 years (waaaaay back when), managed an Auto Body Repair Shop, Computer S/W Technician, Quality Analyst, IT manager (software development), Help Desk consultant, Management and Organizational Development Consultant (own company – The Vargas Group). I also teach at University of Phoenix, National University and UCSD Extension.

List your hobbies, talents or special interests: Hobbies: gardening, reading, writing, wine tasting, trying new restaurants
Talents: writing, acting, speaking, coaching
Special Interests: history (especially American)

What is your proudest accomplishment:

Two of them: 1) Graduating from grad school at age 51 and being the commencement speaker in front of more than 2000 people and 2) when I held the “galley proof” of my first book in my hands!

Something I collect is: old books

My favorite movie is: lots of them ... for fun: Monte Python’s Search for the Holy Grail, National Lampoon’s Christmas Vacation, and Elf. For romance: The one with Michelle Pfeiffer and Robert Redford where they are in news journalism and he dies in the end (can’t remember the name) For inspiration: Hoosiers and Coach Carter

My worst food is: Artichokes, avocado, eggplant. Never, no way, not gonna do it, Ever.

What makes you laugh: My husband – he has a great sense of timing! A good joke – any kind of humor that is not at the expense of another. Weirdness – something completely incongruent, out of the ordinary, unexpected.

If you could no longer work in your current job, what would be your ideal job: Running a wine bar – Tony and I plan to do this someday

List three words that describe you: fun, fair, resilient

What is the most challenging part of your job: chasing down new business, keeping up morale when there is no business, waiting during a long sales cycle, clients who won’t listen

What is something no one knows about you: I formed the first official San Jose Chapter of the Monkees Fan Club in 1968

A funny/interesting story or experience you would like to share:

In 2005 Tony and I did the Challenge Course at Loterie Farm in St Martin – it was physically challenging and the first time I faced the zip line I thought, “No Way!” but I did it! We had a blast and it felt GREAT to challenge myself and see I could do it!

In your own words, tell us about you and why you joined ABWA: I joined ABWA because I was looking for camaraderie among a group of professional women who were like-minded: interested in their careers, their community and helping others. I found all of that. I was not looking to network to grow my business because my business was more B to B – I have lots of other avenues to work that particular angle. Joining ABWA was more about what I needed to grow as a professional WOMAN. Most people, women especially, put that on a back burner to grow their business and they neglect their own needs. WE all need a more rounded view of ourselves as professionals.



Pattie is also our Proud Representative running for District VI Vice President!

SOARING EAGLES

CHAPTER 6495
P.O. BOX 725
ESCONDIDO, CA 92033

WWW.ABWA-
SOARINGEAGLES.ORG

ABWA Proud Code Of Conduct

- All members will serve as goodwill ambassadors for ABWA.
- Members will not allow their personal beliefs and convictions to interface 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.

SOARING EAGLES

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SECRETARY RECORDING

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Candace Trevino 760-294-0767
Sara Dozier 858-361-1143

ABWA STANDING RULES

Standing Rules **P.12**

SOARING EAGLES CHAPTER #6495 Approved Revision 11/12/08

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 \$200.00 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 current 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 Chapter dues will be refunded upon request and all member privileges revoked.
7. The Chapter will send the Chapter President to the ABWA National Women's Leadership Conference. The chapter will pay the President's early registration for ABWA National Women's Leadership Conference. In addition, transportation and room costs (not to exceed four nights) will be reimbursed up to \$1,250.00. In the event the president is unable to attend, priority will be given as follows: The Woman of the Year, Executive Board members, current Chapter Top Ten, General Membership (amended 11/12/08).
8. Based on available Member Professional Development funds, attending Chapter members will be reimbursed 100% of early registration costs for ABWA National Women's Leadership Conference and/or ABWA Spring Conference. (amended 11/12/08). Based on available chapter Member Professional Development funds, all eligible attending Chapter members may be reimbursed up to 50% per MPD Guidelines of their additional expenses, excluding meals, not to exceed four nights.***
9. If proceeds are available from Member Professional Development funds, the current and past Chapter Top Ten nominee/Chapter Woman of the year may be reimbursed for the ABWA National Women's Leadership Conference Woman of the Year/Top 10 luncheon cost (amended 11/12/08).
10. If proceeds are available from Member Professional Development funds, the current and past Soaring Eagles' Chapter Woman of the Year may be reimbursed for the ABWA National Women's Leadership Conference Woman of the Year luncheon cost.
11. If proceeds are available from the Scholarship fund, a yearly donation of up to \$1,500.00 may be made to the SBMEF.
12. Proceeds from the annual fundraiser are to be split 50/50 between the Scholarship fund and the Member Professional Development fund.
13. 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.
14. A member of the Executive Board will serve on the Scholarship and Member Professional Development Committees.
15. Any member elected as Chapter Woman of the Year will not be eligible for selection until three terms have passed.
16. After a review of the Standing Rules by the Ad hoc committee, they will be published two times before going to vote by the general membership.
17. The Chapter has adopted the ABWA Proud Code of Conduct. The Code will be published in each edition of the Chapter newsletter.

Revised by Rosi Weisser Last Revision 7/23/07, 11/12/08

***For questions or suggestions please contact :
Heidi M. Smith, ABWA Soaring Eagles Newsletter Editor
hsmith@Strophe.com***

