

Presidents Corner **P.1**

On Eagle's Wings



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SOARING EAGLES

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

www.abwa-soaringeagles.org

Dear Soaring Eagles,

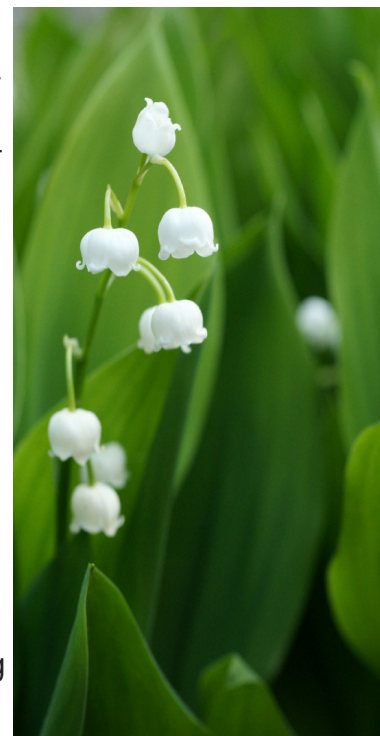
Woo hoo! Spring is here! While I love what the rain has done to bring us fresh air and green hillsides, there's nothing that beats southern California sunshine! The excitement in the air is tangible, and I find it's hard to decide which activity to do first. But here's a sure thing—you won't want to miss our first spring ABWA meeting April 1st! Our scholarship selection meeting is a powerful reminder of what we stand for in ABWA—helping others grow personally and professionally—through **leadership** and **education**!

We'll also hear exciting news about our spring **Wine and Roses** fundraiser, Pattie Vargas' **historic candidacy** for ABWA national office and, to top it all off—the announcement of the Soaring Eagles' **Chapter Woman of the Year**! For those of you who are new to ABWA, this evening is NOT to be missed, and I promise it's one you will not forget.

Next Thursday, we'll spend our evening hearing the dreams and aspirations, as well as the challenges, of women in our community who are seeking the opportunities education can bring. Scholarship selection allows us, as leaders, to help create opportunities for others to grow—through ABWA's mission and our personal financial support. It's the keystone of WHY we do our fundraising, and our **legacy gift** to our community. It makes us proud to be Soaring Eagles, and I want all of you to be a part of it. Be sure to be there April 1st, for the **fun**, the **inspiration** and the **celebration** in store for each of us!

Fondly,

Julie Kangas
President ABWA Soaring Eagles



Annual Scholarship Meeting

Each year the Soaring Eagles raise funds for this special night and it is finally here! Please come to the General Meeting on Thursday, April 1st to vote on our 2010 Scholarship Recipients!

During the meeting the Scholarship Committee will be presenting five wonderful young candidates for this year's program. You, as a Member, will get to hear a little about each applicant; where they came from and where they are working to get. Through these scholarships young Women (and Men) will receive assistance to further their education.

Do not miss this awesome chance to give back to your community and make a difference in the lives of our North County youth. Your vote is needed so please plan on being there!



Wine and Roses Fundraiser

May 16th from 1:00 pm - 5:00 pm
Belle Marie Winery!
\$40 per person or \$75 per couple.

Don't forget to bring money to book your reservation at the April 1st Meeting!

April Meeting **P.2**

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

When: April 1, 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 Networking P.3



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.

On March 25th, ABWA Soaring Eagles presented a booth at the : **2010 San Diego Women's Mega Mixer**

There was an astonishing turnout of 500 business women professionals that mixed and mingled at this exceptional event.

By participating in this event, we were able to share our personal experience with ABWA, invite others to attend our meetings, and help promote our April scholarship fundraiser!

"Now I know what all the buzz was about! A great evening with exciting women!"

- Lisa Durham, VP Fundraising

Right: ABWA Soaring Eagles Board Members Heidi Smith, Mary Large, Lisa Durham, and Pattie Vargas all ready to greet business women.



Below: All hands were on deck to keep up with the pace and interest of the women at our booth.



Upcoming Events P.4

ABWA NETWORKING SUCCESS STORY!

Does it pay to network with other ABWA members? Does it pay to attend the ABWA General Meetings? You bet it does, just ask Tracy Foote. At the last General Meeting on March 4th, Tracy met up with one of our newest members, Frank Gardner. She mentioned that she was looking for a job and he mentioned that he was looking to fill a position at the Naval Hospital Camp Pendleton. Frank is the West Coast manager for a government contractor and is responsible for all the management of the facilities for Navy Hospitals on the west coast of the United States, Hawaii, Guam, and Japan. An opening for a Database Sustainment Specialist became available that week. Tracy interviewed for the position with Frank, the Contract Manager, and the Facilities staff at Camp Pendleton. She was offered the position and will start this month. So it really does pay to network with other ABWA members.

District VI VP Campaign

A special thank-you to the following chapter members whose Mary Kay purchases contributed to a **\$126.00 donation** to Pattie Vargas' campaign for District VI Vice President!!!

- Carol Archibald
- Julie Kangas
- Rosi Weisser
- Pattie Vargas
- Suzanne Southwell
- Sarah Dozier
- Barbara Lebsock
- Mary Large

Save the Date
Annual Fundraiser Basket Making

Lisa Durham's House

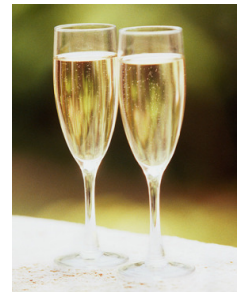
Sunday, May 2nd
1:00 pm - 5:00 pm
830 Settlers Court
San Marcos, CA 92069



Save the Date
100th Installation and
Awards Dinner

Toast to Escondido

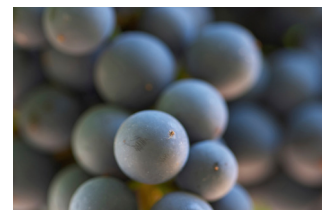
Friday, June 11
6:00 pm - 9:00 pm
Lexus Centre, Escondido



Boys & Girls Clubs of San Diego

Rhythm and Vine

Saturday, April 17th
Escondido Westfield
Mall



www.rhythmandvine.org

VOLUME 12 ISSUE 4

Monthly Journal of
American Business
Women's Association
Soaring Eagles

MONTH 4
YEAR 2010



ABWA Fundraiser P.5

ABWA Wine & Roses Event

**BELLE MARIE WINERY
26312 MESA ROCK RD.
ESCONDIDO, CA**

SUNDAY 5/16/2010

1:00 P.M. - 5:00 P.M.



EVENT HOSTED IN THE WINERY BARREL ROOM. INCLUDES A SEATED WINE TASTING PROGRAM, APPETIZERS AND DESSERT. ENJOY SILENT AND LIVE AUCTIONS, ALONG WITH GREAT RAFFLE PRIZES.

PROCEEDS FROM THE EVENT BENEFIT THE ABWA SOARING EAGLES LOCAL SCHOLARSHIP FUND AND MEMBER EDUCATION.

TICKETS ARE \$40 PER PERSON OR \$75 PER COUPLE.

EARLY REGISTRATION BEFORE APRIL 30TH ARE \$35 PER PERSON OR \$70 PER COUPLE.

RSVP'S to Lisa Durham at 760-798-9692 or email: lisasjewls@hotmail.com

ABWA Soaring Eagles Chapter

P.O. Box 725

Escondido, CA 92033



Five Minute Fudge

This is a super-simple recipe that will be the HIT of your party!!!

INGREDIENTS

- 12 ounce package semisweet chocolate chips
- 1 cup butterscotch chips
- 14 ounce can sweetened condensed milk
- 1 teaspoon pure vanilla extract
- 8 ounce can walnuts, plus more for topping
- ½ cup raisins (optional)
- Softened butter to grease an oblong cake pan



1. Grease the cake pan with butter (or use Pam)
2. Pour the chocolate and butterscotch chips, condensed milk and vanilla into a medium saucepan. Put the pan on the stove and turn the heat to low.
3. Stir the chips and milk until they melt together, about 3 minutes. Stir in nuts and raisins (optional). Scoop the fudge into the pan.
4. Put the fudge in the fridge and chill until firm. Cut the fudge into thin slices to serve.

Urban Dictionary:

Singletasker

Opposite of multitasker, a singletasker is one who only takes upon one task at a time, and follows it through to completion. Often used sardonically when someone is bragging about their supreme multitasking skills. Bobby: "Today I'm only going to focus on finishing my TPS reports and not to answer the phone, email, text, IM, staple, and make breakfast simultaneously."

Jeffy: "You are such the singletasker!"

Nerd Bird

An airliner that flies between two high-tech cities. It is likely that the majority of the passengers will be nerds.

I'm taking the Nerd Bird from Austin to San Jose.

Recrap

To sum up a discussion composed largely of useless bullsh*t.

Person 1: "Tell me how the staff meeting went."

Person 2: "Allow me to recrap..."

Your other left

Sarcastic phrase; used with the directionally challenged to make them aware of their error.

Doctor: "Raise your left hand."

Directionally Challenged Guy: (raises right hand)

Doctor: "No, your other left."

ABWA Soaring Eagles Chapter

Treasurer's Report P.7

Balance on hand, January 23, 2010		4,985.37								
Income:										
Dinner Meeting	850.00									
50/50 drawing	53.00									
Dues 09/10	126.00									
Gift card fundraiser	2,625.00									
Holiday bottle Auction	85.00									
Misc. income										
Total Income		3,739.00								
Expenses:										
Dinner Meeting Expense	702.12									
Paper/Supplies-General	2.00									
Gift card fundraiser expense	2,429.30									
See's candy fundraiser expense										
Membership										
Advertising - WOTG ad	25.00									
Program expense										
Website expense	85.00									
Scholarships 2009/2010										
Total Expenses		3,243.42								
Balance on hand, February 19, 2010		<u>5,480.95</u>								
<table border="0" style="width: 100%;"> <tr> <td>* Union Bank of California</td> <td style="text-align: right;">2,260.09</td> </tr> <tr> <td>Waddell & Reed MM</td> <td style="text-align: right;">3,170.86</td> </tr> <tr> <td>Cash on Hand</td> <td style="text-align: right;"><u>50.00</u></td> </tr> <tr> <td>Total Cash in Banks & On Hand</td> <td style="text-align: right;">5,480.95</td> </tr> </table>			* Union Bank of California	2,260.09	Waddell & Reed MM	3,170.86	Cash on Hand	<u>50.00</u>	Total Cash in Banks & On Hand	5,480.95
* Union Bank of California	2,260.09									
Waddell & Reed MM	3,170.86									
Cash on Hand	<u>50.00</u>									
Total Cash in Banks & On Hand	5,480.95									
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	508.50									
Misc. Fundraiser										
Member Professional Dev Expenses 09/10	(3,599.79)									
Total Member Professional Development Fund		(508.81)								
		<u>-</u>								
Funds Available for Operations, February 19, 2010		<u>(522.29)</u>								
Submitted by Roxann Randall, Treasurer										

Let's Get This Chapter Learning!

Greetings, Soaring Eagles!

I hope everyone is getting excited about our upcoming fundraiser! I know the MPD committee is because it means we get to give out more money to our members! Please make sure you do your part and sell those raffle tickets, entry tickets, and attend the event yourself. If this is your first one, you are in for a great time!

Thanks goes out to Pattie Vargas for sending the email out to members for the upcoming classes put on by the Vista Chamber of Commerce. Those types of classes are exactly what member professional development is all about! Please feel free to forward any classes you hear about that may be beneficial to our members anytime.

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



“Motivation is what gets you started. Habit is what keeps you going.”

-Unknown

Are **YOU** getting **EVERYTHING** out of your **ABWA** Membership?



**Get Ready,
Get Set,
WIN!**

Quick steps to log in to WIN for the first time:

Click on Member Login at www.abwa.org. Enter your e-mail address on your ABWA membership record.

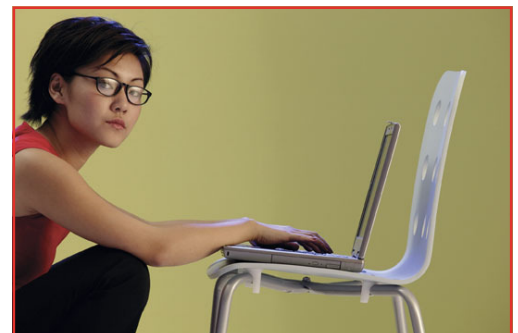
Enter the password you've used to access ABWA's Online Marketplace.

Not working or don't have a password?

E-mail webmail@abwa.org to have it reset.

Click on "Enter Now!" on the members-only welcome page. *If you haven't paid your \$15 WIN Technology Fee yet, you'll be directed to do so at this point.*

Welcome to WIN! Please post to the team board so that we know you're here!



American Business Women's Association
Soaring Eagles Chapter #6495
A Best Practices Chapter
March 4, 2010 General Meeting Minutes

Mar Meeting Minutes **P.9**

The Meeting was called to order at 6:15pm by Vice President, Shelley Gardner. Our President, Julie Kangas, was attending out-of-town training. The attendees said the ABWA Mission Statement and Pledge of Allegiance and the Invocation followed by dinner and self introductions. There were 28 attendees: 22 members, 6 guests including the speaker.

Program: This month's Program, "North County Identity Theft Joint Task Force", was presented by Anna Winn, San Diego County, Deputy District Attorney. She shared the function of the Task Force which includes all agencies in the area to identify and capture those involved in Identity Theft. Tips to protect your identity and property included: don't leave keys on top of tire when parked at the beach, don't leave your wallet in the glove box, watch your credit cards because sometimes instead of stealing the purse they just steal the cards, shred everything!!! The Program started at 6:50 pm and ended at 7:35 pm

Business Meeting:

Treasurer's Report filed for audit.

General meeting minutes printed in Newsletter, no updates requested.

Michelle Bergquist attended to promote the San Diego Mega-Mixer. This Mixer is a fundraiser for the San Diego Museum of Women's History. The Soaring Eagles will have a promotional (vendor) table at this event.

Lisa Durham, VP Fundraising, discussed the upcoming annual chapter fundraiser. Wine and Roses, Wine Tasting and Auction event will be Sunday, May 16, 2010 from 1:00 pm – 5:00 pm. 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. Flyers were handed out for everyone to make copies and promote our annual fundraising event.

Pattie Vargas reported the next Impact Council meeting will be Sat. April 17th at the Placentia Library. The next Inland Valley Council meeting is Saturday, May 8th at the Menifee Hospital.

Suzanne Southwell announced the Escondido Chamber Meeting will be held March 11th at the Harrah's Rincon Resort from 4:00 pm – 6:00 pm. Fliers available.

Roxann Randall reported on the Soaring Eagles promotional table at the Business Expo at the Del Mar Hilton on Tuesday, February 9th. It was a well attended event and many contacts were made (e.g., business cards collected). The membership team will follow-up with these new contacts.

Soaring Eagles held a WIN Café event at the Jungman-Kangas home on Thursday, February 25th. This event was fun and successful in getting our members introduced to WIN. We only had two members in attendance needing to follow-up with National on their email address and password. After this event, there are 22 Soaring Eagles members now registered in WIN. We are looking for 100% participation before July 1st.

Stacey Moffat announced there is a donation box available for the Pattie Vargas for District VI Vice President campaign.

Rosie won the 50/50 drawing: \$52 to Anne, \$52 to Operations. Other members gave away door prizes before the meeting ended.

The next meeting is April 1st.

Meeting adjourned at 8:15pm

Minutes Prepared by: Mary M. Large, Secretary



MEMBER PROFILE



Full name: Ansha Cursten Eula Saunders

Current career position: Accounts Receivable Manager

My family is... smart and travelling

My last vacation was... a 14-Day Mediterranean Cruise

Favorite quote: Proverbs 31:10-31 "Praise of a good woman"

One piece of advice you wish you could have told yourself 10 years ago is... To do what was in my heart.

Favorite Website: www.ytbtravel.com/anshastravel

Where were you born? Saint George's, Grenada

Where did you go to school? Columbus School for Girls, The Ohio State University, DeVry University

What degrees/certifications do you hold? M.S. IS Management B.S. Psychology B.A. Spanish

Favorite thing to do on a Sunday? Church, run, then rest.

Who is your Role model and why? Georgia King and Frances Dixon are strong Black women who manage their careers as AVP and VP, respectively in Mortgage Banking industry and celebrate their families. Georgia is always gracious and fun to be around. She has been a blessing to me. I also look up to my mother who is intelligent, fun and generous. All three have encouraged me.

Favorite music or artist: Bob Marley

Favorite hobbies include: Running, Swimming, Surfing, Art

What changes have you made to be greener? I went paperless at work.

How has technology affected the way you do daily activities? According to the 80-20 Rule, 80% of the work is done by 20% of the people, and 20% of the work causes 80% of the problems. We use technology to automate processing of the 80% of the work, so that people can address the 20% of the work that requires manual processing. From there, we drill into the 80% of the exceptions that can be corrected and automated to fill in the gaps

Proudest accomplishment: Singing during Open Mic at E-Street Café in Encinitas

Where did you meet your best friend? In high school.

First thing you do in the morning? Open my eyes and check the time. Then pray and feed the cat.

How do you empower women? I share my emotional intelligence. I encourage my staff to be innovative and give them projects to grow outside their shell.

Proudest career moment? I was recently selected into my companies President Club for contributions in 2009. It was quite an honor to be included with the company's top 25 producers. With that said, my proudest career moments have been seeing my staff promoted.

Best restaurant in San Diego County: San Diego Harbor Dinner Cruise, Hands down.

Something most people don't know about me is... I received a Presidential Academic Award from George Cy Bush.

How have you benefited from your ABWA membership? I have met great women, started a business, learned more about the business world and reinvested in my personal and professional growth.

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

PRESIDENT

Julie Kangas
760-489-5545

SECRETARY RECORDING

Mary Large
760-739-0717

SCHOLARSHIP

Stacey Moffat
858-204-2677

VICE PRESIDENT

Shelley Gardner
760-809-2614

SECRETARY CORRESP.

Ansha Sanders
760-975-8549

PUBLICITY

Marissa Cartwright
508-981-0173

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760-294-2465

TREASURER

Roxann Randall
760-471-1306

ROSTER

Stacey Moffat
760-317-1480

VP NEWSLETTER

Heidi Smith
760-746-5470

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Anne Grimes
619-253-6867

INLAND VALLEY COUNCIL REPRESENTATIVE

Marlene Montooth
760-715-5835

VP FUNDRAISING

Lisa Durham
760-798-9692

PROGRAMS

Michelle Sullivan
858-451-9390

HISTORIAN/BANNER

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***

