



**Soaring Eagles**

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

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

**On Eagles Wings**

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Hello Soaring Eagles!

August has been a long month and a great way to wind down a fabulous summer in San Diego! I did a bit of a “Stay-cation” this year—enjoying San Diego with two life long friends who visited on separate occasions. Finding creative ways to enjoy our time together led us to walk downtown Coronado, take a sunset Hornblower cruise, and explore La Jolla Cove. We also enjoyed a Chicago concert at Humphries and a relaxing afternoon at Escondido’s Orfila Winery. Seeing familiar places in a new way increased my appreciation for both the natural and the man-made treasures we have here.

Perhaps like me, you’ve had difficulty breaking through a routine schedule or seeing the beauty in your own back yard. It’s a challenge to find opportunity in trying situations, but we owe it to ourselves to keep searching! When we’re stuck in a less than exciting job, bogged down with responsibility, or feeling so pressed for time that we don’t think we can enjoy ourselves, there is always a way to find value in the experience. We all have the creativity to change our

attitudes when we need to and have fun when we choose to!

For one easy way to see your life differently, I recommend “Eat, Pray, Love”. I experienced this movie with my oldest and dearest friend and it touched each of us deeply. We are both at different crossroads in life, and probably will never take off to India to find ourselves. But it is freeing to recognize that we can pull ourselves out of situations that are not working for us or taking us where we want to go. Whatever it takes to refresh our perspective helps us shake off the mental cobwebs and take a fresh look at ourselves.

As we head into fall this month, I invite you to join my challenge to try something new this week... climb outside our self-imposed boxes, or see our world through different colored lenses! Unique opportunities are often just outside our doors...but are we seizing them?

In warm ABWA friendship,

President Julie

*Julie Kangas*



## September Meeting

“If YOU want to succeed; You will”

### B. Renee' Williams



B. Renee' Williams is a proud veteran of the United States Navy.

Renee' currently resides in La Jolla, CA with her husband, Mark and their daughter, Teighlor, a senior in high school. (Renee' has two adult children who no longer live at home, Aaron, 24 and Aschlye, 23)

Ms. Williams is the owner of Administrative Options. Administrative Options provides administrative, accounting, human resource and small business development support services to professionals and small business owners.

She is also the Founder of In the Pinc – A Networking/ Business Education Community for Women in Small Business. In the Pinc is hoping to build a community where women who desire to build successful businesses can be a part of and be given business and educational resource information as well as dedicated support while on their business building journey.

**Where:**

Escondido Country Club  
1800 Country Club Lane  
Escondido, CA 92026

**When:** Sept 2nd, 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 \$23**  
**Guest \$28**

Happy Birthday to our Aug & September Birthdays!

- Anne Grimes
- Kimberly Nguyen



**Gift Card Time!**

Lisa Durham will have order forms for Gift Cards at our next ABWA meeting on Sept 2rd, I will be placing our order on Sept 4th. Starbucks and iTunes are having a special 2% bonus and free shipping, from Sept 4th to Sept 24th all Starbucks and iTunes orders will give us 9% cash back to us and free shipping... If you need to give gifts to clients, employees or have birthdays coming up, gift a Starbucks or iTunes card.

**Please Note:**  
**Local Chapter Dues are \$48 and were Due at the August Chapter Meeting.**

## ABWA National Women's Leadership Conference



### Chattanooga

Don't miss the next opportunity to advance your professional portfolio and network with hundreds of ABWA members from across the country.

In addition to another dynamic line-up of keynote and professional development speakers you will also have the opportunity to vote for your 2010-2011 National Board of Directors and join us as we honor the 2011 Top Ten Business Women of ABWA.

#### Below are the Details:

<b>Dates:</b>	October 28-30, 2010
<b>Location:</b>	Chattanooga Marriott & Conference Center (\$149/room - single to quad) Chattanooga, TN Housing form on WIN by mid-spring in National Library
<b>Full Registration Fee:</b>	\$479 - no increase in three years (includes General Sessions, Voting for National Officers, and selection of Track, Saturday night dinner and entertainment Optional: Inner Circle Luncheon \$40 and Woman of Year Luncheon \$45 Register at ABWA on line, mail in forms available in magazine/online, at district conferences
<b>Pre-Payment Plan</b>	Payment plan available, sign up on WIN or district conference (deadline 5/25/10)
<b>Airport &amp; Transportation:</b>	Chattanooga Memorial Airport. Airlines: American Eagle, NWA Airlink, Allegiant Air, US Airways Express, Delta Connection Hotel has transportation service and also Groome Transportation shuttle services
<b>Program Ads:</b>	Pricing and forms are available on WIN
<b>Exhibitor Booths:</b>	Pricing and forms are available on WIN
<b>Purse-ongality Auction:</b>	All chapters/express networks (and individuals) are being asked to donate a purse with purse and contents valued at a minimum of \$100. Purse of the day will be chosen each day. Proceeds from the auction for the ABW Foundation.
<b>Purse-ongality Purses:</b>	Bring them with you to hand deliver at the conference. Anyone and any company can donate a purse
<b>What to Do:</b>	Chattanooga is historic...lots of trains and bridges...check out Chattanooga's website at <a href="http://www.chattanoogafun.com">http://www.chattanoogafun.com</a> for more!
<b>Additional Info:</b>	Information <u>not</u> available here can be found on WIN or by contacting Vickie or Diane. <a href="mailto:vrindos@att.net">vrindos@att.net</a> <a href="mailto:nixond@umich.edu">nixond@umich.edu</a>

## Announcements & Upcoming Events



### Get those Red Dresses out!

Congratulations Soaring Eagles!

It was just announced that the Soaring Eagles, achieved Best Practices Level I for 2009-2010!! All we need to know is how many Soaring Eagles will be at National to receive our award in Chattanooga!

Whoohooooo!!



### The Path to District VI

By: Pattie Vargas

We're winding down to the final months before the election in Chattanooga on October 29th. I have had a wonderful time visiting other Chapters, Networks and Councils across District VI and have made many new friends! Our organization is a nurturing and collaborative one, committed to helping the membership stretch and grow in as many ways as possible. I have certainly grown during the past 6 months! The time commitment is a challenge, no doubt, but the rewards far outweigh the sacrifice. Former officers have been extremely gracious about offering advice and support and have demonstrated the concept of Servant Leadership in a real and meaningful way. The teams across the District have been generous in their financial and moral support and what can I say about The Soaring Eagles! You have gone above and beyond to raise money, donate your time and be there for me in a million different ways. I am so proud to be a part of this Best Practices Chapter! I look forward to serving our District in the year to come and having an impact in the future of ABWA!

### Inland Valley Council Update

Nominating committee selected Molly Widdicombe from Inland Valley Chapter, Marlene Montooth, Soaring Eagles Chapter and Agnes Peters, Hemacinto Chapter.

Those nominated for office were :

- President Molly Widdicombe (Inland Valley)
- Vice President Marlene Montooth, (Soaring Eagles)
- Communications Jan Lata (Verdugo Glen)
- Treasurer Carol Peterson (Placentia Stars)

Elections will be held at November 13th meeting.

Agnes Peters won \$50 drawing.

### Escondido Chamber Mixer

Thursday Sept, 9th  
5:00-7:00 PM

Bernardo Winery  
13330 Paseo Del Vernao Norte,  
San Diego 92128



#### 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.

## Soaring Eagles Spaghetti Dinner & Wine Tasting



On Saturday August 21st at Lisa Durham's home the Soaring Eagles held a Spaghetti Dinner and Wine Tasting social. Guests enjoyed Live music, lots of Italian food, wine, and the company of a fun-loving group! Not only was the evening a great Saturday night affair, but it also **raised \$640 for our Soaring Eagles general fund!!**

A special thank you to the Durham family and everyone who helped make this fun, enjoyable night happen!

Below are a few pictures of the evening, full of our Soaring Eagles Family and Friends.



## Education & Membership

### *Let's Get This Chapter Learning!*

The Member Professional Development Committee would like to give a big thank you to our Fundraiser VP, Lisa Durham, for donating a portion of the proceeds from the Cookie Lee Open House hosted by Stoneridge Realty & Property Management Services in August. Thank you to all the members who attended and/or purchased jewelry. Lisa also hosted an ABWA Wine Tasting and Spaghetti Dinner at her house in August. The funds raised went toward building up our general fund which also helps supplement our MPD fund when in need. Great job, Lisa!!

Have questions about partial reimbursements for attending ABWA events, Business Skills tuition reimbursement, and our own chapter reimbursements? Just ask! We are here to help! ABWA National has made the process for applying for Business Skills Tuition reimbursement much easier with their new online process. Looking for a great place for Member Professional Development? Do not forget about the upcoming National Conference in October. Chattanooga, here we come!

Contact Anne Grimes, MPD Chair at 619-253-6869 or email [annegrimes@cox.net](mailto:annegrimes@cox.net) for more information.

"A successful team beats with one heart." -Unknown



#### REMINDER:

##### Membership Renewals:

The following members have ABWA Anniversaries coming up – and yes, that means National dues are due! You can renew online or by sending in a check with your invoice. How easy is that????

- Nikki Ahern
- Rosie Mejia
- Carri Davidson
- Carol Archibald
- Annette Rugolo

## Urban Dictionary

**Meeting Affective Disorder:** A form of boredom that occurs in relation to mandatory meetings, most commonly those centered around a presentation. Symptoms include difficulty in staying awake, and delirious hallucinations more commonly referred to as daydreams.

Guy 1: I think you have Meeting Affective Disorder, you should see a doctor

Guy 2: Why do you think I have that?

Guy 1: The pool of drool on the table from you dozing off.

**Youtube Attention Span:** Your normal attention span only significantly decreased due to Youtube. Whereas normally 10 minutes is a short amount of time, Youtube turns it into a cinematic experience.

Jill: Watch this video!

Jack: I can't – it's 10 minutes long. That's way over my Youtube Attention Span.

**Thinko:** A mental typo, where someone says the wrong word but not because they don't know the correct word. When he mixed up the names of his two close friends, it was a thinko.

## Member Profile

**FULL NAME: HEIDI MELISSA SMITH**

**CURRENT CAREER POSITION: DIRECTOR OF PROFESSIONAL SERVICES AT STROPHE AMERICA. A MICROSOFT GOLD CERTIFIED PARTNER**

**MY FAMILY IS... ALWAYS THERE WHEN YOU NEED THEM. SUPPORTIVE, GIVING, RELIABLE AND FUNNY.**



**WHERE WERE YOU BORN? CARLETON, MI**

**FAVORITE QUOTE: "LIVE OUT LOUD."**

**YOUR DREAM JOB? RENTING JET SKIES TO VACATIONERS AT A VACATION DESTINATION :)**

**WHAT DEGREES/CERTIFICATIONS DO YOU HOLD? BA AT UNIVERSITY OF TOLEDO. WITH A DOUBLE MAJOR IN ENTREPRENEUR, SMALL & FAMILY BUSINESS AND INFORMATION SYSTEMS. CERTIFIED MICROSOFT DYNAMICS GP FINANCIALS & INSTALLATION AND CONFIGURATION.**

**FAVORITE FOOD: ITALIAN!**

**HOW HAS TECHNOLOGY AFFECTED THE WAY YOU DO DAILY ACTIVITIES? I AM MUCH MORE PRODUCTIVE, BUT IT ALSO MAKES YOU HAVE A 24 HOUR 7 DAYS A WEEK JOB. OF COURSE A PRO IS THAT I CAN VIDEO CHAT WITH MY FAMILY FROM A PHONE ANYWHERE I AM... IT'S AMAZING!**

**FAVORITE SPORT: SOFTBALL**

**WHAT IS ONE THING YOU COULDN'T LIVE WITHOUT? FAMILY & FRIENDS**

**WHERE DID YOU MEET YOUR BEST FRIEND? AT CHURCH... BEFORE I EVEN HAD MY FIRST BIRTHDAY :)**

**PEN, PENCIL, OR KEYBOARD? KEYBOARD, HANDS DOWN.**

**HOW HAVE YOU BENEFITED FROM YOUR ABWA MEMBERSHIP? I HAVE MET AMAZING WOMEN THAT HAVE OFFERED TONS OF SUPPORT, INFORMATION, AND GUIDANCE.**

## August Meeting Minutes

American Business Women's Association  
 Soaring Eagles Chapter #6495  
 A Best Practices Chapter  
 August 5, 2010 General Meeting Minutes



The meeting was called to order at 6:15 p.m. 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 25 attendees: 19 members, 6 guests including the Speaker.

### Program:

“The Mompreneur Revolution” was presented by Dr. Sherry Nouraini, a Genetic scientist by training and an entrepreneur by choice. This program provided historical information on the gender-pay gap. Dr. Nouraini, spoke about the challenges stay-at-home mothers face when attempting to enter the workforce. In 2007 she created Mom Business Associates (MBA), which provides child and lactation-friendly business networking support. In addition, MBA offers grants to mothers starting a business. Dr. Nouraini suggested the following additional ways ABWA could support parents in business 1) provide day-care at an event 2) have a spouse of the year award for the spouse that has made the greatest contributions to the Mom entrepreneur. The Program started at 6:45 p.m. and ended at 7:35 p.m.

### Business Meeting:

Membership: Pattie Vargas confirmed that the Chapter had 53 paid members for the Best Practices Application submission. Dr. Kangas reminded members about WIN which provides access to instructional videos, National bylaws and surveys. Dr. Kangas encouraged members to log on to WIN to complete the Member Interest Survey and the Best Practices Survey which will enable the board to focus programs based upon member interest, understanding and education levels.

Scholarship: Pattie Vargas also spoke to members about the Soaring Eagles Scholarship event in Spring which benefits the under-served in our community. President Dr. Julie Kangas spoke about the Wine and Roses Chapter Fundraiser and grants available at the national level.

Fundraiser: V.P. of Fundraising, Lisa Durham, invited the audience to the Soaring Eagles Spaghetti Dinner & Wine-Tasting Fundraiser on August 21, 2010. Flyers were distributed. Donation is \$20. It will be a great opportunity for Social Networking featuring live music. Bring a \$5-\$20 bottle of wine to share. Proceeds to benefit the Chapter general fund. Members were encouraged to R.S.V.P. and bring guests. Lisa also made an announcement regarding the Script Gift card program. The next order will be placed Monday, August 9, 2010.

- President Julie Kangas acknowledged outgoing officers Mary Large, Recording Secretary, Roxanne

Randall, Treasurer, and Shelley Gardner, Chapter Vice President for their work on the Best Practices submission.

National Conference will be in Chattanooga, TN October 28th -30th. Participants will enjoy 2 full days of nationally recognized speakers and business skills programs. The 2010-2011 Planning Meeting will be held Saturday, August 28, 2010 9 a.m. to 1 p.m. Suzanne Southwell announced the Escondido Chamber Mixer August 12th at the Vineyard Golf Course 5 p.m. - 7 p.m.. Golfers can enjoy lunch and play at 12 noon for \$25. Suzanne Southwell won the 50/50 drawing: \$28 to Suzanne; \$28 to the Operations Fund. Jackie Ska won The Early Bird Membership gift drawing, the complete Microsoft Office Package valued over \$300, which was donated by Heidi Smith, VP Newsletter.

The next Impact Council meeting will be in October. The Inland Valley Council meeting is August 14th. L.A.A.C. “Hat’s Off”: Meet the Candidates Forum is scheduled for August 7th in Downey, CA.

Ansha Saunders  
 Soaring Eagles  
 Recording Secretary

**ABWA Proud Code of Conduct**

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

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

**SOARING EAGLES BOARD**

**PRESIDENT**

Julie Kangas  
760-489-5545

**TREASURER**

Carol Archibald  
760-739-1180

**CHAPTER ADVISOR**

Pattie Vargas  
760-294-2465

**VICE PRESIDENT**

Shelley Gardner  
760-809-2614

**PROFESSIONAL DEVELOPMENT**

Anne Grimes  
619-253-6867

**INLAND VALLEY COUNCIL REPRESENTATIVE**

Marlene Montooth  
760-715-5835

**VP MEMBERSHIP/HOSPITALITY**

Pattie Vargas  
760-294-2465

**PROGRAMS**

Kimberly Nguyen  
619-822-4926

**IMPACT COUNCIL REPRESENTATIVE**

Ansha Saunders  
760-975-8549

**VP NEWSLETER**

Heidi Smith  
760-746-5470

**SCHOLARSHIP**

Stacey Moffat  
858-204-2677

**AUDIT COMMITTEE**

Anne Grimes, Ansha Saunders,  
Sandra Curtis

**VP FUNDRAISING**

Lisa Durham  
760-798-9692

**SOCIAL MEDIA**

Rosie Mejia  
Kathleen Arranz

**NOMINATING COMMITTEE**

Sue Puffet

**SECRETARY RECORDING**

Ansha Saunders  
760-975-8549

**ROSTER**

Stacey Moffat  
760-317-1480

**SECRETARY CORRESP.**

Roxann Randall  
760-471-1306

**HISTORIAN/BANNER**

Sara Dozier  
858-361-1143

## ABWA Standing Rule

### 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**

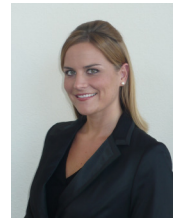
*For questions or suggestions please*

*contact :*

**Heidi M. Smith,  
ABWA Soaring  
Eagles Newsletter**

**Editor**

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Special Thank You to Rosi Weisser for helping to Edit the Newsletter!