



Year: 2010 Issue: 8

## Presidents Corner P.1

### 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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Dear Soaring Eagles,

I am excited to greet you all at the start of a new ABWA calendar year! Like the start of a new school year, we are on the verge of many fun opportunities and events. Here's a quick recap of where we've come this year.

In December, the Soaring Eagles achieved our **milestone membership target of 50** members, thanks to the efforts of VP of Membership, Pattie Vargas, her membership team, and committed members *like you*, who regularly introduce guests to our chapter. In February, we held our first **WIN Café**, a special event focused on connecting and logging in members with ABWA's innovative Women's Information Network. We successfully added 7 members to the network that night, beginning a concerted effort to log in members via laptop at each chapter meeting. In April, 4 members attended District VI conference in Reno and our chapter was recognized for our WIN Café and one of the highest member log-ins in our district! We filmed a video, posted in WIN, describing our success in

becoming one of ABWA's Best Practices chapters. *But that's not all...* as campaign manager for Pattie Vargas, our team and I assisted in her campaign launch for **ABWA national office**, as a candidate for District VI Vice President. With the success of our Wine and Roses fundraiser in May, we raised support for our Soaring Eagles scholarship winners, and for members to continue their learning and professional development at ABWA national and regional conferences.

We now begin planning next year's goals and events, as we complete our extensive application for the national Best Practices award for 2009-2010. We end our year in July with 53 active members, and national recognition (again in WIN) of the **eighth highest ranking chapter in the nation** of members logged in to WIN! 62% of our membership is now officially registered, but we aren't stopping there! If you have an e-mail address, *you need to be connected to WIN*, the most unique educational network of any national women's organization! **Soaring Eagles, we need your participation** in our 2



surveys that are now online exclusively: the Best Practices Assessment, and the Member Interest Survey. Your executive board *wants to hear from you*—if you have not yet taken the surveys, make sure to **get logged in to WIN this week**—and take these 2 easy surveys in August to let us know how we can make this next year *your best ever!*

Be sure to stay in touch by reading the entire newsletter for upcoming special events. Of course, don't miss the chapter meetings on **August 5** and **September 2** for more great news and information!

Fondly,

Julie Kangas

*Julie Kangas*

## August Meeting

“The Motherhood Penalty: An impetus for a Mompreneur Revolution”

### Dr. Sherry Nouraini

#### Where:

Escondido Country Club  
1800 Country Club Lane  
Escondido, CA 92026

When: Aug 5th, 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

.Dr. Sherry Nouraini is a scientist by training and an entrepreneur by choice. Sherry obtained a PhD degree in Genetics, and after working as a scientist for 7 years, she embarked on a journey to reinvent herself.

In June of 2007, Sherry combined the problem-solving and analytical skills that she gained through her scientific training with her passion for improving the lives of working and stay-at-home moms, to create Mom Business Associates (MBA). MBA is a business networking group with the goal of helping women become successful as both independent income earners and care givers for their families.

In addition to her efforts at MBA, Sherry contributes to training and support of women business owners

by serving as the Marketing Director for [Moms in Business Unite Conference](#).

As a San Diego Startup Examiner and San Diego Business Events Examiner, Sherry shares advice and information with the larger entrepreneur community.

Although no longer in the biotech industry, Sherry keeps current with advances in the field of biological sciences by teaching introductory biology and cancer biology at San Diego City College.

Sherry resides in Vista, California, has been happily married for 23 years, and has a 10 year old daughter and a 5 year old son.



**REMINDER:**  
National Membership  
Dues Renewal  
July and August

Kathlene Arranz  
Michelle Sullivan  
Carri Davidson  
Erin Guzman  
Faye Hines  
Rosie Mejia  
Ron Rose  
Annette Rugolo



#### Please Note:

**Local Chapter Dues are \$48 and 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

### 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.

RSVP TO LISA DURHAM: 619-892-0181

DATE: 08/21/10 SATURDAY

## SPAGHETTI DINNER & WINE TASTING FUNDRAISER

Please join ABWA for a fun night of dinner, appetizers, wine tasting and live music. The cost is \$20 per person. Please bring a bottle of wine to share, \$5-\$20. If you do not drink wine, BYOB. Water and soda will be provided. Proceeds to benefit the ABWA Soaring Eagles Chapter general fund.

Lisa and Lee Durham's house:  
830 Settlers Court  
San Marcos, CA 92069  
760-798-9692

TIME: 5:00—9:00 PM

# WELCOME

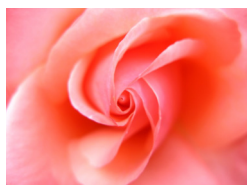
Welcome New Members!

Jacqueline Skay— Sponsored by Michelle Sullivan

Ly Bernal— Sponsored by Kim Nguyen

Debra Anthony— Sponsored by Patricia Kor

## Fundraiser Thank You's



# Wine & Roses 2010

## Sponsors, Donors and Volunteers

### Donors

Sea World  
 Meineke Automotive, Mark Groves  
 Mary Large  
 Century 21, Judy Jessup  
 Liberty Mutual, Sue Puffet  
 Kor Accessories, Patricia Kor  
 Cookie Lee Jewelry, Lisa Durham  
 Vargas Group, Pattie Vargas  
 Roxann Randall  
 Stoneridge Realty, Anne Grimes  
 Dove Chocolates, Heidi Smith  
 Ron Rose Printing, Ron Rose  
 ERA Property Movers, Faye Hines  
 Carol Archibald  
 Gardner & Associates, Shelley Gardner  
 Private Quarters, Rosi Weisser  
 Perfect Beauty, Monica Ness  
 Gwendolyn Scheers Art, Gwendolyn Scheers  
 Christine Gallagher, H.H.P.  
 Party Lite, Sara Dozier  
 Citracado Dental, Julie Kangas  
 Martinque Dry Cleaning, Trudy Brody  
 Waddell & Reed, Suzanne Southwell  
 Express Tire, Mike Casey  
 Sacred Space Imports, Kim Stead, Bruce Bird  
 Orange Salon, Celine Arena  
 Dan Darrock Photography, Dan Darrock  
 Tony Devine  
 Craighead Photography, Joe Craighead  
 Stone Brewing Co, Chris Cochran  
 Kimberly Nguyen

### Sponsors

Ron Rose  
 Faye Hines  
 Kari Witman  
 Heidi Smith



### Volunteers

Roxann Randall  
 Mary Large  
 Judy Jessup  
 Anne Grimes  
 Carol Archibald  
 Shelley Gardner  
 Rosi Weisser  
 Julie Kangas  
 Pattie Vargas  
 Sue Puffet  
 Patricia Kor  
 Stacey Moffat  
 Suzanne Southwell  
 Juanita Guild  
 Tony Devine  
 Frank Gardner  
 Marlene Montooth  
 Mark Groves  
 Rose Groves  
 Krystal Groves  
 Ansha Saunders  
 Linda Amaro  
 Jessica Grimes  
 Kimberly Nguyen

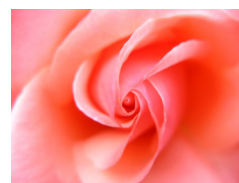


### Business Card Ads

Suzanne Southwell  
 Pattie Vargas

Kimberly Nguyen  
 Julie Kangas

Anne Grimes  
 Mary Large



## Education & Membership

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

I am still looking for volunteers to be on my Member Professional Development Committee. What better way to learn about this great benefit of ABWA than to serve on this committee? I have a couple of volunteers, but I am looking for 1-2 more people. Please feel free to call me if you want to find out more.

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.

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

"Education is a social process. Education is growth. Education is not a preparation for life; education is life itself."

-John Dewey

Happy Birthday to our July Birthdays!

- Sue Puffet
- Marlene Montooth
- Basanti Shaw
- Lisa Durham



Pattie Vargas attended the ABWA New Mexico Fiesta in Albuquerque on July 17-18 – “what a great event!” Pattie Vargas Reported. There were amazing vendors and a full day of talented, challenging speakers. This was professional development at its best with topics ranging from Creating Dynamic Presentations to Understanding Your Financial Profile. “I was privileged to meet women from New Mexico, Arizona, Nevada and California and definitely plan to return next year!”

## Urban Dictionary

**Congreenient-** The practice of recycling, or being green, only when convenient. A person who only recycles when it is convenient to do so. I would have recycled my Fiji water bottle, but my plastic bin was full. I guess I'm just congreenient.

**Tab o' War-** The fight over the check at the dinner table over who will pay. "You're getting ridiculous, Debbie, I'm wanting to pay tonight." "Just give her the darn check, Sabine, you two look like you're having a Tab o' War in the middle of the restaurant!"

**Social Fruitfly-** Like a social butterfly, without any charm or beauty. An unwanted pest. My manager is a social fruitfly. All he does is talk and never does any work.

**Obsessive Computer Disorder-** To constantly be online or just on a personal computer for fun or entertainment. Also always thinking about anything computer related. My father who has Obsessive Computer Disorder, a.k.a OCD, is always on the computer.

## Member Profile

# MEMBER PROFILE



**FULL NAME:** KIMBERLY NGUYEN

**CURRENT CAREER POSITION:** BUSINESS INSURANCE BROKER

**FAMILY MEMBERS:** MARRIED 3YRS.

**MY FAMILY INCLUDES:** TIM, MY MILITARY NAVY HUBBY, MY DAUGHTER MERCEDES 21, AND MY GRAND-BABY GIRL VANNA 3YRS OLD. ALSO 3 BROTHERS AND 1 SISTER.

**FAVORITE COLOR:** PINK/BLACK

**ONE PIECE OF ADVICE YOU WISH YOU COULD HAVE TOLD YOURSELF 10 YEARS AGO IS. . .PURSUE YOUR PASSION & CAREER DREAM**

**YOUR DREAM JOB?** FBI AGENT

**WHERE WERE YOU BORN?** MAUI. HI

**WHAT DEGREES/CERTIFICATIONS DO YOU HOLD?** ASSOCIATE'S/BUSINESS ADMINISTRATION BACHELOR'S/BUSINESS MANAGEMENT AND MASTER'S/ HEALTHCARE MANAGEMENT & LICENSE –INSURANCE BROKER

**FAVORITE THING TO DO ON A SATURDAY NIGHT?** DINNER NITEOUT AT HARBOR ISLAND

**WHO IS YOUR ROLE MODEL AND WHY?** MY GRANDMOM –SHE'S VERY INSPIRING, A SPIRITUALLY PERSON WHO IS EMPOWERING ABOUT LIFE

**FAVORITE MUSIC OR ARTIST:** JAZZ MUSIC

**PROUDEST ACCOMPLISHMENT:** BEING A SINGLE MOM AND WORKING FULL-TIME CAREER AND EARNING MY DEGREES AT THE SAME TIME

**HOW HAVE YOU BENEFITED FROM YOUR ABWA MEMBERSHIP?** BUILDING LEADERSHIP AND TEAMWORK WITH OTHER PROFESSIONS

**FIRST THING YOU DO IN THE MORNING?** GOOD STRETCH-OUT

**WHAT IS YOUR FAVORITE TV SHOW?** JUDGE JUDY & CSI MIAMI

**FAVORITE DESSERT?** STRAWBERRY SHORT-CAKE

**SOMETHING MOST PEOPLE DON'T KNOW ABOUT ME IS. . .SAN DIEGO CHARGES' CHEERLEADER IN MY MID-20'S**

**KIM IS ALSO OUR NEW PROGRAM CHAIR FOR THE ABWA SOARING EAGLES CHAPTER.**

## July Meeting Minutes

**American Business Women's Association  
Soaring Eagles Chapter #6495  
A Best Practices Chapter  
July 1, 2010 General Meeting Minutes**

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 31 attendees: 21 members, 10 guests including the Speaker.

Program:

"It Takes a Community to Raise a Business" was presented by Mr. Dick Daniels, a Public Relations Consultant. This was an excellent program on when, where and how to advertise your business. Mr. Daniels emphasized the importance of having a publicity strategy and budget. The monies should go toward the planned strategic locations so not responding to solicitations throughout the year. He talked about the "tentacle strategy" which applies to our organization. This is where several members of a group or business each attend different organizations' meetings or if multiple members attend then they should sit apart from each other. The purpose is to spread the advertising out to as many people as possible. Mr. Daniels recommended contacting all the local newspapers and talk to the Columnist if a special event is scheduled. The Program started at 6:45pm and ended at 7:35pm

Business Meeting:

Treasurer's Report distributed in the monthly Newsletter; filed for audit.  
General meeting minutes printed in Newsletter, approved as published.

Officer Installation - The following officers were installed as our Executive Board for 2010 – 2011 business year:

Dr. Julie Kangas - President	Shelley Gardner - Vice President
Ansha Saunders - Recording Secretary	Roxann Randall - Corresponding Secretary
Carol Archibald - Treasurer	

Fundraiser: Lisa Durham has gift cards available for purchase. Save the date of August 21<sup>st</sup> for a Spaghetti Dinner & Wine Tasting at the Durham house. Flyers at next meeting.

Membership: Pattie Vargas reminded us that all the members should logon to WIN and take the requested surveys. Our chapter annual dues are now \$48. They are due to the Chapter Treasurer by the August Meeting (8/5). The Early Bird gift drawing has been moved to the August meeting.

Program: Our August Speaker is Dr. Sherry Nouraini presenting The Motherhood Penalty: An Impetus for a Mompreneur Revolution.

Councils – Impact Council meeting is July 10<sup>th</sup>. The Inland Valley Council meeting is August 14<sup>th</sup>. L.A.A.C. "Hat's Off" Meet the Candidates Forum scheduled for August 7<sup>th</sup> in Downey.

Suzanne Southwell announced the Escondido Chamber Mixer July 8th at the Pala Mesa Resort.

There will be a Memorial Service for Jack Montooth on Thursday, July 8<sup>th</sup>, at the Lawrence Welk Village Hall at Noon. Marlene Montooth thanked everyone for all the cards and support she received and still receiving after Jack's passing in June.

Julie Kangas won 50/50 drawing: \$47 to Julie \$48 to Operations Fund.

The next meeting is Thursday, August 5th at the Escondido County Club.



# Treasurer's Report

ABWA Soaring Eagles Chapter

Balance on hand, May 23, 2010 8,175.32

Income:

Dinner Meeting	580.00	
50/50 drawing	38.00	
Misc. income	3.00	
Gift card fundraiser	250.00	
Wine & Roses 2010	5,445.00	
Dues 2009/2010	96.00	
Dues 2010/2011	48.00	
Total Income		6,460.00

Expenses:

Dinner Meeting Expense	468.08	
Paper/Supplies-General	100.00	
Website - PayPal expenses	1.03	
Gift card fundraiser expense	-	
Website expense	25.00	
Bank Fee - Returned check	6.00	
Dues/Membership	90.00	
Member education	500.00	
Membership expense	46.75	
Scholarships 2010/2011	500.00	
Wine & Roses 2010 expense	1,075.90	
Total Expenses		2,812.76

Balance on hand, June 23, 2010 11,822.56

* Union Bank of California	8,597.61
Waddell & Reed MM	3,174.95
Cash on Hand	50.00
Total Cash in Banks & On Hand	<u>11,822.56</u>

Scholarship/Education Funds Reserved:

Balance @ 8/1/09	(7,744.43)	
Fundraiser 05/10 - W&R	(3,100.55)	
Scholarship 2010/2011	500.00	
Scholarship 2009/2010	2,250.00	
Total Scholarship Fund		(8,094.98)

Member Professional Development Reserved:

Balance @ 8/1/09	(3,600.10)	
Fundraiser 05/10 W&R	(3,100.55)	
See's Candy fundraiser 09/10	(508.50)	
Misc. Fundraiser		
Member Professional Dev Expenses 09/10	3,599.79	
Total Member Professional Development Fund		(3,609.36)

Wine & Roses Fundraiser (5/16/10)

Fundraiser Proceeds	(7,777.00)	
Fundraiser Expenses	1,575.90	
Transfer to Scholarship	3,100.55	
Transfer to MPD	3,100.55	
Funds Available for Operations, June 23, 2010		<u>118.22</u>

Submitted by Roxann Randall, Treasurer

**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**

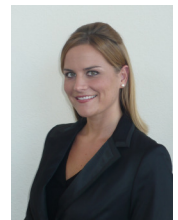
*For questions or suggestions please*

*contact :*

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

**Editor**

***hsmith@Strophe.com***



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