



On Eagle's Wings



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SOARING EAGLES

Chapter 6495
P.O. Box 725
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www.abwa-soaringeagles.org

Presidents Corner **P.1**

Hello Soaring Eagles,

Congratulations to Lisa Durham and the dedicated volunteers who made our 2010 *Wine and Roses* fundraiser a success! Though small in number, the guests and members who attended came through to bring in much needed income for our scholarship and member education funds. Belle Marie Winery owner, Mick Drago, presented a fun, personalized tasting program and also donated a percentage of bottles purchased at the event. One of this year's scholarship recipients appeared in person to thank us for our support—and to rally live auction bidders to raise their bid cards and open their checkbooks! Be sure to attend the June meeting to hear more details!



Our June meeting will be a special event when two of our members, Heidi Smith and Stephen De Maine, will present a program on accounting basics for small business owners. Don't miss this chance to learn a few tips and get to know our members better. It's a great opportunity to bring guests as well!

As of the June meeting, there are less than 2 months remaining in the ABWA award year. Your Soaring Eagles board is at work completing the requirements for our coveted Best Practices designation from ABWA national. The application process is extensive, and we are shooting for the top level of award—Level I. To reach this pinnacle, achieved by a very small percentage of chapters nationally, *we need your support*. **Please help us reach our membership goal of 60 active members** by:

***Renewing* your national dues on time or early!**

***Recruiting* new members to enroll by June 30.**

If you are not yet logged in to WIN, bring your password to the June meeting and you will again have the opportunity to get connected!

I hope to see you soon!

Julie Kangas
President ABWA Soaring Eagles

ACCOUNTING 101



Learn what questions to ask and how to understand your business finances. Hear from Steve DeMaine, a CPA with 25 years of experience specializes in Auditing, Taxation, and Pension plan administration; as he walks you through the finances of starting a business. Steve will then discuss the layout of a P&L and Balance Sheet and review why they are important to you.



Heidi Smith, Director of Services at Strophe America, will be displaying the accounting information in the Microsoft Business Software solution, Microsoft Dynamics GP. Heidi and her company specialize in helping companies use business software to run and operate their business efficiently, effectively, and with the greatest ROI.

Top 10 Accounting Do's and Don'ts for Small Business Owners

TOP TEN DO'S

1. Learn basic accounting before you go into business. Go to school if necessary.
2. Consult and retain an accountant familiar with your industry before you start.
3. Determine what accounting software program works best for your business.
4. In the beginning, do your own bookkeeping to gain knowledge.
5. Set up inventory policy and internal controls as safeguards against dishonesty.
6. Reconcile your bank account at least once a month.
7. Maintain and update your cash flow control spreadsheet monthly.
8. Plan to outsource your payroll and payroll reporting to a payroll service provider.
9. Prepare financial statements at least monthly.
10. Keep your business records separate from your personal records.

TOP TEN DON'TS

1. Delegate the authority to sign checks to anyone.
2. Use money withheld for payroll taxes or sales taxes for other purposes.
3. Commingle personal assets with your business assets.
4. Delegate cash flow projections--your lifeline to liquidity.
5. Be optimistic in sales projections or conservative in expense projections.
6. Rely on verbal agreements on any important matters, including purchases.
7. Pay an invoice without matching it to your purchase order.
8. Delegate your relationship with your lending sources.
9. Wait to establish credit sources until you have a need for financing.
10. Neglect advice from your accountant or lawyer on important financial matters.

June Meeting **P.2**

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

When: June 3rd, 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 Updates **P.3**



ABWA Soaring Eagles Wine & Roses Event

Sunday May 16th

What do you get when you combine the Soaring Eagles and a fundraising campaign??? We call it SUCCESS! Our successful campaign was led by the Vice President of Fundraising, Ms. Lisa Durham. She was able to secure a wonderful location – the Belle Marie Winery, coordinate a basket party at her home together with a build your own pizza party which culminated with a very successful Wine Tasting Event. Our members came together to provide inspiration, assistance and a conglomerate of beautiful baskets as auction items. The members and volunteers came from near and far to participate in the basket making party – our very own Rosi Weisser came half way across the country to provide her famous bows and ribbons as the final touches for the baskets.



Dr. Kangas and the \$500 Best Buy gift card winner, Rosario De Jesus

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.

The wine tasting event proved to be very informative, interesting, enjoyable and at times comical. We started with Raspberry Champagne “to clean the palette” and proceeded to try about half a dozen wines. All came away with a greater knowledge of what it takes to produce the various wines. Ms. Stacey Moffet provided oversight as the Mistress of Ceremonies and together with the help of the men of the organization, all the auction items were bid on, sold and distributed to the winning recipients.



ABWA Members (left to right):
Ansha Saunders
Julie Kangas
Marlene Montooth
Mary Large
Stacey Moffat
Anne Grimes

Announcements **P.4**

Friendly Reminder:
Upcoming ABWA National Dues Renewals:

May:
Marissa Cartwright
Chemain Kellogg

June:
Sandra Curtis
Stephen DeMaine
Tony Devine
Tracy Foote
Lanea Tajalle



Please Note ~
Starting August 1st the following prices will be in effect:
Dinner Prices: Member: \$23 Guest: \$28
Local ABWA Annual Dues: \$48

Join us for our **CITRACADO DAYS Celebration**
Tuesday June 15
4-7 pm
500 West El Norte Parkway. Escondido
RSVP by Friday June 4
cdg@citracadodental.com or
760 489-6125
Hosted by Julie Kangas DDS & Wm. R. Jungman DDS, owners

Don't forget to RSVP for the monthly ABWA meetings by the Monday preceding the meeting. You can do so by RSVPing on the eVite you receive. This helps us keep our costs low and provide proper numbers for dinner.



Congratulations to Eagle Scout Nick Jungman, Troop 649, who recently received his Boy Scout Eagle Award. Nick is the son of Dr. Randy Jungman and Dr. Julie Kangas.

For Nick's Community Service project he created the concept, supervised the design, raised funds, and assisted with the construction of a double sided bench with a trellis cover at Sand Lake in Kit Carson Park in Escondido. Nick also received a 100th Anniversary Scouting scholarship as the outstanding Eagle Scout at San Pasqual High School. He will attend CSU San Marcos after graduation next week.



Urban Dictionary

Girlfriend-proof

To hide any objects that you would rather your girlfriend not see. These objects usually include porn, childish things (dolls, small toys, etc), and Pokemon memorabilia. You can girlfriend-proof your car, room, house, and really just about anything. Similar to parent-proof. Mitch: Hey man want to play me in a Yu-Gi-Oh match?

Mike: Sorry dude I just got done girlfriend-proofing my room. All my cards are in a shoebox under my bed.

Drunken Immunity

Complete disregard on the part of a friend, girlfriend or ex-girlfriend for any minor stupid thing you said or did while drunk (i.e. drunk texting, drunk calling, drunken Facebook status updates, drunken confession, ETC).

Ex-girlfriend: "We broke up two days ago. Why did you call me at 3 A.M.?"

You: "I plead drunken immunity."

Sea Kittens

An attempt by PETA to convince the general public to call fish by a name too cute to eat.

"Eating Sea Kittens is WRONG and you will be ridiculed by people everywhere."

Fat Finger

The act of performing a typo. Often used when referring to password typos.

"I thought the server was down, but I just fat fingered my password."

"You didn't get my email? I must have fat fingered the address."

Orange-Yogurt Muffins



Ingredients

- 1-3/4 cups all-purpose flour
- 1/2 cup granulated sugar
- 2 teaspoons finely shredded orange peel
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 egg
- 1 8-ounce carton orange-flavored yogurt
- 1/3 cup cooking oil
- 1 teaspoon vanilla
- 1/2 cup sifted powdered sugar
- 1 to 2 teaspoons orange juice

Directions

1. Preheat oven to 400. Lightly grease thirty-six 1-3/4-inch muffin cups or line them with paper bake cups. Set aside. In a large mixing bowl, stir together flour, granulated sugar, orange peel, baking powder, baking soda, and salt. Make a well in the center of flour mixture; set aside.
2. In a medium mixing bowl, slightly beat egg. Stir in yogurt, oil, and vanilla. Add egg mixture all at once to the flour mixture. Stir just until moistened (batter should be lumpy).
3. Spoon batter into muffin cups, fill three-quarters full. Bake for 10 minutes or until tops of muffins are golden. Cool in muffin cups on a wire rack for 5 minutes. Remove muffins from muffin cups and cool.
4. In a small bowl, stir together powdered sugar and enough orange juice to make a glaze of drizzling consistency. Drizzle or brush glaze over muffins. Serve immediately. Makes 36 muffins.

Let's Get This Chapter Learning!

Greetings, Soaring Eagles!

The MPD committee would like to give a special thanks to all those who participated in our Annual Fund-raiser. The funds we raised will be split between our scholarship fund and the MPD fund. This is how we can offer the benefit of educational reimbursement to our members. Thanks to Lisa Durham, our fearless VP of Fundraising, for putting together such a great event. A great time was had by all and we can't wait for next year's!

This quote seems appropriate for all the teamwork that was involved in the fundraiser!

"The secrets to success lie not in what you do but in how you do it and how well you work with others along"

Did you know...

On our Soaring Eagles website you can now pay by **PayPal!**

Pay for Dinner, Local Dues and donations all online.

Visit our website at: WWW.ABWA-SOARING EAGLES.ORG

Select '**Current Events**'

And you will see the option listed below.

You have enough to worry about, so the Soaring Eagles want to make one thing a little bit easier for you, Enjoy!



If you would like to pay by credit card for meetings, events:

Payments Dinner meeting \$25

Monthly meeting ▼ Local Dues \$36

Buy Now



American Business Women's Association

Soaring Eagles Chapter #6495

A Best Practices Chapter

May 6, 2010 General Meeting Minutes

May Meeting Minutes P.7

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 and introduced the Board members followed by dinner and self introductions by attendees. Julie also mentioned that Citracado Dental will be celebrating 30 years in business on June 15th, all are welcome to stop by the office and celebrate this significant milestone. There were 38 attendees: 28 members, 10 guests.

Program: "The What, When and Where of Taxes, at the State and Local level." presented by Ernie Dronenburg. Mr. Dronenburg knows about taxes after spending 20 years on the State Board of Equalization. Mr. Dronenburg has been honored at the State and National level for excellence in tax administration by both executive groups and government organizations. Mr. Dronenburg explained the functions of the (3) three government organizations looking for your personal and business tax dollars:

State Board of Equalization - about 15 different tax programs administered. Franchise Tax Board - collects Personal Income tax, Corporate tax and administers collection of Aid to Families with Dependent Children. Tax Collector / Local Assessor - the Local Assessor provides the tax dollar amounts to be administered by the Tax Collector's office. The Program started at 6:55pm and ended after questions at 7:45pm.

Business Meeting:

Treasurer's Report filed for audit. General meeting minutes printed in Newsletter, approved as published. Members approved Anne Grimes as our chapter 2011 Top Ten candidate. Roxann Randall announced that PayPal is now available on our website; this feature is on the Current Events page of our Soaring Eagles website. Julie Kangas gave an overview of the information shared at the District VI Spring Conference in Reno, NV, on April 9th-10th. One major highlight is California has about 45% of all District VI ABWA members, Arizona 15%.

Membership: Pattie Vargas, VP Membership, affiliated four new members at this meeting. (Gloria, Lori, Rosie and Kat)

Election: Sue Puffet, Nominating Committee Chair, presented the slate of Officers for the 2010-2011 Soaring Eagles Executive Board to the members in attendance. Marlene Montooth moved that the 'Slate of Officers' be approved as presented by Sue Puffet. Michelle Sullivan seconded the motion. All attending members voted 'yes', zero 'no', zero 'abstain'.

Fundraising: Lisa Durham discussed the Wine & Roses fundraiser, just 10 days away, May 16, from 1:00 – 5:00pm at Belle Marie Winery. Lisa reminded everyone at the meeting we are looking for items to finish up the baskets for auction and keep selling those Best Buy raffle tickets.

Council Info: Marlene Montooth reported next Impact Council meeting will be Sat. July 10th. The next Inland Valley Council meeting is this Saturday, May 8th at the Menifee Hospital. This is a big event titled **"Thanks for the Memories"**. We have 6 members scheduled to attend: Julie K., Pattie V., Mary L., Marlene M., Ansha S. and Suzanne S.. Each attendee should follow up with MPD Chair, Anne Grimes, regarding chapter reimbursement for attending this event.

Stacey Moffat announced there is a donation box available on the Membership table for the Pattie Vargas for District VI Vice President campaign. Raffle tickets available for a special Vargas Campaign door prize. Faye Hines won the Vargas Campaign door prize tonight.

Chamber: Suzanne Southwell announced the Escondido Chamber Meeting will be held May 13th at the YMCA on Broadway in the new pool area 5pm – 7pm. Flyers are available. The Escondido Chamber is holding their 100th Anniversary and Installation dinner on Friday, June 11th, at the new Lexus dealer on 9th Ave. \$100 to attend, see Suzanne for other information.

Sara Dozier won the 50/50 drawing; \$35 to Sara, \$35 to Operations Fund. Other members gave away door prizes before the meeting ended.

The next meeting is Thursday, June 3rd at the Escondido County Club. Meeting adjourned at 8:30pm

Minutes prepared by Mary M. Large, Recording Secretary

MEMBER PROFILE

FULL NAME: MARY MARGARET LARGE

WHERE WERE YOU BORN? LOS ANGELES

CURRENT CAREER POSITION: IT PROFESSIONAL AT IBM GLOBAL SERVICES

YOUR DREAM JOB? SOMETHING OUTSIDE OF A CHAIR & COMPUTER

FAVORITE WEBSITE: WANNA GET AWAY

WHAT DEGREES/CERTIFICATIONS DO YOU HOLD? BUSINESS ADMINISTRATION STUDIES AT CSU, FULLERTON (B.A.) AND MBA STUDIES AT UNIVERSITY OF REDLANDS

FAVORITE THING TO DO ON A SUNDAY? WATCH PRO FOOTBALL

WHO IS YOUR ROLE MODEL AND WHY? MICKEY MOUSE BECAUSE HE IS ALWAYS SMILING LIVING AT THE HAPPIEST PLACE ON EARTH

FAVORITE HOBBIES INCLUDE: CAKE DECORATING

FAVORITE FOOD: ITALIAN

WHAT CHANGES HAVE YOU MADE TO BE GREENER? RENOVATED THE HOUSE TO BE MUCH MORE ENERGY EFFICIENT FROM TOP TO BOTTOM.

PROUDEST ACCOMPLISHMENT: BRINGING ROSI WEISSER INTO ABWA

HOW DO YOU EMPOWER WOMEN? JUST TRY TO ENCOURAGE THEM TO STAND UP FOR THEMSELVES WHEN OTHERS TRY TO HOLD THEM BACK.

WHAT IS YOUR FAVORITE TV SHOW? NCIS

FAVORITE DESSERT? MUDD PIE

WHAT IS ONE THING YOU COULDN'T LIVE WITHOUT? WATER

WHERE DID YOU MEET YOUR BEST FRIEND? KINDERGARTEN





Proud Code of Conduct P.9

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

CHAPTER 6495
P.O. BOX 725
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WWW.ABWA-SOARINGEAGLES.ORG

SOARING EAGLES

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ABWA STANDING RULES

Standing Rules **P.10**

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

