

Turquoise Camel Chapter

Next Meeting
May 12, 2010
Bring a Guest!

THE OASIS

www.abwa-turquoisecamel.org



2009 District VI Newsletter
Award Winner

Volume XIX, Issue 10
May 2010

2009-2010 Officers Turquoise Camel Chapter

President:
Lynda Tallant

Vice President:
Darleon Bomkamp

Secretary:
Donna Tucker

Treasurer:
Ruby Peake

And our
Woman of the Year
Ruby Peake

THE BUZZ!



May 12



7 Steps to Create a Marketing Plan by Michael Gallagher

Applying experiences over the last quarter century, Michael will help attendees create a simple, easy-to- implement, low-cost marketing plan.

June 9



Non-Verbal Communication. Your Face and Body Speak Louder Than Your Words by Julie Theroux

Communication is the golden key to so many doors in both your business and personal life.

Anzio's
12418 N. 28th
Drive, Phoenix

Call Jeannie A.
for reservations:
602.449.0442

BRING A
GUEST!



Inside:

- President's Letter
- Committee Reports
- Prof. Development
- Meeting Minutes
- ARC and ICC Reports

A MOMENT FOR YOU

By Beth Terry

Feeling a tad wiped out by this last year? It's been quite a ride. Time to take a step back and regroup; Spring is always good for that. We clean house, hold garage sales, dust off the New Year's Resolutions and see if we've made any progress. It's a wondrous time of year to remember that even in the darkest of times, there is always Hope.

Don't just clean out the house this Spring - Take your brain out and hose it off. Then dance with it for awhile.

Turn off the TV tonight and make a decision to sit on the back porch and enjoy the earth waking up again. Make plans to go to your local botanical garden. Schedule a massage. Take a friend or sweetheart dancing. Get brave and cook up something wild and different. Contact an old friend you haven't seen in awhile. Repot some flowers. Reframe an old picture. Build a birdhouse.

Whatever you do, don't make it hard work. Do something creative and fun that re-energizes you. If you need a reason - here's one: Your Endorphin System Requires It. Stress wears out your endorphin system. Too much cortisol is produced (which causes those sudden extra rolls around your waist!) And you start to feel burned out.

Creativity, laughter, new or different routines -- these are the things that wake up your internal pharmacy and make you happy again. Renew yourself. Not just for you, but for all of us. We need you. And we need you healthy!

Happy Spring!

Blessings,

Beth Terry



LINKED IN WITH LYNDA



How is every one liking our warmer weather? We can finally get outside and sit in the sun for a few minutes without having to wear our flannel or wool. This is the time every year when everything is in bloom and lots of folks are sniffing, sneezing and coughing. Allergy season is here! And, there are those among us who are now wishing for those 100+ degree days which will put an end to allergy season.

In that vein, our chapter will also begin to wind up and end the 2009-2010 year. In preparation for beginning our next year. The nominating committee has developed a slate of people to run for office to lead our chapter next year. We will be voting this month. Our new officers will be seeking chapter members to assist with various committees. Our April speaker, Loretta Love Huff did an excellent presentation on how to access your



own leadership abilities and volunteering to be on, or lead, a committee is one way to put those ideas into practice.

Our May speaker, Michael Gallagher, will be giving us some great information on how to get our name out before the public and get more recognition. As you can see, the chapter has some excellent things coming up.

I want to encourage all of you to be at the next few meetings to take advantage of the programming. And, I have had word that at least one former member (maybe two) may be visiting us in June and July. (How many of you visited the WIN site and what little tidbit of information about it will you bring to the meeting for us?)

See you on May 12; we'll find out the name of our next grant recipient! Lynda

In ABWA Friendship, *Lynda*

Inter-Club Council

The March 13 meeting began with a moment of silence for the victims of the earthquakes in Haiti and Chili as well as the servicemen serving in Iraq.

Wilma Clifford presented President Donna Giles pie with a Woman of the Year gift of a picture. Reports were then given by the officers. Mary Chandler Reported that the legislature had passed the budget

The election of officers was held with results as follows:

| | |
|---------------------|-----------------|
| President | Evelyn Guenther |
| President Elect | Darleon Bomkamp |
| Vice President | Marlene Stewart |
| Recording Secretary | Barbara Cole |
| Corresponding Sec. | Ann Santos |

April 3 will be the final board meeting.

Reports were given by the various clubs. Zonta promoted a bunco event. Mary Chandler reported that next Tuesday, Shirley Weaverjet will present the program on Women in History. Bosum Buddies presented tea and fashion show at the Phoenix Art Museum on May 2 / tickets \$50; they are expecting 400 people. ABWA Tempe Charter's next meeting was 3/27 Speaker: Dr. Dorothy Haddenmeyer.

Darleon Bomkamp, ICC Delegate

LEADERSHIP RETREAT

June 12— no cost to you for attending!

Make your reservations now with Lori Grobe to attend this educational event. And don't forget to submit your applications for the Arizona chapter and officer awards.

8:30 – 9:00 a.m., Check-In & Breakfast

9:00 – 9:30 a.m., Welcome & Trivia Game

9:30 – 10:30 a.m., Conducting a Better Meeting – DVP
Debbie Shadaram

10:30 – 10:45 a.m., Break

10:45 – 11:45 a.m. 5 R's of Networking – Sandy Rogers

11:45 – 12:15 p.m., Lunch

12:15 – 1:15 p.m., Chapter Bookkeeping / Finances –
Wendy Robinson

1:15 – 1:30 p.m., Break

1:30 – 3:00 p.m., Open Discussion Session – Officers
and DVP

3:00 - 3:30, p.m. Arizona Awards

REPORTS

Membership

There seems to be a craze going on about throwing tea parties lately. Either as a fund raiser or to thank people in a special way. I attended a Celebration of Women Tea this past Sunday. Hope 4 Women International hosted the event to thank the women that have volunteered for them the past year.

This organization helps women in Africa by training them in business and to sustain their lives for themselves and their children. Some women have learned how to sell their produce and to become self-sufficient. Women will learn Godly principles in operating their own business.

My mother-in-law brought me as her guest to this tea party. She makes about 40 dresses per week to send to Africa for children. They make the dresses mainly out of pillow cases.

Hope 4 Women International is a division of Hope 4 Kids International which is a faith-based non-profit organization providing hope around the world since 1973. For more information please visit the website at: www.hrwi.org

Interest in new members seem to be going strong for Turquoise Camel. Getting the word out really helps. Don't give up. If all of us women work together this chapter will be our biggest and strongest ever. I will be bringing a guest for the next meeting. Anne Doulos. She is very much interested in becoming a member of our chapter so lets begin in May and show all our potential members why we love to be a part of ABWA.

Thank you!
Bea, Membership Chair

Happy Birthday!

Pat Fehlhaber—May 12

Lori Grobe—May 24



ARC Report

Guess what? We had eight Turquoise Camel chapter members attend the second quarterly ARC meeting on April 17 in Tucson. Out of the eight, four members were attending for the first time: Bea Houg, Lora Andrikopoulos, Barbara Zafiris and Virginia Richtar.

Mark June 12, 2010 on your calendar for Leadership Retreat at Creative Living Fellowship Hall. Of the dynamic speakers lined up our District VI VP Debbie Shagaram will present "Conducting a Better Meeting". Other topics are: 5 R's of Networking by Sandy Rogers and Chapter Book-keeping/ Finances by Wendy Robinson followed by an open discussion session. Then, to close the event, we will announce who the new Arizona Women of the Year along with other awards,

Let's not forget to mark September 24-26, 2010 for the Round Up in Tucson; more information coming.

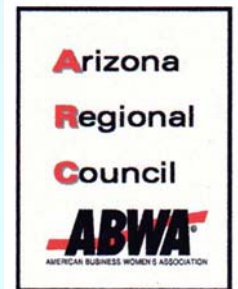
How many of you have gone to the Chapter Leaders Playground? At the meeting, the delegates selected a webinar to take and write a report for the ARC newsletter. If you haven't done so, why don't you take the challenge with us by going to the website - chapterleadersplayground.org.

One topic discussed at the meeting was new member orientation. The topics to include: ABWA history; chapter/express network history, mission statement of ABWA and chapter/express network, WIN, ABWA grants and scholarships.

Other topics of the program included Mentoring Guide – why, who, how and where do I get the knowledge to mentor. Last one was on membership recruitment and retention.

The chapter/express network chapters gave their updates as to how many new members in first quarter, talked about upcoming events, meeting programs and speakers. If you would a copy of the recap, please let me know and I would be happy to email it.

Lori Grobe, ARC Delegate



R

Publicity

I hope all of you are listing our meetings on your social media pages (Facebook, Twitter, etc.). It would be great to see some more new faces in May. I am still posting our meetings on several network websites and, hopefully, we will start to see results. If you have any suggestions, please feel free to contact me. It was great to see our last meeting in the *Arizona Republic* calendar. Thanks, Ruby.

Janet Maxwell, Publicity Chair

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P

Education

Outright Grant:

Come one, come ALL to the May Turquoise Camel meeting to hear who won the \$1,500 grant. At the April meeting, we read the four applicants bio and voted.

May I have a drum roll please?

Lori Grobe,
Professional Development Chair

O

R

ABWA Chapter/Express Network Events in May

May 6, 2010 - 11:45 am - 1:15 pm

Social Media Made EZ
By Christina Wagner

- Get an overview of the tools and lingo so you know the difference between friend, follow, & connect
- Learn the time saving tools so you only spend 15 min per day
- Know how to keep YOU & your P.C. safe
- Social Media etiquette
- Define your target and where to find them - audience participation

Sponsor: Southwest Valley Express -\$22 members; \$27 guests; \$10 speaker only no lunch

T

S

Tuscany Falls Country Clubhouse
16222 Clubhouse Drive
Goodyear, Arizona 85395

Contact Name: Trixie Crump
(623)-974-6200 bcrump@amtrust.com

May 11, 2010 - 11:45 am to 1:15 pm

Avoiding HR Blunders for the Employee and Employer by Nadine E. Cummins, SPHR

Whether you are a business owner, manager, or an employee, making mistakes in the realm of human resources can affect your career, promotional opportunities or the company's bottom line. Learn some common pitfalls and how to avoid them in this informative presentation.

Sponsor: SEN Scottsdale Express - Members \$20 Non-Members \$29

Un-Bacio, 7704 E. Doubletree Ranch Road
Scottsdale, AZ 85251

Contact Name: Donna Tucker
602 788 3121 jobsaz@att.net

May 12, 2010 - 6 - 8:30 pm

Massage ~ Competing Through Service

Speaker: Ann Volk, Owner of Holistic Healing Therapies
Her Specialties are Lymphatic Massage, Swedish Massage, Pregnancy Massage, Deep Tissue Massage, Reflexology, British Sports Therapy, Trigger Point Therapy, Active Isolated Stretching, Aromatherapy
TOPIC: "Massage ~ Competing Through Service"

Sponsor: Paradise Valley Chapter - \$18 includes soft drink, tax and gratuity (cash bar)

Carlos O`Briens
7111 East Bell Road
SW corner of Scottsdale Rd & Bell Rd

Contact Name: Wanda Vaughan or Rosemary Rosenberger 602-992-7894 arosey@q.com



News Flash! from the Fundraising Committee:



At the April chapter meeting, a fall fund raising event was approved. This event will be a tea party! At this time, the committee is being formed, but we already have a date, time and place.

Prepare to step back in time when ladies relaxed, enjoyed tea, conversation, gossip, poetry readings, talked about current events, ate petit fours, tea sandwiches, scones, and trifle.



On October 23, 2010, from 1:00 to 4:00 p.m. at the Aldersgate United Methodist Church, Turquoise Camel Chapter will host a tea party. There will be only 100 invitations sold for this event. You will not sell "tickets" – but, rather, invitations, because ladies are "invited" to a tea party. Get out your favorite teacup and saucer and bring it with you in order to drink your tea. Start looking for that fabulous hat with which to WOW us, put on your pearls and best dress as this will be a formal tea party.

So, mark your calendars. Invite your mothers, daughters, granddaughters, mother-in-law, daughter-in-law, nieces, and best friends to come. Join us for tea and a gracious afternoon. Invitations will be available for purchase in July but you can reserve them ahead as there will be only 100 available. See you there.

Barbara Zafiris
Co-Chair, Fundraising Committee



NOMINATING COMMITTEE REPORT

Salutations everyone, the Nominating committee consisting of Lora "Jeannie" Andrikopoulos, Lori Grobe, and Kathy Russo contacted all current chapter members in an attempt to develop a slate of members to run for the board of the upcoming 2010-2011 chapter year. After

Hunger Knows No Season—Food Drive "The 2010 Phoenix 500"

The annual council hunger drive is now underway. Our goal this year is 500 jars of peanut butter, 500 cans of tuna, and \$500. Proceeds will benefit both St. Mary's Food Bank Alliance and the Tucson Community Food Bank.



There are hungry people all over the state. We will be collecting from now through the July meeting, so please start bringing your donations. We will keep track on the council website (abwa-arizona.org) so be sure to keep checking to see how close we are to reaching our goal.

Flyers and fact sheets will be available at the meeting, so please pick some up and post at your doctor's office, beauty salon, church, wherever people will see it. This is not a one-person job, everyone needs to participate.

Everyone who benefits from our efforts will thank you. Don't forget that you can use your credit card to make a donation. Just go to abwa-arizona.org and click the link for Paypal.

Janet Maxwell
ARC Treasurer, HKNS Chair

extensive discussions the following people agreed to run for office: President: Lynda Tallant, Vice President: Barbara Zafiris, Treasurer: Lori Grobe, and Secretary: Bridget "Bea" Houg.

At the meeting on May 12, nominations will be accepted from the floor.

It was an honor to serve as nominating committee chairperson. I hope, in the future, all chapter members will consider volunteering for a board position.

Best regards,
Jeannie Andrikopoulos, Nominating Committee Chair

APRIL 14 MEETING MINUTES

President Lynda Tallant called the meeting to order at 6:30 p.m. at Anzio's Italian Restaurant. In attendance:

Members: Lynda Tallant, Ruby Peake, Janet Maxwell, Donna Tucker, Kathy Russo, Pat Fehlhaber, Wanda Luiten, Debbie Goodridge, Barbara Z., Lori Grobe, Jeannie A., Bea Houg, Diane Boudle and Ginger Richtar

Guests: Judi Snow, a former ABWA member from Kansas City and speaker Loretta Love Huff

Lynda led the Invocation and Pledge of Allegiance; Barbara Z. led the introductions in Darleon's absence.

Business Forum - Lynda Tallant discussed her real estate business and asked questions of the membership, including how to say "no" and how to manage a calendar. Barbara Zafirris will be next month's Business Forum.

Lynda presented Wanda with a certificate of celebration for her participation in the Ms. Senior Arizona pageant.

The minutes of the last meeting and treasurer's report were reviewed and approved with no changes.

Dinner - lasagna and salad

Program - Loretta Love Huff - "Unleash Your Inner Leader"
Beliefs > Actions > Results

4 steps that cause personal and organizational change

1. Aim - Have a goal
2. Assess - look at your skills and abilities
3. Act - take action
4. Account - accountability

Loretta talked about the lies of leadership and the critical abilities for impactful leadership: Excite yourself; feel the passion. Invoke trust; communicate. Instill confidence; be competent in what you do. Motivate people to get off their duffs. Engage heart and mind of people.

Business

SBMEF Grant report - Lori Grobe passed out information on 4 candidates for the grant and the membership voted anonymously.

Nominating Committee update - Jeannie A. said that all members either have or will be called. the slate of officers will be printed in the May newsletter (prior to the meeting).

Fund Raising Committee presentation - Barbara Z. presented an idea for a fall fund raiser - a tea - church where bunco was held, \$15 per person, 50/50, door prizes, recruit 10 men to serve, each woman bring own tea cup and saucer, hats required, menu tbd. Estimated cost \$400. Volunteers for sandwiches, etc. and clean up. - approved by vote of membership

Vote on updates to Standing Rules - changed #19 from \$15 to \$10 and note that it will cover beverage; otherwise changes were approved by the membership.

Announcements

1. Next regular chapter meeting is Wednesday, May 12, 2010. Networking begins at 6:00 p.m. Bring business cards. Program speaker Michael Gallagher "7 Steps to Create a Marketing Plan." Also election of officers.
2. Next Arizona Regional Council meeting is this Saturday, 4-17-2010 at the Viscount Hotel in Tucson. Meeting and luncheon begins at 11:30 a.m. Chapter will pay for 1st time visit.
3. Leadership Retreat, June 12. The chapter will pay for anyone wishing to attend. Please inform one of the chapter officers if you are contemplating being there.
4. Paradise Valley Chapter fashion show, April 24.
5. Officer and committee chair journals are due to Lynda no later than the regular July meeting. This includes any sub-committee chair. These journals will assist anyone chairing a committee of any type in the coming chapter year. Things seem to be a little easier when you don't have to "reinvent the wheel."
6. The chapter board is working on updating the job descriptions for officers and committee chairs and the completed information will be available to the officers at the joint meeting of the outgoing and incoming board to be held in July.
7. The board has authorized Ruby to forward a \$500.00 check to SBMEF.
8. Deadline for submission of articles for the newsletter is Thursday, April 29, 2010.
9. If you have not yet accessed WIN, now is a great time to do it. System's first birthday is April 21 with a teleseminar.
10. Next board meeting is Tuesday, May 4, 6 p.m. at Donna Tucker's office. All board members are required to attend. All other chapter members and committee chairs are also always welcome.
11. Other announcements from the floor:
 - Cameo Club Denim and Diamonds Dance, 5/1 (Wanda Luiten).
 - Janet announced details of Hunger Knows No Season - through July, peanut butter, tuna fish, and cash - \$500 each you can donate online
 - Nancy Jenkins formerly of Saguaro Roundtable is looking for volunteers. Loretta announced a May 1 Gabriel's Angels event.

50-50 (Donna won the \$21); Debbie donated some books and Loretta donated a book on Leadership (won by Bea).

Benediction and adjournment at 8:40 p.m.

Respectfully submitted,
Donna Tucker, Secretary



Turquoise Camel Chapter

OASIS

Editor: Donna Tucker
10210 N. 32nd St. #203B
Phoenix, AZ 85028
602/788-3121



We're on the Web!
www.abwa-turquoisecamel.org



2010 Turquoise Camel Woman of the Year

Ruby Peake

CareerPro
Résumé & Writing Center
www.4greatresumes.com

A Member of
PA RW Professional Association of Résumé Writers
Donna Tucker, CPRW
Owner/Writer
10210 N. 32nd Street
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WIN

A friendly reminder to some of you to sign up for WIN today! Please.

At member login at www.abwa.org, use the e-mail address that National Headquarters has on file for you and then Password1

It will take you less than 2 minutes.

You'll be amazed at what you'll find on the WIN site. Come on, give it a go.



The American Business Women's Association Mission:

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.

ABWA'S PROUD CODE OF CONDUCT

1. All members will serve as goodwill ambassadors for the American Business Women's Association.
2. Members will not allow their personal beliefs and convictions to interfere with the representation of ABWA's mission.
3. Members will always treat their member colleagues, guests, vendors and sponsors with honesty, respect, fairness, integrity, responsibility, kindness, and in good faith.
4. Members will maintain compliance with ABWA National, Chapter and Express Network Bylaws.
5. Members will not use their personal power to advance their personal interests.
6. 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.