

CAREER INSIGHTS

January 2009

PRESIDENTS MESSAGE



Start a "Stop Doing" List

As we begin a new year, we are notorious for making what we call 'new year's resolutions'. One of them is usually to get organized and make "to do" lists. I wonder how many of us have a 'stop doing' list?

Most of us lead very busy lives. We have an ever expanding "to do" list, and we seem to end up frustrated and getting even less done. Now is the time to examine our lives and make a list of things that we keep doing that are counterproductive and vow to stop doing them. How liberating this will be. It is like Joan's presentation to us in December, we need to clear our lives of the things that make us crazy. We do so much out of a sense of obligation, and not because it's what we genuinely want or even need to be doing.

my board term on a non-profit board I have been serving on for the past 4 years. The new ED and other board members and staff said all kinds of flowery things to try to convince me to stay on the board. But the bottom line was my life was getting out of control and I needed to try to reign it in.

Please take the time today to start a "Stop Doing" list. Studies have shown that this has been the difference in taking some companies from good to great. Make this a good to great year in your lives.

Debb

Dedicated to Serving

I recently made a decision not to renew

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CHAPTER MEETINGS:

- January 20
11:45 a.m.
YWCA
- February 3
Executive Board
12 Noon
YWCA
- February 20
11:45 a.m.
YWCA

CHAPTER MEETING – JANUARY

Next Meeting: January 20th 11:45 networking

YWCA

Program: *Annual Scholarship Luncheon*



Scholarship Tickets will be available for pick up at the meeting.

If you forgot to bring your 30 business cards -bring them with you to the meeting!!

MEMBER NEWS

- ⇒ **Ways and Means**—Next meeting Tuesday, January 13 at 12 Noon at the Topeka-Shawnee Public Library.
- ⇒ **Membership Status:** The Board accepted the resignations of Carol Jacobs, Melissa Krug, and Joan Underwood. We will miss them terrible, but wish them well. Vicki Rogers requested and was approved sustainer status.
- ⇒ **Business Expo.** Topeka Women's Network (ToWN) is hosting a women's Business Expo on Tuesday, February 24 from 5:30 to 7:00 pm at Shawnee Country Club. ABWA members from other chapters will be able to have a table. Details will be coming, but "*save the date*".
- ⇒ "Living my life like it's golden" is the theme for the Real Women's Conference 2009 to be held April 24-25, 2009. Contact Asbury Mt. Olive UMC at 785-232-6801 for more information. Registration has began—call today. For additional questions contact **Dee Dee Adams**.
- ⇒ The YWCA is hosting it's annual Get Fit Topeka Weight loss challenge. It is open to members and non-members. Advanced registration started 12/15/08 and goes through this Friday 1/9/09 until 2pm. (You can register online at www.ywcatopeka.org or in person at the YWCA. Cost for members is \$20 and \$30 for non-members for the 8-week challenge. The kick-off is this Saturday at the YWCA.
- ⇒ **Members—are you looking to get your message out** or maybe even have a sale or special this month. There are 2 great resources available. You can submit items of interest for a large group of ABWA ladies to Ann Mah at lmah@cox.net who then forwards it to all ABWA members in our community that have signed up to receive the notices. OR you can submit them to me (Shawn Maisberger) the Newsletter chair. I would be happy to put items of interest to our membership in the monthly newsletter.

CHAPTER MEMBER BIRTHDAYS AND ANNIVERSARIES

Birthdays

Bette Felker, Jan 4

Anita Wolgast, Jan 21

Patti Kruggel, Jan 30

Anniversaries

Terry Hobbs, 01/04/1984

Vickie Rogers, 1/8/1999

Susan Koch, 01/23/2001

Sarah Saenz, 1/2/2007



MEMBERSHIP – NETWORKING

In an effort to advertise our memberships strengths and business information, we will list websites here for quick reference from our members by request.

Nancy Weigand	http://nancymassage.com/index.html
Deborah Dawkins	www.homeinteriors.com/debbdawkins
Deborah Dawkins	www.aboveallbooks.com
Michelle Kaberline	www.marykay.com/mkaberline
Cheryl Creviston	www.jayhawkfile.com

February Meeting— YWCA

Tuesday, February 17 11:45 a.m.

Financial Survival in 2009

MEMBER NEWS CONTINUED

Career Chapter's 2009 Woman of the Year is...**Susan Koch****Congratulations Susan !****A New Opportunity...a city-wide website**

Last spring Career Chapter contracted with Carol Yoho to create a new website design for us. Members had the opportunity to meet Carol when she spoke to the chapter last fall, explaining what we were creating with the site. We are so pleased with the site that has been designed, and excited that there are many opportunities for changing it and making it even more relevant and exciting.

The Board was informed in December that another opportunity has been presented to Career Chapter: an ABWA member of KEEN chapter who designs websites is suggesting that all six Topeka chapters be represented on one ABWA website, thus moving us to a city-wide website.

We have often said that we wished that our chapters could be linked to National ABWA....and this opportunity for a city-wide website provides increased visibility to potential new members, local businesses and organizations, similar to what National ABWA would do.

The KEEN chapter person suggesting this, Jane Frank, offers her services to create this at no charge. The cost for the web hosting company would be split between the six chapters. Individual chapter cost would be about \$30 per year!! Individual chapters would each have a Website Contact Person to supply information to Jane, the Administrator.

The Board voted at the December meeting to notify Jane that Career Chapter will participate in this endeavor, stating that we definitely want a link to our own website.

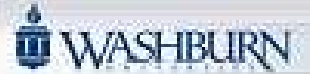
I have further details of this plan and would be happy to share them with anyone who is interested! In the meantime, please keep feeding me information for the Career Chapter website:

- ▶ information of your business in the news
- ▶ links to your business addresses
- ▶ new member information
- ▶ pictures
- ▶ scholarship recipient information
- ▶ WU Chapter Information
- ▶ community events in which you participate which are newsworthy...like *Go Red for Women*, which recently had a wonderfully successful event with several Career Chapter members involved (Mary Grossenkemper was co-chair!)

Anita Wolgast, Website Chair

www.abwa-career.org

WASHBURN ABWA STUDENT CHAPTER



The ABWA Student Group was formed on the campus during September 2003 and became a nationally registered chapter in November 2004. The primary purpose of ABWA is a networking avenue for students to link with local, state, and national female leaders and business professionals. The Washburn student ABWA chapter is the fifth student group in the United States to form in the United States.

The students are enjoying a well deserved holiday break while others are working.

Good Luck and Have a great Break.

We will see them in 2009



MEMBERSHIP CHAPTER DUES

Don't forgot to make your dues payments.

Make check payable to

“Career Chapter ABWA”

Annual Dues: \$223.00

1st Quarter Dues: \$100.75

Due Aug 2008

2nd Quarter Dues: \$ 40.75

Due November 2008

3rd Quarter Dues: \$40.75

Due February 2009

4th Quarter Dues:\$ 40.75

Due May 2009

Mail To:

Sarah Saenz
Center for Nutrition & Preventive Medicine
2840 SW Urish Rd
Topeka, Kansas 66614

National ABWA will forward a statement directly to each member for payment.

National Dues \$75.00

Questions contact

Chapter Treasurer, Sarah Saenz

at 640-1588 or

ssaenz@drtague.com

THINGS TO KNOW

Update Your Look

5 ways to get started.

1. Look in the mirror.

Ask yourself: *Am I doing this for me or to please someone else?* If it's about you, keep going: *How do I want to present myself? What do I feel good about? What do I want to update?* Let the changes you make reveal the real you. (Have an outgoing personality? Try some bolder colors!)

2. Clean out your closet.

Make three piles: one for items that fit well and make you feel great, one for items that need tailoring, and one for items to donate or toss. Clearing out clutter helps you assess what you still need and makes room for a hot new wardrobe — and lets you appreciate what you already own.

3. Find a fashion mentor.

Share your mission with one of your stylish girlfriends. Ask her to dish her secrets: What designers does she love? Is she free to take you shopping? If you hit the mall solo, get advice from a chic store clerk about what silhouettes and colors might look good on you.

4. Experiment.

Give yourself permission to try a look that you may think "isn't you." Once you step out of your wardrobe safety zone, you'll see your fashion possibilities in a whole new way. And if the look doesn't feel quite right, ask yourself which parts *did* work. You may find a single new element to make your own.

5. Don't give up.

The best thing about a style change is that if you don't love it, you can leave it. New jacket looks a little too funky? Return it! Haircut a bit short? It'll grow back! As you develop your look, you'll see what clothes and makeup bring out the best version of you — and build confidence along the way.



www.abwa-career.org

AMERICAN BUSINESS
WOMEN'S ASSOCIATION
CAREER CHAPTER

Shawn Maisberger 215 SE 7th Street, Room 352
Topeka, Kansas 66603
Phone: 785-368-3896
E-mail: maisberger@topeka.org

Our Mission

To bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others to grow personally and professionally through leadership, education, networking support and national recognition.

Become a part of ABWA

A national network of women dedicated to helping each other reach new heights in their careers.

Contact **Terry Hobbs**, Membership Chair, for more information or regarding potential membership opportunities by phone at 271.9808 or at terry-hobbs@sbcglobal.net.

OFFICER & COMMITTEE CHAIRS CONTACT INFORMATION

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