

**CAREER INSIGHTS**

July 2009



**PRESIDENTS MESSAGE**

*Thank You*

As I write my last President's message for the 2008-9 year, I would like to say thank you for your support and hard work. It was a pleasure to serve you. The recent enthusiasm at the last two meetings has led me to believe that we are in for another great year. As a research committee we have already met and have a recommendation for our 2010 honoree. Most of the committee persons who served this year have agreed to serve again. We want to continue to strive to offer quality programs to make the meeting time worth your sacrifice of time and money. Each of us play a part in the success of this chapter. Its all a matter of having the right attitude. I would like to close by sharing a little story that was shared with me this week.

The preacher placed two identical jars on the table next to the pulpit. He quoted 1 Samuel 16:7 "The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart"

These jars came from the same factory, were made of the same materials, and can hold the same amount. But they are different, he explained. Then he upset one and it oozed out honey. He turned over the other, and vinegar spilled out. "When a jar is upset, whatever is in it comes out. Until the jars were upset, they looked alike. The difference was within, and could not be seen. When they were upset, their contents were revealed. Until we are upset we put on a good front. But when we are upset, we reveal our innermost thoughts and attitudes, for "out of the abundance of the heart his mouth speaks (Luke 6:45)

What if someone tipped you over today ?? What would flow out ?? Would you reveal the "honey" of grace and patience, or the "vinegar" of anger and sarcasm ?? "Above all, love each other deeply, because love covers over a multitude of sins" (1Peter 4:8) Have a terrific day knowing that the one who upsets you may be just looking for some honey.

**Debb**

**CHAPTER MEETING – JULY**

**Next Meeting: July 21 Summer Social 5:30 p.m.**

**Our member Nancy Weigand is hosting our Summer Social at her house 1825 SW Oakley**

*Food will be provided—bring your “drink” of choice and a guest. It should be a fun relaxing evening.*



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**CHAPTER MEETINGS:**

- July 7  
12 Noon  
Executive Board  
YWCA
- July 21  
Summer Social  
5:30 p.m.  
Nancy Weigand's House
- August 4  
12 Noon  
Executive Board  
YWCA

## MEMBER NEWS



- ⇒ **Hope everyone had a safe and happy 4th of July**
- ⇒ Career Chapters fiscal year is about up. We have inducted our new officers and we will begin our new fiscal year in August. Please make sure your dues are paid up. Questions, contact Sarah.
- ⇒ Our condolences to **Patti Kruggel** for her recent loss of her husband. Flowers were sent from the Chapter.
- ⇒ Welcome to our **new member Gayle Burns**. She was approved at the July Executive Board Meeting.
- ⇒ Name badges—the Executive Board approved new name badges for the Chapter. The badges were too many varieties of colors. The new ones will be simple and professional.
- ⇒ **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](mailto: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.

## Future Calendar Events

- ⇒ **YWCA women's night out 2009 take a night off, you deserve it!** Purchase your tickets now and receive discounted ticket rates! Entertainment by Kristin Kitko—your ticket includes wine and light appetizers. Call today at 233.1750 ext 236.

## CHAPTER MEMBER BIRTHDAYS AND ANNIVERSARIES

### Birthdays

Annette Engroff, July 7

Phyllis Kelly, July 12

Brenda Younger, July 17

Vicki Rogers, July 26

### Anniversaries

Betty Barker, July 1984



## 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	<a href="http://nancymassage.com/index.html">http://nancymassage.com/index.html</a>
Deborah Dawkins	<a href="http://www.homeinteriors.com/debbdawkins">www.homeinteriors.com/debbdawkins</a>
Deborah Dawkins	<a href="http://www.aboveallbooks.com">www.aboveallbooks.com</a>
Michelle Kaberline	<a href="http://www.marykay.com/mkaberline">www.marykay.com/mkaberline</a>
Cheryl Creviston	<a href="http://www.jayhawkfile.com">www.jayhawkfile.com</a>
Shawn Maisberger	<a href="http://www.crowntrophy.com">www.crowntrophy.com</a>



## Heat Exhaustion and Heatstroke: What You Need To Know

### What causes heat exhaustion and heatstroke?

Heat-related illnesses, such as heat exhaustion and heatstroke, occur when your body can't keep itself cool. As the air temperature rises, your body stays cool when your sweat evaporates. On hot, humid days, the evaporation of sweat is slowed by the increased moisture in the air. When sweating isn't enough to cool your body, your body temperature rises, and you may become ill.

### What is heat exhaustion?

Heat exhaustion happens when your body gets too hot. It can be caused by exercise or hot weather. You may feel weak, dizzy or worried. You also may have a headache or a fast heartbeat. You may get dehydrated and have very little urine.

### What should I do if I think I have heat exhaustion?

If you think you have heat exhaustion, get out of the heat quickly. Rest in a cool, shady place. Drink plenty of water or other fluids. Do NOT drink alcohol. Alcohol can make heat exhaustion worse. If you do not feel better within 30 minutes, you should contact your doctor. If heat exhaustion is not treated, it can progress to heatstroke.

### What is heatstroke?

#### Signs of heat-related illness

- √ Weakness
- √ Headache
- √ Dizziness
- √ Muscle weakness or cramps
- √ Nausea and vomiting
- √ Worried feeling
- √ Fast heartbeat
- √ Dehydration

Heatstroke can happen when your body gets too hot, or it can happen after heat exhaustion. Heatstroke is much more serious than heat exhaustion. Heatstroke can kill you. People with heatstroke may seem confused. They may have seizures or go into a coma. Most people with heatstroke also have a fever.

**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.

**WU Student Chapter ABWA**

***Students are on Summer Break—Enjoy!***

**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](mailto:ssaenz@drtague.com)

**MARGE HEENEY SCHOLARSHIPS**

Applicant Names		Approved Scholarship Awards*
Last Name	First Name	
Walter	Amanda	\$1,000
Barnes	Hayley	\$1,000
Gallagher	Tawnya	\$1,000
Kilts	Karlee	\$1,000
Thomsen	Kelsey	\$1,000
Koch	Brenna	\$1,000
Barnes	Jayne	\$800
Stone	Allison	\$800
Walter	Margaret	\$800
Eylar	Katherine	\$800
Flinn	Angelique	\$800
Walter	Bridget	\$400
Nioce	Adrienne	\$400
Cook	Lynn	\$400
Murphy	Kelsey	\$400
Rogers	Vickie	\$400
Flinn	Skylar	\$400
Kaspar	Jennifer	\$400
Brooks	Loretta	\$200

**\$13,000**

\* One half of the total amount awarded will be paid to each student each semester during the 09-10 academic year.

[www.abwa-career.org](http://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](mailto: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](mailto:terry-hobbs@sbcglobal.net).

## OFFICER & COMMITTEE CHAIRS CONTACT INFORMATION

### President

Deborah Dawkins  
[dd1605@aol.com](mailto:dd1605@aol.com)

### Vice President

Dee Dee Adams  
[deed2@sbcglobal.net](mailto:deed2@sbcglobal.net)

### Treasurer

Sarah Saenz  
[Sarahsaenz16@yahoo.com](mailto:Sarahsaenz16@yahoo.com)

### Recording Secretary

Michelle Kaberline  
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### Correspondence Secretary

Nancy Weigand  
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### Membership

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### Hospitality

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### Newsletter

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### Historian

### Education

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### Associates Luncheon

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### Website

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### Washburn Student Chapter

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### Ways & Means

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