

CAREER INSIGHTS

October 2008

PRESIDENTS MESSAGE



Greetings,

Everyone has stress, even my one year old granddaughter. She comes into my store every afternoon and heads straight for the TV area to grab her Veggie Tale DVD's. If we don't respond quickly enough to her daily routine, she will climb on her tippy toes and turn the tv on herself and proceed with pressing buttons that she thinks will activate her favorite pastime. If it doesn't work she will become frustrated and we will hear a high pitched MOM-MIE!!!!

Yes, if you have a pulse you have stress. The key is how you deal with it.

Two weeks ago I was privileged to have the opportunity to attend the ABWA National Conference. I had decided that the best way to utilize the chapter's funds was to attend the Saturday only option. This way I could attend the main session, the Top Ten Brunch and 3 sessions and the closing banquet and stay pretty much within the budget allotted. I thought I had book myself on a 7:30 a.m. flight out of KC on Friday morning. This way I would arrive in Cincinnati by noon, be able to check into the hotel and relax before the full day on Saturday. It wasn't until a few days before I was to leave that I discovered that my flight was actually a 7:30 p.m. flight getting me into Cincinnati at **midnight**. Needless to say I had stress. But I am thankful that I am learning that life is too short to stress over things I cannot change so I prepared myself for the trip.

The opening session was at 7:30a.m !!! (Mind you, I got to bed about 1:30 a.m.) But that lack of sleep proved to be

worthwhile when Mark Mayfield stepped onto the stage. Mark's comedic presentation was on **STRESS**

Mark says, "You do not want a life void of stress. Without stress you fail to develop **PROBLEM SOLVING** and **COPING SKILLS**. You want to **MANAGE STRESS**"

The first step in stress management is to differentiate between what is truly stressful versus what is merely inconvenient. Mark says his mother use to call it the six o'clock test: *Would it make the six o'clock news?* If you lose you keys its just inconvenient, if you lock your keys in the car with your baby in it, that's definitely six o'clock news material.

Our problem is that during stress we fail to do the things that will help keep our situation in perspective. Relax, exercise, communicate, **LAUGH**, and have a hobby; these are all things that create a distance from our problems and help keep them in perspective. Did you know that a child belly laughs and average of 200 times a day, but an adult only does so 15 times a day?

Take pleasure in the journey, and not just in reaching the destination.

Enjoying the journey with you,

Debb Dawkins

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CHAPTER MEETINGS:

- October 21
Business Associates
11:45 a.m.
Shawnee Country Club
- November 4
Executive Board
12 Noon
YWCA
- November 18
11:45 a.m.
YWCA

CHAPTER MEETING – OCTOBER



Next Meeting: October 21st 11:45 network 12 Noon

Business Associates Luncheon at Shawnee Country Club

This is always a special event and a time to shine for the Chapter invite a colleague, your boss or supervisor or potential member

Guest Speaker: Dr. Robert Weigand, Ph.D.

"MAKING SENSE OF RECENT EVENTS WITH THE ECONOMY AND FINANCIAL MARKETS"

RESERVATIONS ARE REQUIRED FOR THIS LUNCHEON. PLEASE CONTACT LINDA DEINES OR SUSAN KOCH BY OCTOBER 16.

The Scholarship Recipients and Past Honorees have been invited.

MEMBER NEWS

- ⇒ **President Debb Dawkins** attended the ABWA National Convention in Cincinnati. She met a lot of great women, had a great time and has brought back with her some great ideas to continue to lead our chapter and assist with program and membership. Debb will update the members on her trip soon.
- ⇒ **Ways and Means**—Next meeting Tuesday, October 14 at 12 Noon at the Topeka-Shawnee Public Library.
- ⇒ Members are invited to donate **CAN GOODS** to the Battered Women's Task Force. A collection of the CAN GOODS will be done at the November meeting.
- ⇒ **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.



Remember the Membership Drive

September 1—October 30 has been designated as the Fall Membership Drive for area chapters. Remember to invite potential members to our meetings. ABWA is a great opportunity to be involved in an organization that includes great women with unlimited potential. ABWA creates friendships, mentoring, and networking opportunities.

Contact Terry Hobbs for membership information.



CHAPTER MEMBER BIRTHDAYS AND ANNIVERSARIES

Birthdays

No October birthdays

Anniversaries

Stacy Deiter, 10/15/2006

Nancy Weigand, 10/15/2006

Mary Grossenkemper, 10/27/98

Anita Wolgast, 10/27/98

Linda McHenry, 10/13/1984

Joan Underwood, 10/31/81



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 returned from fall break to host a meeting on Wednesday, October 8, 2008 at Noon. The Program was

"Management Decisions"

Presented by Marilyn Koelliker LSCSW

Marilynn covered the decisions one must face in management including how to deal with conflict, managing teams, motivating people, and a variety of other issues that arise in the workplace.



MEMBERSHIP CHAPTER DUES

Don't forget to make your dues payment.

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
4506 SW Lakeside Dr
Topeka, Kansas 66610

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
sarahaenz16@yahoo.com

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

Future November Meeting—

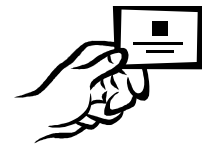
Tuesday, November 18 11:45 a.m. at the YWCA

The program for November will include an ABWA National Convention report from our President Debb Dawkins. Debb is excited to present and encourage members to share their own “tag lines” or identify our “uncommon offer” in our businesses. Be sure to bring extra business cards with you to the meeting—she has a great idea.

Things to consider and reflect on before the November meeting—

What is your brand?

What is your uncommon offer?



Take a look and Enjoy the site and please visit for updates.

www.abwa-career.org



TREASURER'S REPORT—OCTOBER

No report

Governor Kathleen Sebelius'

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2008 Scholarship Recipients

Amy Billinger
Loretta J. Brooks
Angela Y. Carlon
Jamie Coonce
Bethany Dix
Geraldine Elphick
Maryann Fakhradeen
Greta L. Fujibayashi
Meghann Greene
Shelly Hillyard
Jennifer S. Johnson
Karlee R. Kilts
Brenna M. Koch
Janette E. Lassiter-Smith

Janel W. Logan
Sadye J. Mages
Kelsey D. Murphy
Erin M. Picolet
Anna Reb
Vickie Rogers
Jenna Ronnebaum
Allison Stone
Kelsey A. Thomsen
Karin N. Tollefson
Amanda Walter
Bridget Walter
Chelsea Walter
Margaret Walter

THINGS TO KNOW

How to Lower Home Energy Bill

- ◆ Put another layer of insulation in the attic
- ◆ Warm yourself before heating the entire house
- ◆ Turn on the humidifier
- ◆ Install programmable thermostats
- ◆ Cover windows with heavy curtains or plastic
- ◆ Change the furnace filter often
- ◆ Seal the air duct work to prevent leaking
- ◆ Close off furnace vents in rooms that are rarely used



Trick—Or—Treating

HALLOWEEN TIPS

For younger children, make sure they are accompanied by an adult. For older children, set a route they are to take and a time they are to be home.

Don't cut through back alleys and fields and stay in well lit areas.

Stop only at familiar houses in your own neighborhood.

Don't eat any treats until they are examined by adults.

Never go into the home of a stranger or get into their car.

Make sure your child carries a flashlight, glow stick or has reflective tape on their costume to make them more visible to cars.

Explain to children the difference between tricks and vandalism.

Be careful when crossing streets and walk on sidewalks, not in the street.

Walk on the left side of the road, facing traffic if there are no sidewalks.

Walk, do not run, from house to house.

Do not cross yards and lawns where unseen objects or the uneven terrain can present tripping hazards

HOME

If you set jack-o-lanterns on your porch with candles in them, make sure that they are far enough out of the way so that kids' costumes won't accidentally be set on fire.

Kids always want to help with the pumpkin carving.

Small children shouldn't be allowed to use a sharp knife to cut the top or the face.

Remove items from the porch and front yard that children could trip over, such as garden hoses, toys, bikes and lawn decorations.

Sweep wet leaves from sidewalks and steps.

Restrain pets so they do not inadvertently jump on or bite trick-or-treaters.



EXECUTIVE BOARD MINUTES – OCTOBER

Minutes October 7, 2008

Present: Debb Dawkins, Dee Dee Adams, Linda Deines, Michelle Kaberline, Shawn Maisberger and Nancy Weigand.
Debb called the meeting to order.

Minutes: Michelle reviewed the September minutes. Nancy moved to approve; Shawn seconded. Motion carried.

Correspondence: No report.

Associates Lunch: Will be October 21 at the Shawnee Country Club. Everything is on track for a successful event.

Program: No report.

Hospitality: RSVPs coming in for the Associates Lunch.

Education: Scholarship recipients will be listed in the newsletter.

Newsletter: Have all items to Shawn by Monday, October 13.

Membership: No report.

Publicity: No report.

Ways & Means: The first meeting was held in September. The budget is being finalized. Things are moving forward with this committee.

Washburn Chapter: No report.

Website: Updates have not been made as of this date.

New Business: Debb thanked the Chapter for sending her to the national meeting. This was a great opportunity to connect with other leaders in our nation. One chapter is giving out a business card folder full of business cards for each member of the chapter when new members join. The executive committee agreed to move toward being more business friendly within our chapter. This will be expanded upon at the November chapter meeting for ways to promote businesses within our chapter. The scholarship fundraiser will continue to be the main activity for Career Chapter.

Treasurer Report: No report.

Meeting adjourned at 12:47 p.m.

SUCCESS

5 Building a Success Mindset Early

1. **Seek out a mentor.**
Choose someone you admire who has the attitude, character and life you desire.
2. **Hone Your Skills.**
Determine the most important skill necessary to be successful.
3. **Know Your Product.**
And master it. Know everything there is to know about your chosen product or marketplace.
4. **Discover Personal Development.**
Feed your mind and spirit with positive, abundant, limitless thinking, ideas and content.
5. **Associate with Success.**
Network, meet with and befriend other like-minded ambitious and success-orientated people.

From the November 2008 issue of SUCCESS

EMBRACE CRAZY

How to Fuel your Creative Genius

Jeannie McGlade and Andrew Pek, the authors of *Stimulated! Habits to Spark Your Creative Genius at Work*, offer the following tips for opening up and getting out of the grown-up mental ruts that kill creativity:

1. **Skake Things up.** Pick up a magazine that you would never read normally or drive to work a new way. Your brain needs to see and experience new things to stimulate fresh perspectives.
2. **Visit different spaces and place to find inspiration**—a park, a café, a library, a theater, a museum. Different environments help you to attract different “spark moments.”
3. **Take a nap or meditate every day.** Thomas Edison was famous for tackling his biggest challenges after a power snooze.
4. **Keep your “eyes wide open.”** The real voyage of creativity consists of not seeing new things but of gaining fresh perspectives.

From the November 2008 issue of SUCCESS



“They Said On Gratitude”

“**Be thankful** for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.”

- Oprah Winfrey

“**Reflect** upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some.”

- Charles Dickens

www.abwa-career.org

AMERICAN BUSINESS
WOMEN'S ASSOCIATION
CAREER CHAPTER

Shawn Maisberger
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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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