



American Business Women's Association Paradise Chapter #6491, Phoenix, Arizona

A SLICE OF PARADISE

The monthly resource for "What's going on in Paradise!"

XIII, Issue III – October 2009

The Mission of...

The American Business Women's Association is 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.

It's Our 12+1 Anniversary Event!

October 8th – 6-8:30pm

Speaker: Sherry Fritz, Juice Plus



Topic: "Do You Have the Guts to be Beautiful?"

Agenda

- ♥ Networking
 - ♥ Welcome & Introductions
 - ♥ Dinner
 - ♥ Speaker
 - ♥ Program
- Door prize drawing will be made from the 50/50 tickets.
- ♥ 50/50 Award (\$1 each or 7 for \$5)
 - ♥ Silent Auction Awards
 - ♥ Raffle Award
 - ♥ Close

Inside: From the President's Desk...Ellyn Ventura —2
 Meeting Minutes —2 Board Summary – National Officers –
 3 Paradise Express Network News —4 Cruises —5
 Treasurer's Report & Calendar—6
 Council and Clubs Info-News – 7
 Special Announcements – 8
 Professional Development/Code of Conduct – 9 & 10 optional

ABWA PARADISE CHAPTER OFFICERS 2009/2010

PRESIDENT ELLYN VENTURA
VICE PRESIDENT LIDA CUBILLOS
TREASURER WANDA T. VAUGHAN
SECRETARY ROSEMARY ROSENBERGER - 602-971-3849

COMMITTEES

Professional Development	Board/Julie Lucian
Community Projects	Marie Medawar
Newsletter	Rosemary Rosenberger
Program	Board
Membership	Board
Publicity	Wednesday Carsillo
Fund raising	ALL members
Historian	Wanda Vaughan

www.abwaparadisechapter.org

Paradise Chapter Monthly Meetings

BELFIORE Italian Ristorante 15842 North Cave Creek Road
 S/w Corner Greenway Pkwy
 SR51 to Greenway Rd., west to Cave Creek Rd
 2nd Thursday of each month
 6PM for networking and gathering.

- professional speaker or program
- dinner selections off special menu
- short business meeting

*Non-member fee - \$10.00

*Non-Member fee **waived** for Special Event Meetings:

Oct Anniversary meeting & June Business Associate Event

Community News

Continuing efforts for Charity *By Marie Medawar, Chair*

Don't forget your donations – WELCOME AT ANY MEETING

1. **Shoebox ministry** to the Whole Life Foundation (toiletries, make-up, stationery, pens, envelopes, stamps. etc)
2. Used **Eye-Glasses** and Hearing-aides for the Lion's distribution in countries world-wide.
3. Used ink cartridges and **cell phones**; i-pods, misc. computer equipment, etc.



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From The President's Desk

I can't believe that the summer is over and it's October already. I find that after vacationing I am so overwhelmed by all the things I have to catch up on both at home and at work that I am almost at a stand still. Mike Robbins one of the key note speakers that we heard at an ABWA function gives us some great advice in dealing with the many challenges that are affecting us today. I hope his advise is useful in dealing with all that life brings you.

Don't Waste a Good Crisis:

How do you react when dealing with a crisis? When I'm faced with a crisis myself, I often go into "survival mode" – doing anything and everything I can to get through it. In other cases, I may simply deny that the crisis exists, hoping that it will just go away on its own. While both of these approaches can and have "worked" in my life, in terms of making it through the various crises I've faced, they don't allow for the depth of growth, healing, and transformation that is ultimately available in these situations. Here are a few things you can practice when dealing with a crisis (and in general), which will allow you to maximize your growth, healing, and transformation.

1) Be real. Like with everything else in life, if we deny or lie about what's happening or how we really feel, we make it difficult, if not impossible, to grow. The more willing we are to acknowledge what's happening and how we feel about it in an honest, vulnerable, and passionate way – the more likely we are to move through it consciously and gain the life-altering lessons the situation has to offer.

2) Lean on others. For many of us, reaching out and asking for support (and then ultimately receiving it) can be quite challenging. We worry about being perceived as weak, being vulnerable with others, getting rejected, and more. However, when we're dealing with a crisis it's essential and incredibly liberating to lean on the people in our lives. We don't have to go through it all alone, and in many cases we can't. We each have way more love and support around us than we usually realize. Asking for and receiving the support of other people not only helps us get through the "tough" time, it also allows us to connect with the people in our life in a meaningful and intimate way – something most of us truly want.

3) Let go. Being able to let go and let things be as they are is

not easy for many of us, especially for me. Those of us who like to control things, have it all together, and take charge in life often find it difficult to simply let go. Crises, however, force us to let go – whether we want to or not. They also allow us to remember that everything in our physical world is temporary and transitory. When we can embrace the idea of letting go, it frees us up in a powerful way and allows us to move through things much easier.

It's really important for us to have lots of compassion for ourselves and others as we face the challenges and crises of our lives. It takes a certain amount of conscious naiveté to find the authentic silver linings to some of the dark clouds that show up in life. But, when we remember that in the midst of our pain and difficulty we can find a deep sense of joy, peace, and growth – we're able to utilize the crises in our lives as catalysts for remarkable transformation.



September 2009 Chapter Meeting Minutes

We met at Belfiore Italian Ristorante between 6 and 6:15 pm. Ellyn Ventura called the meeting to order, welcoming all and requested that the Invocation and Pledge be led by Wanda Vaughan. She then called for the self introduction of members. Dinner was served at 6:30pm.

We held a candle light Installation of Officers: Lida Cubillos and Wanda Vaughan, both 1st year officers.

The program speaker was Janet Miller, abalancedmind.com, professional speaker and **Optimum Brain Institute** expert, who has studied and now speaks on current topics of interest. President Ellyn Ventura introduced her as a professional who can bridge the stress levels of every working mother and balance life's ins and outs. Her topic was "Reducing Stress". Sound advise was offered to help keep our minds in focus and balance. A certificate of appreciation was awarded by President Ventura.

President Ventura awarded a medallion to Wednesday Carsillo from the Roundup and Woman of the Year contest for Arizona state. Wanda Vaughan took a picture for our History.

President Ventura introduced Lida Cubillos as our first Business (Vocational) speaker. A member will be chosen each month to talk about her business or vocation for 5-10 minutes. Lida gave an excellent presentation on her Sunrise Home Facility; a caring and loving home for the elderly.



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Paradise Chapter #6491, Phoenix, Arizona

A SLICE OF PARADISE

Minutes continued...

Business Meeting:

- President Ventura called for approval of the minutes and acceptance of the Treasurer's report to be filed for audit.
- Rosemary gave a report on our Enrollment event and fundraiser at Ceragem.
- ICC representatives were named, and Wednesday has to work, so Rosemary will cancel Wednesday's reservation.
- Rosemary sold raffle tickets on our bakeware.
- President Ventura then told about our 12+1 Anniversary Event next month.
- Our speaker will be Sherry Fritz of Juice Plus on " Do You Have the Guts to be Beautiful?"
- A vote was taken and approved that there would be no business meeting at the next meeting – Special program, silent auction and 50/50 event.
- She requested the donations of silent auction items.
- She then asked if there were any other reports or announcements. There were none.
- President Ventura then spoke about our new cruises –
 1. 15 day Hawaii from San Diego **January 31st** on Princess
 2. MSC Oldies, an East Caribbean dream. 7 nights aboard the MSC Poesia with fares from \$639 each for an inside cabin for two, not including airfare and insurance. **March 20th**
 3. Alaska 7 day in **June** on Celebrity
 4. Greek Isles **Sept. 6** 10days from Rome on Holland America.

50/50 drawing was won by Elynn Ventura and the door prize drawing went to Janet Maxwell. We closed with Benediction at 8:15 pm.

Respectfully Submitted, Rosemary Rosenberger, Secretary

October Board Summary

We met at Lida Cubillos' Sunrise Home Facility for lunch on Sept. 28th. Present were Lida Cubillos, Wanda Vaughan, and Rosemary Rosenberger. Elynn Ventura absent with cause.

- Secretary Rosenberger spoke on the current plans for our Anniversary Event ... Our program is confirmed for Oct and Nov.
- Lida, VP, discussed her acceptance as Vice-President of Finance in the Express Network. Wanda Vaughan is to be her mentor.
- Wanda, Treasurer, will confirm dues. We will have tickets for the 5 pcs bakeware raffle, as well as the 50/50 and door prize by Scentsy.
- Although enthusiastically accepted the end of August, the September Ceragem cancellations prevented the Spa Night on 9/18. Monies from Aug. were turned in.
- Rosemary still needs software for the website and will hopefully have it by the end of Sept.
- Current Fund raising is Scentsy for the first 2 weeks of Oct. Then we will have a Cookie Lee Jewelry party.
- Wanda will make arrangements for our Anniversary treat at the Event.

Secretary Rosemary Rosenberger read the audit report signed by the Audit Committee and found to be in order, as Treasurer Wanda Vaughan was absent. Minutes and Treasurer Reports were published in the newsletter, and with no questions, filed for audit. Wanda's copy of the Proposed Budget was also in the packet and after a short review was voted as accepted. It was noted that local dues is due August 1st and members have 45 days to make a payment and stay on the active Paradise Chapter roster. Most members have already paid. Correspondence on the SWVEN Business Expo was discussed.

Raffle

\$1.00 a ticket for a Banquet 5 piece bakeware set with metal stands. 3 qt oval dish with stand and a round 2 qt dish with cover and stand, at the August meeting. It will run through the Sept meeting and the **winner announced** at the October (Anniversary) meeting.

This stunning ceramic baking set is versatile in many ways. It is oven, microwave and dishwasher safe. It has been carefully designed to fit comfortably, in its sturdy but elegant iron stand. It is made of elegant white stoneware with a soft powdered coated finish for optimum cooking performance. Especially great in preparing meats and desserts, this wonderful set will not only achieve amazing cooking results, but will also impress you as it adorns your table in such a beautiful way during servings.

Fame Awaits! **Congratulations to** **these District VI** **leaders...**

Rosemary Rosenberger
 4 members
 Phoenix, AZ
 Paradise

Wanda Vaughan
 1 member
 Phoenix, AZ
 Paradise

Alisa Rogoff 2 members Cave Creek, AZ
 NF Paradise Valley Express Network



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A SLICE OF PARADISE

Paradise Express Network #8662 Enrollment Time

Margaret Ann Kurtz – Co-Chair

August through installation (2009)...

Alisa Rogoff – President-Elect

– Vice President of Communications

– Vice-President of Finance

Sheila Bowman – Vice-President of Programming

Dawn Gima – Vice President of Marketing

- Vice-President of Membership



Elaine Birks-Mitchell, CEO of Bosom Buddy Bra Recycling

Web: www.brarecycling.com

Topic: Bosom Buddy Bra Recycling: An 'Uplifting' Business"

Elaine Birks-Mitchell, CEO of Bosom Buddy Bra invites you to join the green revolution by recycling your new and unused bras. We recycle everything from paper cups and soda cans. Why not recycle your old bras and give a "lift" to women in need at the same time?

Bosom Buddy Bra Recycling is the brainchild business partners Elaine Birks-Mitchell and Johnny Mitchell, Jr. The concept is simple, "Used bras = simple Encouragements to Develop, Blossom and Renew positive Attitudes and Self-Esteem." Happiness is properly fitted undergarments.

October 20th at Mc Grath's Fish House –
11:30 until 1 PM Scottsdale 101 –
7000 E Mayo Blvd – SE corner (1st driveway)

PEN meets the 3rd Tuesday of each month. Attendance is **\$25** for ABWA members and **\$35** for non-members. Registrations may be made by voice mail & paid for at the door or in advance.

(\$5 less if mailed in)

Members may bring a guest at the member price...

Wanda T. Vaughan, PEN Co-Chair (Finance)
3843 E Friess Dr (602) 992-7894
Phoenix, AZ 85032

Registration by voice mail acceptable.

Reservation Count will be turned in on **Monday before mtg,**

Menu - Choice of:

1. Asian Chicken Salad
2. Bay Shrimp or Chicken Fettuccine
3. Salmon Burger/w fries or salad
4. All American Hamburger plate
5. Pear/Walnut Salad
6. Fish House Favorite Shrimp Salad & chowder

(lunch may be boxed, if you choose not to eat at the meeting)

All are encouraged to arrive at 11:15 a.m. for check-in and networking. Lunch begins at 11:30

Nationally recognized, the American Business Women's Association is expanding to the Desert Ridge and upper Scottsdale area immediately with the addition of the Paradise Network. Leaders within the Paradise Traditional PrimeTime chapter are working to recruit a diverse group of women from all professional areas and levels to participate in monthly meetings which will include networking, lunch, and a professional development speaker.

Monthly Meeting Reservations

Reservation count and meal messages left on VOICE MAIL will be accounted for, but not after noon on day before the meeting. Please do not ask for callbacks. The price is \$25 at the door. If you mail your check with the meal selection as a reservation, cost is \$20. Cancellations for a refund may be made up to 3 days before the meeting only.

If you have special dietary needs, place your request at the time reservations are made.

Board Meeting will follow the luncheon at 1 PM @



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A SLICE OF PARADISE



Upcoming Events.....

Hawaii aboard the Princess –

15 days Hawaii from San Diego **January 31st**

From \$2162 / 15 days (April)

A Danube River cruise is the best way to experience the storied landscapes, cultural heritage and centuries-old architecture of the Old World. On a Danube River cruise, you'll discover Europe's vineyard-lined valleys and beautifully preserved medieval towns in countries such as Germany, Austria, Hungary, Serbia and Romania.

Alaska 7 day in **June** on Celebrity with the Ventura Family!

Give me a call if you are interested in the Glacier Bay, Alaska trip about May 2010!

Greek Isles **Sept. 6** 10 days from Rome on Holland America.

December is still undecided...

Your own cruise to anywhere booked with Ellyn counts toward our Chapter too, or ask about your group.

Mc Grath's. All are welcome!

7 Night Mexican Riviera Cruise



Royal Caribbean International Mariner Of The Seas

7 Night Mexico

Departing from Los Angeles, California

Ports of Call: Los Angeles, California | Cabo San Lucas, Mexico | Mazatlan, Mexico | Puerto Vallarta, Mexico



To cover the "Great Girls Get-Away missed due to Swine Flu May 2009. Use your \$250 certificate before May of 2010!

~

Golden Oldies, Easter Caribbean Dream on **MSC POESIA** on March 20, 2010. Rock around the clock to the Oldies! 7 nights / from \$639 per person dbl occ. Does not include airfare or insurance.

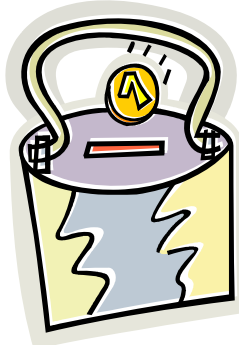
~

Ellyn Ventura, CRUISEONE
2323 E Sunnyside Drive
Phoenix, AS 85028
Phone: 602-595-9303
eventura@cruiseone.com



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A SLICE OF PARADISE



Treasury Report by Wanda T. Vaughan~

OPENING BALANCE: \$1104.38

INCOME: Dues 150.00
 Aug & Sept dinners 280.00
 50/50 Aug/Sept 24.00
 Non-member 20.00

TOTAL RECEIPTS: 474.00

DISBURSEMENTS:
 #571 Belfiori Aug. 140.99
 #572 Belfiori Sept. 122.41
 #573 Printing 64.98

TOTAL DISBURSEMENTS \$328.38
9/30/2009 BALANCE: \$1,250.00

Housekeeping...

Please **sign-in the guest book** upon entering our meeting. Members and non-members

Name badges or ABWA merchandise may be purchased through our Treasurer, Wednesday Carsillo. This way the one postage and handling charge is paid by the chapter, as a member consideration.

Publicity Notices need to be in 3 months in advance for optimal coverage.

PARADISE CHAPTER 2009-10 PROGRAM CALENDAR

<p>AUGUST 2009 REG MTG 8/13</p> <p>New Officer installation</p> <p>"Feng Shui – Money Magnet" Speaker: Sandy Sue</p> <p>Survey Summary Vote: Budget Review: Business Plan Calendar Fund-raising Ideas</p>	<p>SEPT 2009 REG MTG 9/10</p> <p>Speaker: Janet Miller Topic: Reducing Stress</p> <p>9/12 InterClub Council* (ICC)</p> <p>9/22 ABW Day National Convention: 9/24-26 Kansas City, MO Enrollment event 'No' vote Oct</p>	<p>OCT 2009 Special MTG 10/8</p> <p>13th Year Anniversary Special Event</p> <p>Speaker: Sherry Fritz Juice Plus Topic: "Do You Have the Guts to be Beautiful?"</p> <p>AZ Regional Council (ARC) 10/10</p>	<p>NOV 2009 REG MTG 11/12</p> <p>Speaker: Helen Goldman, MBA "Promoting a Small Business on a Small Budget" 9/1 – 11/30 Enrollment Close 11/14 ICC Mtg Apt WOY Committee</p>
<p>DECEMBER 2009 Date TBD</p> <p>Social Program: Pot Luck @ Member's home</p>	<p>JANUARY 2010 REG MTG 1/14 Speaker: Rozanne Hird Topic: Social Media</p> <p>ICC & ARC President's Day 1/9</p> <p>Elect Chapter Woman of Year</p>	<p>FEBRUARY 2010 REG MTG 2/11 Speaker: Karen Levine Topic: "Business Improvement Through Dynamic Speaking" ARC Showcase</p>	<p>MARCH 2010 REG MTG 3/11 Speaker: Mattie Cummins Brain Injury Awareness</p> <p>3/13 ICC Mtg Enrollment Event 3/1 – 5/31</p>
<p>APRIL 2010 REG MTG 4/8 Speaker: Jenny Fisher Topic: Deliver Superior Service in Adverse Conditions 4/10 ARC Mtg. Enrollment Event</p>	<p>MAY 2010 REG MTG 5/13 Speaker: Ann Volk, LMT, MBA Topic: Massage ~Competing Through Service Election of Officers 5/15 ICC Fellowship Day 'No' vote June</p>	<p>JUNE 2010 REG MTG 6/10 Speaker: Topic: Reading Your Market Business Assoc. Event! Leadership Retreat-ARC Last day SBMEF & fee contributions</p>	<p>JULY 2010 REG MTG 7/8</p> <p>President (Speaker) close term of office ARC meeting</p> <p>last day award submission</p>

Fail safe: Speaker Eilyn Ventura Topic: Getting closer to your next cruise vacation.

Committee Chairs: Please email your reports/articles/newsletter information to Rosemary Rosenberger **by the 25th of the month!**



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A SLICE OF PARADISE

Clubs and Council Information/News

ICC - Inter-Club Council- Promoting Civic Betterment Through Combined Action

Organized April 29, 1950. Charter Member Clubs: Altrusa Club of Phoenix, American Association of University Women, Business and Professional Women's Clubs of Phoenix, League of Business and Professional Women, Pilot Club of Phoenix, Soroptimist Club of Phoenix, and Zonta Club of Phoenix. Additional members are the American Business Women's Association & Bosom Buddies.

Inter-Club Council meeting & luncheon

Meeting 2nd Saturday –Dinner @ Noon (11:30 am)

Marie Calendar's – 2420 W Northern Av / I-17 \$20.00

Reservations Mary Baeten 602-943-5453

Project Table Reservation (11 AM set-up) Darleon Bomkamp

Editor: Ann Santos at ASNDRLN@AOL.COM

President	Donna Gillespie
President Elect	Evelyn Guenter
Vice President –	Barbara Cole
Corresponding Secretary –	Ann Santos
Recording Secretary –	Marleen Stewart
Treasurer –	Belva Stites

NEXT MEETING will be Nov 14th. Regular Meetings are at noon, Sept, Nov, Jan, Mar & May.

Chapter Delegates are Rosemary Rosenberger & Eilyn Ventura.

ARC – Arizona Regional Council

Chair: Lori Grobi

Vice Chair: Barbara Sparrgrove

Treasurer: Ruth Breen

Secretary: Sue Flaig

ARC Council Goals

The goals of the councils are to enhance and support the mission of the Association and its chapters and Express Networks; to support and improve the earning power of all members; advance working women by providing them with opportunities for professional development and facilitating the exchange of ideas and information among the chapters and Express Networks in their areas and provide enrichment opportunities for area members.

Councils serve as a conduit for information between local chapters and Express Networks and venues for face-to-face connections between members of those Chapters/Express Networks. Meetings are in Oct, Jan, Apr, Jul.

Next meeting – October 10, 2009 Rock Bottom Desert Ridge MarketPlace @11:30 Chapter delegates are Wednesday Carsillo & Lida Cubillos Express Network: Alisa Rogoff & Margaret Kurtz.

INTER-CLUB COUNCIL OF ARIZONA

Eilyn, Lida and I arrived at the ICC meeting about 11:40 am, and they did not have a table set up for our chapter projects. By the time we prepared the table, the meeting was starting and I never even had time to buy a 50/50 ticket.

The meeting was good – speaker (Detective James Ownes-Identity Theft was excellent, and the food – well, it's Marie Calendar's, so, great/with a slice of pie and all. We were introduced to each member of the committees, as well as the Board members, and informed of the year's activities.

Each member club announced their future fundraising projects and the meeting was closed.

We stayed in case there was any activity at our table, but all that was said is "next time".

We experienced a nice ICC Luncheon meeting.

R. Rosenberger, Paradise Chapter Representative.

One of ICC's purposes is to support each other's events.

Altrusa International is holding its Fall Yard Sale on Saturday, October 24th from 6 am to Noon. 3623 W. Hayward Avenue (35th & Northern area). Gently used clothing, small electric appliances, furniture, bedding and linens, books, toys, electronics, dishes, etc. Funds raised will help support Altrusa's literacy projects. To donate items, contact Georgina Waller, 480-993-3529.

ABWA Tempe Charter Chapter is sponsoring a Bunco Bash on **October 16th** from 6 to 9 pm at the Mesa Women's Club, 2nd Street and McDonald. \$10 admission includes "dump chili" meal. Reserve tickets now from Pat Dearing (480-671-7207) or Donna Gillespie (480-792-0564).

Zonta Club of Phoenix is having a Spaghetti luncheon and Bunco Party Saturday **Nov. 21st** @ First United Methodist Church, 5510 N Central Ave. 11 AM \$15 Ann Stiles-astiles@cox.net or 623-937-6243, Mary Chandler 602-870-0858, or Betty Hemphill 623-242-6265.

All meetings are open to all ABWA members. Our Delegates report back to the group. So that all members may be aware of each groups' presence and achievement in the overall program of action in the Phoenix community.



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A SLICE OF PARADISE

Remember our members when shopping for a gift this year ...

Holiday Buys –



Sheila Bowman ~Cookie Lee Jewelry
sbowman17@cox.net
www.cookielee.biz/sheilabowman
as well as
[Arbonne International](#)



Rosemary Rosenberger
Paradise Chpt. Rep
Earwraps Ectetera
www.earwrapsect.com Buy 5 get
one pair free offer online!



Julie Lucian
www.energyparenting.com/julielucian
jlucian@cox.net as well as
www.scrapthis.myctmh.com

And don't forget Sandra Walchuck – Scentsy
View her book online at www.scentsy.com/scentssan
and contact her at san_az@msn.com "Rosemary's party
ABWA Paradise". Now through Oct. 10th.



DAYBREAK DESIGNS LLC
Dawn Gima, member
Arts-greeting Cards - Gifts Phone 480-650-6398. Dawn has expanded to Jockey, and Incidentals (The Great Gift-Purse hook)

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 business knowledge and skills, and by encouraging the professional development of other members.



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A SLICE OF PARADISE

Professional Development –

Express Network membership, our enhanced membership option, is \$115 annually (\$100 Express Network Membership Dues + \$15 WIN Technology Fee) per member and includes **all the features of basic membership**:

Recognition as a National Member of the American Business Women's Association

Identification as a supporter of the professional development for women
Eligibility to join a local chapter and gain professional development and networking opportunities on a local level

National recognition opportunities through Top Ten Business Women of ABWA, Woman of the Year, and more

Participation in ABWA's Continuing Education Program through training online and at district and national conferences

Educational opportunities through ABWA-University of Kansas MBA Essentials and Management Certificate Series

Subscription to our award winning bimonthly magazine, *Women in Business*®

Discounted pricing for merchandise at our online store

Discounted registration fees at ABWA's District and National Conferences

Discounts from our corporate sponsors

NEW! Access to a first in association benefits: the Women's Instructional Network (WIN)*

PLUS:

Quarterly SkillBuilders tools from ABWA National

Monthly e-newsletters geared specifically toward our Express Network members

NEW! Increased access to the Women's Instructional Network (WIN)*

Women's Instructional Network (WIN)

ABWA is proud to announce the Women's Instructional Network (WIN)™! An interactive online community designed especially for the American Business Women's Association, WIN delivers professional development courses, ABWA tools and resources, as well as a specialized networking tool to keep individual members and local chapters and Networks up to date on the hottest Association news. ABWA members' \$15 WIN Technology Fee as part of their annual dues provides exclusive access to the network, connecting them 24/7 to dynamic, market relevant professional development opportunities, local leagues and the national association.

The Women's Instructional Network lets you:

1. Network online with likeminded professionals in a safe environment
 2. Stay current with your local chapter or Network and national news
 3. Grow relationships and enhance your professional edge to build your business, connect with new clients, or even discover your next career opportunity
 4. Choose from a broad array of courses including Managing Team Performance, Communications Skills, Resolving Conflict, and many more
 5. Learn from the same tools used by Fortune 200 companies
 6. Connect with a WIN professional mentor
- And much, much more!

ABWA members pay a \$15 WIN Technology Fee as part of their annual membership dues which provides members access to all the communication, mentoring and training tools available exclusively through the WIN network! Additional courses are available for purchase by members only. As a special introduction, ABWA basic members will receive five FREE Team Tools training modules and Express Network members will receive ten.

Local Express Network Membership Features:

- An instant network of professionals in your area;
- The opportunity to run for a leadership position within your network and/or the national organization;
- The chance for your network to receive recognition on a national scale by achieving ABWA's standards for Best Practices.
- Local Express Networks consists of Express Network members and are devoted to conducting streamlined meetings, focusing on networking and professional development, and getting members "in and out" within 90 minutes.
- The Express Network Officers are empowered with the management of these groups and brief updates are provided at monthly meetings.
- The focus of Express Networks is on providing a dynamic experience for the busy woman.
- Networking is also a strong component to Express Network meetings, giving women great opportunities to socialize and promote their business acumen for their targeted career goals.
- **Most meetings are held over lunch to help attendees maximize their time and avoid time away from work and/or home.**

Local Chapter Network Membership Features: Also known as Traditional, are very much the same, but with the old 'not rushed' feeling.

ABWA chapters are made up of basic members and they typically **meet in the evenings** (although they can meet at any time).

These leagues provide networking, professional development speakers, and business meetings where committee chairs and officers manage the operations.

Come join the American Business Women's Association!

We are the Best – Chapter or Express Network!