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The Creek Line

Nokomis News



Are you comfortable public speaking?

In August our Nokomis chapter invited Andy Rapp, Associate Professor of Language Arts from Northwood University Forensic Speech Team to speak. Professor Rapp had interesting insight not only how we speak in public, but how people listen and understand

our speech. Thank you, Jill, for providing a great speaker.

The art of communicating can be developed by anyone through practice and delivery. Dale Carnegie describes delivering the talk by first crashing through your shell of self-consciousness.

Continued on page 4

22 Days of Winning in a Single Raffle Ticket

Novi Oaks Raffle tickets are for sale! Good for the month of January, these tickets use the Michigan Daily 3 drawing.

Matching 3 numbers wins \$100, one number off wins \$20 and anyone can win multiple times.

This program is administered by the Novi Oaks Chapter who will send the money directly to the

winner. Nokomis members are selling these raffle/lottery tickets for \$20 through December. This is a huge fundraising opportunity for Nokomis chapter to make \$10 for each ticket sold. Consider selling tickets early before Christmas shopping begins and later as last minute stocking stuffers.

Message from Executive Board

Hello fellow members!

Welcome to another exciting Nokomis Charter Chapter season.

First and foremost, remember throughout this 2008-2009 chapter year that we're here for you! Please don't ever hesitate to contact me with questions, comments, or just to say, "Hi".

This also holds true for the other members of your executive committee; Bev Garchow, Vice President, Kim Walden, Secretary, and Nancy Townsend, Treasurer.

We're going to have fun as we focus on personal and

professional growth. This allows us to keep in line with both our National ABWA mission statement and National Annual Theme, which is "Promise to Deliver". We'll also be utilizing the results of the surveys you've completed as we strive to give everyone opportunities to be heard and to get the most from their membership.

Thank you in advance for your support and participation in '08-'09. Together, let's make this year a great success, for our chapter and for each of us!

Local Professional Development

- "Business Plan Basics" Grace A Dow Library Sep 11 6pm - 8.30pm, Oct 2 6pm - 8.30pm, Nov 13 6pm - 8.30pm www.gvsu.edu/misbt/dc/region5
- Computer Labs and classes for Beginners, Microsoft Word, and Excel at Midland Community Center. Classes will be scheduled on need. Call Paula at 832-7937 ext. 2270
- ETC www.etc-1.com Access, Adobe Acrobat, Excel, Outlook, PowerPoint, Publisher, Effective Business Presentations throughout the fall. Prepare and Deliver Effective Presentations September 30

Use these Scrip Cards as "Back to School" purchases.

Claire's 9%

Elder-Beerman 8%

Foot Locker 9%

Finish Line 10%

JC Penney 5%

Kohl's 4%

Marshalls 7%

Old Navy 9%

Sears 4%

Tip Starbucks in Midland Mall is actually part of Barnes & Noble Buy B&N Cards for Books and Coffee

Nokomis Chapter Calendar

September

Wednesday, 10th Nokomis Business Meeting and Program by Gene Pickleman, 1,000 Leaders

Saturday, 13th Midland Fall Day of Caring

Wednesday, 17th Chamber Business After Hours at SpringHill Suites 5:00-7:00pm.

Monday, 22nd ABWA Day—Membership Drive at AB Dow Creativity Center

Monday, 22nd September Newsletter Deadline

October

Wednesday, 1st Nokomis Board Meeting 5:45pm Grace A. Dow Library

2nd—4th ABWA National Leadership Conference in Covington KY

Friday, 3rd Wake Up Midland at Valley Plaza Resort 7:40-9:00am, \$5

Wednesday, 8th Nokomis Business Meeting and Personality Profiles Program

Saturday, 11th EMC Meeting East Lansing

Wednesday, 15th Chamber Business After Hours at Modern Metalcraft 5:00-7:00pm.

Monday, 27th October Newsletter Deadline

November

Wednesday, 5th Nokomis Board Meeting 5:450 Grace A. Dow Library

Friday, 7th Wake Up Midland at Valley Plaza Resort 7:40-9:00am, \$5

Wednesday, 12th Nokomis Business Meeting and Goal Setting Program

Thursday, 13th Self Marketing Power at Valley Plaza Resort \$59, AM session 8:30-10:30 and PM session 1:00-3:30

Wednesday, 19th Chamber Business After Hours

Thursday, 27th Thanksgiving

How We Can Self-Promote

“Self Marketing Power—Branding Yourself as a Business of One”

In a competitive global economy you need to stand out. Whether you’re hoping for a promotion, trying to land a major client or striving to make a difference in your community, one thing is for sure: The world has no room for shrink-

ing violets. Attend one of two identical workshops with Jeff Beals, author of Self Marketing Power, to learn the techniques necessary to achieve more. Every attendee also receives a copy of his book. Offered November 13th at Valley Plaza Resort by the Midland Chamber of Commerce.

www.abwa.org

for all National Events

www.abwa-emc.org

for all Eastern Michigan Council Events

www.macc.org

for all Midland Area Chamber of Commerce Events

**October 11th EMC at
East Lansing**

**“Best Practices—Having
All the Pieces for an
Award Winning Chapter”**

RSVP by Sept 30th

www.abwa-emc.org

Come on Board with Eastern Michigan Council!

We were on board at the Midland Holiday Inn, August 9th. Breakfast of sweet bread, waffles, eggs, potatoes, biscuits with sausage gravy, and cherry filled crepes. Come on Board! Sailing through your new role in the chapter was a program discussion for six chapter positions. Each group was asked to share three things they learned or are going to implement in their chapters. Theresa Burby went to the break out session with the Presidents. They reported the President’s Resource Kit is a newly distributed flash drive, provide this kit to the executive board and any member who wants it and award levels for Best Practices. Nancy Townsend broke out with

the Treasurers. They were given an information folder by the facilitator, discussed the availability of liability insurance for large events and use of e-postcards for tax reporting. Maria Weiss broke out for the Newsletter. They realize the impact of color and white space, diversifying the content for our member’s interests and to include the members in contributions for articles. Dawn Ballard broke out for Professional Development/ Education. They reported 50% of the budget should go back to member’s education, ABWA has a list of books for CEU’s and ask speakers to talk about how they have gotten to

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Think About This

**Do you judge others by
higher or lower
standards than you
use to judge yourself?**

Public Speaking . . . Continued from page 1

Secondly, don’t try to imitate others—be yourself. Thirdly, converse with your audience; the audience must feel that there is a message being delivered straight from the mind and heart. Fourth, put your heart into your speaking with sincerity and enthusiasm. Fifth, practice making your voice strong and flexible. These will be confi-

dence booster as you deliver the material you have prepared. Use every opportunity to practice. There is a local chapter of the Toastmaster’s Club. Find more information at www.toastmaster.org. Also check out classes by ETC at www.etc-1.com.

7 Steps to a Fearless Life

As published in Ladies Home Journal
September 2008

Decide What You Really Care About –

What does your life look like in a perfect world? Don't give excuses for why your life doesn't look like that. Just paint in broad strokes in your mind, and pull together those elements that best represent your ideal life.

Examine Where You Are Now – How far off course are you? If, after comparing the list of what you truly desire to what your life looks like right now, you feel like you have bailed on yourself, the next step is to do an audit and see how wide the gap is from where you are to where you want to be.

Make A Life Decision – This is more than a casual commitment – it's your psychological and behavioral bed-rock. It is more than a passing fancy or casual commitment. It is a decision that has been made from the heart with a powerful emotional commitment. If you are short of cash on your way to the movies, you don't debate, "Gee, do I stop by an ATM or do I rob this 7-11?" Some things are not options: you've made a life decision that you will not steal. If you have been living a fear-dominated life, you must make a life decision to leave what is unreal yet familiar.

Acknowledge Your Fears – Examine your behaviors and attitudes, then go

deeper to find the fears that drive them. Once you have identified your "fear demons," it will be easier to spot them in your decision-making.

Challenge Irrational Fears – Have you accepted irrational fears as your personal truth? Fears that you're worthless, or if you share your problems or ask things of others you'll lose your relationships? These thoughts impact every choice you make – and they won't budge unless you challenge them.

Make It Happen – The difference between dreams and goals is a time line and an action plan. If you have dreamed of leaving Michigan winters behind and heading south to set up a cozy little bed-and-breakfast, what are you doing to make it happen? Are you online in your spare time, learning about the best areas for a B&B, identifying a good real-estate agent and maybe checking out some grants you might qualify for? Are you reworking your financial situation to free up some cash?

Get Help – There are a lot of resources out there to help you, starting with informal options like a trusted friend or partner who can help you identify your fears and helping you stay on top of your resolutions. Or you can go to the next level with counseling, psychotherapy approaches or pastoral counseling.

EMC Chapter Event

**Sunday September
14th, 2008**

**Annual Chicken Dinner
by Te-Wan-A-Go-Ing
Chapter ABWA**

At the Masonic Temple,
753 S. Saginaw Street Flint,
11:30am until 2:30pm

Adults \$9.00, Under
10 years \$6.00

EMC Chapter Event

**Saturday, October 18,
2008**

**Autumn Brunch with
Auction by Novi Oaks
Charter Chapter ABWA**

At the Double Tree Hotel
Novi, 10:00am

\$25 per person or
\$20 by October 4th

Information available
at www.ABWA-Nov.org

ABWA Day September 22nd

Proclamation 5103 by Ronald Reagan
Delivered on 22 September 1983
By the President of the United States of
America A Proclamation

The activities of American businesswomen have experienced a dramatic transition and expansion in recent years. More and more women are participating in every aspect of business-as owners, executives, professionals, support staff and production workers.

Women play an increasingly important role in the Nation's economy and in determining and implementing the direction of both the private and public sectors of our Nation. Women entrepreneurs currently are the fastest growing segment of the small business community, owning twenty-two percent of all sole proprietorships and realizing gross receipts of over \$40 billion. Women own businesses as diverse as coal mining, construction, manufacturing, and wholesale and retail trade.

With more options and choices available to them, women are realizing their potential as a vital

force in the American economy. In recognition that businesswomen are increasingly influencing the growth of our economy and the direction of our Nation, the Congress, by Senate Joint Resolution 18 (Public Law 98-55), has designated September 22, 1983, as "American Business Women's Day" and has authorized and requested the President to issue a proclamation in observance of that day. Now, Therefore, I, Ronald Reagan, President of the United States of America, do hereby proclaim September 22, 1983, as American Business Women's Day. I call upon every American to join me in observing this day with appropriate ceremonies and activities.

In Witness Whereof I have hereunto set my hand this 22nd day of September, in the year of our Lord nineteen hundred and eighty-three, and of the Independence of the United States of America the two hundred and eighth.

RONALD REAGAN

*Since 1983,
September 22nd has
been proclaimed
American Business
Women's Association
Day*

*Social and
Membership Drive on
ABWA Day
September 22nd
AB Dow Creativity
Center
Watch for Details*

Attention All Volunteers!

Mornings have turned cool . . .
 Leaves have started dropping . . .
 It's hard to believe school has started. United Way is looking for volunteers to participate in this worthwhile community effort on September 13th, 8am to noon. Day of caring was first held in 1992 and involved one project and a handful of volunteers. The following year, Day of Caring took off with about 50 projects and more than 400 volunteers. This neighbor helping neighbor pro-

gram benefits low-income seniors and those in our community who cannot do the work themselves because of health issues or disabilities. Typical work includes painting, cleaning, yard work, or light building projects. Your team can choose how they would like to show they care. Recruit a group from your workplace, neighborhood, family or friends and register at www.unitedwaymidland.org.

Online Professional Development

Pat Pearson "8 Steps that take you from Self-Saboteur to Sales Star". Also "Stop Self Sabotage" and "People Smart" CDs.
www.PatPearson.com

- Find out your "Deserved Level"
- Determine your business or personal goals for this year.
- Ask yourself, "What am I doing to sabotage my goals?"
- Explore what fear(s) might be causing the sabotage behav-

ior.

- Change your self-talk.
- Practice self-release
- Focus on self-nurturing
- Get support

Leadership IQ

www.leadershipiq.com "Speak the Truth Without Making People Angry" among many others

August Birthdays!

8th Stacy Carr

22nd Lori Lillie

August Anniversaries!

Theresa Burby 2006

Tracy Taylor 2006

Nancy Townsend 2005

Kristy Woods 2005

September Birthdays!

2nd Stefanie Congdon

20th Kim Walden

26th Nancy Townsend

American Business Women's Association

Nokomis Charter Chapter #5027

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Mission Statement

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.

The Nokomis Chapter of ABWA was chartered March 1963. In addition to providing professional development opportunities for our members, we organize fundraisers to provide educational scholarships and grants for local women.

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's National, Chapter, and Express Network By-laws.
 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.
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EMC August Meeting Continued from Page 4

where they are today. Publicity covered the importance of developing a chapter website and brochure, find the local media contact and meet them and obtain speakers and programs ahead of time. Membership/Program covered the impor-

tance of following up with guests to get more members, design programs for the members you want to attract and use a local cable interview to get the ABWA name out there.

Notes from National

ABWA National - Deadline for early registration for National Women's Leadership Conference has been extended to September 10th, 2008.

Membership Campaign—
Recruit five new members in

the 2008 ABWA Fall Membership Campaign from Sept 1 through Nov 30 and receive all you need for some well-deserved nights at home: a two-month subscription to Netflix and popcorn to enjoy while you catch up on the latest new releases.