



**Nokomis Charter Chapter
#5027 Midland, Michigan**

www.abwa-midland-mi.org

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December 2008

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The Creek Line

Nokomis News



January Business Meeting and Women's Health

Wednesday, January 14th, 2009

Holiday Inn (Wackerly Road, Midland)

6:00 pm Networking, 6:30 pm Dinner, 7:00 Presenting Speaker followed by Business Meeting

**Presenters: Stacy Carr, AFPA Personal Trainer
& Wendy Brand, H.M., C.S. Health Coach**

This informative talk instructs us how to live a more healthy life as we grow older. The topic will detail nutrition, diet, and exercise, and how we as women can best achieve our goal for a better healthier life. Discussion into weight management, heaving healthy skin, managing depression, improving your physical movement so we can achieve our goal for looking younger and vibrant.

Cost: \$16

RSVP by Friday January 9, 2009 to Bev Garchow or online at www.abwa-midland-mi.org.

Merry Christmas
Happy New Year

December Holiday Social



We had a lovely buffet with our significant others. A great time of getting to know each other and catch up.

Fundraising Scrip

The January Meeting would be the perfect time to order for your Valentine!

Auto Zone 7%

Honey Baked Ham 12%

Omaha Steaks 9%

Ticketmaster 4%

Tobacco Outlet Plus 4%

Bass Pro Shops 9%

Cabela's 11%

Dick's Sporting 5%

Dunham;s Sports 8%

Gander Mountain 8%

MC Sports 8%



Bev Garchow



Dawn Ballard and Dawn Orbeck



The ornament exchange was successful and we had lots of donations of gloves, mittens, hats and scarves.

Chapter Calendar

January

Tuesday, 6th Conference Meeting at Maria Weiss’ 6 pm

Wednesday, 7th Nokomis Board Meeting at Grace A. Dow Library 5:45 pm

Friday, 9th WakeUp! Midland at Valley Plaza Resort 7:40–9:00 am, \$5

Wednesday, 14th Nokomis Business Meeting and Women’s Health at Holiday Inn 6:00 pm

Thursday, 15th Nokomis BLING at Holiday Inn 9–10 am

Wednesday, 21st Business After Hours at The H Hotel 5–7 pm

Friday, 23rd Newsletter Submission Deadline

February

Wednesday, 4th Nokomis Board Meeting 5:45 pm Grace A. Dow Library

Friday, 6th WakeUp! Midland at Valley Plaza Resort 7:40–9:0 am, \$5

Wednesday, 11th Nokomis Business Meeting 6:00 pm

Saturday, 14th EMC Meeting 9:00 am

Thursday, 19th Nokomis BLING at Holiday Inn 9–10 am

Wednesday, 18th Business After Hours at Dan Dan the Mattress Man 5–7 pm

Friday, 21st Newsletter Submission Deadline

March

Wednesday, 7th Nokomis Board Meeting 5:45pm Grace A. Dow Library

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

Tuesday District V Conference Meeting at Maria Weiss’ House 6:00 pm

Wednesday, 11th Nokomis Business Meeting 6:00 pm

Thursday, 19th Nokomis BLING at Holiday Inn 9-10 am

Wednesday, 18th Business After Hours at The Dow Gardens 5-7 pm

Friday, 21st Newsletter Submission Deadline

January

BIRTHDAYS!

- 15th Karla Oldenburg
- 19th Kari Atkinson
- 19th Joyce Beech

ANNIVERSARIES!

- Melissa Ernst 2007

New Year's Resolutions Reading

- Achieve More With SMART Goal Setting
- 7 Ways to Get Out of That Rut
- 11 Time Management Tips

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

Top 10 New Year's Resolutions for Business Success

Improve Your Work-Life Balance With These New Year's Resolutions

By [Susan Ward](#), About.com

The end of the year is a good time to reflect on your business's progress over the past year and plan how you want your business to develop. Do you want increased success in 2008 or the chance to enjoy the success you've achieved more? These top 10 New Year's resolutions are designed to help you strike a better work-life balance, so you can achieve a truly satisfying success in the New Year.

1) [Learn how to delegate](#) and do more of it.

There are so many things to do when you're running a small business, it's easy to delude ourselves that we need to do all of them. Then we wonder why we're so tired and frazzled and have no time to do anything else! [Determine Your Personal Return on Investment](#), and decide to let someone else do some of the tasks for a change. Delegation is the key to a healthy work-life balance.

2) **Promote your business regularly and consistently.**

Too often the task of promoting a small business slips to the bottom of the to-do list in the press of urgent tasks. If you want to attract new customers, you have to make promotion a priority. Make a New Year's resolution to hire a mar-

keting expert, or take the time to [create a marketing plan](#) on your own and follow through. Try some of these [Low-Cost Ways to Promote Your Business](#) to get started.

3) **Make business planning a weekly event.**

Planning is vital if you want a healthy, growing business. [Business planning](#) lets you take stock of what worked and what didn't work, and helps you set new directions or adjust old goals. So why do it just once a year or once a quarter? Set aside time each week to review, adjust, and look forward - or even better, make [business planning a part of each day](#). Not only will this help you avoid costly mistakes and stay on track, but you'll feel more focused and relaxed.

4) **Learn something new.**

What you choose to learn may be directly related to your business (as are [the four free courses](#) I offer on this website) or completely unrelated. Learning something new will add to your skills and add a new dimension of interest to your life - another important part of achieving a healthy work-life balance. Depending on how you choose to learn, you may meet new and interesting people, who may become customers, colleagues,

or friends. How will you find the time to learn something new? By delegating, remember?

5) Join a new business organization or networking group.

There's nothing like talking to other business people for sparking new ideas, refining old ones, and making contacts. Whether it's a group specifically designed for [networking](#) or an organization dedicated to a particular type of business, in person or over the 'Net, making the effort to be a part of a group will revitalize you and your business.

6) Give something back to your community.

There are all kinds of worthy organizations that make a difference in your community. Make a New Year's resolution to find a cause that matters to you, and give what you can. Make this the year that you serve on a committee, be a mentor, volunteer, or make regular donations to the groups in your community that try to make the place you live a better place. And those that give get. As I say in [Top 10 Ways to Get Known](#), nothing will seed and grow goodwill for you and your business better.

7) Put time for you on your calendar.

In [Schedule Time for You](#), I point out how important it is to take the time to recharge and refresh yourself; a healthy work-life balance demands time out. All work and no play is a recipe for mental and physical disaster. So if you have trouble freeing up time to do the things you enjoy, write time regularly into your schedule to "meet with yourself" and stick to that commitment. If you won't invest in yourself, who will?

8) Set realistic goals.

[Goal setting](#) is a valuable habit - if the goals lead to success rather than distress. Make a New Year's resolution that the goals you set will be goals that are achievable, rather

than unrealistic pipe dreams that are so far out of reach they only lead to frustration. If you have trouble setting realistic goals, see [Goal Setting Is the First Step to Achievement](#) for a formula to help.

9) Don't make do; get a new one.

Is there a piece of equipment in your office that's interfering with your success or something that you lack that's making your working life harder? Whether it's an old fax machine that's a pain to use, or the need for a new employee to lighten your work load, make a New Year's resolution to stop putting off getting what you need. The irritation of making do just isn't worth it. You'll find information on both office equipment and business software in the [Running Your Office](#) section of this site.

10) Drop what's not working for you and move on.

All products aren't going to be super sellers, all sales methods aren't going to work for everyone, and all suppliers or contractors aren't going to be ideally suited to your business. If a technique or a product or a business relationship isn't working for you, stop using it. Don't invest a lot of energy into trying to make the unworkable workable. Move on. Something better will turn up.

Achieving a healthy work-life balance is like maintaining a good relationship; you have to keep working on it. But if you apply these New Year's resolutions throughout the year, your success is guaranteed!

**American Business
Women's Association**

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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.

ABWA's 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.

EventBrite Online Reservations

An evite has been sent to all chapter members for the January Business Meeting. Anyone may send an evite to potential guests from the EventBrite site.

Click on "more. . ." in the chapter events on www.abwa-midland-mi.org for the link to register.

Our Nokomis business meetings require an RSVP so that the chapter may order the

correct amount of food each month. We are trying an online reservation service. Each month a Nokomis event will be created for members and guests to register. The price I've listed as free—that way the chapter doesn't have to pay for the service. We may change this and use Pay Pal if users enjoy the online reservation system. Please try it and give Maria, Bev, or Theresa your comments.

Maria Weiss, Editor

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Check us out: www.abwa-midland-mi.org