

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

www.abwa-midland-mi.org

Volume 46, Issue 1

January 2009

Inside this issue:

January Business Meeting	2
Chapter Calendar	3
Birthdays and Anniversaries	3
February EMC Meeting	4
For YOUR Education	4
Reality Store	5
Nokomis Scholarship	5
Online Event Registration	6-7
Nokomis Conference Planning	8
No Attendee Discount	8
National ABWA Conference Agenda	9
New Members	10
Chapter Awards	10-13
Code of Conduct Mission Statement	14



The Creek Line

Nokomis News



February Business Meeting - Continuing Education

February 11, 2009

Holiday Inn (Wackerly Road, Midland)

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

Presenter: Lyn Knapp, ETC

Continuing Education Opportunities for Everyone

Lyn will explain how all ages can continue growing with opportunities offered within the area.

Buffet Dinner of Stuffed Pasta Shells, Chicken Cordon Blue, Salad, Rice, Vegetables, Fruit, and Dessert

\$16 at the door

RSVP: Online at www.abwa-midland-mi.org (Chapter Events)

Or call/e-mail Bev Garchow by 5pm Friday, February 6th.

Who is our speaker Lyn Knapp?

Lyn brings over 26 years of educational and training expertise to ETC clientele. She is the CEO of a non-profit organization that has an annual budget of over \$3 million and 150 employees. She is CAO and President of additional educational

and civic organizations. Lyn holds a Masters in Industrial Management with a Specialist in Educational Administration certification from Central Michigan University and a BBA from Northwood University .

“To catch the reader's attention, place an interesting sentence or quote from the story here.”

- Fundraising Scrip**
- Winter Blues?**
- Cheer yourself up!**
- Elder-Beerman 8%**
- Fashion Bug 6%**
- JCPenney 5%**
- Kohl's 4%**
- Marshalls 7%**
- Pier One Imports 9%**
- Bed, Bath & Beyond 7%**

Women’s Health—Presented by Stacy and Wendy

Stacy Carr wears many hats, one of which is personal trainer. While helping people develop their bodies, she also focuses on the food they eat. “Food you eat will build muscles differently.” Vitamin A can be found in carrots, cauliflower, and spinach. Avocados provide vitamins A, B, C, & D—sounds like a super food! Processed foods (white flour, sugar) deplete other vitamins and folic acid. To increase the HDL (good cholesterol) we should exercise, consume fatty acids and fish for omega 3 & 6. A great breakfast includes eggs for protein and fruit to balance.

Stacy offers training services in your home or at a gym. Send her an e-mail to set up times.

Wendy Brand is a wellness coach providing stress management and healthy lifestyles. “Be concerned about you! Focus on yourself!” Diet and exercise is always preached to manage stress. Wendy describes a different cause. Take control of your emotions. Don’t let them take control of you. Have positive and grateful attitudes.

Wendy offers informational classes and more at Vibrant Health, Body, and Life. www.vibranthealthbodyandlife.com



Wendy Brand & Stacy Carr

Chapter Calendar

February

Wednesday, 4th Nokomis Board Meeting at Nancy Townsends' . . .

Wednesday, 4th District V Conference Meeting at Grace A. Dow Library 6:30

Friday, 6th WakeUp! Midland at Valley Plaza Resort 7:40–9:00 am, \$5

Wednesday, 11th Nokomis Business Meeting at Holiday Inn 6:00 pm, \$16

Saturday, 14th EMC Meeting in Novi “Setting Chapter Goals” 9:00 am

Thursday, 19th Nokomis BLING at Davenport 9–10 am

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

Friday, 21st Newsletter Submission Deadline

March

Friday, 2nd WakeUp! Midland at Valley Plaza Resort 7:40-9:00 am, \$5

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

Wednesday, 11th Nokomis Business Meeting at Holiday Inn 6:00 pm

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

Thursday, 19th Nokomis BLING at Davenport 9-10 am

Friday, 21st Newsletter Submission Deadline

April

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

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

Wednesday, 8th Nokomis Business Meeting at Holiday Inn 6:00 pm

Saturday, 11th EMC Special Women’s Event 9:00 am

Thursday, 16th Nokomis BLING at Davenport 9-10 am

Friday, 24th Newsletter Submission Deadline

February Birthdays & Anniversaries

BIRTHDAYS!

- 1st Christina Smith
- 25th Julie Shangle
- 26th Pat Nellis
- 28th Dawn Orbeck

ANNIVERSARIES!

- Stefanie Congdon 2008
- Marie Thurlow, Chartered 1963

February 14th 9:00 am
EMC Presents: Setting
Chapter Goals
Double Tree Hotel in
Novi


The Eastern Michigan Council of
The American Business Women's Association

"Setting Chapter Goals"

Presented by Diane Nixon
Former National Secretary Treasurer

Best Practices Scorecard,
Best Practices Criteria, and
Chapter Culture and Focus

ADDED BONUS:
NAVIGATING THE ABWA WEBSITE!



Saturday, February 14, 2009
9:00 a.m. Networking – 9:30 a.m. Breakfast Meeting
\$16.00 per person

At the DoubleTree Hotel in Novi
42100 Crescent Blvd., Novi, Michigan (SE of I-96 @ Novi Road) - (248) 344-8800

For more information, visit www.abwa-emc.org
or call Marcia Applegate at 248-330-6315.
For more information about ABWA, visit www.abwa-emc.org or www.abwa.org

Make check payable to ABWA and mail to: Christina Struwe, 1748 Beechmont, Kee go Harbor, MI 48320

FEBRUARY 14, 2009 MEETING - \$16 PER PERSON
Please include names of all people attending.

Your Name and Contact Number: _____

RESERVATION DEADLINE IS MONDAY, FEBRUARY 8, 2008

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

For YOUR Education . . . Presented by Cora Belle Bell

Part of our mission statement and the membership into ABWA is personal growth and professional development. You have opportunities every month in:

- Business Meeting Programs
- Being Active
- Magazine CE Credits
- Grants and Scholarship
- Business Skills Tuition Reimbursement

The reimbursement program is for ABWA members who take a non-degree tuition course are eligible up to \$500. The applicant must demonstrate that the coursework enhances her career objectives. Cora Belle has details on all our educational opportunities.

Making a REAL Difference for Midland County Students

The Reality Store helps students think about their future in terms of the financial resources they will need to support their desired lifestyle. Students use a simulated checkbook and a month's salary (for a career of their choosing) to "pay" basic monthly bills such as taxes, housing, transportation, grocery, etc. Students discover whether their chosen occupation can support their desired lifestyle. Then, at the end of the simulation, they will visit with a professional to determine what changes they could have implemented to ensure a more positive financial outcome.

You can help by staffing one of our many stations for just a few hours! You'll love working directly with the students and

helping them to prepare for their future. The program dates and locations we have scheduled to date include:

Friday, February 27th....Central Middle School (morning & afternoon shifts)

Thursday, April 23rd....Jefferson Middle School (morning & afternoon shifts)

We would be happy to sign you up for a shift! Contact [Diane Middleton](#) at 989/839-9522 ext. 204 or dmiddleton@macc.org with your availability, and we'll put you on the schedule. A small time commitment can make a big difference for our students.....Get Connected and Get Involved!

Nokomis Scholarship

Scholarship applications are on their way. The first complete 10 applications received by National are reviewed. Complete applications include: the form, 3 reference letters, official transcripts from all colleges, and a 1 page biographical summary. These materials must be sent in to ABWA national in one packet from the applicant. Cora Belle Bell is the Nokomis Education Committee contact, she will have more details in the near future.

Reality Stores

www.macc.org

Community Programs

New Online Event Registration

How do I let the Hospitality Committee know if I'm going to be absent from a Business meeting?

- Use the online Event RSVP to confirm attendance or absence (and choose dinner options if available).
- Or call Bev Garchow, Hospitality Committee, by the Friday before the meeting.

Why do members have to RSVP?

- Member dinners are ordered for the meeting date ahead of time. Members who haven't cancelled their dinner will be charged \$16.

Why should we RSVP online?

- It's accessible to everyone - even guests.
- Program and dinner details will be described.
- It keeps a record of all the attendees and absentees; which will help our Hospitality Committee create our dinner order.
- All those who RSVP are listed on the event page.
- We can easily add Paypal if there is enough interest.

Can I be reminded to RSVP for meetings?

- Each month we will send an Evite to your e-mail address. Click on the Evite to RSVP directly.

New Online Event Registration Continued . . .

How do I RSVP? (Note: These instructions also apply to guests.)

- Go to the Nokomis Charter Chapter Website www.abwa-midland-mi.org.
- View the **Chapter Events** page. Click on the **Monthly Business Meeting** on the Date.
 - This will open a new page in Event Brite displaying the **Monthly Meeting** descriptions.
 - Click "Register Now"
- Enter Name, E-mail, and select Will Attend or Not Attending
- Click "Complete Registration"
 - You will receive an e-mail to confirm your RSVP.
 - Your RSVP is also posted on the Event page.

Why would I set up a Password?

- To send an Evite to a potential guest.
- To change your RSVP after initially Registering.

The screenshot shows the Event Brite registration interface. At the top, it says 'Registration powered by Eventbrite' and 'Contact Nokomis Charter Chapter for event and ticket information.' The event title is 'Meeting RSVP Test Version C' on Saturday, February 21, 2009 from 1:00 PM - 4:00 PM (ET). There are social media sharing options for Facebook, Twitter, LinkedIn, and Email. A 'Ticket Information' table shows one 'Register' ticket for \$0.00. A 'Register Now' button is visible. The 'Event Details' section notes that the event is for 'List Members as attending, must cancel ticket, Register for everyone else.' The 'Hosted By' section identifies the 'Nokomis Charter Chapter' and provides links to view other events, contact the host, and subscribe to notifications.

The screenshot shows the 'Order Summary' and registration completion page. The 'Order Summary' table shows one 'Register' ticket for \$0.00. The 'Registration Information' section includes a warning: 'Please complete registration within 30:00 minutes. After 30:00 minutes, the reservation we're holding will be released to others.' The 'Time Remaining' is 28:05 minutes. The 'Ticket Buyer' section has input fields for First Name (maria), Last Name (weiss), and Email Address (maria.venezia@gmail.com). There are fields for 'Create Password' and 'Confirm Password'. A note states: 'Specifying a password will make it easy for you to: Reprint Tickets, Update Attendee Info, Invite Friends'. The 'Other Information' section has a radio button selected for 'Will Attend' and an option for 'Not Attending'. A 'Complete Registration' button is at the bottom right.

Nokomis Fundraising Earnings 2008

Cookie Sales \$571

Raffle Tickets \$1,030

Nokomis Conference Planning

Program advertisements have been a priority this month. Inside pages are available for local businesses. Call your contacts and see if they're interested in a full color page for \$200, half page for \$125, quarter page for \$75, or a signature line for \$10. Nokomis is incurring the printing costs—we can make fundraising money on this if everyone can close a sale. Dawn Ballard is the main contact for advertisements.

Vendors are needed at our conference! At last count, there are almost 10 booths available. Contact your favorite retailer—for \$200 they have two full days to sell their wares. Erin Strayer is the main contact for vendors.

Basket donations are a huge fundraising opportunity for the conference. Local businesses

are encouraged to donate a basket of merchandise so that our chapter may raffle it during the conference.

Welcome bags also need to be filled with trinkets, brochures, and coupons of local businesses for the conference guests.

Local events are being planned. Nokomis has reserved the Pavilion at Dow Diamond for the Thursday, May 14th Loon's Game. This is not a fundraiser, but a social event to network among the out-of-town ABWA members. We also need to organize other great Midland attractions to our out-of-town guests.

If you still don't know how to get involved, speak with Dawn Ballard, Kim Walden, or Theresa Burby.

No Conference Attendee Discounts

Conference pricing for ABWA members is **\$244** for both days, lunch, and dinner events. This is true for Nokomis members as well; there is no discount for a Nokomis member to attend.

There may be a discount for those who have worked to put the conference together and/or work at the conference. This is compensation for missing some programs to complete administrative tasks. Watch next month's newsletter for the eligibility details on these limited discounts.

National News—Conference Agenda

National has some information available on their website with the note that a more accurate agenda will be in the January/February edition of “Women in Business”.

Friday, May 15, 2009

7:00 a.m. – 4:00 p.m. Conference Registration

9:00 a.m. – 12:30 p.m. **Group Growth and Management**

An important component of any district conference is a comprehensive District Snapshot. This session will focus on ways to help your groups grow and maintain your membership.

11:00 a.m. – 6:00 p.m. Submit Newsletters for Competition

12:30 p.m. – 2:00 p.m. Lunch on Own/Exhibitor Shopping

2:00 p.m. – 4:00 p.m. **Online and In Charge**

The new ABWA website will soon introduce an interactive learning center---the Women's Instructional Network (WIN). This session will introduce you to all the new online features available.

4:15 p.m. – 4:45 p.m. First Timer's Orientation

6:00 p.m. – 8:30 p.m. **Opening Session/Banquet**

Keynote Presentation from Mike Robbins or Dennis Rosen (?)

Saturday, May 16, 2009

7:00 a.m. – 11:00 a.m. Conference Registration

8:00 a.m. – 11:30 a.m. **Get With the Program Track A**

This segment will give you new ideas on planning and implementing a full year of programs that will inspire your members and attract more businesswomen from your community.

8:00 a.m. – 11:30 a.m. **ABWA-KU Management Certificate Series: Customer Service: Obtaining & Retaining Devoted Customers (Part 1) Track B**

Leveraging customer service to produce sales is crucial in today's environment. In this program, Dr. Dennis Rosen will provide strategies for improvement in delivery of customer service and the development of devoted customers.

12:45 p.m. – 2:15 p.m. **All Conference Luncheon**

3:00 p.m. – 5:00 p.m. **What's the Plan? Track A**

Last year members went home with a new programming tool Plan B: Programming in a Pinch. This year, attendees will receive Plan B: Reloaded! Packed with new programs and new ideas.

3:00 p.m. – 5:00 p.m. **ABWA-KU Management Certificate Series: Customer Service: Obtaining & Retaining Devoted Customers (Part 2)**

District V

Conference

May 15 & 16, 2009

Valley Plaza Resort

- **Full Registration (Track A or B) \$244**
 - **Friday Banquet Guest Ticket \$75**
 - **Saturday Luncheon Guest Ticket \$45**
-

Welcome

Erin Strayer

Michelle Paris

Jennifer Parks

New Members!

Three new members were installed January 14th. Erin Strayer has already been involved in the conference planning activities. Erin is a surgical nurse and a lia sophia representative. Kim Walden has sponsored Erin. Michelle Paris is in

the insurance industry. Stacy Carr has sponsored Michelle. Jennifer Parks works at the Midland-Gladwin Red Cross. Lori Lillie has sponsored Jennifer.



From Left to Right:
Kim Walden, Erin Strayer, Stacy Carr, Michelle Paris, Jennifer Parks, Lori Lille, Theresa Burby

Chapter Awards—Who will you nominate?

Being a newer member myself, I'll try to explain what I know. Our March Business Meeting is the Yearly Awards Banquet. Each member should nominate their choice of recipient with the supporting reasoning and submit this to the chapter As Soon As Possible. You'll find the forms on the following pages. There are 3 Awards being given this year. The **Merit**

Award = Recognizes a Member's Accomplishments in the Chapter; **Protégé Award** = Recognizes a Newer Member's Accomplishments in the Chapter; **Woman of The Year** = Recognizes a Member's Accomplishment in the Chapter and the Community. Theresa will be discussing this in further details at the February 11th Business Meeting.

Merit Award Committee

Dawn Ballard
Theresa Burby
Nancy Townsend

**Nokomis Charter Chapter
Merit Award Candidate Form**

The Merit Award is given each year to recognize a member's accomplishments within the Chapter.

(Please note - You may nominate yourself for this award)

Nominee Name _____

Company Name (or retired from) _____

Years with Firm _____

Years in ABWA _____

Chapter Participation

Special Chairmanships

Nominating Committee
Woman of the Year
Merit Award Committee
Audit Committee
Other: please specify below

Chairmanships Held (# years held)

Newsletter _____
Membership _____
Fundraising _____
Publicity _____
Education _____
Program _____
Hospitality _____

Offices Held (# years held)

President _____
Vice President _____
Secretary _____
Treasurer _____
ex officio _____

Formal Education

Degree/Certificate

Field of Study

School/State

Career Accomplishments/ABWA Accomplishments

(Please list or describe the nominee's career, community involvement and ABWA accomplishments. In other words, describe why you believe the nominee should be selected for this award. You may use the back of this form if you need additional space to write.)

**Nokomis Charter Chapter
Protégé Award Candidate Form**

The Protégé Award is given each year to recognize a newer member's accomplishments within the Chapter.

(Please note - You may nominate yourself for this award)

Nominee Name _____

Company Name (or retired from) _____

Years with Firm _____

Years in ABWA _____

Chapter Participation

Please describe the nominee's involvement with Chapter events, committees, etc.

Formal Education

Degree/Certificate

Field of Study

School/State

Career Accomplishments/ABWA Accomplishments

(Please list or describe why you believe the nominee should be selected for this award. You may use the back of this form if you need additional space to write.)

**Nokomis Charter Chapter
Woman of the Year Award Candidate Form**

The Woman of the Year Award is given each year to recognize a member's accomplishments within the Chapter and the Community.

(Please note - You may nominate yourself for this award)

Nominee Name _____

Company Name (or retired from) _____

Years with Firm _____

Years in ABWA _____

Chapter Participation

Special Chairmanships

Nominating Committee
Woman of the Year
Merit Award Committee
Audit Committee
Other: please specify below

Chairmanships Held (# years held)

Newsletter _____
Membership _____
Fundraising _____
Publicity _____
Education _____
Program _____
Hospitality _____

Offices Held (# years held)

President _____
Vice President _____
Secretary _____
Treasurer _____
ex officio _____

Formal Education

Degree/Certificate

Field of Study

School/State

Career Accomplishments/ABWA Accomplishments

(Please list or describe the nominee's career, community involvement and ABWA accomplishments. In other words, describe why you believe the nominee should be selected for this award. You may use the back of this form if you need additional space to write.)

**American Business
Women's Association**

Nokomis Charter Chapter #5027
P O Box 223
Midland MI 48640

E-mail:
abwamidlandmi@yahoo.com



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. Member 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 excellent 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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Thank you Stacy Carr for the fantastic photographs I've used in this edition!

Maria Weiss, Editor

PO Box 223

Midland MI 48640

maria.venezia@gmail.com

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