



**PLACENTIA STARS**  
**CHAPTER**

**a Placentia Stars Publication**

Placentia Stars Chapter  
Placentia, California

Volume 3, Issue 8  
March 21, 2010



**Celebrate  
The  
Success!!**

**Inside this issue:**

Meeting Information/ President's Message/ Officers	<b>1-2</b>
Treasurers Report	<b>3</b>
Secretary's Minutes	<b>4</b>
Business Associates	<b>5</b>
Code of Conduct	<b>6</b>
Miscellany	<b>6</b>

*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.*

Dr. Andrea Heermance is the owner of the Heermance Family Chiropractic which opened in 2004. She is a graduate of Southern California University of Health Sciences with both a Doctor of Chiropractic Degree and a Masters Degree in Acupuncture and Oriental Medicine with her undergraduate studies being completed at Cal State Northridge.

Dr. Heermance is extremely dedicated to providing quality care to her patients. She believes in treating the body as a whole. In addition to the traditional manual adjustment, her facility offers state of the art technology through the use of the Pro-Adjuster. This offers a safe and effective treatment using computerized chiropractic. Dr. Andrea has always enjoyed helping others and is happy to have a career where every day she can improve the lives of others.

**Meeting Program March 23, 2010**

**Speaker: Andrea Heermance**

***"Natural Approaches to Preventing and Handling Arthritic Pain"***

Meeting Location

**Anaheim Park Hotel 222 West Houston Avenue**

**Fullerton, CA (714) 626-7832**

Networking 6:00pm Dinner 6:30pm

R.S.V.P. Carol Peterson (714) 529-5299

Menu

Meatless Lasagna



Meeting Policy

All members have a standing dinner reservation. Banquet chairperson confirms with the hotel the Wednesday before the scheduled meeting. Chapter is committed to the number confirmed with the hotel. Please remember to call & cancel your reservation or you will be billed for your meal unless other arrangements are made in advance & confirmed with Carol Peterson. Thank you for your understanding.

**Business Associates Event**



Our Chapter Business Associates Event is only a little more than a month away and we still need your help. If you haven't volunteered yet, now is the time to jump in and help us make this the best event ever. Contact Carl Jeffers or M.J. Bryant to offer your services and/or silent auction items. Don't forget your nominee as well! April 27th will be here before we know it!

## President's Message

### DID YOU KNOW? WOMEN THROUGH THE YEARS...



1950—Harvard Law School admits its first female students—we've come a long way baby!

### SPECIAL THANKS!

Dear Placentia Stars sisters and brother,

Just wanted to thank you for making up the "Dream Dinners" for Jim and I. This has been a great help since it is very hard for me to even get to the store to do the littlest of shopping.

I know this was a great act of love for those who put them together and I do appreciate the efforts. Jim is doing better and hopefully well enough soon that I can attend a chapter meeting.

Love to all—Carol Smith

### UPCOMING EVENTS

**Apr. 9-10, 2010 District VI Spring Conference**  
Reno, NV

**April 27 Business Associates Event**

March 2010

Dear Placentia Stars Members,



Thank you for your support in donating funds for the chapter to buy meals at Dream Dinners for Carol and Jim Smith to help them through this difficult time. Carl, Sandee, M.J. and I had fun preparing the meals... we should have video taped this experience! M.J. and I delivered the meals to Carol and Jim and they were very appreciative.

So sorry all of you were not able to attend the very successful 13th annual Women on the Go Conference on Saturday March 6th!! The keynote speaker, Orange County Sheriff Sandra Hutchens was excellent. One story she shared about women in law enforcement in the 70's was the uniform for women: black skirt, white blouse, hose, heels and a purse. Do you know what they carried in their purse??? Their gun and handcuffs!! As part of our educational program, all the members that attended the conference will be reimbursed \$25 at the March 23rd meeting.

In just a little over a month, the chapter will be hosting our main fundraiser, the Business Associate event to be held April 27, 2010, "Stars on the Red Carpet". Do you have someone you would like to honor? If so, contact Dr. Andrea Heermance. Have you contacted anyone to make a donation for our opportunity drawing?

A nominating committee will be selected at the March meeting for officers for the 2010-2011 chapter year as we will not have a business meeting in April and elections are held in the month of May.

**REMINDER:** A Business Associate meeting will be held before the chapter meeting on Tuesday March 23rd from 5:30-6:00pm in the meeting room.

*Carol J. Peterson*  
Placentia Stars—President

*There are some things so serious, you have to laugh at them. Niels Bohr*

**Placentia Stars  
2009-2010**

**Chapter Officers/  
Committees**

**President**

Carol J. Peterson  
(714) 529-5299

**Vice President**

M. J. Bryant  
(909) 861-3922

**Secretary**

Sandee Jeffers  
(714) 394-4530

**Treasurer**

Lynn Gaytan  
(909) 947-3583

**Decorations**

Sandee Jeffers  
(714) 394-4530

**Fundraising**

Lynn Gaytan/Carol  
Smith  
(909) 947-3583  
(714) 828-1497

**Hospitality**

Lynne McConnell  
(562) 431-6131

**Newsletter/Web  
Mistress**

Bryna Dambrowski  
(562) 428-1710

**Membership**

Open

**Sunshine**

Sandee Jeffers  
(714) 394-4530



## Secretary's Minutes – Placentia Stars Meeting

**Date:** Tuesday February 23, 2010, 6:30pm.

**Location:** Anaheim Park Hotel, Fullerton, CA

Meeting was called to order at 6:30pm by President Carol Peterson. Followed by Invocation, Pledge of Allegiance and Self introductions—name, where you work (if retired former occupation), ABWA affiliation, and your favorite president.

**Secretary's Minutes**—These were published in the newsletter. Accepted.

**Treasurer's Report**—Published in the newsletter. Approved and filed.

**Membership**—Birthday—Andrea Heermance February 16th.

Anniversaries in February: 1 year M.J. Bryant 2/7/09, 7 years Julie Cole 2/5/03, 27 years Marlene Montooth 2/22/83.

**Program:** Nita Busby spoke on "Sixteen Secrets of a Successful Resume"

Nita is the owner and general manager of Resumes, Etc. She has over 20 years of experience in coaching and resume writing. These are some of the highlights of the do's and don'ts of writing a successful resume. Always have your name on the top of the resume. Use good letterhead and include information again on cover letter. Don't fold the resume. Avoid shading and graphics. May require more than one resume style if you are using Monster. COM or Linked in. There is no charge to use these venues. Don't list every job. Have a summary at the top of the resume. Try to keep it to one page if possible. Be sure and address the cover letter to the specific person who will be reviewing your resume. Do not address to Whom It May Concern. Call the company to find out the name of the person to whom it will be addressed.

Business Meeting: Time to vote for chapter woman of the year. Forms were handed out at the meeting and need to be back to Sandee Jeffers NLT the March meeting as the 2010-2011 WOTY will be revealed at the Business Associates Dinner April 27th. So far only a few members have submitted their choice. Send your choice/choices to sandee.jeffers@ngc.com.

### **Announcements:**

Women on the Go is March 6, 2010. Chapter members who attend will be reimbursed \$25.00.

Business Associate Dinner April 27, 2010. Save April 3rd to meet at Carol Peterson's home to put together the baskets for Business Associates Night.

The speaker for March is Judy Haugen of EDD (State of California Employment Development Department).

Attendance Count: 7 members and 4 guests. 50/50 drawing of \$13.50 was won by Sandee Jeffers. The February Little Lotto was won by Carl Jeffers. Next chapter meeting is March 23, 2010. Newsletter deadline is March 10, 2010. Benediction led by M.J. Bryant. Meeting adjourned by President Carol Peterson at 8:30pm.

Respectfully Submitted,

Sandee Jeffers—Secretary, Placentia Stars



AMERICAN BUSINESS WOMEN'S ASSOCIATION

Page 5

**PLACENTIA STARS CHAPTER  
PRESENTS**

**BUSINESS ASSOCIATES AWARDS NIGHT**

Honoring Business Women and Volunteers in our local community who are "Stars Among Us" and deserve the "Red Carpet" treatment

**SPECIAL GUEST SPEAKER**

**Cecile Harris Walters**

**ABWA National Top 10 Woman of The Year 2010**

**IMPACT Council Woman of The Year 2009**

**TUESDAY, APRIL 27, 2010**

**6:00 p.m. Networking and Gift Basket Auction**

**7:00 p.m. Dinner and Program**

**Surprise Guest!**

**Anaheim Park Hotel - Fullerton**

**222 West Houston Avenue - @ Harbor Blvd. & 91 Fwy**

**Prepaid Event Only. Deadline April 19, 2010**

**Prepaid Reservations: \$35 each**

To make reservations, detach and mail bottom portion with payment made payable to:

**ABWA**

We also accept credit card payments by PayPal. Please phone 909/861-3922 for details

Contact: Marlene Montooth 760/715-5835 [marm2th@sbcglobal.net](mailto:marm2th@sbcglobal.net)

Mail to: ABWA • 8975 Lawrence Welk Drive #440- Escondido, CA 92076-6440

Name Address City State Zip Telephone\*

Please select meal choice: Chicken Piccata Vegetarian: Fettuccini Pasta Primavera

*For more information, please contact Carol Peterson 714/529-5299*

Placentia Stars on the web at  
[www.abwaplacentiastars.org](http://www.abwaplacentiastars.org)

Los Angeles Area Council  
[www.laacabwa.org](http://www.laacabwa.org)

Impact Council  
[www.impactabwa.org](http://www.impactabwa.org)

National Association  
[www.abwa.org](http://www.abwa.org)

Debbie Shadaram District VI VP  
[Debbie@americanreadymix.com](mailto:Debbie@americanreadymix.com)

**INVOCATION**

Lord, In the quiet of this hour we come to thee for wisdom and for power, to view thy world through only love filled eyes, to grow in understanding, to be wise, and sure to see our guiding light, and thus to know each other as thou knowest us, AMEN.

**BENEDICTION**

Oh guiding spirit guardian of our days, be with us as we go our separate ways, help us to feel those thoughts that lift and bless, to know a closer bond of friendliness, to see thy beauty always every day, translated into living this we pray, AMEN.

**Celebrate Anniversaries/  
Birthdays**

**Carl Jeffers A 3/08/03**  
**Sandee Jeffers A 3/16/99**  
**Carl Jeffers B 3/17**  
**Marilyn Ploeckelman B 3/18**  
**Julie Cole B 3/26**

**LITTLE LOTTO**



**FEB. WINNER**  
Carl Jeffers



**Shining Star Spotlight – March 2010**



Guess who this Star is—in an imperfect world... chocolate is a perfect substance!

**Loves:**

Margaritas served martini style  
Reading well-written mystery novels  
Smell and taste of fresh-baked chocolate cookies

**Hates:**

Intolerance and apathy  
Children in need  
Insects of any kind

**Two things on bucket list to be accomplished:**

Live in Hawaii  
Be in a movie

**Previous Job:**

Paper route

**Profession still desired:**

Astronaut

At the chapter meeting, you will be given a ballot to guess who this shining star is. If you guess correctly, you will receive a 50/50 ticket.

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