



**PLACENTIA STARS**  
CHAPTER

# Stargazer, a Placentia Stars Publication

Placentia Stars Chapter  
Placentia, California

Volume 3, Issue 9  
April 19, 2010



**Celebrate  
The  
Success!!**

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*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.*

The Placentia Stars is proud to present our Business Associates Awards Night, on April 27th, honoring business women and volunteers in our local community who are "Stars Among Us" and deserve the red carpet treatment.

Our special guest speaker is Cecile Harris Walters, ABWA National Top Ten Woman of the Year for 2010 and Impact Council Woman of the Year for 2009. Don't miss her dynamic presentation. In addition, we will be recognizing those special honorees who have made a difference in our personal and/or professional lives.

This is a prepaid event with the reservation deadline of April 19, 2010. The cost is \$35 per person. Please contact Marlene Montooth at (760) 715-5835 or marm2th@bcglobal.net to reserve your space today.

### Meeting Program April 27, 2010

**Speaker: Cecile Harris Walters**

### "Business Associates Awards Night"

#### 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

Chicken Piccata/Fettuccini Pasta Primavera



#### 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.

## Chapter Elections—Coming Soon



It's that time of year to elect officers for the next chapter year beginning August 1, 2010. Why not think about supporting our chapter through serving on the board. Our nominating committee will be contacting each member to inquire about your interest. We will be electing a President, VP, Secretary, and Treasurer. Unable to serve on the official board? What about a committee chairmanship? Thank you for your continued support of the Placentia Stars.

## President's Message

### DID YOU KNOW? WOMAN POWER!



Sandra Day O'Connor—as the first woman appointed to the position of Supreme Court she carved a place for women at all levels of the legal professions.



Reminder... Are you ready to WIN? The Women's Instructional Network is an exciting tool designed exclusively for ABWA members. Our association is the first to offer this unique opportunity for interactive online learning and connecting with not only local chapters but ABWA members across America. If you haven't enrolled yet take time to do so... you'll be glad you did!

### UPCOMING EVENTS

**May 8, 2010 Inland Valley Council Event**

**June 12, 2010 Los Angeles Area Council Meeting**

April 2010



Dear Placentia Stars Members,

The District Conference was held April 9<sup>th</sup> and 10<sup>th</sup> in Reno and a couple of our chapter members were able to attend and will have a report in the newsletter.

On Friday, there was a morning and afternoon ABWA Management seminar. A Professional Development Seminar was held in the morning and in the afternoon on Saturday. I hear the 1<sup>st</sup> Timers put on by the Impact Council was a lot of fun!

In just a few days the chapter will be hosting our main fund raiser, the Business Associate event to be held Tuesday, April 27, 2010 and will be honoring "***Stars in the Community who deserve the Red Carpet treatment***". It's not too late to invite guests to attend this great event to see community leaders honored for their contributions..

A nominating committee was selected at the March meeting for officers for the 2010 – 2011 chapter year and elections will be held in May. In June, the chapter will be celebrating their 28<sup>th</sup> anniversary.

Please keep Carol Smith and her family in your prayers and thoughts as her husband, Jim, lost his very courageous battle with cancer on April 10<sup>th</sup>.

*Carol J. Peterson*

Placentia Stars – President

*Sometimes things can go right only by first going very wrong!*

*Edward Tenner*

**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 Notes

**Date:** Tuesday March 23, 2010, 6:30 P.M. **Location:** Anaheim Park Hotel, Fullerton, CA

Meeting called to order at 6:30 by President Carol Peterson., followed by Invocation (Lead by Vickie Anderson), Pledge of Allegiance and Self introductions – name, employer or if retired former occupation, ABWA affiliation, & your favorite comfort food.

**Secretary's Minutes** - These were published in the Newsletter. Accepted.

**Treasurer's Report** – Published in the Newsletter. Approved and Filed.

**Membership:** Birthday – Carl Jeffers; 3/17: Marilyn Ploeckelmann, 3/18; Julie Cole, 3/26. Anniversaries in February: 8 years-Carl Jeffers (3/8/03); 11 years- Sandee Jeffer(3/16/99); 40 years-Pam Tancordo (3/19/70).

**Vocational Speaker:** Molly Schubert. Molly has been a wonderful member for 11 years. At the end of her presentation she gave us the sad news that she and her husband are retiring and moving to North Carolina to be closer to their grandchildren. She will definitely be missed.

**Program:** Dr. Andrea Heermance : “Natural Approaches to preventing and Handling Arthritic Pain”.

Andrea is the owner of the Heermance Family Chiropractic which opened in 2004. She is a graduate of So. California University of Health Sciences with both a Doctor of Chiropractic & a Masters degree in Acupuncture & Oriental Medicine.

The leading cause of disability is Arthritis, which is more common in women and older adults. You have pain during or after movement, and can be stiff after sitting for a while. Osteoarthritis is the most common type, both primary and secondary. Primary is slow and progressive and usually strikes after age 45. It settles mostly in the knees, hips, neck and fingers. Watching your weight can help. The loss of as little as 11 lbs helps reduce arthritic pain. Secondary is usually caused by a car accident, sudden injury, surgery or small injuries over a period of time.

You can help to relieve stress by proper diet and exercise. If you don't use it you lose it! Movement is really important. You need fluids to keep joints healthy. Glucosamine and chondroitin help to rebuild joints as do fish oils and vitamins A, C, E. Swimming, walking, bicycling, stretching, strength training (any kind of resistance) can help control arthritis.

#### **Business Meeting:**

**Business Associates Update** – April 27, 2010.

“Women on The Go” was very successful and made money this year. There were several excellent presenters. Impact Council gave Placentia Stars an award for perfect attendance for 2009.

#### **Announcements:**

Business Associate Dinner April 27<sup>th</sup>, 2010. Save April 17<sup>th</sup> at 1:00 p.m. to meet at Carol Peterson's home to put together the baskets for Business Associates Night. Marlene Montooth has tickets for Soaring Eagles Wine and Roses event on May 16<sup>th</sup>. Impact Council will meet April 17<sup>th</sup>. “Hats Off” will be held August 7<sup>th</sup> at the Rio Hondo Country Club.

**SPECIAL REQUEST:** The Impact Council is asking for donations for the Animal Shelter, food, toys, blankets, towels or cash donations. They will be collecting all through April. It's all for a good cause. Please help support our little fur people.

**Attendance Count:** 12 Members 4 Guests. 50/50 drawing of \$28.00 was won by Vickie Anderson. It was so wonderful to see Vickie. The March Little Lotto was won by Judy Walker. Next Chapter meeting: April 27<sup>th</sup>, 2010 – Business Associate Event. The Shining Star was M.J. Bryant. Newsletter deadline: April 10<sup>th</sup>, 2010. Benediction led by Vickie Anderson. Meeting adjourned by President Carol Peterson at 8:10 P.M.

Respectfully submitted by Sandee Jeffers—Secretary, Placentia Stars

**American Business Women's Association  
Inland Valley Council Invites You to Attend  
May 8, 2010**



**"Thanks for the Memories"**

**Program Schedule**

- 09:00 am Registration, Networking  
Continental Breakfast
- 09:30 am Welcome
- 09:45 am Keynote Address by Andrea Coli  
**"Memories for the Future"**  
Debbie Shadaram, District VI VP  
**"Top 10 Tips on Creating  
Memories for Your Members" &  
"ABWA Update-Did You Know?"**
- 12:30 pm Buffet Luncheon & Recognitions
- 2:00 pm Closing Remarks/Evaluation/Drawings



*We are honored to have Debbie Shadaram, District VI VP at this event to provide us with Top 10 Tips on Creating Memories for Your Members and current information about ABWA.*



Andrea brings humor and insight to practical topics that will inspire any audience. After receiving her MA in Theology from Fuller Seminary, she worked in full-time ministry training volunteers and leaders at a church of over 6,000 members. She has a deep desire to help others understand their innate uniqueness, and capitalize on their gifts and talents. She is currently the Director of Volunteerism at CrossWinds Church in Dublin, CA where her husband Chris is the Associate Pastor.

*Memories for the Future*  
*We all know what memories are and it seems that we have lots of them – childhood memories, memories of our first job or our first love, memories of our most embarrassing moments...some of us even remember yesterday! But have you ever wondered how memories are really made? During this presentation Andrea Coli will explore the power of memory. She will challenge us to consider what memories can teach us about relationships - both personal and professional - and how our day-to-day choices can impact our memories for the future.*

**Location: Menifee Valley Medical Center, 28400 McCall Blvd., Sun City, CA**

**Registration Fee: \$25.00 \* \* \* RSVP by: April 25, 2010**

**Directions: From Riverside area go south on I-215 & exit at McCall Blvd. At stop sign, turn left onto McCall Blvd. From San Diego area go north on I-215 & exit at McCall Blvd & go right at stop sign. Travel approx. 1.5 miles to main Medical Center entrance on the left. Parking is available behind the building then follow sidewalk to the Education Center on the left.**

**Mail registration and \$25 fee by April 25, 2010. Make check payable to ABWA-Inland Valley Council. Mail to Agnes Peters, 40810 Cavalier Drive, Hemet, CA 92544 – E-mail: agnespeters@verizon.net**

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**

**Molly Schubert Birthday  
April 30**

#### **LITTLE LOTTO**



**MARCH WINNER  
Judy Walker**



## Shining Star Spotlight – April 2010



Shining Star Spotlight will be postponed due to our Business Associates Event and will resume with the May chapter meeting.

### **DISTRICT VI SPRING CONFERENCE—RENO NEVADA**

The Spring Conference on April 9-10, 2010 was held at the Grand Sierra Resort in Reno, Nevada. Placentia Star attendees included our current Woman of the Year, Sandee Jeffers, Bryna Dambrowski and Carol Smith. The host chapters, Washoe-Zephyrs and Reno Tahoe Express Network were very accommodating. The host hotel had tremendous amenities including a bowling alley, movie theater, and very nice shops and restaurants.

Registration was on Friday then all day seminars covered different aspects of ABWA including WIN and ABWA management. The Keynote speaker at the Friday night banquet was Sam Glenn. Anyone who has attended a conference in the past couple of years will be familiar with Sam and his funny and dynamic presentations. Saturday's speaker was Jennifer Buck who spoke on Assertive Communication Essential Skills for Women.

Next up is our annual National Women's Leadership Conference this fall to be held in Chattanooga, Tennessee—don't miss it!

## **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.