

**THE CHALLENGE, SUCCESS
CHARTER CHAPTER
LITTLETON, CO #5408**

October 2006

Volume 22, Issue 1

CONQUER! Life's Curves—ABW Day—Success, By Success!

IMPORTANT THIS MONTH:

- > Follow up from ABW Day
- > LOCAL MEMBER DUES— pay to Kelly Schneider, Treasurer
- > Future Programs— if you would like to speak, let Karly Stein know!
- > Fill committees — There are openings in these: Education, Woman of the Year/ Top Ten, Hospitality, Newsletter, Ways and Means

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The feedback I received was very positive and there are a few things we would probably do differently if we have another similar event.

In fact, take a few moments to think about what you thought went well and what we can improve on – write it down and bring with you to the next meeting.

Why?

Because part of learning from your life is to “debrief” or review the

**CONQUER!
Life's Curves**



experience, gather the good, bad, and ideas of how it might be improved.

Follow up with guests that you met that day will be very important. If you talked with guests that want to know more and perhaps would like to visit a chapter meet-

ing, please follow up with them and develop that connection. You may need to invite them several times or at least ask if they would like to know more. They may not join ABWA, but you may have made a worthwhile connection, too!

(larger photo album online.)



President's message—Robin Neal

WOW! CONQUER! Life's Curves 2006 ABW Day was quite an adventure! Thank you to each member that helped to generate registrations, advertisers and booth vendors!

Thank you to everyone who helped to make signs, facilitate at the Qwest center, assist our guests and speakers, networked, and all the other many necessary activities! Personally, I felt very proud of Success members, especially as I was up speaking

and looking around the room. As I glanced at each member, my heart and mind pulsed with joy about you and how that day was possibly the event that clearly shows what ABWA has to offer and how we each play a role in the success of our chapter.

We may be featured in an article for the Council newsletter online... stay tuned!



Decorative pink ribbon pin—available online at komen.org

The good news? There are several strategies that can help reduce your risk.

BREAST CANCER AWARENESS MONTH

According to the American Cancer Society, an estimated 213,000 new cases of breast cancer were diagnosed in American women last year.

The good news is that there are several strategies that can help reduce risk. Try incorporating the following lifestyle changes into your daily routine:

1. Get active. Regular physical activity (at least 30 minutes on most days) has been shown to be protective against breast cancer.
2. Maintain your health care. Early detection is key: in addition to monthly self examinations, women between ages 20 and 39 should have a clinical breast exam performed by a health care professional at least every three years; women 40 years of age or older should have annual breast exams and mammograms.
3. Supplement wisely. Folic acid, vitamin D and antioxidants all may help decrease risk.
4. Reduce exposure to xenoestrogens. These chemicals with estrogen-like activity are found in common pesticides and industrial pollutants and as hormone residues in meat, poultry and dairy products.
5. Avoid exposure to radiation. Limiting the number of chest x-rays, especially at a young age, may decrease the risk of breast cancer.
6. Talk with your doctor. If you have close relatives with breast cancer, your personal risk is increased. Let your doctor know your family history, and discuss other ways you can help to prevent breast cancer.

ANAHEIM NATIONAL CONFERENCE REPORT

2006-2007 National Board:

President: Robin Necci
Vice President: Lina Lawson
Secretary-Treasurer: Diane Nixon
District VI Vice Pres: Amy Dawson

2007 Business Woman of the Year:

Lina Lawson from District II

The new abbreviated 3 day program was a fresh approach to the national women's leadership conference. Fewer seminars were offered, however, the content offered was further in depth and directed either at ABWA Extreme Make-over topics or Career and Personal development.

Franny Knight, provided a wonderful change of pace in her "Shenanigans,



National Board at installation on Saturday night.

Creative Leadership Camp" seminar!

Her programs educate and inspire organizations and leaders on Generational Issues, Creative Leadership, Authentic Team Building, Fun and Happiness at Work.

The generational activities Franny used really opened minds to the coming "Talent War" generation concerns.

(Lori Smith and Jo Ann Dacong-Williams from Success also attended.)



Dani—shares a moment of glory with her sister—holding the Spirit Award that her chapter earned.



2007 Top Tens—relaxed before photo shot.

MEMBER SPOTLIGHTS:

If you have a new project or want to share a little about yourself, send a short note to Robin Neal and it will be included in an issue of the newsletter:

Elva Hahn, CMT
The Healing Garden Massage Therapy, first visited in June for our chapter spa event. She is a new member and has magic hands – I loved her 5 minute neck/shoulder massage and plan to try more soon.
720.935.3656

Elva also has a newsletter that provides great tips about taking care of your body and skin.

Mary T. Dziennik, CHt –
A new member this year, has just stepped out of her comfort zone and has produced a CD on Sleep.

The CD artwork is gorgeous and sounds like it should be a wonderful resource for those who find their sleep to be less than ideal.
303.790.1285

She is a Certified Clinical Hypnotherapist who says, “Change your mind, change your life.”

For member spotlight, you may include topics about your personal interests, business, work, life goals, and even a photo.

This helps us get to know each other and maybe find out what makes us tick! Won't you be the next spotlight?

November 2006

8 Success Meeting
Appoint Chapter Woman of the Year Chair
30 - Fall Membership Campaign ends

December 2006

13? Success Meeting
Fulfill Qwest contract for event—final detail for ABW Day contract

January 2007

1 - Standard Council By-laws take effect
10 Success Meeting:
Mid-year review of goals
Chapter Woman of the Year elections begin
Begin planning for Spring Membership Campaign

February 2007

14 Begin Top Ten Elections

March 2007

1 - Spring Membership Campaign begins
14 Elect Nominating Committee

April 2007

13-14 - Spring Conference - Albuquerque, NM

CHAPTER OFFICERS & COMMITTEES : 2006 - 2007

President:	Robin Neal rbnsuccess@aol.com	Committees:	Publicity:	Lori Smith
Pgr:	303.826.8500		Membership:	Rhonda Bolich-Lampo, Lori Smith, Karly Stein
Vice President:	Kay Applegate liberty150r@aol.com	Programs:	Karly Stein	
Treasurer:	Kelly Helgoth 720.870.5894	Education:	open	
Secretary:	Christine Reinert 720.982.6761	Newsletter:	Robin Neal, writers...—open	
		Woman of the Year / Top Ten Event:	open	
		Council Delegate:	open	
		Fundraising:	open	

CHAPTER WEBSITE—COUNCIL WEBSITE

The Chapter and Council websites are for additional info about ABWA locally and a resource for guests and members alike. A new feature will include a members only area where important resources will be posted.

Website Member area – Member will be able to access the member roster and chapter management tools/links.

Why check it out?

Well, when you hear about “Woman of the Year” or “TOP TEN nominations” or Stephen Bufton Memorial Education Fund

(SBMEF) or other aspects of ABWA that you want to better understand, you can check the online member area and find out more!

I will send the link user name and password to members when the area is ready and local/national membership is confirmed.

If you haven't paid your chapter dues for the 2006-2007 chapter year, give your check to Kelly Helgoth, Treasurer.



Friends from various states gather for shopping and photos! Smile! -at 2007 Anaheim Conference

**A LOCAL CHAPTER OF:
AMERICAN BUSINESS
WOMEN'S ASSOCIATION**

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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.

For more info:
www.abwa.org
www.abwacolocouncil.org/success

**SPRING CONFERENCE - APRIL 13-14 2006,
ALBUQUERQUE, NEW MEXICO!**

Deadline to make hotel reservations at the Headqtrs hotel: March 23, 2007.

Early Registration deadline for discount on conference will probably be in February.

Mark your calendar now and start saving for your conference Adventure!

Within driving distance and not a lot of time commitment (quick opportunity for lifelong learning, fun, expanding your connections across the district and beyond.

In 1995, I was convinced to attend my first ABWA spring conference, in Albuquerque, NM! I had only joined ABWA 9-10 months earlier and had no idea what to expect. I was shy, had not traveled to anywhere outside of Colorado for any education, networking or otherwise!

I forced myself to talk with others and strangely, this group (and the 2 women I traveled with) made it feel safe and fun! I haven't missed a spring conference since – because it gives me a chance to see those that have touched my heart and helped me grow in the process. Without going to spring conferences or national conferences, I may not have stayed in ABWA – because I would have missed the larger picture.

Personally, ABWA is my excuse to travel – I

can go to most any part of the USA and meet up with a “bevy of beauties” – that take you in and make you feel like a long, lost friend!

Without my experiences, I would not have found out that I had what it takes to run for and serve in a national office on a national board!

My world is larger for taking the chance – won't you take a chance to expand your world?

—Robin Neal