

January 2010

Letter from the Vice-President: Thoughts about A Wonderful Person



As you know, we lost a wonderful person in December. Annette Drake was a longtime member and Past President of our Chapter. With an infectious smile and heart of gold, Annette touched our each of our lives in many ways.

I walked into my first EWI meeting ten years ago and met Annette. She took me under her wing, introduced everyone to me and made sure I had a good time. She quickly became my mentor and someone I greatly admired. I learned a lot from her about business, relationships, family and life.

The other day, I was looking through some old EWI photos. In each photo of Annette, you can see her living life to its fullest. Whether it was a photo of her sipping out of a giant martini glass with Carol, Ann and Nina at LCAM or of her simply smiling at a monthly meeting – it was obvious how much Annette loved EWI and all of us. In fact, to honor Annette's passion for EWI and LCAM (Leadership Convention and Annual Meeting), our Chapter has created the Annette Drake Memorial Scholarship Fund. Details of the scholarship fund will be discussed at the January meeting.

I will forever cherish the time I spent with her and the conversations we had. She helped me overcome some insecurities and accept the President-Elect position with confidence. I wanted Annette to install me as President – and though I never told her that, I'd like to think she knew.

Annette, I love you and I miss you so much it hurts. You will always hold a special place in my heart.

Sincerely, Christy

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January Chapter Meeting

Date: Tuesday, January 12, 2010

Program: What's New for 2010
& Business Meeting

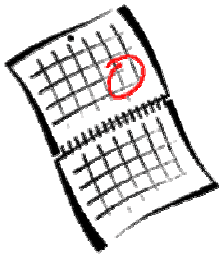
Location: Sampa Grill, Encino

Schedule: 6:00 Networking
7:00 Dinner & Program

Cost: \$35 per person

Reservations: RSVP to Bonnie Ryder at (818) 509-2072 or
bonnie_ryder@hiltonuniversal.com

Members have a standing reservation for the monthly chapter meetings. Unless you RSVP by the date required, you will be billed the standard dinner charge of \$35.



Plan Ahead for the February Meeting

Date: Tuesday, February 9, 2010

Program: TBD

Location: TBD
TBD

Schedule: 6:00 Networking
7:00 Dinner & Program

Cost: \$35 per person

Reservations: RSVP to Bonnie Ryder at (818) 509-2072 or
bonnie_ryder@hiltonuniversal.com

Members have a standing reservation for the monthly chapter meetings. Unless you RSVP by the date required, you will be billed the standard dinner charge of \$35.

Tributes

If you wish to send a tribute ***In Honor of*** or ***In Memory of*** someone special, please send the information and your donation to:

Carol Reniger
Baskets n' Bows
3150 Travis Avenue
Simi Valley, CA 93063

BOARD MEETING RECAP

Report of the November meeting of the SFV Chapter Board of Directors:

Treasurer's Report – Balances of the Chapter accounts as of 10/31/09: General Account: \$13,316.30; BCDP Account: \$62.30.

Membership Development – Need additional members to post and join!

Program – Working on finalizing programs for 2010.

Ways & Means – We made \$735 from raffle prizes and Windfall at the November meeting. Bring Raffle prizes to the meetings! Madeline Irons and Julie Aldrich will remind firms that volunteered to bring prizes.

Sergeant-At-Arms - There were 16 active members in attendance representing 15 out of 17 member firms, or 88%. Three sustaining members and 42 guests were also in attendance.

MEMBERSHIP DRIVE

Don't forget that you get \$50 CASH for each new member you bring into our Chapter. At the end of the year, the member that brought in the most new members gets an additional \$100 CASH!

Build Instant Confidence

Taken from womenworking.com

Being gutsy and putting yourself out there can be a scary thought. The self-confidence you need to take a risk often comes with age and experience, but it's never too early to start taking baby steps. These tricks will give you a boost so you can boldly go after that dream job.

Psych yourself up.

Before an important interview or phone call play your favorite upbeat song to pump you up. Sing along loudly and get energized.

Make a Top 10 list.

Create a list of your top ten favorite accomplishments—maybe it's the time you scored the winning goal for your team or the time you organized a successful walk for charity. Write them all down and carry them in your purse. Take them out and read them when you need a reminder of how talented and amazing you are!

Stand up straight.

Your mom always told you not to slouch and she was right! Try the Miss America trick—practice walking around with a book on your head. When you stand up straight and look people in the eye, it creates an immediate sense of maturity and confidence.

Accept compliments proudly.

We sometimes have a tendency to negate a compliment. If someone says you did a great job on a project, you might say you could have done better if only you had more time. Don't put yourself down—the next time someone showers you with praise, smile proudly and accept it with enthusiasm and thanks.

Fake it until you make it!

You are smart, successful, and fabulous, so start acting that way. Even if it feels uncomfortable at first, the more you fake it, the more you'll start to feel it and soon everyone around you will too.

Birthdays & Anniversaries

Happy Birthday!

Bonnie Ryder	1/9
Pat Fulton	1/18
Blanca Echeverria	1/26

Happy Anniversary!

Advanced Computer Solutions	2004
Ernst & Young	2004
Universal Hilton	2004
ABC, Inc.	2007

Navigating Medical Websites

By Dr. Ian Smith, taken from womenworking.com

Consulting the internet for symptoms is as common as a cold these days! While medical websites are a great resource and a good way to be proactive about your health, it's critical that you use them appropriately.

Look for certified sites.

Reliable resources have the approval of the Health On the Net (HON) certifying agency. The HON logo is often displayed at the bottom of websites. You can search for and verify trustworthy sources at www.hon.ch/.

Check the contributors.

A good site will specify that its content is provided by trusted medical personnel. Examine the editorial board and editorial contributors and look at the organizations they work for as well as their list of credentials.

Stay on track.

It's easy to get misdirected. There are many non-credible sites, blogs, message boards, or chat rooms where anybody can post inaccurate advice. If you find yourself going down this path, return to a credible site which should only link you to other reliable sources.

Use it in moderation.

The internet can be a great resource to alleviate fears, but with so many sites available, many of which are unsupervised, it can also cause panic. Read up so you feel informed, but don't go overboard. You can get caught up with information that may be more inflammatory and exaggerated than it should be.

Know when not to use it.

When it comes to a medical emergency, timing is crucial. If you have a sudden change in your physical condition such as breathing problems, bites, or allergic reactions, seek immediate medical attention. When it comes to children, it's always best to play it safe. A child emergency may present itself as something innocent, but can escalate very quickly.

Confirm your findings.

The internet is a two-dimensional kind of situation—just you and the information on the computer. To really understand what's going on, you need three dimensions—you, your doctor, and the back and forth dialogue you'll have. There's a lot more that goes on in between reading and learning about symptoms and actually making a diagnosis. Always confirm your research with your physician.

Be open-minded.

Don't walk into your doctor's office absolutely convinced you know the diagnosis and correct treatment because you found it online. Go in with the level of confidence that you are aware of what's going on, but keep an open mind when the doctor gives you feedback. If you truly don't feel he or she is listening to you, look for a second opinion.

She Said It...

"Woman must not accept; she must challenge. She must not be awed by that which has been built up around her; she must reverence that woman in her which struggles for expression."

- Margaret Sanger

CALENDAR OF EVENTS

January 12, 2010

SFV Chapter Meeting
Sampa Grill
6:00 pm

January 14, 2010

LA Chapter Meeting
6:00 pm
Info at executivewomenla.org

January 19, 2010

SFV Board Meeting
6:00 pm

February 9, 2010

SFV Chapter Meeting
TBD
6:00 pm

February 11, 2010

LA Chapter Meeting
6:00 pm
Info at executivewomenla.org

February 16, 2010

SFV Board Meeting
6:00 pm

September 23-25, 2010

Leadership Conference &
Annual Meeting
Kansas City, Missouri
Info at executivewomen.org

Clear the Mental Clutter

By Gail Blanke, Author, taken from womenworking.com

Cleaning out your closets or tackling that attic full of boxes is always satisfying, but what about the junk you're hoarding in your head? When you throw out the physical clutter you clear your mind, but when you throw out the mental clutter you clear your soul. Gail Blanke helps rid you of 4 kinds of mental mess. Get ready to let go and really lighten up your load.

Let Go of Feeling Inadequate, Irrelevant, and Just Plain Not Good Enough

This is a great place to start the mental throw-out process, because who among us has not felt at one time or another that we're just not good enough? Or that someone else is better, smarter, prettier? Many of us shine the spotlight not on what we *can* provide, but what we're missing. But focusing on the things we don't have is a ridiculous waste of energy, not to mention a waste of valuable mental resources.

Action Plan: Stop thinking that you need to know about or be good at everything. Celebrate and enjoy what you do know and what you can do. And forget that old adage, 'No one's indispensable.' No one's *dispensable*! Whatever you can contribute is valuable—be sure to give what you can every chance you get.

Let Go of Thinking the Worst

Does this sound familiar—someone says something or something happens to you and you immediately turn whatever it is into something bad? We often make ourselves sick over negative interpretations. I know I've weakened my mental immune system by being so irrationally worried over negative thoughts I made up all by myself. We've got to cut this out. You get to decide how it all turns out. So make up interpretations that propel you toward the life of your dreams.

Action Plan: Ask yourself what you want to make happen. Is it a new job, a new boyfriend, or just a happy ending to a tough day? Then no matter what happens, assign a positive interpretation to your current situation. In the end, you'll have a much better chance of getting what you truly want if you focus on the best scenario, not the worst.

Let Go of the Type of Person You Think You Are—or Aren't

I believe that at any given moment we can decide who we are, what we're capable of, and what type we are. And that means at any given moment, we can throw out the old type if it just doesn't work for us.

Action Plan: Make a list of the various types you think you are; types you or someone else made up that you've accepted as the truth. Like the not-good-at-math type or the can't-lose-weight type. Draw a line through every one of them. Now write down some types you'd like to be: maybe confident, creative, or entrepreneurial. Act as if you are those types. Remember, nothing's written until *you* write it.

Let Go of Waiting for the Right Moment

Waiting is a national pastime. We wait for the mood to strike us, the weather to change, the planets to be aligned before we take the next step. But *now* is the time to control our destinies and live, not the life we're resigned to, but the life we aspire to. When we put our futures on hold waiting for the right moment, our opportunities float on by.

Action Plan: We often wait out of fear, but courage comes with action. Next time that old voice cries out, "Wait!"—don't listen! Speak up anyway, present your plan, declare your passion, and take that step that might change your life.

Become Irreplaceable

Tanner Stransky, Entertainment Weekly Correspondent, taken from womenworking.com

From Ugly Betty to Grey's Anatomy to the crews on 30 Rock and the Office, pop culture's young professionals provide real-life lessons on how to become your company's MVE (most valuable employee!).

Go the Extra Mile

Put your pride aside and say "Yes"

Take on every task you get, even simple ones that may seem beneath you, and own them. Smile when they're assigned and do them with such panache that your boss will be forced to give you better projects in the future.

Take initiative

Think beyond just taking basic tasks from point A to point B. Put on your thinking cap and see if you can't figure out a way to get to C and anticipate other problems of the project.

Be the Idea Person

Even if your ideas don't always work out, they'll show your boss that you're thinking about how to do your job better.

Read widely

Soak up as much information as possible from blogs to magazines to business journals. If you read a case study about what a company similar to yours did to successfully fix a problem, think about how you could modify it and capitalize on that same success in your position.

Offer solutions, not problems

Creative people don't whine about the problems they're faced with, they do something about it! Trust me, your boss will thank you for offering solutions before crying about problems.

Become Tech Savvy

In these plugged-in times, all professionals are faced with technology every minute of the day, whether they're emailing clients or teleconferencing into a meeting. Being an employee who knows the ins and outs of technology only will make you that much more valuable and irreplaceable.

Use your tech savvy to your advantage

Older generations, especially, may see you as a whiz kid—much like The Office's Ryan Howard—just from your basic knowledge. Perception is everything, so work that to your advantage. Many times, your expertise can gain you access to top brass who need assistance.

But remember, technology is a tool, not a strategy

Don't let your savvy make you too big for your britches or manage your expectations of how far your skills really can take you. Just because you may use technology on a daily basis, doesn't mean you're an expert on how it affects your business.

To-Do List

Figure out the bigger picture.

Understanding how what you do fits into the bigger picture and strategy of your company will allow you to do more.

Ask for more work.

Bosses love to hand off projects to willing employees. When you've finished your assigned work, find out what else you might be able to help with.

Always have an idea handy.

Especially when you're going into a meeting or brainstorming session where ideas are openly welcomed. Try introducing yours and don't be afraid of looking like a fool—just because your idea is shot down doesn't mean you are.

Keep sharpening your tech skills.

Stay up to date with the latest and greatest in technology. Take a class in a new application and see if your company will foot the bill for you to be upgraded. It's likely they'll want to invest in your skills.

Turn feedback into goals.

When your boss or a senior colleague makes a suggestion of how to improve your work, react positively, then turn it into a goal you can work toward.

Constantly assess yourself.

Formal, but typically infrequent, feedback from bosses is standard, but look to yourself first to identify areas of improvement and use every opportunity as a chance to learn and grow.

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Advanced Computer Solutions
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Baskets n' Bows Inc.
Brick Elm Staffing Solutions
Design Elements
Ernst & Young LLP
First Private Bank & Trust
Hilton Los Angeles/Universal City
Lee Wayne Corporation
Mid Valley Properties
Northridge Hospital Medical Center
NumberCrunchers
Reniger Financial & Insurance Services
Schrillo Company
Telling Insurance Agency
Topaz Lighting
Willett Travel

SUSTAINING MEMBERS

Patricia Fulton
Shirley Stark

She Said It...

"Follow your instincts. That's where true wisdom manifests itself."

- Oprah Winfrey

"The people we are in relationship with are always a mirror, reflecting our own beliefs, and simultaneously we are mirrors, reflecting their beliefs. So... relationship is one of the most powerful tools for growth....If we look honestly at our relationships, we can see so much about how we have created them."

- Shakti Gawain

Membership Postings

When the posting of a prospective new member firm has been made in the Chapter publication or notification sent by a special mailing and no written objections are received from an Executive of a member firm within 10 days of posting, the firm may be contacted to join our Chapter. If an objection is received, a reason must accompany the objection so the Board of Directors can investigate. The Board of Directors has the authority to rule on the validity of any objections and accept or decline them.

There are no postings for January.

Good Times with Annette...



Blanca Echeverria, CTC
Director of Group Operations

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The annual fee is as follows:

Business Card Size \$30/year*
Half Page Ad \$50/year*
Full Page Ad \$60/year*
New member firms get the first two months free (\$25)!!

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* Charges will be prorated on a quarterly basis