

GREATER DES MOINES NOON CHAPTER
VOICE



January 2011
Volume VI, Issue 6
Des Moines, IA 50309

"18 years of leadership, education and friendship."



**MESSAGE FROM
OUR
PRESIDENT**

THANK YOU to all our members who helped plan the Christmas Party in December. Thank you to the people who donated items for the raffle, brought cookies, and helped make the party fun, especially Elfie. Elfie, also known as Sandi Guely, handed out candy canes and read *The Night Before Christmas*. During the reading of the story, we had an ornament exchange passing the ornaments back and forth depending on the words 'the' and 'and'. It had the whole room laughing. So THANK YOU AGAIN to everyone involved.

The New Year is upon us. What accomplishments will you achieve this year? What new things do you want to learn? How do you want to help others? Reflect on these questions and make a difference in the next year. Our Chapter has been making a difference this year with having a supply drive at our meetings. The charities included Bidwell Riverside Center, the Iowa Homeless Youth Center and the Midwest Pet Project. We will continue this in the new year. You also have opportunities to learn using the WIN program on the ABWA National Website. We also have \$50 per member available to go to a class or seminar of your choice. ABWA can help you achieve your goals. So take advantage of the opportunity.

See you in January!

Joleen Shaffer
President

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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.





HAPPY NEW YEAR

January 6, 2011 Meeting

AllPlay—11:30 a.m. to 1:00 p.m.

PROGRAM: Denny Kelly, Owner and Instructor
One Gentle Soul

Denny is a Yoga teacher, Reiki master and EFT practitioner along with the sharing of his meditation practice. His practice is based on healing energy work and exploring of inner self. Denny has been studying and practicing in the healing arts world for a number of years. His first step into this exploration began in 1971 with Meditation.

You will find his teaching technique very comfortable and easy to follow. He believes that life should not be a strain and that we are all here to help each other as we grow toward a place of peace and harmony. All the materials and classes are designed for everyday ordinary people who have a desire to move beyond their current mental and emotional state of mind.

Yoga-Meditation-Reiki-EFT-Self Healing are all tools of the trade that can be used to help individuals unfold their true essence which they discover goes way beyond their current level of being.

The journey can be FUN, and the discoveries can be very REWARDING. See more at his web site, www.onegentlesoul.com.

February 3, 2011 Meeting

At our February meeting, Tina Gordinier and Heather Boustead will present a WIN presentation. This is a required program from National.

There has been some confusion about getting into the WIN program and navigating around the different areas and what they have to offer. Tina and Heather will be going through each section with us to try and make everything easier for the members.

WIN has so much to offer the ABWA members such as courses about Interviewing, Resumes, Managing Team Conflict, and Goal-setting. The Library offers you everything you want or need to know about ABWA. The News section gives you news from our Regional and National Officers.

Plan to attend this informative meeting.

COMMUNITY INVOLVEMENT

Our community involvement project for January will be **The Beacon of Life**. They are the only female gender-specific transitional shelter in the Des Moines area. The Beacon provides highly structured shelter for women transitioning into a better life. They provide 24 hour, 365 days a year shelter that can last up to 24 months for homeless women.

Over 90% of the women who successfully completed the Beacon's program and entered their aftercare program maintained gainful employment and obtained permanent housing. The Beacon not only helps women turn their lives around to become happy and productive citizens, but it also has a positive impact on their children and families.

Following are a list of items that are most needed at this time for the Beacon.

Liquid Laundry Soap
Bandaids

Liquid Dish Soap
Toilet Paper

Please bring your items to donate to the January meeting. If you have any questions, please contact Charla Davidson at 515-419-3582.

Let's continue to help the needs of many in our community throughout 2011.



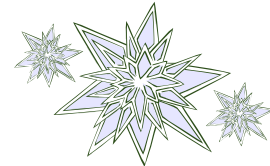
JANUARY BIRTHDAY'S

Paige Wheat	1-7
Sharon Duffey	1-22
Pam Hendershot	1-23

*“You’re only young once, but you can
be immature forever.”*

JANUARY ANNIVERSARY'S

Sharon Duffey	1-23-01
Carlene Hinds	1-8-07
Dr. Laura Rehmer	1-8-09
Phyllis Rife	1-9-92
Joleen Shaffer	1-12-92



Greetings to my District III Sisters.

Thank you for the opportunity to serve as your 2010-2011 District III Vice President. Our District was well represented at the 2010 National Conference in Chattanooga with four chapters/express networks receiving the Level III Best Practices, one chapter receiving the Level II Best Practices and Cedar Rapids Charter Chapter receiving Level I Best Practices.

The ABWA Women's Instructional Network (WIN) has come a long way in the past 12 months and continues to offer new features. Be sure to log into WIN to participate in Massie's BIG Adventure. Massie the Moose will guide you through the new features which include a new look to the WIN library. Can't find the

document you want? Put the document name in the Knowledge Object Search box and click on the eye glass.

One of my favorite books is "Lunchmeat and Life Lessons" by Mary B. Lucas. Chapter three of the book is about staying focused on what is most important and not worrying about the things we have no control over. This concept can be applied at your chapter/express network meetings and executive board meetings. If you are not a Best Practices chapter/express network, I encourage you to review the Best Practices concept and set a goal to adopt one new criterion on the list.

As your District III VP, I look forward to invitations from your chapter/network express and area council. Together we can grow our district and increase the number of Best Practices chapter/networks by next September in Irving, Texas where I will see you on stage, wearing your red dress, receiving your award.

In ABWA Friendship,

Nancy E. Ballenger
District III Vice President





November 23th, 2010

Attn: Charla Davidson
 American Business Women
 Greater DSM Noon Chapter
 2905 Delaware Ave.
 Des Moines, IA 50315

Dear American Business Women,

The staff and participants of Iowa Homeless Youth Centers would like to thank you for the donation of diapers, wipes, and cleaning supplies that you recently contributed to our organization! We appreciate your continued generosity. Thank you for your support, superior dedication, and participation with our centers.

As a private 501(c) (3) non-profit organization, we are devoted to serving the unique and specialized needs of central Iowa's homeless and runaway youth and families. Therefore, we rely upon the ongoing support of businesses, groups, and individuals like you. Without that kind of support, we could not continue to provide the many services we offer to help these young people improve their lives and move towards self-sufficiency.

Thank you again for your donating these items and thinking of Iowa Homeless Youth Centers. Your thoughtfulness and generosity will truly serve to benefit others.

Sincerely,

Katie Carpenter
 Administrative Assistant
 Iowa Homeless Youth Centers

**Iowa Homeless
 Youth Centers**

Buchanan Transitional Living Center
 1219 Buchanan Street, Des Moines, IA 50316
 Office: 515.265.1222 Fax: 515.266.8377

Lighthouse Host Home
 1216 MLK Jr. Pkwy, Des Moines, IA 50314
 Office: 515.288.7884 Fax: 515.288.7885

Homeless & Runaway Street Outreach Center
 701 Grand Avenue, Des Moines, IA 50309
 Office: 515.883.2379 24 Hour Line: 515.249.1443

Brad Whipple, Director General E-mail: ayouth@yss.ames.ia.us iowahomelessyouth.org

Iowa Homeless Youth Centers is a program of Youth and Shelter Services, Inc.

NEW RESERVATION NUMBER

515-883-0756



MEMBER SPOTLIGHT

Charla Davidson

Where were you born? I was born in Des Moines, Iowa and grew up in Pleasant Hill, Iowa.

Please tell us a little about your family? I've been married for 39 years to my Jr. High sweetheart, Don. We have two daughters, Wendee and Hollie. Wendee has 3 kids: Devon -18; Tanner-15; and Baylie-11. Hollie has a son, Jackson who is 5. My parents live part-time in Arizona and part-time in West Des Moines. I have four sisters. Val, Kim and Stephanie all live in Des Moines and my oldest sister, Jodi, lives in Las Vegas, Nevada.

Do you have any pets? I have a King Charles Cavalier named Harley Davidson and a Cavashu named Sophie.

What are your hobbies or things you enjoy doing while you're not working? I enjoy just relaxing and reading. Also, I've started scrapbooking for my grandkids since I didn't do that for my girls.

Are you a collector? If yes, what do you collect? Is dust a collector item? I guess you could say I collect books since I have enough to open my own library! I also collect Willow Tree Angels.

Did you go to college and if so what was your major? I did not go to college after I graduated from high school. At the time I graduated (1971) most of my friends got married and had families. I did go to DMACC and received my Certified Medical Assistant degree in 1999. I had always wanted to be a nurse and decided to go with my daughter through the program. I found out I liked going to school better than working for someone else since I had worked for myself for 15 years.

When did you join ABWA and why? Actually, I belonged to another Chapter years ago. Then in 2003, a friend asked me to rejoin. I really wanted to start meeting other women and I have met so many good friends through ABWA.

When are you most content? I am most content when I have my family together and everyone is getting along!! I love sitting by my pool in the summer breeze.

Who do you most admire? I've always admired Mother Theresa for her selfless giving of herself.

Latest book you have read: I finally just finished a book written by Kurt Warner and his wife. It was an easy read book that spoke a lot about how they met, raising their kids and just how giving they are to other people and what strong Christians they are.

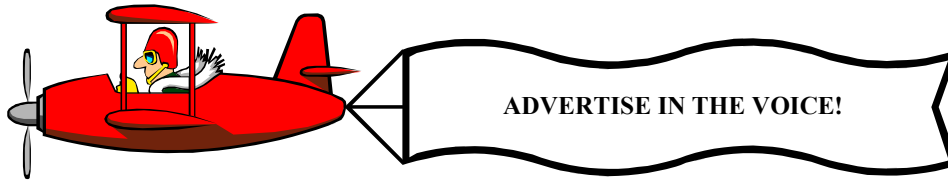
Favorite vacation place: Hawaii

Favorite all-time movie: It has to be an Officer and a Gentleman. Actually any movie that Richard Gere is in would be my favorite!

Favorite color: Bright pink.

Favorite Flower: Tulips. I love them, but too bad they don't last very long.

Do you have a favorite quote? *"Today is a gift, tomorrow is not promised to anyone."*



Contact Charla Davidson (515)263-1058
 z281996@aol.com

This is your opportunity to increase your exposure to members and prospective members alike. The more exposure you have—the more likely they'll remember you and want to know more how they can either use your products/services, or be able to refer you to others. Advertising shows that you are serious about building your business. **Place your ad here for only:**


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ABWA's Proud Code of Conduct

A Chapter of the American Business Women's Association

Please send **newsletter submissions** by the **20th** of each month, so the newsletter can be to you at least one week prior to the monthly meeting.

Newsletter Editor
Charla Davidson
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Cell: 515-419-3582
Fax: 515-263-1063
Email: z281996@aol.com

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.

We're on the web!

www.abwanoondsm.com

It is important that we periodically take time to take stock of where we are and who we are. Do we judge ourselves by our accomplishments? Does "accomplishment" mean "worthiness" in our book? How have we been able to get where we are, and do we feel good about the way we did it? Do we need to make amends to some people and express our gratitude to others? How lucky we are to have the opportunity for amends and gratitude.

HAVE A GREAT 2011!

2010-2011 Officers & Committee Chairs

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Vice President	Tina Gandy
Secretary/Treasurer	Tracy Sweet
VP District III	Nancy Ballenger

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