



High Noon Howler

High Noon News in Black and White that howls to be READ. Albuquerque, NM



Colleen Herrera, President 2009-2010

Leadership—This is a word that brings to mind a clear picture for most people. Are you a leader? Who have you known who has been a good leader in your life? How important do you consider leadership to be? This is a much different concept than management. Management, in my mind, is working to make sure that all the “passengers on the boat” are basically adhering to the requirements. Management is rowing in the right direction at the expected speed. But leadership is about impacting where the boat is headed. We are all leaders, possibly in our professional lives, possibly in our personal lives. We may only be leading ourselves, but we are responsible for the direction that someone, somewhere, is taking.



As women this may be a surprising thought for some of you. I know, totally sexist comment, but if you have been raised with traditional roles or if you have chosen to take on a more traditional role, or if your particular job does not involve managing others, you may not have thought of yourself as a leader. I would tell you that you are a leader. You are a responsible member of society who has taken the time to educate yourself with skills that you provide to others. Even if all you ever did was raise a child, you are a leader. You have made an impact on society and affected the direction we take.

The question becomes how committed are you to being a good leader. I would argue that all of you are quite committed. You have already made a commitment to leadership by participating in the ABWA. ABWA has even renamed its National conference the Leadership Conference. There is a reason that they made the change, because each of us has made a commitment to lead. We spend an entire year working hard to raise money to fund another person’s dream in the form of a scholarship. If that isn’t steering the boat, I don’t know what is. Each of you who has taken an officer role, a committee role or led a fundraising event has led our chapter in a particular direction.

You all have given me the great honor, and the great responsibility of being your leader for two years in a row. I hope I have met your expectations. I hope I have encouraged you in your own growth as leaders. I respect each and every one of you and the gifts you bring to this chapter. As we elect our newest Woman of the Year and our Top 10 representative, I hope we select carefully and that those who are nominated and those who win realize what an honor it is to be selected by your peers as a leader. I know I did.

I will miss you this month, and I am sorry that my other responsibilities are taking me away. But, I am with you in spirit and I would like to offer my congratulations to those who are honored this year. You are truly great leaders.

See you next month,

Colleen

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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.

Treasurer's Report

Shannon Wong

Beginning Balance:	\$2,302.09
Income:	
Dues	36.00
Concessions	87.91
Total Income	\$123.91
Expenses:	
Southwest Cyberport—Dec/Jan	50.48
Total Expenses	\$ 50.48
Ending Balance	\$2,375.52



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Looking Ahead



ABWA HIGH NOON Meeting—February 18, 2010

Women & Creativity Celebration 2010 —March 1st-31st
National Hispanic Cultural Center

St. Patrick's Day— March 17th



Minute by Minute...

Carolyn Ogren

High Noon Meeting – January 21, 2010

Called to order by Colleen.

Attendees: Kathy Santoro, LaTomia French (guest), Natasha Vaughn, Susan Starnes, Carol Bernstein, Delora Saviteer, Charlene Greenwood, Colleen Hererra, Mae Yee, Shannon Wong, Carolyn Ogren.



Introductions and networking.

Guest: Latomia French is Natasha's guest. She is a full time nursing student.

Scholarship: Mae mentioned that she will be putting up a list of schools that we send scholarship applications to.

Program: Susan Starnes is our guest speaker today to speak about Retirement Insurance. Never too early to plan for retirement. You should plan for 30 years of retirement. How much you need is determined by your lifestyle. Will you still work after you retire? As we age we will all spend up to 20% of our income on medical costs. www.dol.gov is the website that can help to figure out the amount of money you will need for retirement.

www.socialsecurity.gov/estimate will tell you what your estimated SS income after retirement will be. www.medicare.gov will give you information on medicare coverage.

New Business:

1. WOY-Members in good standing are all eligible. Shannon is taking nominations now and we will be looking at this at the February meeting.
2. Scholarship Committee- Mae: asking for members to form a committee. Zita, Susan, Kathy and Carolyn volunteered. Deadline is May 5th for applications.
3. NM Area Council- Natasha : Fiesta will be at the Courtyard Journal Center on July 16th and 17th 2010. Cost will be \$95.00 Area Council wants a Chapter Roster from each Chapter. Lost money on the Christmas Party. It was not a pleasant event according to some who went.
4. Next Board Meeting: February 4th at 5:30 at Scarpas on Academy.

Adjourned at 1pm.

Respectfully submitted,

Carolyn Ogren, Secretary

The first responsibility of a leader is
to define reality

Max Depree

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Election Time at High Noon

courtesy Susan Starnes

It is once again time for us to elect our new High Noon Chapter Woman of the Year and Top Ten Candidate. It is helpful to have a little more information about these special recognition types for you to cast your vote.

Woman of the Year (WOTY) is a chapter level award that is presented annually to one member who the chapter feels has made outstanding achievements and/or contributions to the chapter. The only criteria High Noon has set for this is to be a member in good standing (which means that the person is current on both their local and national dues). WOTY receives special recognition at spring and national conferences and in our chapter she will be presented a traveling trophy with the names of every past recipient listed along with a pin, certificate, and ribbon.

Top Ten Business Women of ABWA is a national award and our chapter elects a candidate that is submitted for consideration of this award. Chapter candidates must meet the eligibility criteria then submit their signed application by May 15th to the national organization for judging. Judging is based on five areas: personal and professional goals; involvement in ABWA activities; formal education; career accomplishments; and, community involvement. The national organization selects a panel of judges from the local Kansas City area and the ABWA CEO sends a congratulatory letter, certificate, and ribbon to each Top Ten nominee. Those selected as the Top Ten are notified by telephone in early July, those not selected receive a letter. Those selected as Top Ten are interviewed and judged by another panel at national conference one day before the general session and an American Business Woman of ABWA is selected. All of the Top Ten receive special recognition at conference. In our chapter, our Top Ten Candidate receives an award chosen by the chapter president (in the past it has varied – sometimes it is a pin, other times it is a trophy but there is also a frame and paperweight).



Election Process: Our chapter has established that the outgoing WOTY runs the elections for the next WOTY and Top Ten the following year. As outgoing WOTY, Shannon Wong asked for our nominations for these positions last month. During our planning meeting Colleen set the calendar for us to vote during our chapter meeting in February and the awards to be presented at the March meeting. If you have any questions about these special awards, Shannon or your current board should be able to answer them for you.

Heart Health

courtesy Susan Starnes

Heart disease is still the number one killer of women in this country. More than all other cancers combined, heart disease kills over 450,000 women a year according to the American Heart Association. Do you know your risks of heart disease? If not, you can find an assessment tool at www.mylifecheck.heart.org to see for yourself. There are a number of different things you can do to reduce your chances of getting heart disease. The American Heart Association has come up with the following “Simple 7” to help you reduce your risk of heart disease:

1. **Get Active** – the recommendation is 150 minutes of moderate exercise or 75 minutes of vigorous exercise each week.
2. **Control Cholesterol** – know your numbers and be aware of the factors – that impact your cholesterol so you can stay on top of keeping it in check.
3. **Diet** – eat fish at least twice a week and red meat no more than three times a week (go for fins or two legs rather than four legs).
4. **Blood Pressure** – one in three people have high blood pressure and don’t even know it. Do you know your average blood pressure?
5. **Lose Weight** – while studies change about what weight is considered healthy, all agree that you want to have a body mass index (BMI) of less than 25 and a waist measurement of less than 35 inches for women.
6. **Reduce Blood Sugars** – diabetics have two to four times greater risk of heart disease.
7. **Stop Smoking** – for those who smoke this is the absolute best thing you can do to improve your health for heart disease and a number of other health issues. Smoking is the number one risk factor of heart disease.

At the February meeting, Susan Starnes will be taking blood pressure of any who are interested. In addition, she will have the BMI tables for you to determine your number. Take charge of your health today and keep your heart

Volunteer Leader

by Delora Saviteer

I am not talking here about leaders of industry, captains of sports teams, political candidates, judges of talent or participants in reality shows because these leaders must focus on the success and growth of their businesses, their teams, their reelection, or their celebrity. They are ambitious, determined, and focused. They may have formal education or have graduated from the school of hard knock. In other words, they worked to get into the position of leadership.

I am talking about that soul who belongs to an organization, sits on a committee, or otherwise finds her self in a situation having some sort of future objective. Generally there are a number of volunteers. More often than not there is the bare-bones of an idea that has no starting point let alone a workable plan or defined goal. It becomes obvious that some form of leadership is needed.

In a case such as this, it has been my experience that volunteer leadership is largely unintentional, rather like accidentally winning an auction because of an unexplained muscle spasm causing an arm to shoot into the air and wave uncontrollably. It is not so much that the bidder did not want to win, but more of not realizing it, or being teased or otherwise coerced into bidding until the gavel strikes and the bid is closed. What is won is not the cloak of authority, but the map of possibility.

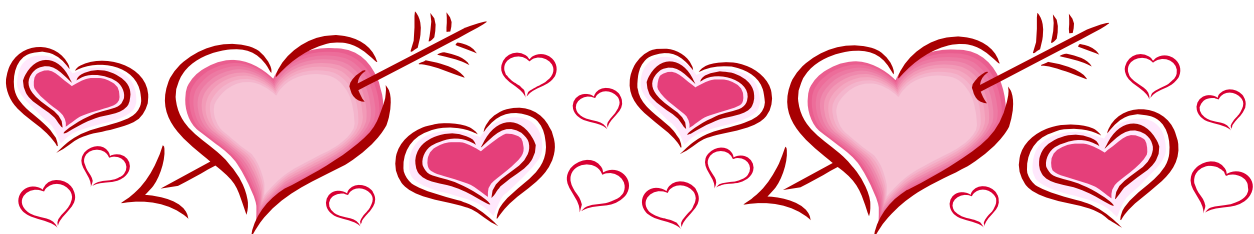
Leaders of volunteers look for, recognize and use the talents, strengths and enthusiasms of the group to accomplish its goals, not for a polish cloth for egos or barter for future favors. A leader does not set up camp, tend horses, or feed the troops. A leader holds the map, carries the compass, and sets the pace so the group does not get lost, become frustrated or, worse yet, lose interest.

By listening to, appreciating and acknowledging the efforts and assistance of the group and its accomplishments a leader encourages volunteers and leaders to get involved in future projects while becoming the first volunteer to set up camp, tend horses or feed the troops for them.

Hey, Gals, Bob and I have rented a booth at the Things & Collectibles Flea Market at 200 San Mateo SE. That is the building where the old roller rink used to be for those who have been here long enough to remember going there. Our booth is #22A which is about 3/4ths of the way back in the center isle. We strung some lantern lights up the pole in hopes of attracting customers. Most of the stuff is guy things right now but we will be bringing things like pictures, pottery, glassware, and other fun stuff. Drop by for fun and look at all the other vendors as well.

See you there.

Delora



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.



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High Noon Chapter
 of the American Business Women's Association

Shannon Wong

E-mail: payrollperks@comcast.net

*We're on the web
abwahighnoon.org*

Next Meeting
February 18, 2010
 Shoney's Restaurant
 11:30a-1:00p

Independence is happiness.
 Failure is impossible.
Susan B. Anthony



High Noon Executive Board

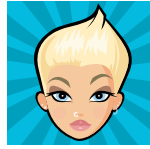


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Vice-President

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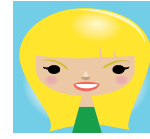


Carolyn Ogren

Secretary

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Shannon Wong

Treasurer

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payrollperks@comcast.net

Happy Birthday
2/7—Mae Yee
2/14—Zita McCullough

Happy Anniversary
1991—Carol Bernstein

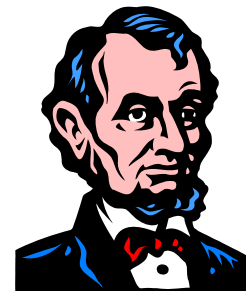
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President's Day

Colleen ABWA HN Pres	George USA Pres #1	Abe USA Pres #16
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