



High Noon Howler



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

Colleen Herrera, President 2009-2010

Are We There Yet?

This is a statement, heard from the back of the car by all parents who in a moment of unclear thinking decide that a road trip is a good idea. The kiddos are bored with traveling and want to arrive at the much anticipated destination. The fun is going to start when we get THERE, where ever there is. I don't think we ever outgrow this desire to be there, and to hurry and get there. But what if there isn't really the point. What if it is all about the ride or the process of getting there?

We go to school and we earn diplomas and degrees so we can get there, to our careers. And we work in our jobs to get to success and be there. And we save and save so we can be retired and possibly even move to another location to be retired there. When we get there, is it really what we wanted? Is it as good as we thought it would be? I am sure that in many cases, the answer is yes. But, for some of us, it isn't as good as we thought it would be.

The best time I had in my getting there so far, was going to college. I was very fortunate to have the support of my mother and my husband during that time of my life. I worked and I volunteered, but mostly I just lived the process. I took all kinds of classes. Whatever interested me. Whatever topic I felt could help me in the future. I took Nutrition and Jewelry Making. I took Calculus and Psychology. I loved it. It was hard work, I had assignments and finals and psycho professors. But I really just enjoyed the ride.

My ride is not on a straight and narrow road as most of you know. I have changed majors, changed careers and changed jobs. I think that for the past 15 years, I have been trying really hard to get THERE. Unfortunately, I have recently realized that I am not really sure where there is. Call it my mid-life crisis, but I feel like pulling over and checking the GPS navigation unit, because I don't remember plugging in an address!

Others are always willing to give you a destination. "You need a 3 bedroom, 2.5 bath house with 2.5 children, 2 car garage and an income with lots of zeros". Ok, seems reasonable, the American dream and all that. But, will I be happy? Will things that my secret inner princess child wants be there when I get there? I do believe that the answer to that can be yes. But more importantly, I think that on my way to this destination I should paint the walls purple and gold, just because I want to. I think I should skip doing the vacuuming and take a walk or go to a craft fair. I think I need to look around at the scenery as I go racing by onto my next destination. And I need to remember that the people in the car with me are lots of fun, have good stories, and like to play games like Go Fish.

So, how does all this relate to ABWA? Well, we have received our destination from National. And we are on the road. We will practice best practices and keep striving to grow. But, we will have fun doing it! We will be a little irreverent in the way in which we get there. We will try to remember that the important thing is the journey, not the destination.

Merry Christmas, Happy Hanukah, and best wishes for a FABULOUS New Year!

See you Thursday,

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:	\$2,562.57
Income:	
Halloween Tickets	100.00
Halloween Fundraiser	90.00
Total Income	\$2,752.57
Expenses:	
Southwest Cyberport—Oct/Nov	50.48
ABWA National Conference Reimb.	400.00
Total Expenses	\$450.48
Ending Balance	\$2,302.09



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Looking Ahead



ABWA HIGH NOON Meeting—January 21, 2010

Peking Acrobats at Popejoy —January 10th

Valentine's Day—February 14th

Minute by Minute...

Carolyn Ogren



High Noon Meeting – November 19, 2009

Attendees: Reva Case, Colleen Herrera, Charlene Greenwood, Zita McCullough, Melissa Minter, Carolyn Ogren, Delora Saviteer, Lindy Smith, Susan Starnes, Holly Sylvester, Sandra Trujillo, NaTasha Vaughn, Shannon Wong, Mae Yee, Carol Pinnell, Anita Lee, Julie Ismari-Crawford.

Meeting called to order by Colleen.

Welcome and Introductions: Colleen

Halloween Party wrap up: Delora and Carol: We made a profit of \$1519.00. There are a few more silent auction items that did not get to the party. We will have them at the Holiday Event or we could donate an item to the scholarship fund in memory of Pam Gordon who passed recently. A gift of thanks was given to Delora and Carol.

Charlene, our historian, made a lovely photo compilation of the Halloween Party and is offering a Creative Memories book of all of the photos. She will also donate some of the proceeds to High Noon.

December Social: Holly We would like to gather at Gecco's on Academy and at that time white elephant gift exchange. Folks can bring family and friends. Meet at 6:30pm for great fun together.

Area Council Holiday Event: Sunday December 6th. \$25.00 per person. At the Holiday Inn at I-25 and Jefferson.

Board Business Meeting: Colleen: December 1st at Scarpas on Academy at 5:30 in order to deal with a few pressing issues we've been delaying (website, tax issue, etc.) All members are welcome to attend.

Speaker: Anita Lee, founder and CEO of Authentic Success, LLC. Anita gave an inspiring presentation on "Living Your Dream". Book recommendation: Jack Canfield "The Success Principles". Look at what you can do rather than what you cannot do. The idea of emotional intelligence: How do you react in certain situations? She raised other questions for us to consider including: Are you working in your strengths and using your gifts? Do you feel a sense of purpose in your life? And a biggy": What one thing will you commit to doing that will enhance your present and your future? Let's think about these provoking questions as we ponder the new decade ahead, both for ourselves and for our chapter.

Blessings in the New Year to all!!

Respectfully submitted,

Carolyn Ogren, Secretary

Making resolutions is a cleansing ritual of self assessment and repentance that demands personal honesty and, ultimately, reinforces humility. Breaking them is part of the cycle.

Eric Zorn

Remodel	PAT'S MECHANICAL	RAY PATTERSON, JR.
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Repair	AFFORDABLE RATES!	505-449-7740
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Plumbing	QUALITY WORK!	INSURED & BONDED NM-98 Lic. #89708 LP-4 Lic. #36160
Heating		
Gas		
Water Softeners		

Power up your cleaning routine when seconds count

(ARA) - At one time or another, everyone has found herself racing around the house with an armful of cleaning supplies, scrambling to tidy up for unexpected guests. But the prospect of surprise visitors need not cause a full-scale panic.

Cleaning and organizing expert Donna Smallin offers practical tips for completing a vigorous, efficient cleaning routine when every minute matters.

* First things first. To make a great first impression, start with the entryway and then follow the path your guests will take. Think entryway, living area and bathroom. This is no time to reorganize your sock drawer. If you can, close doors or pronounce the upstairs or other section of the house off limits to guests, and you've cut your cleaning job in half.

* Conquer clutter. An uncluttered entryway is warm and inviting. Do a quick lap around your entryway and living area with a laundry basket and/or trash can, tossing junk mail and collecting out-of-place items to be organized later.

* Speed-dust at eye level. Microfiber picks up dirt like nobody's business. Grab a microfiber cleaner for a quick "dust-busting" of your bookshelves, lamp shades and coffee tables.

* Vacuum just the high-traffic areas. When you want to impress guests, nothing freshens up a room like clean carpet and rugs, and an ergonomically designed vacuum can make spontaneous carpet cleaning easier.

"I'm loving the PROlite Multi Cyclonic vacuum from BISSELL, which offers all the power of a full-sized upright unit, but in a sleek, lightweight design that makes it easier to use, lift and move from room to room," Smallin says.

* Speed clean mirrors. In the bath room, lightly wet a microfiber cloth and squeeze it dry to clean mirrors and glass surfaces.

* Give furniture a facelift. Take just two minutes to fluff sofa cushions and pillows to breathe a little freshness into your living room.

* Make countertops sparkle. Spritz kitchen and bathroom counters with a freshly scented all-purpose cleaner and quickly wipe away spots, crumbs and everyday grime.

* Rally the troops. When time is of the essence, divide and conquer. While one family member is vacuuming, a younger one can follow behind, wiping down baseboards. Or while one is taking out the garbage, the other can load the dishwasher. One way to motivate family members for these situations is to instigate a regular power cleaning competition. Make a game of timing how long it takes to tackle key cleaning chores, and you'll have your own family SWAT team ready to go when guests are on their way.

* Prepare for future speed-cleaning sprees. Speed cleaning is even easier when you're prepared, so get your supplies in order now. Keep a caddy of cleaning products ready to go, and you can save precious seconds when guests are en route. You may even want to stash cleaning supplies in spaces around your home so you can tidy up on the fly. Small cleaning supplies can easily be hidden behind the TV, behind books on bookshelves, in drawers, or even under your sofa.

Master this fast and furious cleaning routine and you'll always be ready to take on last-minute houseguests. You may even have time to give yourself a manicure before they arrive.

Courtesy ARAContent



How to make your New Year's Resolution Last

(ARA) - Failed New Year's resolutions are a dime a dozen. That promise to go to the gym every day dwindles to three days a week, then two days a week, before falling into "whenever I can make it" territory. Diet and weight loss resolutions are among the most common, year after year, which says a lot about what kind of results people are getting from the promises they make to themselves.

The problem with so many resolutions is that they're simply too strenuous, too unforgiving and just plain unrealistic. We don't become superhuman masters of willpower with the turning of the year, nor do our busy schedules change. The best, most effective resolutions, especially for weight loss, are the ones that fit in with the lives we're already living.

Resolutions for weight loss and those for eating better can easily go hand in hand. One key to a positive, effective plan for carrying out these resolutions is to not view food as the enemy - or, at least, not all food. As a first step, start taking a good, hard look at the ingredient list on foods that you buy.

You should also be honest with yourself about your eating habits. If you're a habitual snacker in the mid-afternoon, own up to it. Next, armed with that knowledge, shop smart and stock better-for-you options for your snacks. Many people starting out on new eating regimens buy products that sound "healthy," but don't satisfy cravings and can lead to too much snacking.

Look for products that you know you like, but find versions that incorporate natural ingredients or offer lower fat options. For example, if you crave potato chips, Cape Cod Potato Chips are a good option. The ingredient list on their 40 percent reduced fat kettle-cooked chips is refreshingly simple: potatoes, canola oil and salt. What's even better is that they don't add chemicals to reduce the fat content - they simply flash-bake the freshly-cut potatoes.

When those hunger pangs come around, take a no-nonsense approach with yourself. Limit your intake by putting what you're eating in a small bowl, which automatically helps you stop eating, or look at the nutritional label and stick to the serving size listed on the product. And eat slowly - you'll feel full on a smaller amount of food if you don't rush it. If you've got a sweet tooth, skip the candy bars and find some dark chocolate that you can break off in small pieces. Let one piece melt on your tongue and you'll cut the craving with a minimal intake of calories.

If you're not a snacker, you can still apply those ideas to your main meals. Be sure to choose main dishes that are made with natural ingredients and give yourself some flavor varieties. Add in Cape Cod Potato Chips as a side (they're available in nearly 10 different varieties to compliment whatever you're serving), and treat yourself to a dark chocolate square for dessert. To make yourself eat more slowly - and pay attention to what and how much you're eating - turn off the TV, step away from the computer and have a sit-down meal with the family or a friend.

If you add in simple exercise, like going for walks on your work breaks, you'll be taking an extra step toward a healthier lifestyle, without having to turn your world upside down. With those simple adjustments, this can be the year that your resolution finally lasts through the whole year.

Courtesy of ARAcontent



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

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*We're on the web
abwahighnoon.org*

Next Meeting
January 21, 2010
Shoney's Restaurant
11:30a-1:00p

Cheers to a New Year and another chance for us to get it right.
Oprah Winfrey



High Noon Executive Board

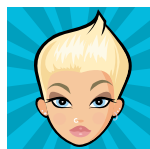


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Happy Birthday


12/17—Sandra Trujillo
 12/20—Kathy Santoro
 01/10—Reva Case



An optimist stays up until midnight to see the New Year in.

A pessimist stays up to make sure the old year leaves.

Bill Vaughan



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