



**ABWA Sunset Chapter
District I
Sarasota, FL**

**A Chapter of the
American Business
Women's Association**

Celebrating 70 Years

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**The Sunset Chapter meets
the third Thursday of every
month!**

**The venue for October is:
Bravo Coastal Bar & Grill
3501 S. Tamiami Trail**

**Email Debin Alderman at
Debin.safeleegreen@comcast.net
Tuesday before the meeting to
reserve your spot.**

The Sunsetter

March 2019

PRESIDENT'S MESSAGE

Do what you can, with what you have, where you are."
-- Theodore Roosevelt, 26th President of the United States

Everyday is an adventure when you live and drive in Sarasota. Oh such a beautiful day! This pretty day is giving me a good case of spring fever. And of course I am planning my trip up to Safety Harbor to celebrate "Changing Women's Lives...One Woman at a Time" at our ABWA Spring Conference. Not too late—would you join us?

This month's celebratory dates are: Ash Wednesday, Daylight Savings Time, St. Patrick's Day, and the First Day of Spring.

Ash Wednesday—March 6

Ash Wednesday is a Christian holy day of prayer, fasting, even if it is not a holy day of obligation. It is preceded by Shrove Tuesday and falls on the first day of Lent, the six weeks of penitence before Easter.

Daylight Savings Time—March 10

Daylight saving time, also daylight savings time or daylight time, also summer time, is the practice of advancing clocks during summer months so that evening daylight lasts longer, while sacrificing normal sunrise times.

St. Patrick's Day—March 17

Saint Patrick's Day, or the Feast of Saint Patrick, is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick, the foremost patron saint of Ireland.

1st Day of Spring—March 20

Most people consider the *first day of spring* to be the *Spring Equinox*, which will start this year at 5:58 p.m. EDT, March 20th. This is because, astronomically speaking, the sun is directly overhead of the Equator as the Earth's tilt begins to point the northern hemisphere towards the sun.

It is going to be a GREAT month with always something to celebrate! Enjoy the moment. The most reliable path to success is a simple one that anyone who chooses to do so can follow. Dream big dreams and take small steps, one after another after another until you're there.

Remind yourself of Charles Swindoll's advice: "The past is over...forget it. The future holds hope...reach for it."

See you Thursday!
Julie Soderquist, President

Committee Responsibilities

Have you wondered what each of the committees is responsible for in our chapter—your wait is over. The new ABWA year is here. Take a look at each of the committees to see where your talents lie. Get involved within a committee.

Program Committee - Lynn Schneider / Janet Bognar—Determines program topics that are business/market relevant. Attempts to schedule programming that would attract non-members during membership campaign periods. Provides topic/speaker info to newsletter chair. Introduces guest speaker at chapter meeting. Maintains compliance with chapter's operating budget.

Newsletter Committee - Julie Soderquist—Publishes the chapter newsletter and distributes it to membership. Emails one copy to District VP and one to ABWA National. Maintains compliance with chapter's operating budget.

Professional Development: Irene Chen - Aims at encouraging members to grow professionally and guide deserving candidates to scholarship awards funded by our chapter. Each year, our chapter contributes our fundraising monies to the Stephen Bufton Memorial Educational Fund (SBMEF) for various scholarship awards, in particular, the Impact Scholarships and Outright Grants. The Professional Committee meets a couple times a year and/or communicate via phone or emails to work on the following:

- Promote the program to potential applicants
- Determine the number and amounts of the awards for the annual Impact Scholarships
- Select the one applicant to represent our chapter for the annual Outright Grant
- Assist and follow-up on applicants to help them with the application process, if needed.

Committee may also work on the Business Skill Reimbursement Program for current members to aid in their career development.

Sunshine Committee: Francine LoCraсто—Sends cards to members for birthdays, illnesses, or deaths in the family and flowers when needed. Maintains compliance with chapter's operating budget.

Social Committee: Plans several events throughout the year to be held outside of the regular Chapter meeting.

Membership Committee: Membership: Barbara Kiracofe—Promotes membership growth. Coordinates membership campaign events. Maintains chapter membership strength by retaining existing members and the addition of new members. Assists in keeping the chapter roster up to date and reports any changes to the National office.

Fund Raising Committee (Ways & Means): Lynn Luken / Marian Hancock—Plans fund raising projects as a means of supporting the chapter's annual goals. Presents its recommendations for all fund raising projects to the chapter for a majority vote. Maintains compliance with the chapter's operating budget.

Banquet Committee: Debin Alderman / Jeanne Hardman / Toni Mailloux—Plans the Chapter monthly dinner menu with the hotel and emails out to membership for reservation. Checks members and quests in at the meeting along with the monies.

Publicity Committee: Sends promotional information covering national, chapter, and member achievements and chapter activities to all appropriate media. Lists of files information about the chapter with sources for potential member contact in the community, such as local chambers of commerce or public libraries, and Social Media.

Sunset Chapter Standing Rules

1. Any member who makes a dinner reservation for herself or a guest and does not cancel by Wednesday noon prior to the monthly meeting, will be responsible for the cost of the dinner and will be billed by the Treasurer. If a member or a member's guest check does not clear for payment, the member is responsible for reimbursing the chapter for both payment for dinner and any bank charges that may be incurred.
2. In order for members to be considered present and eligible to vote at a monthly meeting, they must be registered and have paid for dinner.
3. The Chapter President will receive 100% compensation toward registration and transportation costs to attend an ABWA District Conference or ABWA's National Women's Leadership Conference. She will be expected to represent the Chapter at all Conference activities and receive any awards the Chapter may earn.
4. The Chapter will elect a Woman of the Year each year. The person elected will receive 100% compensation toward registration and transportation to attend the Nat'l Women's Leadership Conference. The same will apply for a chapter Top 10 Nominee.
5. The Chapter will budget **\$5,000.00 toward registration and hotel expenses** and will be distributed among all primary members attending an ABWA District Conference or Nat'l Leadership Conference.
6. In order for a member to be nominated for President, she must have served a minimum of one year on an ABWA executive board.
7. Other than normal operating expenses, the Executive Board will approve bills up to \$100 without the approval of the membership.
8. Each Committee Chairperson will prepare a notebook of activities of the current year which will be passed along to the succeeding chair.
9. Any activity that would involve the Chapter's support must be presented to the Executive Board through the appropriate committee chair, before being submitted to the full membership.
10. In case of illness or accident of a member, birth, or death of the immediate family, Sunset Chapter will send a suitable acknowledgment to that chapter member.
11. The Sunset Chapter will disperse with the business portion of the regular monthly meeting in the month the Business Associate Event is held.
12. The Sunset Chapter will abide by ABWA's Code of Conduct.
13. Tax return should be filed by the Outgoing President, incoming President and incoming Treasurer once books have been audited.
14. The Chapter welcomes all visitors. After attending four (4) meetings a visitor must join ABWA National Organization, and, subsequently, the Sunset Chapter.

ABWA's 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.

ABWA SUNSET
CHAPTER

Phone 941.320.2344
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March 2019

Invocation

Lord, in the quiet of this evening hour,
We come to Thee for wisdom and for power;
To view Thy world through only love-filled eyes;
To grow in understanding; to be wise,
And sure to see Thy guiding light; and thus
To know each other as Thou knowest us. Amen.

Benediction

O Guiding Spirit, Guardian of our days,
Be with us as we go our separate ways,
Help us to feel those thoughts that lift and bless,
To know a closer bond of friendliness,
To see thy beauty, always, every day
Translated into living, this we pay. Amen.

ABWA Mission Statement

The mission of the American Business Women's Association is to bring together business women of diverse backgrounds and to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

March Birthdays

Birthdays are more than the odometer of our lives. Albert Einstein said, "As I grow older, the identification with the here and now is slowly lost. One feels dissolved and merged into nature. It makes me feel happy. The greatest experience we can have is the mysterious." Is there any greater mystery—or greater opportunity—than what lies ahead?

Marian Hancock	March 5
Lynn Schneider	March 30

March Anniversaries

Janet Bognar	2007	Donna Cupicha	2019
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Calendars are Selling—Are You Doing Your Part

ABWA Sunset Chapter Pick 3 Calendars are selling! If you do not already have yours, plan to pick them up at this meeting. Remember: This is the one and only Fundraising Project for the year! It is up to all of us to make this a success so we can continue to honor scholarships and keep Irene Chen busy. If you have monies to turn in bring it to the meeting—if the calendar is sold but details not turned into Marian Hancock it does not count as SOLD! Numbers are called daily—have you been watching?

Changing Women's Lives...One Woman at a Time

Mark Your Calendar for the Upcoming Activities

March 21	6:00p	Sunset Chapter Meeting—Bravo Coastal
March 28—30		Eastern Regional Conference Safety Harbor, Florida
April 18	6:00p	Sunset Chapter Meeting—Bravo Coastal
May 16	6:00p	Sunset Chapter Meeting—Bravo Coastal
June 20	6:00p	Business Associates Event—TDB

Welcome New Member—Donna Cupicha

We welcome Donna Cupicha to the Sunset Chapter. Donna's contact info is:
4553 Mohican Trail
Sarasota, FL 34233
Phone: 941.306.7059
Email: pianocupich@comcast.net
Make sure you greet Donna and welcome her to our chapter!

Happy St. Patrick's Day

March Dinner Choices:

The March meeting will be held at Bravo Coastal Grill at Southgate Mall on the 21st at 6pm. \$25.00 as usual. Please respond with your choice to Debin Alderman by Monday, the 19th via email at debin.safeleegreen@comcast.net.

Choices are:

Bucatini Pomodoro (Pasta, tomatoes, Basil, fresh burrata), includes salad; or
Double Stacked Burger with hand-cut fries, includes salad; or
Chef's Veggie Surprise – and last month's was a beaut!

Please have your order to me by Monday, March 18. And bring your friends and neighbors! And Sisters!

Sunset Chapter Vision

Enrich lives and empower ABWA members through business skills, development and leadership opportunities at the local and national level, as well as assist individuals in pursuing dreams of higher education through scholarships generated by an annual fundraising events.



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CHAPTER

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Sunset Chapter January Meeting Minutes

The February meeting of the Sunset Chapter was called to order at 6:30 by Susan Angermann, Vice President. The Invocation & Pledge of Allegiance followed. Susan welcomed members and their guests and asked the question, "What is one thing to get rid of to make your life easier in 2019?" Many answered the following: Clutter, technology, Facebook, junk emails, excuses, apologies.

SPEAKER: Lynn Schneider introduced our two speakers for the evening who spoke about becoming better speakers. **Alice Rothbauer**, a Mary Kay Independent Sales Director with over 20 years of experience in the beauty industry. Her questions to us were, "Who are you?" And "What do you want?" She shared that it is not our darkness that scares us it is our light. She said that inspiration without action is just entertainment. She shared 4 points with us to be the best you. 1. TAKE ACTION 2. FOCUS – SUIT UP 3. SHOW UP 4. FIND YOUR STRENGTHS. **Rebecca Tasetano**, is a Movement Maker who empowers her clients to communicate their truth with clarity and confidence. Rebecca shared growth and change can be painful. She shared a Ted Talk with us about an outdoor concert. All of a sudden one person gets up and starts to dance. People around that person don't know what to do. They don't want to be noticed. Then another person gets up and starts to dance. And another. And another. All the people sitting down realize if they stay seated they will be the weirdo. A leader of a movement usually starts with one weirdo but they need someone to join them to tip the scales and start a "movement". We all have a story and we need to express it with feeling. We need to realize we all are Superwomen and we have major strengths to bring to others. To do this we need to: Create our space and own our space. When we speak we need to make an impact. Rebecca had everyone get up and introduce themselves in their space. She explained how to claim the space. She showed us how to stand and gesture and how to use your voice. She explained, don't fidget, it takes away your power; imagine what we want to be; you have your whole life ahead of you. What are you bringing to everyone around you? We should speak with confidence. Put our chin up, be louder, and own our space. Show that you are confident.

BUSINESS MEETING

MINUTES: The minutes of the January meeting were printed in the February Sunsetter Newsletter. A motion was made by Marian Hancock to approve the minutes as written and seconded by Diane Jenkins. The minutes were approved as presented.

TREASURERS REPORT: Diane Jenkins, Treasurer, will update and report the income from our calendar fundraiser at the next meeting.

OLD BUSINESS

STANDING RULES: Susan Angermann reminded everyone in attendance that the Standing Rules for the Sunset Chapter are available in the monthly Sunsetter Newsletter.

ABWA Sunset Website: A contract was approved by ABWA Sunset membership to retain Jennifer Rodgers-Skeens for 1 year to update our website monthly and keep up with any maintenance and updates that our website may need. Jennifer will need ABWA officers, chairwomen and members to send information and pictures to her for the website. We have a new email address which everyone should use to send Website/Newsletter information. The email is: info@ABWASunset.org Every officer and committee chair should send an update within the 1st week of the month to Jen with monthly updates and new information. All members of ABWA Sunset can help by sending in suggestions for speakers, socials, corrections to the website etc. if needed. We asked for a volunteer to help keep information flowing for the website. Debin Alderman volunteered to help remind members to keep us informed monthly by sending info to the webmaster.

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Sunset Chapter August Meeting Minutes (*continued from previous page*)

NEW BUSINESS:

FUNDRAISER - CALENDARS: Marian Hancock mentioned that \$330 dollars was paid out to winners of the Pick 3 fundraising calendar to date. As of this monthly meeting 213 calendars were sold. Not including calendars that were turned in at the February meeting. It was decided that the calendar sales will continue to the end of March. We were reminded that we should sell as many calendars as possible to make this fundraiser a success. Money received for the calendars can be mailed to Marian Hancock.

SCHOLARSHIPS: Susan mentioned that the money was sent to National for two scholarships. Now we need to encourage women to apply for the scholarships.

WINE TASTING FUNDRAISER FOR RINGLING CHAPTER: Marcia Savage mentioned that the Wine tasting fund raiser for the Ringling Chapter was cancelled due to low attendance. A new date will be announced for this Ringling Fundraiser. It will be sometime mid-June.

SPRING CONFERENCE: Susan encouraged members to sign up for the Spring Conference. The deadline for early registration is Feb. 22. You can make early reservations and pay as you go. Spring Conference is March 28 -30 in Safety Harbor, FL. Women going should consider car-pooling and sharing rooms. Cost is \$300+ for registration and your hotel.

WOMAN OF THE YEAR COMMITTEE: Barbara Kiracofe and Diane Jenkins are on the committee to choose candidates for Woman of the Year. It was suggested that there should be one more person on the committee. Jeanne Hardman volunteered. Candidates need to be chosen and voted on as soon as our next meeting.

MEMORIAL DONATIONS: Donations in memory of past ABWA member, Lynn Sanger were given to Diane Jenkins. The total was \$450.

ABWA BADGES: Barbara Kiracofe mentioned that anyone who needs a badge for ABWA should contact her and she would order them and bring them to the next meeting.

SOCIALS: Carole Rodgers mentioned that the Sunset Chapter may offer a wine tasting as a social activity which could also be a fund raiser for the Sunset Chapter. More information will be available at the next meeting.

Our speakers, Alice and Rebecca invited anyone in the Sunset Chapter to join them at a Toastmasters meeting or at a meeting of the Identity Project which meets on Thursdays and brainstorms new projects to work on.

The 50/50 drawing numbers were called. Pictures were taken of our speakers for the website and will be sent to the webmaster.

The meeting was adjourned at 8:25pm. There were 20 people in attendance.

Respectfully Submitted by Carole Rodgers, Recording Secretary

March—April Membership Months

The most important thing as a meeting of an ABWA chapter is the privileges exercised by as many members as possible. The voice of our group is most effective when it is the voice of many. We have the privilege to vote, we have the privilege to abstain. What we don't have is the right to refuse to participate. Your presence gives each of us an expanded franchise to sound off after, as well as in the course of the meeting. Let us go about with conviction which is, of course, what brings us together is more important than where we differ. Let's include more! Bring a prospective new member this month—share the experience.

Sunset Chapter Woman of the Year—Barbara Kiracofe

Each year the Sunset Chapter recognizes our outstanding members. One very special recognition is our Chapter Woman of the Year. This prestigious award is selected and voted on by the members of the Sunset Chapter. The nominations are not known to the recipients which makes this extra special. The upcoming ABWA year (2018—2019) Barbara Kiracofe will represent the Sunset Chapter as our Woman of the Year. Barbara, after 53 years as an active member of ABWA you truly exemplify ABWA's profile of Chapter Woman of the Year. Congratulations!