



Emerald Coast Chapter

Fort Walton Beach, FL.

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

Inside this issue:

Presidents message	1 & 2
Programs	2
January Menu	2
Leadership Team	3
Minutes	4 & 5
Spotlight	6
Agenda	9



Presidents Message

WOW... here we are at the end of 2011 and about to embark on a brand new year. Let's wipe the slate clean and look at January 1, 2012 as the beginning of an entirely new way of thinking and working. How about taking a minute to reflect on what we learned in 2011 and use that to our advantage in 2012.

I don't know about you but I always set up my New Year's Resolutions with a strong commitment (at the time)... but somewhere around mid February they have managed to fall off my radar. This year I am going to go about it a different way. Care to join me?

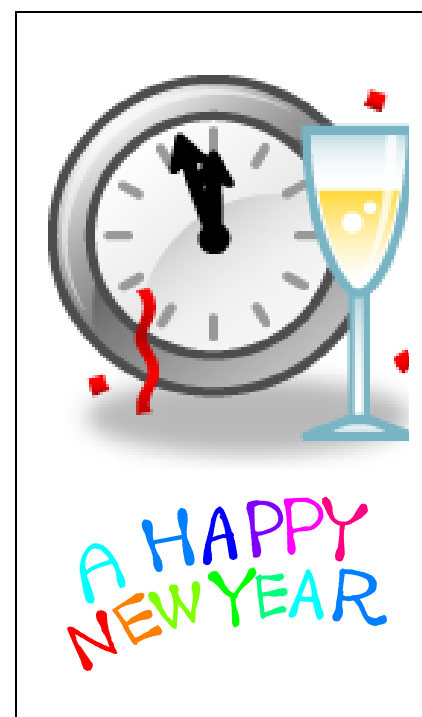
First step will be to write down what I want to accomplish in 2012. My objective MUST be realistic and attainable. Quite frankly... in order to be successful in "any" endeavor we set out to accomplish, we must have this mindset... **"Success is the progressive realization of a worthy ideal"**. If we work towards a predetermined goal we will be successful. Let's develop that type of mindset and pick ONE particular area that we want to work on for 2012 and focus solely on that idea. Write it down and focus on it daily. Think about it all the time. Make it a habit to concentrate on this ONE worthy ideal and actually envision yourself as already having accomplished

the objective. I will succeed and I know you will if we do this consistently. I'll be interested to hear about your objectives and see your success over the next year.

Now we are about to embark on our annual quest ... our biggest money maker – The Billy Bowlegs Poker Run. This year will mark the 20th Anniversary of this event. As in any endeavor "many hands make light work" and we will need everyone's help to make this a successful event. More info will be announced at the January meeting so be sure to be there to get the "EXCITING NEWS" as we take this event to the next level.

Also... let's help Amy McBride with the Woman of the Year award by submitting nominations to her as soon as possible. It is extremely important that we show Amy our support and provide her with good candidates to pick from. The recipient of this award will represent us in our community and out-side of our community as well. There are many highly qualified individuals within our membership. Take a moment and submit a nomination to Amy. The forms are located on our website.

Continued on page 2



Programs and Professional Development

Only 2 spots left to fill – Can You Help?

Thank you to all the members who stepped up to fill in some presenter needs at our last meeting. Here is what we have in store for you in the coming year:

JAN - Quick Books – Kim Meyers

FEB - Woman of the Year – Hosted by: Amy McBride Attorney at Law

MAR - Social Media for Business Presenter: Trudy Romjue – Romjue Advertising

APR -Effective Communication- Presenter: Peggy Brockman BLAB TV

MAY- Scholarships meet our recipients

JUN -Business Associate of the Year – Hosted by: Linda Deyo

JULY - Time Management _ Need Presenter

AUG-Marketing – Need Presenter

Presidents Message Continued:

We have submitted the scholarship request forms to SBMEF. We hope to award (3) \$2,000 scholarships to freshmen attending accredited colleges and also (2) \$1,000 scholarships to freshmen attending either a vocational/technical/community college. I'll be working with the schools to help promote the scholarships as well as assist any student who may need help in completing the forms. If you would like to help as well... just let me know. (Again... many hands make light work)!!

My midnight toast on Dec. 31, 2011 will be to YOUR SUCCESS IN 2012!! May God bless you and keep you safe and healthy. Until next month and in ABWA Sisterhood..... Kathy Houchins

January Menu

SALAD ASSORTED MIXED GREENS w TOMATOES, RED ONIONS, CUCUMBERS, CROUTONS, **DRESSING** AND **CRACKERS**

ENTRÉE DUTIES: HAM SLICES **"NO GARNISH"** with SCALLOPED POTATO and GREEN BEANS

DESSERT DUTIES: APPLE PIE w WHIPPED CREAM

OR

MR T'S CHEF SALAD w **DRESSING** AND **CRACKERS**

APPLE PIE with WHIPPED CREAM

Send Gail Waller your business card or print ready ad

HERE IS YOUR 2011-2012 LEADERSHIP TEAM

President..... Kathy Houchins
 Vice-President..... Aminta Montanez
 Secretary..... Linda Deyo
 Treasurer..... Vivian Tejo
 President-Elect..... Amy McBride

COMMITTEES:

Advertising..... Trudy Romjue
 Business Assoc Yr.... Linda Deyo
 Historian..... Becky Belcher
 Hospitality..... Tammy Magee/Darlene Day
 Membership..... Leigh Rice
 Professional Dev Sandy Duh
 Programs..... Elisa Rowlands
 Newsletter
 Gail Waller/Mary Florence
 Scholarships
 Vicki Story
 Spring Enrollment
 Tammy McDaniel
 Woman of the Yr
 Amy McBride
 Year-End Audit
 Lori Kelley

Door Prizes
 Kristine Twing
 Photography
 Nivaska Eastwold and
 Gail Waller
 Publicity
 Gail Waller
 FWB Chamber Rep
 Bev Bain
 Status of Women
 Gail Waller/Amy McBride

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MINUTES

Monthly Minutes of the Emerald Chapter of ABWA

November 1, 2011

The regular meeting of the Emerald Coast Chapter of ABWA was held on November 1, 2011 at Two Trees Restaurant. Networking began at 5:30 p.m. and the meeting was called to order at 6:00 p.m. There were 48 members and 9 guests in attendance. Pam White gave the invocation and Aminta Montanez, Vice President presided over the meeting in President Kathy Houchins absence.

Everyone had the opportunity to introduce themselves and tell what their business and ABWA affiliation is.

Leigh Rice gave the membership report for the Chapter. She reported that we have 93 members.

Guests were introduced.

Tammy Magee presented the Hospitality and Wellness Report.

Bev Bain gave the Fort Walton Beach Chamber report.

Gail Waller presented the report on the Status on Women and the Newsletter.

Program Chair Elisa Rowland introduced our speaker, Carole Byrd with the Jr. Miss Program and

Lori Kelley with O'Sullivan Creel presented a program on "Preparation for Year-End Taxes".

Old Business:

The minutes of the October 5, 2011 meeting were presented by Linda Deyo, Secretary. There was a correction that the cost of the adult tickets for Guns and Hoses should be \$20 instead of \$15 as recorded. Jackie Pilcher made a **motion** to accept the minutes as amended and Gail Waller seconded it. The minutes were approved by vote.

The Treasurer's Report was given by Vivian Tejo, Treasurer. Gail Waller made a **motion** to accept the Report as given and Linda Deyo seconded it. The motion carried.

Mary Florence talked about the Panhandle Area Council (PAC) meeting on October 7 and 8. Peggy Quince, Florida Supreme Court Justice was the keynote speaker.

The Guns and Hoses Challenge is scheduled for November 19, 2011 at the Emerald Coast Convention Center. Ticket prices will be \$10.00 for kids and \$20.00 for adults and will include a snack bag. Proceeds from this event will go to the 911 families foundation in remembrance of the 10 year anniversary of 911 and the Emerald Coast Chapter ABWA Education Foundation. We will need everyone to get involved. Tammy Magee reported that we need all members to volunteer to help at the event and to sell tickets. A weekend getaway is being offered to the person who sells the most tickets.

The Christmas Party will be on December 6 at the Shalimar Pointe Golf Club. There will be a cash bar and everyone should bring a \$10 wrapped gift. Vendor tables are available for \$25.

New Business:

Gail Waller made a **motion** to send funds to SBMEF in November this year so we can present our scholarships in May of 2012. Vivian Tejo seconded the motion. Passed unanimously.

Donnel and Sharon Triplett were affiliated by Aminta Montanez, Vice President.

Leigh Rice and Bev Bain each gave 3 minute speeches about their businesses.

There being no further business, Linda Deyo gave the benediction and Vice President Aminta Montanez adjourned the meeting.

Door prizes and the table decorations were given.

Winners of the 3 minutes presentation for the January meeting were: Tammy McDaniel, Marion Gibson and Kim Meyer.

Kim Meyer won the member spotlight for the next newsletter.

Rosemary Roberta won \$71.00 in the 50/50 drawing.

Members winning free dinners were: Becky Belcher and Carol Ann Love

Peggy Brockman won the business cards.

Respectfully submitted,

Linda Deyo
Secretary

NOTE: There are no minutes for our December meeting as we held our Annual Christmas party in December and did not have an official meeting.

Your business

Card Here

Contact:

Mary Florence or Gail
Waller

To submit your

2011 – 2012 ad

Gail Waller
Branch Office Administrator

Edward Jones

MAKING SENSE OF INVESTING

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Fax 888-252-5405
diana.waller@edwardjones.com
www.edwardjones.com

MEMBER SPOTLIGHT

Kathi Heapy

Office Manager, The Flooring Authority

What brought you to ABWA?

I had recently graduated from college and moved here and had a short-lived job through which I met Lynn Gulick who was with First National Bank. She invited me to ABWA, which gave me a wonderful opportunity to meet other women in the community, make several good friends, and become involved with several role models and mentors.

Are you involved in other local organizations?

I am a lector and Sunday School teacher at St. Mary's; Gary and I are coaches of the Meigs Middle School Swim Team; at Choctaw, I am president of the IB Parent Foundation and Gary and I are head chaperones for the band; we are also heavily involved in the YMCA swim team as parent, coach and official. Right now, most of my involvement is related to my children, but ABWA has always been the one "grownup" thing I have continued with.

What courses have you taken in WIN?

I've worked on "Facilitating Team Interactions"

Finish this sentence ... My parents always told me..... I need to change this sentence a little bit, because, in my life, **My parents never told me that I couldn't do something.** Whatever I wanted to do, or try, or become, they supported me. They let me make mistakes, and earn my own achievements. When I was 11 and announced that I wanted to go to the Air Force Academy, which didn't admit women at the time, they said that was fine and hoped that I would be the first female cadet. When I was a senior in high school in the Philippines and wanted to attend Indiana University, they found the money and the intestinal fortitude to put me on an airplane back to the states by myself. With their guidance and teaching, I developed into a person in whom they could be confident that I would make the right decisions and do the right things.

What has been your most rewarding experience professionally, personally? Gosh! I think my most rewarding personal experiences center around my time in college at Indiana: Being involved with the swim team, where I found my best friends, learned a tremendous amount about swimming and myself, had



Kathi Heapy..... Continued

lots of fun, and met several of my swimming idols will always be very special to me. The IU School of Business and my semester at the National University of Singapore were tremendously challenging, fun and rewarding. And...as a result of those experiences, I ended up having a lot in common with Gary, whom I met a few months after graduation.

Congratulations Kathi for being our Member Spotlight winner!



Just a little humor for the holidays

Hope you enjoy Maxine

Were you at our last meeting?



EMERALD COAST CHAPTER – SOCIAL/PROGRAM & MEETING AGENDA

JANUARY 3, 2012

SOCIAL:

Welcome

Invocation / Pledge _____

(Meal Is served)

Membership Report – (Leigh Rice)

- Members with Birthdays and Anniversaries
- Members with guests – intro of their guests (and guests can intro themselves if they wish)

Hospitality Report – (Tammy Magee or Darlene Day)

- Number of members in attendance at meeting
- Wellness report

FWB Chamber Rep Report – Bev Bain

Status on Women Report – Gail Waller

Historical Information – Becky Belcher - to give a fact from our history

Programs/Professional Development Report – Sandy Duh

PROGRAM:

Chair Elissa Rowlands will introduce Guest Speaker Kim Meyers – Kompu Kim for her presentation on Quick Books.

BUSINESS MEETING:

Minutes of Previous Meeting in November – by Secretary Linda Deyo

Treasurer's Report – by Treasurer Vivian Tejo

OLD BUSINESS:

- Report on Guns and Hoses event
- Reminder that February is the Woman of the Year and Top Ten Woman Nominee event - Amy McBride to report – all members are encouraged to wear red in honor of winners in previous years and for the new winner for 2012.

NEW BUSINESS

- Report on upcoming PAC – January 21st in Tallahassee
- Nomination of Tammy McDaniel for District 1 VP – turn over to Mary Florence
- Billy Bowlegs Poker Run – Signup sheets for various committees – Date is May 19th

General Information:

- Winners of 3 Minutes: Kim Meyer, Tammy McDaniel and Marion Gibson

Benediction _____

=====

Turn over to Door Prizes

Table Decorations provided by: _____

3 Minute Winners _____, _____ and _____

Member Spotlight Winner for Feb Newsletter: _____

Member – Winner of Free Dinner next month: _____

Business Cards Winner: _____

50/50 – Winner _____



The JOY of friendship starts with hello!



ABWA's Proud Code of Conduct

1. All members will serve as goodwill ambassadors for the American Business Women's Association.
2. All members will serve as goodwill ambassadors for the American Business Women's Association.
3. Members will not allow their personal beliefs and convictions to interfere with the representation of ABWA's mission.
4. Members will always treat their member colleagues, guests, vendors and sponsors with honesty, respect, fairness, integrity, responsibility, kindness, and in good faith.
5. Members will maintain compliance with ABWA National, Chapter and Express Network Bylaws.
6. Members will not use their personal power to advance their personal interests.
7. 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.



Chapter History bits ~

Did you know...

By Becky Belcher

Did you know.....that over the years our Chapter has enjoyed many “just for fun” outings, with no business involved at all! Kathy Heapy got a bunch of us to an Ice Pilots hockey game in Pensacola. We’ve been to Atlanta on a shopping spree. Some of us participated in the NRA gun/shooting course at Hurlburt, a self defense class, as well as the Powder Puff Auto Mechanics classes. Then there was a roller skating party, a hayride, the luau at the Sheraton Tiki Hut, a Gulf front picnic at the Destin

Holiday complete with volleyball and sand sculpting. We were named Best Marching Unit when members in suits with bells on their shoe laces and lights on their briefcases walked in the Christmas Parade one year, and 2nd place in the same category for the Bowlegs Parade. There was a slumber party at Cash's penthouse, a wine tasting at Cash's, as well as a picnic at his ranch in Crestview. Cash is a previous Chapter Business Associate of the Year, and Thanks to former member Patti Baker, has always been very generous to our Chapter.

Happy New Year to You ALL!

[...History to be made at our meeting]

ABWA Annual Theme 2011-12

Hummingbirds can fly forward or backward with ease. Let's use this as a reminder that we can “fly backward” and appreciate our past, as women and as members of ABWA. We can also “fly forward”, carrying the lessons and experience of our past as we seek to define our future together. Hummingbirds are known to wing their way as far as 2,000 miles to reach their destination. This reminds us to be persistent in the pursuit of our dreams and to adopt the tenacity of the hummingbird.

Hummingbirds are tireless, always seeking out the sweetest nectar. In some Native American cultures, hummingbirds are emblems of timeless joy and the nectar of life. They remind us to forever seek out the good in life and the beauty in each day. Let the hummingbird remind us all that this year's theme is to “Share the Past, Build the Future” of ABWA.

Here are 5 key mindsets for 2012:

1. **Stay in the present.** Now is all you have, therefore don't waste your time with energy on the past or the future.
2. **No regrets.** Mourn your mistakes for a moment if you must, then move on.
3. **Openness.** Don't be closed to different ideas, ways of doing things or new belief systems.
4. **Gratitude.** Have a profoundly grateful heart and express it freely.
5. **Light heartedness.** Don't be dragged down by energy-draining people, events or problems. Find laughter in your life every day.



Happy Holiday's to all

Christmas Memories from December, 2011



**Editors – Gail Waller and Mary Florence –
contact them to place your ad**

Visit us online at www.abwa-ecc.org