FROM THE PRESIDENT, HOLLY WRIGHT

Fall is in the air (we hope) and Halloween is on the doorstep. Many of you attended the 24th annual Tri-County Council’s Annual ABW Day Celebration which took place this past Saturday, September 15th at the Heron Bay Marriott. It was a fantastic event with 49 ladies in attendance including a star-studded cast that included our National President Tina Gandy, National Vice President Tina Ackles, National Secretary-Treasurer Pattie Vargas and our current ABWA District 1 Vice President Carolyn Parks. Members came from near and far including Homestead, Central and North Florida along with Georgia, Texas, and San Diego, CA. Each gained valuable information that members could apply to their personal and professional lives through the two themed seminars “Filling Your Success Toolbox”. National VP Tina Ackles hit one out of the park with the seminar “Create a Positive Team Culture” and National Secretary-Treasurer Pattie Vargas scored an ABW-Day touchdown with the seminar “Creative Problem Solving”. All this along with an excellent luncheon that included Key Note Speaker National President Tina Gandy and the introduction of the two District 1 VP candidates including our “own” Lois Margolin who delivered a spot on speech! GO LOIS! A big thank you to the 2012 Tri-County Board which includes Brenda Tucci as Council Woman of the Year! And the incoming 2013 board will continue this great tradition. The event was topped off with shopping galore as many vendors provided unique gift opportunities. With that as well as many raffles and a 50/50 drawing, I don’t think anyone left “empty-handed”. After meeting our National officers and participating in ABW Day, I for one am counting the days till the ABWA National Conference in Memphis.

And, thanks to the help of our dedicated officers, committee chairs and the support of each and every member, our Coral Springs Charter Chapter has been recognized for our level of excellence. Congratulations to our Executive Board for earning the Best Practices Award Level 1! Each year, our newly elected officers are charged with creating an annual plan to ensure the strength and vitality of our chapter and the perpetuation of the American Business Women’s Association. To recognize the efforts of Chapters in this endeavor, National has established the Best Practices Award. There are three levels of Best Practices for chartered leagues of the American Business Women’s Association. To qualify for the highest level — Level 1 — a chapter must meet a rigorous set of criteria pertaining to all areas of a well managed chapter.

(Continued on Page 4)
SAVE THE DATES

Next Chapter Meeting
Thursday, November 1, 2012

Topic: “Take the Fear Away from Public Speaking”

Speaker: Lorraine Campbell
Public Speaking Coach
J.S. Communications

Location: Marriott Heron Bay, 11775 Heron Bay Blvd., Coral Springs

Coral Springs Chamber Events
As an ABWA member, you can attend chamber events at member rates representing ABWA. Events this month:

Professional Women’s Alliance Luncheon
October 3, 2012
11:30 AM - 1:00 PM
Speaker: Lisa Boccard
Topic: “Celebrating the Sisterhood of Survival”
Lisa will be joined by three other breast cancer survivors: Jennifer Huckleberry (My Candles of Hope), Kim Haley (Medebra), Tammy Gail (Glam-a-thon).
Event Location: Marriott Heron Bay
11775 Heron Bay Boulevard
Coral Springs, FL 33076
You must RSVP no later than 10:00am on Tuesday, October 2, 2012.
954-752-4242
Members in Advance: $25.00
Members At The Door: $40.00
Future Members: $40.00

After Hours Networking Event
Tuesday, October 9th
5:30pm - 7:00pm
Salt Life Food Shack
2660 University Drive
Coral Springs, FL 33065
Please RSVP no later than noon on Monday, October 8th.
954-752-4242
Members in Advance: $10.00
Future Member: $15.00

Wake Up Breakfast
Tuesday, October 16th
7:30am-9:00am
Marriott Heron Bay
11775 Heron Bay Boulevard
Coral Springs, FL 33076
Registration: $15.00
Members At The Door: $25.00
Future Members: $25.00

Tamarac Chamber Events
ABWA members can attend chamber events at member rates, but you are representing ABWA. Upcoming events:

Morning Perks Monthly Networking Breakfast
Thursday, Oct. 4th
7:30am-9:00am
University Hospital & Medical Center
7201 University Dr.
Tamarac, FL
Registration: $15
Members at the Door: $20
Future Members: $20
Contact Info: 954-722-1520

TamBiz Networking @ Noon
Thursday, Oct. 11th
12:00pm-1:30pm
Applebee’s
6005 University Dr.,
Tamarac, FL
Contact Info: 954-722-1520

West Boca Chamber Events
As an ABWA member, you can attend chamber events at member rates representing ABWA. Events this month:

3rd Annual Golf Tournament
Friday, Oct. 5th
1:00pm – 7:30pm
Boca Greens Country Club
Register Online: REGISTRATION FORM.pdf

Chamber Breakfast
Oct. 9th
7:30am-9:00am
Speaker: Professor Robert Watson of Lynn University
Boca Greens Country Club
$20 per person
Contact Info: 561-482-9333

CHAPTER VISION STATEMENT
“Coral Springs Charter Chapter promotes the empowerment of women through relationships, education, leadership, recognition, and award opportunities for members and the community.”

SPONSOR A MEETING, SHARE YOUR BUSINESS
Contact Cheryl Scavron, Ways & Means Committee at cheryl@ycruise.com if you would like to sponsor an upcoming meeting.

NOTICE: We’ve made sponsorship even more affordable! The Meeting Sponsor fee has been discounted to just $75! This is a real bargain as it includes dinner as well as the 5-minute spot on the meeting agenda, and a table to display products and materials.

Sign up today!

TEAM ABWA SUPPORTS WID!

SAFEWALK-RUN 5K
Saturday, October 27, 2012
See article and registration info on Page 5.

JOIN US AT TRADEWINDS PARK
3600 Sample Road,
Coconut Creek, FL 33073

Leukemia & Lymphoma Society Light the Night 5K WalkRun
Saturday, November 10, 2012
Register Online or call 561.775.9954. For more information, visit: www.lightthenight.org/pb or check out our YouTube Video.
Do you want more time? In this unique and eye-opening presentation, Carol shows you how to make better use of one-third of your time by learning how to become a Purposeful Dreamer™. Imagine how being able to accelerate the success process by accessing the hidden answers, truths and strategies that await you within your dreams!

**Networking begins at 6:15 pm**
**Dinner and Program at 7:00 pm**

**Cost:**
- **ABWA Members:** $27 if registered online (or received check) by midnight, Sunday, September 30th. After Sunday, fee goes to $32 with online reservation made before noon on Tuesday, October 2nd. After that, walk-in rate is $37, with no guaranteed dinner choice.
- **Guests:** $32 if registered online (or received check) by noon, Tuesday, October 2nd. After that, walk-in rate is $37, with no guaranteed dinner choice.

**Dinner Choices:**
- Boneless breast of chicken with creamed spinach and melted provolone
- Filet of salmon with a dill sauce
- Ravioli a la vodka

**R.S.V.P. at our website:** [www.abwacoralsprings.org](http://www.abwacoralsprings.org) or call 877-589-2995 ext. 2

**Cancellations received in writing AFTER noon on Tuesday, October 2nd may be responsible for the meeting fee.**

**Location:** Marriott Heron Bay
11775 Heron Bay Blvd., Coral Springs

All bank fees related to returned checks will be charged back to the issuer.
On Sept. 24th, chapter officers, committee chairs and members met with President Holly Wright at 6:32 pm at the Mythos Greek Taverna. In attendance were:

Holly Wright, Barbara Weiss, Fay Wilmot, Kathy Gallagher, Lois Margolin, Randee Abramson, Diane Delgouffre, Stephanie Cohen, Nancy Wolfe, Marion Holmes Nadrich, and Lori Mauer. Board reports are posted on WIN. To access these reports:

- Log on to WIN (Women’s Instructional Network)
- Click on the “Library” tab (on the top right)
- Click on the “2012-2013” folder link under Coral Springs (on the left)
- Click on the “Committee Reports” folder link under that
- Click on the “12.08 Comm Reports” folder link under that
- You will then see all the reports in the right side window

The following is a summary of the key points of the meeting:

**Committee Reports:**

- **Community Relations:** Stephanie Cohen announced that the Chapter will participate in the SafeWalk-Run 5K, October 27 at Tradewinds Park in Coconut Creek. We are looking for more participants (members, spouses, and friends) to make a “Team ABWA” for the event. Stephanie will bring sign-up information to the October chapter meeting.

- **Membership:** Lois Margolin reconciled the membership roster. We have 75 members on the national roster. Lois is looking for a location for the networking social in October.

- **Technology:** Holly Wright, speaking on behalf of Beverly Provost, reviewed the September meeting survey results.

- **Newsletter:** The deadline for all information is Tuesday, September 25th.

- **Hospitality:** Randee Abramson reconciled the meeting attendance and reported that due to our flexibility with our May 2013 meeting date, we now have an additional room for our LNO event. Our May meeting will be on Wednesday, May 1, 2013 due to conflict with another event at the hotel.

- **Programs:** Lori Mauer reviewed the upcoming programs and speakers for October and November. There was a recommendation that a gift card would be a good “Thank You” for our speakers.

- **Chamber:** Randee Abramson will represent the Tamarac Chamber.

- **Ladies Night Out:** Nancy Wolfe is now focusing on raffles and food vendors as the event approaches.

- **Education:** Holly Wright reported that Paula Pirozzi and Sue Hand submitted 3 applicants to the SBMEF site for the $1000 Special Scholarship. Once the site maintenance is completed, they will enter others that were recommended by Judi Miller. Also, the $250.00 tuition reimbursement is still available to be awarded to a qualifying member.

- **Public Relations:** Marion Holmes Nadrich met with Advanced Cable Communications and they will produce and advertise LNO in exchange for a full page ad in our LNO program.

- **Tri-County Council:** Kathy Gallagher reported that ABW Day was well attended. Fifteen of our members attended the event. Kathy Gallagher made a motion to reimburse all members in attendance for their $50.00 early registration fee. The motion was seconded by Nancy Wolf. Motion passed.

- **New Business:** Lois Margolin suggested the chapter subscribe to ‘Send Out Cards’ as a more cost-effective way to honor our members. Fay Wilmot made a motion that the Chapter purchase a subscription to ‘Send Out Cards’ for a monthly fee of $9.80. The motion was seconded by Lori Mauer. All attendees were in favor.

The meeting was adjourned at 8:31 pm. The next board meeting will be on October 22nd @ Mythos Greek Taverna in Coral Springs beginning at 6:30 pm. All members are invited to attend as well.

**PRESIDENT’S LETTER, (Continued from Page 1)**

Charter Chapter will receive the Level 1 Best Practices Award for 2011-2012!

Directing our attention to October’s meeting, Thursday Oct. 4th will feature Guest Speaker Carol Morgan, Spiritual Counselor, Speaker, Coach and Author who will present “Dreams: A Time Management System”. We look forward to seeing you all!

Let’s not forget how fast time flies...we are just one month away from the 9th Annual Ladies Night Out event Tuesday November 13th! Please join us. Invite your friends! Encourage colleagues to advertise, sponsor, and contribute by donating raffle and door prize items. The night is filled with networking, socializing, shopping, great food and drink, hundreds of raffle and door prizes and a great fashion show, all for the low low price of $25.00 in advance or $30.00 at the door! This is a great deal and the must-attend event of the season. Please contact Nancy Wolfe or myself as Co-Chairs if you have questions.

Happy autumn!

In ABWA friendship,

Holly Wright 2012-2013 President Coral Springs Charter Chapter

**BEST PRACTICES, (Continued from Page 1)**

Chapter – membership, Standing Rules, Pre-Planning, Planning, Budgeting, Recognition, Education, compliance to Federal Regulations and Curriculum and Programming. **We are proud to announce that the Coral Springs Charter Chapter has won the Best Practices Award – Level 1 for the 2011-2012 year!** Congratulations to our President, Holly Wright, who was responsible for putting all the paperwork together to substantiate the efforts of our Chapter! As a member of our Chapter, winning Best Practices is an honor that each of us receive since it is truly a team effort.
WOMEN IN DISTRESS UPDATE—SafeWalk-Run 5K
Contributed by: Stephanie Cohen

Please join our TEAM ABWA for the SafeWalk-Run 5K, October 27 at Tradewinds Park in Coconut Creek. You have an opportunity to participate as a member of our Team ABWA as a walker, or donate a monetary gift to our Team ABWA participating walkers. This is a great opportunity for us to come together as TEAM ABWA Sisters for WID. We can actually have fun, join in the camaraderie of the team effort, and get into great physical shape while taking a step to end domestic violence. Registration is $25 for adults/youth walker $15 ages 6-12. The $25 contributes as a donation. All registrants receive a free breakfast and event T-shirt. Signing up is easier than ever! Go to: http://safewalk2012.kintera.org. Stephanie Cohen has attached a flyer which is the first page you will see when you click on the link. You can click on Walk-Run button to join us as a TEAM ABWA walker, just scroll to TEAM ABWA and they will walk you through the rest. If you want to sponsor a walker, press the green button and choose the walker’s name. It is as easy as that! If you should have any questions, please contact Stephanie Cohen at 954-345-8855, or e-mail at icstephaniecohen@yahoo.com. Andrea Levenson will be on hand at our October meeting, and has volunteered to sell her hip klips to our members, and donate 100% of the proceeds to WID.

ABW DAY A SUCCESS!

Our ABW Day event on 9-15-12 at the Heron Bay Marriott was a HUGE success! Congratulations to Paula Pirozzi, Tri-County Chair, for orchestrating such a wonderful event. Her leadership and the team’s vision ensured we had a jam-packed day full of information, National and District news and great camaraderie among everyone. There were lots of great vendors including five from our own Coral Springs Charter Chapter! Thanks to Jo Burdette, Natalie Bigio, Andrea Levenson, Kandace Key and Pat Mackechnie for sponsoring a vendor table – hope this day was a big success for you all! Thanks also are extended to Lori Mauer who singlehandedly put together the Coral Springs Charter Chapter Raffle Basket! It was beautiful!
CHAPTER NEWS

SHARE YOUR KNOWLEDGE

Members: Don’t miss “The Business Page” on Page 12. Do you have a business-relevant, informative or educational article you’d like to share? We usually have space for an article or two in our newsletters, so write an article and share your knowledge! Contact Diane Delgouf-fre (dbd210@bellsouth.net) to find out which months are available for your contribution.

NANCY WOLFE

Originally from New York, Nancy Wolfe has lived in Florida with her husband Tony since 1973. She has two grown daughters, a son-in-law and two fabulous grandchildren, Emily who is 9 and Michael who is 8.

Nine years ago, Nancy quit her job as Director of International Sales for a health and nutritional company to start her own business. Her business goal was to become well known and now she is known as “The Cookie Lady”.

Nancy is President/Owner of Sweet Deliveries, a home based business she began 9 years ago. She creates the freshest and finest cookies and chocolates daily. Everything is made to order. Nancy specializes in unique party events such as baby and bridal showers, wedding favors and themed birthday parties or “just because” gifts. In the summer she conducts Cookie Camp for Kids.

Nancy also creates edible art corporate logo cookies, gift baskets, gourmet cookie trays and, let’s not forget her delicious dipped strawberries and chocolate and caramel apples embellished for any occasion. She has just opened The Royal Tea Room together with Lori Post at the Consignment Post, where you can enjoy a royal lunch for any occasion. They are opened Sundays and Mondays.

Nancy enjoys her ABWA Membership because it enables her the opportunity to meet many women from all types of businesses. “ABWA has been very helpful to me in many ways and does so much for the community.” Now she would like to give back as well.

RAFFLE PRIZE IS A WIN FOR CHAPTER!

Fay Wilmot attended last month’s Coral Springs Chamber meeting and won the raffle prize – a free member spotlight ad good through Nov. 30th! We will get to showcase our Chapter meetings and our 9th Annual Ladies Night Out event on the Chamber’s website! Way to go, Fay!!

REQUEST FOR VENUE

The Membership Committee is looking for a venue to hold our October Networking Social. If you are interested in hosting this event at your place of business, please call Lois Margolin. This is a great opportunity to showcase your company while networking and getting to know our new members and guests.

GET AN ABWA LOGO SHIRT!

Want to show off your membership in this great organization? You now have an opportunity to purchase this cool Ladies “Silk Touch” Interlock Polo Shirt embroidered with the ABWA logo! Member Sue Hand, owner of Sports & Promotional Specialties, Inc. has secured some great pricing on these high-quality, wrinkle-resistant shirts. You can now order these through our Chelsea Reservation System – just click on the item for the ABWA shirts.

Show your ABWA pride – order today!

MEMBERS HELPING MEMBERS

Has a member referred business to you or have you done business with another member? Please send your contributions to Lois Margolin at loismargo-lin.abwa@gmail.com.

Barbara Weiss sends a BIG Thank You to Marilyn Brown for asking her to be her bookkeeper!

Patricia D’Orsa – Dijamco thanks Holly Wright for helping her son get a new car – a VW Toureg! She said it got him out of his old “Element” (his nickname was “Toaster Boy”) and he says now he’ll be better positioned to impress the chicks!

Andrea Levenson thanks Josette Nigro for the Monkey Bread cake she made for her for a business tea she recently hosted.

Stephanie Cohen sends a big Thanks to Lois Margolin for being a sponsor for her “Big Reveal” event.

Sharing your knowledge and networking opportunities within your chapter is one of the many benefits of being a member of the American Business Women’s Association. If you have any questions, contact Diane Delgouffe, the chapter newsletter editor at dbd210@bellsouth.net.
NEW MEMBER PROFILES

Let’s get to know our new members! They are:

Vivien Balcker is a financial advisor with Ameriprise Financial Services, Inc. Her special talents include planning for financial goals, and Vivien speaks three languages. She loves golf (and plays golf with Holly Wright), volleyball, basketball and traveling. Vivien can best be described as passionate, Brazilian and professional.

Liz McMullen is a long-time friend of the Coral Springs Charter Chapter of ABWA. Many of you will remember Liz when she helped us hand out goody bags at our Ladies Night Out Event. Liz is the owner of A New Leaf where she gets to spend her time making fresh floral designs. Liz loves reading, quilting and traveling. As a creative genius, Liz hopes to create beautiful flowers for ABWA.

Judi Miller lives in West Palm Beach and works for the Academy for Nursing and Health Occupations. Judi loves ballroom dancing and is a team player. She is looking to connect with other women who want to help women. The three words that best describe Judi: multi-tasker, passionate and caring. Judi has been actively seeking candidates for our SBMEF Outright Grant.

Dr. Ellie Nelson-Wernick is a psychologist and clinical director of a group private practice of psychology. Ellie has been married 35 years (that is indeed a special talent) and has a special talent for cooking and baking. Her main hobby is butterfly gardening and she loves spending time in the beautiful North Carolina mountains. She loves being with her family and friends and is looking for friendship, making connections with other women, knowledge and encouragement.

WHO IS OUR NEXT WOMAN OF THE YEAR?

Submitted by Paula Pirozzi

What is Woman of the Year? Well, it is an honor bestowed upon one of our chapter sisters that has given her talent, time and heart not only to ABWA, but to her community and her career. Each year we ask our members in good standing (good standing means both local and national dues are paid) to complete an application. This application can be a consuming process since many of us do not like toot our own horn. So why bother, you might ask?

In addition to being recognized as our Woman of the Year at each chapter meeting, this honor allows you to attend the National Women’s Leadership Conference in 2013, with your registration, travel and hotel paid by the chapter! Based on the chapter’s Standing Rules, to be considered for our next Woman of the Year, you must have served (either currently or in the past) as committee chair, or on the executive board and be a member for at least one year.

Three judges from our community are asked to review our applicants and select our winner. These judges are not affiliated with ABWA so that all is fair.

I look forward to answering your questions and handing you an application at our October 4th meeting. The completed applications must be returned to me by the end of January.

You could be the 2013 Chapter Woman of the Year! I can’t wait until March to find out who will take home this honor!
This Fall is all about ABWA’s Perfect Fit

The 2012 Fall Membership Recruitment Campaign

Sept. 1–Nov. 30, 2012

Any ABWA member will tell you that a big part of our Association is the community that you have helped create—what better resource could a professional woman today have than a cross-country network of like-minded women? ABWA is the Perfect Fit! Make a commitment today to connect someone you know with ABWA.

Perfect Fit begins September 1 and ends November 30, 2012.

This is your chance to achieve celebrity status in the American Business Women’s Association! As a member, you are automatically entered in ABWA’s Perfect Fit Game—the Fall 2012 Membership Recruitment Campaign. In the next few months, your rise to the top will include countless opportunities to connect with professionals in your community and receive unprecedented recognition within ABWA.

The Perfect Fit Game is simple. When you recruit one member, you will be added to the Perfect Fit Team Board on WIN where you can showcase your latest badge and share your recruitment story. You will also receive one chance to win a free registration* to your district’s 2013 Regional Conference. For each additional new member you recruit, you will receive one more chance for the free regional conference registration. Make your way to ABWA’s Inner Circle by recruiting 11 new members and you will receive 11 chances to win the free regional conference registration plus four additional chances in the drawing for a total of 15 chances to win!

During the Fall Campaign, you will also have the opportunity to unlock a new badge for every member you recruit. Collect badges for a chance to earn exclusive “Together We Can, Together We Will” theme merchandise. New badges will be introduced each month of the campaign so keep an eye on the Women’s Instructional Network (WIN) for the latest Perfect Fit news!
Together We Can, Together We Will

Women need a strong and vital community like ABWA—so we all stay strong together. This Fall during ABWA’s PerfectFit Game, you’ll unlock badges for every new member you connect with ABWA. Login to WIN to share a recruiting story and inspire your ABWA community with your achievement. By collecting badges, you’ll also have a chance to earn exclusive “Together We Can, Together We Will” theme merchandise. Together we can—and we will—grow our Association!

Think You’re a Recruitment Rockstar? Here are just a few of the badges you could earn when you play ABWA’s 2012 Fall Membership Recruitment Campaign Game and unlock your recruiting potential.

- **Singular Sensation**: If you sponsor one new ABWA member during the Fall Campaign, you will unlock the Singular Sensation badge and also receive one chance for the free regional conference registration. If every member of ABWA recruited just one new member, we could double the size of the Association in just a few short months!

- **Two-Gether We Can**: When you sponsor two new members, you will receive the Two-Gether We Can badge. You will also earn two chances to win a free registration to a 2013 Regional Conference and you will also receive a Friendship Star pin. By connecting new members, you’re not only growing your own network but your Association too!

- **Triple Crown**: Earning the Triple Crown badge means you’ve sponsored three new members and earned three chances for a free regional conference registration. We will also send you a JPEG of your badge to post on the PerfectFit Team Board in WfH so you can let everyone know you are a recruiting expert!

Ready for a Real Challenge? ABWA’s prestigious Inner Circle is reserved for members who recruit 11 or more new members. The PerfectFit Game could be your perfect opportunity to join this elite group. Sponsor 11 new members and earn a total of 15 chances to win a free regional conference registration.

Login to WIN and share your recruiting ideas with other ABWA members. Post your achievements on your team board to motivate your chapter or Express Network. You’ll be helping the Association grow and you might even unlock another badge!

*A total of three registrations will be awarded for the 2013 Regional Conferences. The drawing will be conducted in December.*
Ladies Night Out!

An Evening with Friends, Fashion & Fun

Tuesday, November 13th, 2012
5:30pm - 9:00pm

❖ International Foods
❖ Fashion Show by Patchington’s
❖ Door Prizes!
❖ Networking!
❖ Friends!!!
❖ Awesome Raffle Prizes!
❖ Unique Shopping!
❖ Fun! Fun! Fun!

9th Annual Event Sponsored by the Coral Springs Charter Chapter of the American Business Women’s Association

Coral Springs Marriott @ Heron Bay
11775 Heron Bay Boulevard - Coral Springs, Florida 33076

Tickets available now!
$25 in advance / $30 at the door
Call 877-589-2889 Ext. 701 for more info!
https://abwALNO.chelseareservations.com

A portion of the proceeds from this event benefits education funds supported by this organization.

Community Hospital Sponsor: BROWARD HEALTH CORAL SPRINGS
Coral Springs Charter Chapter: We have a wonderful contingent of members from our Chapter attending the 2012 National Women’s Leadership Conference in Memphis from Oct 11-13th. They will be busy attending seminars, luncheons, award ceremonies, seeing old friends and making new ones! We want to thank the following people who donated items for our 2012 “Purse-onality” Raffle titled “What Every Woman Wants” for this year’s conference: Natalie Bigio, Dawn Demarco-Book, Andrea Levenson and Jo Burdette.
THE BUSINESS PAGE: MEMBERS SHARING KNOWLEDGE

Tdap VACCINE: NOT CHILD’S PLAY!

Tetanus, diphtheria and pertussis can be very serious diseases. Tetanus or lockjaw causes painful muscle spasm. Diphtheria causes a thick membrane in the back of the throat. Pertussis or whooping cough causes severe coughing. All three of these diseases can cause severe problems with our breathing. It has been recently noted that as adults, we lose our antibody protection to pertussis. As a result, we are seeing the return of pertussis including several cases in Broward County in 2012. It is now recommended that all adults who have never gotten a booster of the Tdap vaccine (versus the Td booster) receive a booster, especially those adults who expect to have close contact with a baby younger than 12 months of age as this helps to protect the baby from pertussis. It is also now indicated that all adults over the age of 65 receive a Tdap booster.

Vaccines prevent diseases and are not just for children!
Reference: Center for Disease Control and Prevention (CDC) at www.cdc.gov/vaccines
Advisory Committee on Immunization Practices (ACIP) vaccine recommendations and additional information are available at: http://www.cdc.gov/vaccines/pubs/acip-list.htm.

Dr. Marlene Wolf
Broward Health Physicians Group
954.7552121.

HEALTHY BEHAVIORS REDUCE RISK OF BREAST CANCER

October is National Breast Cancer Awareness Month and a good time to emphasize the importance of some healthy behaviors!

Breast cancer is the most commonly diagnosed form of cancer in American women and one in every eight women develop breast cancer. The National Cancer Institute estimates that in 2012 there will be 226,870 new cases of invasive breast cancer diagnosed in women. It is also estimated that 2,190 new cases will be diagnosed in men.

It may come as a surprise, but only 25% of women diagnosed with breast cancer have genetic or other known risk factors. While there are currently no definitive ways of preventing breast cancer, these are healthy behaviors that are believed to reduce the risk of breast cancer:

- Eating a nutritious diet
- Maintaining a healthy weight
- Engaging in regular physical exercise

We always hear about the importance of breast self-exams. How many of us do them on a regular, monthly basis? And we all know how much fun it is to have a mammogram…but these are health behaviors that help detect breast cancer in earlier stages, when there is likely to be a better prognosis. Do it. Do it for your family, and most of all do it for yourself.

For more information about breast self-exams, and mammograms contact your physician. Further information is also available at:
www.Breastselfexam.ca
www.Cancer.org
www.Medicinenet.com

Dr. Ellie Nelson-Wernick
Clinical Director of Behavioral Health Institute
www.bhifl.com
954.340.0888
MONTHLY MEETING, SEPTEMBER 6, 2012

The meeting was called to order at 6:58 pm by President Holly Wright. Vice President Barbara Weiss led the Pledge of Allegiance and read the Mission Statement. There were 31 members and 11 guests in attendance. Holly also read the Chapter’s Vision Statement.

President Holly Wright welcomed members and introduced our guests.

Member introductions were led by Vice President Barbara Weiss. Lois Margolin and Nancy Wolfe, Membership Co-chairs, installed a new member Vivien Balcker.

Fay Wilmot, Recognition Chair, congratulated the leaders and members of the Chapter for achieving Best Practices Level 1 for the 2011-2012 award year. Chocolate “Hugs and Kisses” were delivered all around. Lois Margolin was also recognized as a 2013 Top Ten Business Woman of ABWA. This national recognition is awarded to 10 women across the country. They are honored for achieving excellence in career, education and community involvement. Congratulations, Lois!

Stephanie Cohen, Community Relations Co-chair, introduced Courtney Holshouser, Development Manager for Women in Distress (WID). Courtney highlighted the Safe Walk-Run 5K on October 27th at Tradewinds Park in Coconut Creek. Courtney introduced Miriam Paul, a recipient of WID services. Miriam shared with the attendees how WID impacted her life. Her heartfelt story emphasized the need for women in her situation to have the organization’s support.

Lori Mauer introduced September’s speaker, Dawnna St Louis. Dawnna’s presentation “Audacious Acts of Successful Women” was very empowering. Dawnna got us up on our feet and moving with a purpose. She then gave the Chapter “Life Changing Homework.” Dawnna challenged us all to reduce our use of apologetic words. “Speak up and volunteer often!” she said.

Chapter Business:

The August Meeting Minutes were approved with a motion made by Barbara Weiss and seconded by Lori Mauer.

Fay Wilmot reminded the members that the Chapter is a member of the Coral Springs, West Boca and the Tamarac Chambers of Commerce. Members are encouraged to attend Chamber events and represent the Chapter. The Chapter is currently in need of a representative for the Tamarac Chamber.

Nancy Wolfe, Co-chair for Ladies Night Out (LNO), along with Sue Hand and Diane Delgouffre, Registration Co-chairs, handed out packets with tickets to each member. The packets were designed to make participation easy. If every member sells 4 tickets, we will exceed our attendance goal!

Kathy Gallagher reminded the Chapter the importance of attending our Tri-County Council ABW Day on Saturday, September 15th. The registration fee is now $55.00 and $50.00 will be reimbursable by the Chapter.

Paula Pirozzi announced that Judi Miller submitted 10 applicants for the Educational Scholarships. Paula also reviewed the updated requirements for tuition skills reimbursement through SBMEF.

Paula Pirozzi and Lois Margolin collected Happy Dollars from members as they made personal or professional announcements to the group.

Raffles were drawn and distributed. The meeting was adjourned at 9:07.

Respectfully Submitted,
Fay Wilmot, Secretary
BUSINESS SPOTLIGHT

Spotlight your business by Advertising in the Newsletter!

Business Card Ads:
Only $55 for 11 issues!
(August 2012—July 2013)

Support your chapter while building your business!

Contact Diane Delgouffre
to place your ad:
dbd210@bellsouth.net
Open to current
ABWA Members only

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ABWA SISTER CHAPTER ACTIVITIES

South Broward - Tuesday, Oct 23rd at the Blue Moon Diner, 10076 Griffin Rd., Cooper City, FL 33328. Speaker: Lorraine Campbell. Topic: “Take the Fear Away From Public Speaking”. Contact Carolyn Lawrence for more information at 954-450-4981.

North Palm Beach - Wednesday, Oct 10th at the DoubleTree Hotel, I-95/PGA Blvd/Military Trail. Contact Dottie Smith at 772-545-7145.

Homestead - Tuesday, Oct 9th at the Capri Restaurant, 935 N. Krome Ave., Florida City. Contact Lenna Taylor at 305-230-0049.

Homestead - Holiday Fashion Show, Sunday, Oct 21, 1:00pm-4:00pm Capri Restaurant, 935 N. Krome Ave., Homestead, Cost $35. Contact Lenna Taylor at 305-230-0049.
OCTOBER BIRTHDAYS

Lynn Fedoriw Oct. 2
Melissa Margolin Oct. 3
Marilyn Brown Oct. 13
Sherri Miller Oct. 21
Elaine Sproch-Burke Oct. 22

Share your birthday celebration with your ABWA friends by bringing a raffle prize to the next chapter meeting. If you missed your birthday month, bring one to the next meeting!

REMEMBER…
Our raffles help support our Chapter’s Scholarship and Professional Development funds!

OCTOBER ABWA ANNIVERSARIES

Judi Miller 12 years
Dawn Demarco-Book 8 years
Marlene Wolf 5 years
Ronni Roth 3 years

2012-2013 CHAPTER KEY STRATEGIES

I. Strengthen and Build Personal and Business Relationships by providing opportunities for networking at Coral Springs and other ABWA chapter events in the Tri-County area.

II. Strengthen Member Education and Community Outreach by providing opportunities for members to participate in ABWA conferences and community service events.

III. Strengthen Chapter Leadership by encouraging members to participate in ABWA chapter committees and executive board activities.

IV. Strengthen Member and Chapter Awards and Recognition by encouraging members to apply, nominate, and celebrate themselves and others.

THE CARING CORNER

Our thoughts and prayers go out to Beverly Rothstein on the passing of her mother-in-law.

FREE RAFFLE TICKETS!

Would you like to receive a free raffle ticket at our chapter meetings? Then invite your friends and coworkers to a meeting. Receive one raffle ticket for each new guest you bring to a meeting. Your first-time guest will also receive a free ticket! And for each raffle prize you bring to a meeting, you will be given a raffle ticket. So, bring a guest AND a raffle prize and receive two free tickets - two extra chances to win!!!

WAVE YOUR HAPPY DOLLARS!

Calling all singles! Your single dollar bills, that is! Let us know your happy news, announcements or accomplishments at the October meeting. It’s a great way to get to know each other better, and raise some extra chapter funds! Extra happy? Bring a five dollar bill to share five announcements!
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.

Join the Conversation: Visit us on Facebook at “ABWA Coral Springs.”