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## MESSAGE FROM THE PRESIDENT



**Barbara Cheney, President**

Wishing each and everyone of you a very warm, Oceanside Charter Chapter welcome with our most recent edition of the May/June 2012 award winning newsletter. Yes, we have picked up yet another prestigious award for our highly coveted newsletter. With all the wonderful content and profiles of our membership and community that you send us, no wonder we have achieved such a high level of success with this communication forum.

Our April meeting delivered an exceptionally exciting evening! Congratulations to Laura Chiesman, Oceanside Charter Chapter 2012 Woman of the Year, and to Anita Carbone, our chapter's Top Ten Candidate! On behalf of the Chapter, I want to thank Laura and Anita for their service and dedication to fulfilling our chapter's mission.

Thank you to Terri Friedlander for providing yet another opportunity for two more students from the Academy of International Business at Cocoa Beach High School to attend the April dinner meeting. Please take a moment to read what these amazing students have to say about their first

ABWA experience on page 5 of the newsletter.

Moving along to the May dinner meeting program, our guests and members will listen to the adventures of Dr. Virginia Savage as she presents, "Rite of Passage: Reflections of 100 miles on the John Muir Trail". Don't miss this evening of great adventure!

Our top notch education programming continues with the June 22 dinner meeting featuring Ms. Kristine Maki, WHNP (Women's Health Nurse Practitioner), who will provide us with an intelligent overview of women's health management and the maturing process. The July 24 meeting program will be just as fantastic. You will not want to miss Judge Lisa Davidson, who will be speaking to us on "Women Achieving Positions of Influence". Please look for the meeting announcements coming out in late May!!

The 2012/2013 Executive Board elections will take place at the May 22 dinner meeting. I would like to emphasize to all of our members that we need as much member participation as possible for this important event to ensure a quorum.

On behalf of the entire Executive Board, thank you to all for your service and participation over this year. We look forward to the summer and fall meetings, as well as more great ABWA events. See you at the next meeting!

~Barbara Cheney

*"It is our choices, far more  
than our abilities, that make  
us what we truly are."*

~ J. K. Rowling ~



**Susan Averill, 2011 Woman of the Year,  
Barbara Cheney, President and Laura Chiesman,  
2012 Woman of the Year**

# MAY FEATURED SPEAKER

## **RITE OF PASSAGE:**

### **Reflections of 100 miles on the John Muir Trail**



Dr. Virginia Savage

A year ago last April, Dr. Virginia Savage spoke to Oceanside Charter to herald the beginning of her longtime dream of hiking the 230 mile John Muir Trail, along the ridge-line of the Sierra Mountains in California. Similar to other stories of long journeys, it was full of unexpected challenges and priceless awakenings. At the May 22 dinner meeting, Virginia looks forward to sharing with us the aftermath of a 21-day experience that changed the course of her life. We hope you will find it entertaining, thought-provoking, and a worthwhile tale of adventure!

Dr. Virginia Savage is a coach and consultant in the field of performance psychology. Her Ph.D. in sport psychology is complimented by 30 years of professional work in organizational development, athletic training, education reform, and personal change management. She offers a diverse and solid framework for training others with skills and knowledge reflecting a lifetime of accomplishments, both professional and personal.

She is a motivational speaker, writer, and role model for exploring potential in any field or endeavor.

Dr. Savage has lived a personally adventurous life, leading wilderness courses for Colorado Outward Bound and Prescott College, with a long history as an accomplished rock climber, yoga practitioner, and long distance swimmer. In 1983, she bicycled solo from Nova Scotia to Florida (2,700 miles). And her most recent endeavor, the long-distance, remote wilderness trek in the Sierra Mountains of California along the John Muir Trail in August, 2011 sets a sublime and inspirational backdrop for her reflections and insights.

Dr. Savage's balance of professional expertise and personal experience offers a dynamic and unique foundation of knowledge for clients and audiences everywhere. Please join us on Tuesday, May 22 for Dr. Savage's enriching presentation!

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# JUNE FEATURED SPEAKER

## **Women's Health Management**

Ms. Kristine Maki, WHNP (Women's Health Nurse Practitioner), is uniquely qualified to provide a complete range of primary gynecological services to women of all ages. Keenly interested in preserving high quality of life, Kristine considers herself an advocate of Bioidentical Hormone Replacement Therapy for women.

Kristine has been providing "woman to woman" health care for the past 23 years. She earned her RN degree at Methodist Hospital in Lubbock, Texas and later trained at Ball State University to become a Women's Health Nurse Practitioner in 1999. Kristine is licensed in Florida as a Registered Nurse and Nurse Practitioner, and is a Certified Women's Health Nurse Practitioner.

With over twenty years of experience in women's health care, Kris specializes in Bioidentical Hormone Replacement Therapy

(BHRT). In addition to BHRT, her other areas of expertise include gynecologic care and non-surgical incontinence treatment. Having trained with a plastic surgeon in northern California, Kristine also has experience in aesthetics.

Kris is a member of the International Society for the Study of Women's Sexual Health, as well as a member of the American Academy of Anti-Aging Medicine.

Please join us on Tuesday, June 22 for this intelligent overview of women's health management and how to deal with the physical and medical challenges associated with slowing the aging process.



Kristine Maki

# CHAPTER COMMITTEE REPORTS

### Newsletter

Congratulations and thank you to all of the newsletter contributors at Oceanside Charter Chapter! *The Rising Tide* won a Newsletter Award at the 2012 Regional Conference in Cary, North Carolina.



The Oceanside Charter Chapter Newsletter is published on the Chapter web site at [www.abwaoceanside.org](http://www.abwaoceanside.org) and on the Oceanside Charter Chapter ABWA WIN Team Board at [www.abwa.org](http://www.abwa.org).

Please send newsletter submissions to [acarbhone@cfl.rr.com](mailto:acarbhone@cfl.rr.com) by the second Wednesday of the month. Let us know about you!

### Professional Development

We are waiting to hear from the trustees of the Stephen Bufton Memorial Educational Fund regarding their selection of a recipient for our \$1,000 scholarship. We anticipate making the announcement at the May dinner meeting.

### Membership

The Membership Committee is in the process of updating the chapter member directory for the upcoming 2012/2013 year. Please email any corrections or changes to your contact information to [acarbhone@cfl.rr.com](mailto:acarbhone@cfl.rr.com).

### Publicity

Chapter monthly meeting information is published in Florida Today as well as the online Community Calendar of the Cocoa Beach Regional Chamber of Commerce web-site. Please email Laura Chiesman at [Ichiesman@cpawms.com](mailto:Ichiesman@cpawms.com), if you have photos or information for our Facebook page.



We're on the web!

[www.abwaoceanside.com](http://www.abwaoceanside.com)



## 2011 - 2012 EXECUTIVE BOARD

### President

Barbara Cheney  
[beejaycheney@yahoo.com](mailto:beejaycheney@yahoo.com)  
321 987-5106

### Vice President

Anita Carbone  
[acarbhone@cfl.rr.com](mailto:acarbhone@cfl.rr.com)  
321 684-0790

### Secretary

Laura Chiesman  
[Ichiesman@cpawms.com](mailto:Ichiesman@cpawms.com)  
321 506-8274

### Treasurer

Jenny Wall  
[jwall@cfl.rr.com](mailto:jwall@cfl.rr.com)  
321 459-1661

## 2011 - 2012 COMMITTEE CHAIRS

### Professional Development/Scholarship

Anita Carbone: [acarbhone@cfl.rr.com](mailto:acarbhone@cfl.rr.com)

### Fundraising/Advertising

Susan Averill: [averill441@yahoo.com](mailto:averill441@yahoo.com)

### Membership

Barbara Cheney (Acting): [beejaycheney@yahoo.com](mailto:beejaycheney@yahoo.com)

### Newsletter

Anita Carbone: [acarbhone@cfl.rr.com](mailto:acarbhone@cfl.rr.com)

### Program

Sue Parker: [suejtyson@aol.com](mailto:suejtyson@aol.com)

### Publicity

Anita Carbone (Acting): [acarbhone@cfl.rr.com](mailto:acarbhone@cfl.rr.com)

### Website

Jessica Brace: [jbrace@affordablenet.com](mailto:jbrace@affordablenet.com)

### Reservations

Barbara Cheney: [beejaycheney@yahoo.com](mailto:beejaycheney@yahoo.com)

## 2012 WOMAN OF THE YEAR



**Laura Chiesman**  
**2012 ABWA Oceanside Charter Chapter**  
**Woman of the Year**

Congratulations to Laura Chiesman, Oceanside Charter Chapter 2012 Woman of the Year! Laura has always admired women who are active in the local business community and who make a positive impact through supporting local causes.

In her role as a Wealth Coach with CPA Wealth Management Services, Laura is dedicated to helping clients solve the complexities that wealth brings. Using The WealthCare Solution™ and her experience of over 20 years in the financial services industry, Laura works with clients on everything from cash flow needs and investing, to helping them transform their goals into reality.

Most of Laura's extended family has been here in Brevard since 1960. She attended Our Lady of Lourdes School, Melbourne High School and Brevard Community College, and she earned her degree in Finance from the University of Central Florida. Laura and her husband, Paul live in Satellite Beach. She has two terrific children, Stuart and Lea, and

has two grandchildren.

Laura volunteers her time and business experience as a board member of Genesis House, Inc., which owns and operates three homes for women and children in Melbourne. She is active in planning and participating in the events that support these wonderful homes. This is a family affair for Laura, as her mother founded the organization over 30 years ago, and one of her brothers also actively serves as a board member.

Laura has been an ABWA member of Oceanside Charter Chapter since January of 2010. She has served on the Oceanside Executive Board as Vice President, and currently serves as Secretary. Laura is responsible for the creation of the Chapter's Facebook page, and continues the job of keeping it current. As a dedicated member of ABWA Oceanside, we thank Laura for her continued support as a sponsor of our major fundraising events and for her continued participation as an executive board member.

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## JULY FEATURED SPEAKER

### *Women Achieving Positions of Influence*

When Lisa Davidson entered college in 1970, women encountered limited choices for career paths, but over the last 42 years glass ceilings have been broken. In her presentation to Oceanside Charter Chapter, Judge Lisa Davidson will reflect upon the dramatic changes that have taken place professionally for women, especially in the legal profession. Realizing that women still face significant challenges in pursuing their professional careers, Judge Davidson will bring attention to how women in positions of influence have made a positive difference in our society.

Ms. Davidson began her legal career in 1978 as an Assistant Public Defender in Broward County. In 1980 she continued to serve Broward County as an Assistant State Attorney until 1982 when she moved to private practice with the Brevard County firm of *Kahn & Kahn, P.A.* She joined the Brevard County Court in 1984 where she served until joining the 18th Judicial Circuit Court in 1998.

As a Circuit Court Judge, she has served in the Dependency Division from 2001 through 2004, and in the Criminal Division from 2004 to 2008. Her current judicial assignment is the Juvenile Delinquency Division.

Judge Davidson received her B.A. degree from the University of Michigan in 1974 and her J.D. degree from Duke Law School in 1977. Honored on numerous occasions, Judge Davidson's awards include Outstanding Jurist Award 18th Judicial Circuit, Brevard County Bar Association, 2000 and 2007; Resolution from Brevard County Board of County Commissioners recognizing work on children's issues, 2005; and The William E. Gladstone Award (statewide award for judicial leadership and service to Florida Guardian Ad Litem program) 1993 and 2003.

Please mark your calendars and plan to join us on Tuesday, July 24 to hear Judge Davidson's insights!



**Judge Lisa Davidson**

## LETTERS TO OCEANSIDE MEMBERS

Hi, my name is Megan Kugelmann. I would like to thank you for inviting us to the April meeting. I'm currently a freshman at Cocoa Beach Jr/Sr High School, where I am a member of the Academy of International Business, the Future Business Leaders of America club, and the varsity softball team since 7<sup>th</sup> grade. I really enjoyed meeting the members of the ABWA, and hope to meet them again. I also enjoyed the presentation from Constant Contact on social media use in the business industry. I learned a lot on how a business should maintain a website along with a Facebook page and a Twitter page and what is expected of a growing company in the world of social media. These tips and suggestions will help me enormously in the future, as I hope to become an entrepreneur. The meeting was a lot of fun and taught me many new things about the business world. I hope to attend another meeting in the future.

Hello, my name is Danielle Friedlander and I would like to thank all of you for allowing me to join in on the meeting. I am a rising sophomore at Cocoa Beach Jr/Sr High School, and I am a member of the varsity track team. I run the 100 meter sprint and the 4/100 meter relay, and I am so honored to be running on a varsity team at such a young grade. I am a current member of The Academy of International Business and a member of FBLA. I really appreciated being able to sit in on such an awesome meeting where not only did I learn a lot of interesting things, but I got to meet a whole room of amazing business women like whom I hope

to become someday. I really enjoyed listening to the guest speakers from Constant Contact and learning all about social networking and how to get my business out there just by using Facebook and Twitter. I learned how to turn a small business into a multi-million dollar business by networking on these new sites like [www.pinterest.com](http://www.pinterest.com) and others. I really enjoyed meeting all the women and talking to them about their jobs and what they do (or have done) for a living. Everyone has such a fascinating story and I hope that one day I will be as successful.

Dear Members of Oceanside Chapter,  
My students are the "Future Business Leaders of America" and they have been so

excited to have the opportunity to meet all of you and listen to these relevant and amazing guest speakers! Thanks so much to Barbara and Anita for welcoming us to your dinners and for inviting the Academy students. It has been a fabulous experience and opportunity for them to dress their best and network with you. In a few days, our students take their final exams and leave us for the summer. We are so grateful for your support of my programs at Cocoa Beach Jr/Sr High School and hope our relationship will continue into the next school year!

Best regards,  
Terri Friedlander, ABWA Oceanside member  
and Brevard County F.B.L.A. Adviser



Megan Kugelmann, Danielle Friedlander and Terri Friedlander

## SAVE THE DATE

**National Women's  
Leadership Conference  
October 11-13, 2012  
Memphis, Tennessee**

**At the Memphis Marriott Downtown and  
Memphis Cook Convention Center**

Make plans now to join us for the 2012 National Women's Leadership Conference in Memphis, Tennessee. If you are in business—as an employee, employer, business owner, service provider, consultant, or looking for your next opportunity—this conference is designed to challenge you!

**2013 Eastern Regional  
Conference**

**Districts I & IV**

**April 4-6, 2013**

**Safety Harbor Resort & Spa  
Safety Harbor, FL**

## ABWA EVENT CALENDAR

### May 22

Oceanside Charter Chapter Dinner Meeting  
Networking at 6:00 p.m. & Dinner at 6:30 p.m.  
Eau Gallie Yacht Club, 100 Datura Drive, Indian Harbour Beach  
Guest Speaker: Dr. Virginia Savage

### June 12

Oceanside Charter Chapter Executive Board Meeting at 5:30 p.m.  
Harris Corporation Headquarters, 1025 W. Nasa Blvd., Melbourne

### June 12

Space Coast Women Express Network Meeting  
Networking & Lunch from 11:00 a.m. to 1:00 p.m.  
Eau Gallie Yacht Club, Indian Harbour Beach

### June 26

Oceanside Charter Chapter Dinner Meeting  
Networking at 6:00 p.m. & Dinner at 6:30 p.m.  
Eau Gallie Yacht Club, 100 Datura Drive, Indian Harbour Beach  
Guest Speaker: Ms. Kristine Maki

### July 10

Oceanside Charter Chapter Executive Board Meeting at 5:30 p.m.  
Harris Corporation Headquarters, 1025 W. Nasa Blvd., Melbourne

### July 10

Space Coast Women Express Network Meeting  
Networking & Lunch from 11:00 a.m. to 1:00 p.m.  
Eau Gallie Yacht Club, Indian Harbour Beach

### July 24

Oceanside Charter Chapter Dinner Meeting  
Networking at 6:00 p.m. & Dinner at 6:30 p.m.  
Eau Gallie Yacht Club, 100 Datura Drive, Indian Harbour Beach  
Guest Speaker: Judge Lisa Davidson

## COMMUNITY EVENTS

### May 24



The Business Resource Council of the Cocoa Beach Regional Chamber of Commerce will host a free program on Thursday, May 24 from 8:30 to 11:30 a.m. that offers ways to improve business. The Silver Lining Action Plan is a five-step business method that helps a small business analyze its business model, figure out the best ways to grow, set a one year financial goal, build the plan to achieve that goal and then actually execute the plan. The event will be held at the chamber, 400 Fortenberry Road, Merritt Island. Please RSVP to the chamber at 321 459-2200.

### June 9



Stacia Long Glavas, President & CEO of Brevard Rescue Mission cordially invites you to the Open House of *Casa Carol* from 9:00 to 11:00 a.m. on Saturday, June 9, 2012. Please RSVP to Laurie@BrevardRescueMission.org and bring a friend who is interested in their mission...*Breaking the Cycle of Homelessness*. You will have an opportunity to meet the residents and see how the families are positively affected by the BRM. Your contributions and support restore broken women to places of stability, self-worth, and sustainability.



Oceanside Charter Chapter  
May 22, 2012  
Meeting Agenda

Networking

Call to Order & Welcome

Pledge of Allegiance

Invocation

Introductions

Establish Quorum

Approval of Minutes

Treasurer's Report—Checking account balance at April 30, 2012: \$2,641.50

Committee Reports

Website: Jessica Brace

Newsletter: Anita Carbone

Membership: Barbara Cheney

Professional Development: Anita Carbone

Program: Sue Parker

Fundraising: Susan Averill

Facebook: Laura Chiesman

Nominating Committee: Anita Carbone

New Business:

Executive Board Elections

Guest Speaker: Dr. Virginia Savage

Raffle

Announcements

Benediction

Adjournment

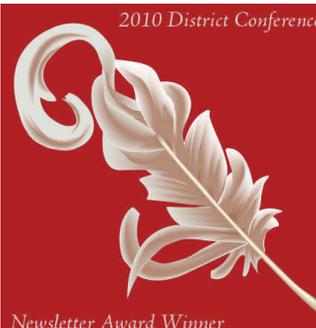


Oceanside Charter Chapter

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Member  
Cocoa Beach Regional Chamber of Commerce  
Melbourne Regional Chamber

Newsletter Editor  
Anita Carbone  
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American Business Women's Association

Mission Statement

*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.*

OCEANSIDE CHARTER CHAPTER  
MEETING INFORMATION

Location:

Eau Gallie Yacht Club  
100 Datura Drive  
Indian Harbour Beach, FL

Date & Time:

Fourth Tuesday of the month  
6:00 p.m. Networking  
6:30 p.m. Dinner & Meeting

Cost:

\$28.00 for members and guests

For reservations :

Barbara Cheney  
321 987-5106  
beejaycheney@ yahoo.com  
or

Online at [www.abwoceanside.org](http://www.abwoceanside.org)

Vision Statement

ABWA Oceanside Charter Chapter is dedicated to enhancing the lives of local businesswomen. Our members create rewarding educational and networking experiences by promoting improved self-confidence, personal and professional skills, and individual creativity.

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 By-laws.
5. Members will not use their personal power to advance their personal interests.
6. Members will strive for excellence in their profession by maintaining and enhancing their own business knowledge and skills, and by encouraging the professional development of other members.