



The Rising Tide
February—April 2019

OCEANSIDE CHARTER CHAPTER

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MESSAGE FROM THE PRESIDENT



Cindy Schmitt, President

We have such wonderful members in our chapter! This year we are focused on helping women find their voice, which is one of the key values for the American Business Women's Association. We are so fortunate to have a diverse group of women who meet each month to share their personal and professional journeys. This year has been challenging for me personally with juggling family, career and work as it is for many of our members. We are fortunate to have a strong group of women, who are there for each other and who step up to assist each other. For this I am so grateful! It is comforting to know that there is a strong network of women who are there for each other.

At our January meeting, Kim Torres, a member of our chapter presented a professional development session on communication through conflict. She shared through her work as a mediator, lessons learned and important tips that we can all apply to our

daily lives. As I was talking with one of my co-workers about what we learned, we both agreed that one of the big "take a ways" for us from the presentation, was that when there is a conflict, the first response is an emotional one.

During the emotional part of a conflict, sharing facts before acknowledging the emotion only further embeds the emotion through a chemical reaction in the brain, thanks to dopamine. I recently experienced this first hand when flying back from the D.C. area. As I went through TSA, another passenger took my bag by mistake. As you are aware, when you are screened by TSA, they advise you to put everything in your bag as you go through the scanning machines. Everything was in my bag, including phone, ID, money. The police officer kept saying that he was sure after reviewing the video tape that it was an accident, which was only further upsetting. I felt like he was not hearing me as to how serious this was. The police officer was very professional and very nice. Two hours later as they were calling the last boarding of my flight, my bag was returned to me.

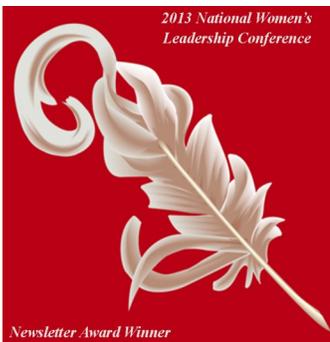
In her presentation, Kim shared that in emotional situations the first step is to empathize with the person and acknowledge the emotion. You do not have to agree with the person, but it is important to acknowledge their emotion. In my case, I was looking for understanding that this was a big deal to me. Think back to a time when you have had an emotional response to a conflict and then

identify how you were feeling at that moment. Now, imagine a situation when a person has come to you and they are upset. Think about what you can say to them, to acknowledge their emotion before trying to work toward resolution.

Kim also shared many great tips and practical examples from her experience as a mediator to help in these situations. It is usually easy to express what should be done, however it is much more difficult to figure out how to do it. This is one of the reasons I learned a great deal from Kim's practical examples. I have learned that it takes a lot of practice and constantly learning new things from each other. For this reason, I am so grateful to ABWA and to the network of women in our chapter. Together we learn from each other and continue to grow in our personal and professional lives. Sometimes in life we trip and fall, but when we have a strong support network, we can pick ourselves up, dust ourselves off and lean on that network for support.

A great resource for those that want to learn more about communicating through conflict is the book, "Crucial Conversations" by Kerry Patterson. There are also great videos on YouTube on the topic of how to demonstrate empathy. I am looking forward to seeing each of you at our next meeting and continuing this journey together. Thank you for all that you do, and know how much I appreciate each of you and taking this journey with you!

~ Cindy Schmitt



FEBRUARY FEATURED SPEAKER



**Colonel Tony Deane,
United States Army (Retired)**

With acute clarity and inspiring personal accounts, Colonel Tony Deane will share relevant leadership principles from his experience in the public, private, and academic sectors.

In 2006, Tony found himself at the center of the greatest gamble of the Iraq War, part-

nering with tribal leaders to defeat Al Qaeda and foster the formation of the Anbar Awakening. To do this, Tony built a team of disparate stakeholders including Army, Navy, Air Force, Marines, SEALs, and Iraqi Army, Iraqi Police, and Tribal Sheiks, all working together to bring peace to the war-torn region.

In this inspiring presentation, Tony will share the process of motivating change from the status quo, and how to create a motivated, cohesive team with a singular purpose. While Tony's approaches are literally battle tested, they also apply to the current business environment. He's successfully implemented these solutions at organizations ranging from General Electric, to GSK pharmaceuticals, to the Federal Railroad Administration.

Colonel (Retired) Tony Deane is the author of the book, *Ramadi Declassified*, a Fox

Awakening Leadership

Business contributor, and a sought after thought leader in the public, private and academic sectors. He is an Army veteran of the Cold War, Operation Desert Shield/Desert Storm, Operation Joint Guardian (Kosovo), and Operation Iraqi Freedom. Having served in numerous armor and cavalry leadership positions for over 28 years, Tony commanded the 1st Battalion, 35th Armor Regiment-Task Force Conqueror. His battalion fought in the Battle of Ramadi during the summer and fall of 2006, and was instrumental in defeating Al Qaeda in Iraq, and in forming the Anbar Awakening.

Please join us on Tuesday, February 26 to hear Tony's inspiring personal experiences in numerous leadership roles! Tony's presentation is accredited for 1.25 CEUs from SHRM and HRC.

MARCH FEATURED SPEAKER

Felicia C. Johnson is a wife, mother, daughter, sister, aunt, co-worker, and entrepreneur, who strongly believes in community service and giving back. Volunteering in the community for more than 40 years is hard to believe, since Felicia is not much older than that herself!

An active member of ABWA for more than 16 years, Felicia is a member of The Birmingham Charter Chapter, where she has served in every officer position at least once. In addition, she has chaired every committee as well as served as a team member when not chairing. At the Council level, she served on the formation team as the Communications Officer for that initial Council board. She has also served as Chair of the Alabama Area Council of ABWA and is an avid supporter of the Council's efforts. Felicia is a former Woman of the Year for her local chapter and the Alabama Council, as well as a Top Ten Nominee. On the National level, Felicia served as 2016-2017 District I Vice President, 2017-2018 National Secretary-Treasurer, and currently serves as the National President for ABWA.

In recognition of her many hours of volunteering in the community, Felicia has received the President's Volunteer Award from

George W. Bush, Barack H. Obama and current President, Donald Trump. Felicia is honored to have received these awards during the past 12 years, knowing that she has been able to make a difference in the lives of many people. In addition, Felicia is the newly elected President of the Birmingham South Cahaba Council of the AT&T Pioneers, the volunteer organization of AT&T Corporation.

As a very active member of her College alumni association, Felicia has served as the recording Secretary for the Tennessee State University National Alumni Association (TSUNAA) and Secretary of the local TSUNAA - Birmingham Chapter.

Felicia is married to Rev. James L. Johnson for seven years, and has worked for AT&T Corporation for more than 33 years. She is also a member of Delta Sigma Theta Sorority, as well as business owner of Fe Fe Felicity the Clown.

Mark your calendars for Tuesday, March 26 to meet our National President, Felicia C. Johnson and learn how to "Unleash the Boldness in You!"



**Felicia C. Johnson
ABWA National President 2018-2019**

CHAPTER COMMITTEE REPORTS

Membership

Please welcome new members, Amy Heath and Tenille Perry!

Prior to our meeting on February 26, we will have our New Member Welcome Orientation at 5:30 p.m. in the yacht club lounge. All members are welcome to attend. Please email your attendance to Anita Carbone at acarbone@cfl.rr.com.

Members in the News

Congratulations to Seeta Begui! On January 19 at the Brevard Caribbean American Sports and Cultural Association's (BCASCA) 16th Annual Martin Luther King, Jr. Memorial Program & Breakfast, Seeta was acknowledged for her support of the BCASCA and for her hard work and dedication to the community. Seeta was honored with the Community Service Award.

Fundraising/Sponsorship

Promote your business by becoming a meeting sponsor! Please contact Cindy Schmitt at cschmitt@fit.edu to learn about the many benefits of sponsorship.



February, March and April Birthdays

- Sunny Kincaid, 2/7
- Cindy Schmitt, 2/12
- Sharon DuBois, 2/13
- Martel Berry, 2/20
- Kristen Snyder, 2/25
- Heidi Kuchenbacker-Robbins, 3/23
- Barbara Cheney, 4/1
- Catherine Alexander, 4/11
- Gina McTernan, 4/29

Newsletter

The Oceanside Charter Chapter Newsletter, *The Rising Tide* is published quarterly at www.abwaoceanside.com. Please send newsletter submissions to acarbone@cfl.rr.com. Submission deadlines are published in the Chapter Standing Rules.

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 and Melbourne Regional Chamber of Commerce websites. Please email Laura Chiesman at laurachiesman@gmail.com, if you have photos or information for our Facebook page.



We're on the web!

www.abwaoceanside.com



ABWA—Oceanside Charter Chapter

2018 - 2019 EXECUTIVE BOARD

President

Cindy Schmitt
cschmitt@fit.edu
321 626-6703

Vice President

Maria Sulick
mariasulick6@gmail.com
321 749-3635

Secretary

Sharon DuBois
amdubois24@gmail.com
954 540-7697

Treasurer

Christina Glore
christinaglore@gmail.com
321 615-5421

2018 - 2019 COMMITTEE CHAIRS

Best Practices

Sheryl Glore: sglore@cfl.rr.com

Education

Anita Carbone: acarbone@cfl.rr.com

Fundraising

Open

Hospitality

Barbara Cheney: beejaycheney@gmail.com

Membership

Maria Sulick: mariasulick6@gmail.com

Anita Carbone: acarbone@cfl.rr.com

Maria Sulick: mariasulick6@gmail.com

Newsletter

Anita Carbone: acarbone@cfl.rr.com

Professional Development

Cindy Schmitt: cschmitt@fit.edu

Publicity

Laura Chiesman: laurachiesman@gmail.com

Anita Carbone: acarbone@cfl.rr.com

ABWA EVENT CALENDAR

February 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

February 12

Oceanside Charter Chapter Executive Board Meeting at 5:00 p.m.

February 26

Oceanside Charter Chapter Dinner Meeting
Networking at 6:00 p.m. & Dinner at 6:30 p.m.
Eau Gallie Yacht Club, Indian Harbour Beach
Featured Speaker: Colonel Tony Deane, United States Army (Retired)

March 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

March 12

Oceanside Charter Chapter Executive Board Meeting at 5:00 p.m.

March 26

Oceanside Charter Chapter Dinner Meeting
Networking at 6:00 p.m. & Dinner at 6:30 p.m.
Eau Gallie Yacht Club, Indian Harbour Beach
Featured Speaker: Felicia C. Johnson, 2018-2019 ABWA National President

March 28-30

ABWA Eastern Regional Conference
Safety Harbor, FL

April 9

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

April 9

Oceanside Charter Chapter Executive Board Meeting at 5:00 p.m.

April 23

Oceanside Charter Chapter Dinner Meeting
Networking at 6:00 p.m. & Dinner at 6:30 p.m.
Eau Gallie Yacht Club, Indian Harbour Beach

COMMUNITY EVENTS

March 2

weVENTURE™

BISK COLLEGE OF BUSINESS AT FLORIDA TECH

W.E. MEAN BUSINESS EXPO 2019



WHEN
March 2, 2019
10 am—4:00 pm

WHERE
Florida Tech CAI Building
1050 W NASA Blvd, Melbourne FL 32901

OPEN TO THE PUBLIC

BE A VENDOR
Showcase your Business
\$50
Limited Spaces
Register Early
weVENTURE.EDU

BE A SPONSOR
\$250
Only 4 Spots Available
Premium Table Space

Ask about Community Sponsor Levels

FOOD TRUCK VENDOR
\$150
Limited Space Available
Register Early
weVENTURE.EDU

(Volunteer Opportunity)

FOR MORE INFO
Call Val Williams
321-674-7007
vwilliams@caib.edu

March 5



Building Business Bridges

7:45 to 9:00 a.m. at the Melbourne Regional Chamber, 1005 E. Strawbridge, Melbourne. Join the Melbourne Regional Chamber's Small Business Council for its monthly meeting and Networking Event! Designed for organizations under 50 employees, this event provides an opportunity for Council Members to network, share information, and gather the resources they need to improve, grow, and flourish.



Oceanside Charter Chapter

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Melbourne, FL 32936-0151

Member:
Cocoa Beach Regional Chamber of Commerce
Melbourne Regional Chamber

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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

Vision Statement

ABWA Oceanside Charter Chapter is dedicated to enhancing the personal and professional lives of local women. Building strong personal relationships between Chapter members provides a safe, supportive environment for members to grow and develop. The focus on leadership, continuing education and community involvement positions our Chapter as the premier women's business organization in Brevard County.

American Business Women's Association
Set of Core Values

1. Giving Members a Voice
2. Treat People with Dignity (Proud Code of Conduct)
3. Lifelong Learning
4. Focus on Creating Value for Members
5. Achievement
6. Visionary Leadership
7. Focus on the Future
8. Focus on Results
9. Manage by Facts
10. Manage for Innovation

American Business Women's Association
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 profession by maintaining and enhancing