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WAYS & MEANS DIRECTOR

OPEN

EWI[®] Monthly Chapter Meeting

How to Escape the No End Traps

Date: Thursday, MARCH 25, 2004

Guest Speaker: Barbara Berg, MSW, LCSW (renowned author, speaker, and counselor)

Ms. Berg holds a Master's degree in Clinical Social Work and is an experienced consultant and lecturer in the areas of stress management, anger management, work and family issues, balancing life, communication among co-workers, supervisor and employee interaction and couples and relationship communications.

Location: Brasserie Astuce Restaurant (formerly Rillos)
510 East Foothill Blvd.
Pomona, CA 91767
(909) 624-2728

Schedule: 6:00 pm—No Host Reception
7:00 pm—Dinner and Program

Price: \$25.00 per person (\$23.00 sustain)

Watch for These New Members and Executives at Our Upcoming Meeting:

Frontier Airlines, Inc.
Executive/Rep: Shirley Shackelford
Team Referral Network
Rep: Rayleen Kerr
PFF Bank and Trust
Rep: Barbara Tomeo
Century 21 Prestige Properties
Rep: Char Constantino
PFF Bank and Trust
Rep: Barbara Tomeo
Carlson Wagonlit Travel
Executive/Rep: Theresa Lock

NEW! EWI Vision Statement:
To be the leading connection for business professionals.

Seating: Pre-Assigned

Parking: Public Parking

Reservation Deadline:
Friday, March 19
(Regrets and Guests)

RSVP: Delores Peich
The Claremont Club
1777 Monte Vista Ave.
Claremont, CA 91711
Email:
Fax: (909) 621-3908
Phone: (909) 625-6791

IN THIS ISSUE

Officers and Directors	cover
Upcoming Meeting	cover
Calendar of Events	2
Presidents' Message	2
Member Anniversaries	2
ASIST Philanthropy	3
Food For Thought	3
New Member Welcome	3
February Meeting Recap	4
Member Birthdays	4
March Door Prizes	4

Corporate Website:
www.executivewomen.org

Chapter Website:
www.ewipomonavalley.org

CALENDAR OF EVENTS

March

19: Reservation Deadline
25: Brasserie Astuce Restaurant

April

16: Reservation Deadline
22: Etiwanda Gardens, Etiwanda
Ruben Estrada
Estrada Strategies

May

21: Reservation Deadline
27: Location TBD
ASIST Program

June

18: Reservation Deadline
24: Location TBD
Firm Night

July

16: Reservation Deadline
22: Location TBD
Business Meeting

August

21: Reservation Deadline
26: Bus Tour

*Locations and Programs may change.

Upcoming Events!

EWI® Spring Leadership Conference

Dates: April 22-24, 2004
Place: Dallas, Texas
Hotel: The Renaissance Dallas Hotel
Call (800) 811-8893
Registration Fees: \$250 - \$300
EWI Group Rate: \$95
Group Code: EWI

For more information:
Visit the corporate website
www.executivewomen.org

President's Message

Hope everyone is taking heed of the tips we received from Rachel Sutton, our February Speaker, on being heart-healthy. A little less fat, more exercise, vegetables, fruits and the good kind of fish won't hurt us.

Welcome to all of our new members – *Char Costantino*, Century 21 Prestige Properties; *Theresa Lock*, Carlson Wagonlit Air Sea Travel; *Shirley Shackelford*, Frontier Airlines; *Julie Robertson*, Jewels Auto Sales; and our new firm representatives *Barbara Tomeo*, PFF Bank; and *Kristine Gutierrez*, Le Roy Haynes Center. We are very proud to have you with us and look forward to you getting involved.

Membership retention and adding new members are a major goal of your Board this year and you can help. If you know of a company that you think would enhance our membership contact our Membership Co-Chairs, Linda Cook, Thread At Work or Jan Van Alstine, San Antonio Hospital or anyone on the Board and let them know. They will take it from there. If you have ideas for a great program or if you have an interest in hosting a future firm night, contact the Program Chairman, Jill Fox, R & D Pest Services. Your help will guarantee that our Chapter will continue to grow.

Our March speaker, *Barbara Berg*, promises to be insightful and educational and the lovely surroundings of Brasserie Astuce Restaurant will also enhance our evening. Speaking about our monthly meetings, don't forget we all have a standing reservation for every meeting. If we cannot attend it is necessary to cancel our reservation with the Sergeant At Arms, Delores Peich, The Claremont Club. If you don't cancel, your reservation is included in the count we provide to the food facility by the reservation date indicated on the invitation. If you don't attend or cancel at the last minute the Chapter has to pay for your reservation and unfortunately it is necessary for the Chapter to bill you for payment. Your help in making sure we know you will not be with us is greatly appreciated.

Don't forget, all members are invited to attend our monthly Board Meetings. It is an easy and fun way to get more familiar with the activities of our Chapter. Our next Board Meeting will be held on Thursday, April 1 in the offices of Faust Printing. Just let me know you will be attending. We hope you will also consider attending the International Convention being held in New Orleans, September 23-25, 2004. You might want to consider being an alternate delegate. Watch for more information on this.

It is springtime and spring brings us renewal and hope. Teilhard de Chardin, J.S., philosopher-theologian, said "Our duty as men and women is to proceed as if limits to our ability did not exist. We are collaborators in creation." See you at the March meeting.

Verlene Riddle
Pomona Valley Chapter President
2003-2004

SHARE THE NEWS!

Please send submissions for the Chapter Pulse to:

Contact: Glenda Ebersole

Phone: (909) 472-3395

Fax: (909) 472-3396

E-Mail: Glenda@egrafxx.com

MEMBER ANNIVERSARIES

Coming in a future issue...
If you are aware of an existing member anniversary list, please contact Glenda 909-472-3395 or Glenda@egrafxx.com.

SPECIAL NOTE – ASIST

If any member knows of someone that they feel might qualify for ASIST program, please contact Betsey Beucar, Manpower Staffing Services, by email or phone. The timeline for applications to be returned is no later than **April 23, 2004**.

FOOD FOR THOUGHT!

We thought you would enjoy this recipe for a delicious salad made for our board meeting by our hostess, Linda Cook.

Broccoli Salad

8 cups broccoli (bite sized pieces)
1 med purple onion
2 cups red seedless grapes
2 cups raisins
1 pound of cooked bacon pieces
1 cup sliced almonds
1 cup sunflower seeds

Dressing:

2 cups mayo
2 tbsp. sugar
2 tbsp. rice vinegar

Add dressing right before serving.
Enjoy!!



EWI Spring Leadership Conference
Dallas, Texas
April 22-24, 2004

See page 2

IN THE NEWS!

The Board recently received a letter of congratulations from Vicky Boyle, EWI Corporate President congratulating our chapter on it's growth to 28 member firms to start the new year!

EWI® Welcomes

Century 21 Prestige Properties, Char Costantino
Carlson Wagonlit Air Sea Travel, Theresa Lock
Frontier Airlines, Shirley Shackelford
Jewels Auto Sales, Julie Robertson

New representatives:

PFF Bank & Trust, Barbara Tomeo
LeRoy Haynes Center, Kristine Gutierrez, HR

MARCH BOARD MEETING RECAP

Membership:

28 Member Firms
4 NEW Firms
(new members, page 3)

Ways & Means:

Door Prizes \$153.00
Opportunity Draw. \$ 66.00
Less: \$ 33.00 (O/D Winner)
Deposited: \$186.00

Door Prize Donors/Recipients:

Graber Olive House / Suzanne Kellum, guest
M. Daniel Saylor / Sue Henry, Cliff Henry
R&D Pest Services / Betty Graber, Graber Olive
R&D Pest Services / Julie Robertson, Jewels
R&D Pest Services / Verlene Riddle, Radisson
Thread At Work / Betty Graber, Graber Olive
Radisson Hotel / Fran Pfeiffer, Faust Printing
Jewel Auto Sales / Helen Foland, Sustaining

MEMBER BIRTHDAYS

Feb. 11 Kristine Gutierrez, LeRoy Haynes Ctr
March 8 Betsey Beaucar, Manpower Inc.
March 28 Helen Foland, Sustaining

April 11 Kathleen Spear, Graber Olive House
April 23 Rhona Weinberg-Gewelber, Sustaining
April 26 Theresa Lock, Carlson Wagonlit
Air Sea Travel
April 30 Rayleen Kerr, TEAM Referral

FEBRUARY DOOR PRIZE SCHEDULE



Biane & Biane
The Claremont Club

Treasurer:

Total in all accounts as of 2/1/04 \$11,924.83
Y-T-D Disbursements/Expenses \$7,050.69
Yearly budget \$26,350.00

Publication:

Chapter Pulse Distribution:
21 electronic delivery / 21 mailed
(Available online in PDF and Word formats)

Sergeant-at Arms:

Total collected for Feb. meeting: \$840.00
To be collected: \$ 90.00
Total: \$930.00
Attendance: 29 + Speaker

ASIST Philanthropy:

The timeline for applications to be returned is no later than **April 23, 2004**. Judging will take place the last week of April.

Program:

Program schedule nearly complete for this year.
See Calendar of Events on page 2.

ALERT FROM CORPORATE

The database is a benefit of membership and is not to be shared with non-member firms.

EWI[®] MISSION AND VISION

Executive Women International[®] is an organization which brings together key individuals from diverse businesses for the purpose of:

- Promoting member firms
- Enhancing personal and professional development, and
- Encouraging community involvement