

Slip into something RED!

HEART HEALTH

February 24, 2005

BRASSERIE ASTUCE RESTAURANT

510 East Foothill Blvd., Pomona, CA 91767 (909) 621-4954

A Heart Healthy Diet

Nicole Giumarra, MS, RD, currently works as a Clinical Dietitian at San Antonio Community Hospital. She provides medical nutrition therapy and nutrition education to a variety of patients, including those with cardiovascular disease, kidney disease and diabetes.

Her prior experience includes working as a Nutrition Consultant for Head Start and as a volunteer for the Department of Health Services Nutrition Program "Ask the Dietician". She completed her dietetics training at Cedars-Sinai Medical Center and received her Masters Degree in Nutritional Sciences from California State University, Los Angeles.

Ms. Giumarra is also a long distance runner and enjoys traveling, reading and cooking.

Come dressed in Red to help support Women's Heart Awareness.

The Red Dress is the National Symbol of Awareness of Women's Heart Disease. It was designed to not only draw Attention to women's heart disease risk, but to also give women a sense of hope that they can reduce their risk and empower them to do so.

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President's Message

Our January 27 retreat at The Claremont Club was a great success! We dined on pizza and salad, listened to inspiring testimonies from past presidents – Barbara Tomeo (1997), Marlene Keith (2002), and Phyllis Riehl (1979 Inland Empire Chapter), and committees interacted offering great ideas for Program, Membership, ASIST, Ways and Means, and Sergeant at Arms. We rejoiced for Phyllis Riehl who won the “Day of Beauty” at the Ambience Salon at The Claremont Club. And, yes, the Frontier Airlines tickets raffle – winning ticket drawn and won by yours truly – what were the odds of that! Thanks to all of you for your raffle purchases totaling \$1,847 that will greatly assist with our chapter activities.

I look forward to seeing you all at our February 24 meeting at Brasserie Astuce Restaurant. February is heart awareness month (let's all wear red) and in keeping with this theme, we are pleased to have Nicole Giumarra, Clinical Dietician from San Antonio Community Hospital as our guest speaker.

In February we also celebrate Abraham Lincoln's birthday (February 12) and George Washington's birthday (February 22) with February 21 recognized as President's Day. I'll close this message with some comments from Abraham Lincoln on communication.

Mary Ann Macias
Pomona Valley Chapter President, 2004-2005

Abraham Lincoln's Timeless Communication Principles

1. If you want to communicate effectively, you must have something to say.
2. Learn to speak and write clearly.
3. Be credible.
4. Use stories, analogies and imagery.
5. Use humor.
6. Ask good questions.
7. Know your audience.
8. Convince the audience you are a friend who has their best interest at heart.
9. Consider the consequences of your message.
10. Improve your ability a little bit every day.

EWI® MISSION AND VISION

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

- Promoting member firms
- Enhancing personal and professional development, and Encouraging community involvement
- The leading Connection for Business

MEMBER BIRTHDAYS

Alma De La Piedra 1/10/05

Glenda Ebersole 1/14/05

Indra Ahuja 1/17/05

Sylvia Marshall 1/28/05

FEBRUARY DOOR PRIZE SCHEDULE

Chaffey College

Jewel Auto Sales

Museum of History & Art,
Ontario

Western University

EWI MEMBER ANNIVERSARIES

Donna Lai 2/02/04
Julie Robertson 2/23/04

Kristine Gutierrez 2/02/04
Michelle Lawrence 2/15/00
Barbara Tomeo 2/17/04

Sue Henry 2/02/04
Theresa Lock 2/23/04

EWI MEMBER SPOTLIGHT – Museum of History & Art, Ontario Associates

The purpose of the Museum of History and Art, Ontario is to promote knowledge and understanding of the history, art, and cultural traditions of the greater Ontario area in a broad context.

The Museum will serve and enrich the community by collecting, preserving, and interpreting the history of Ontario and its region through exhibitions, educational programs, lectures, publications and other community events.

The museum was established in the old city hall at Holt and Euclid. One of the establishing families was Bryce and Miriam Denton of Ontario. Mr. Denton served on its first board of directors. Their daughter, Sarah Denton, recently donated the largest individual donation in the museum's 26-year history in memory of her late parents.

School and group tours (10+ persons) can make an appointment for different days and times. Teacher packets about special programs and exhibits available upon request. Please call the museum.

Your invitation to Join the Museum Associates, the volunteer support group for the museum of History & Art, Ontario.

When you become a member of the Museum of History and Art, Ontario Museum Association. You make a difference.

By supporting the museum you help provide affordable, quality programming not only for your family and entire community, you receive valuable benefits enabling you to better enjoy the museum's exhibits and programs and "behind the scenes" stories on museum activities.

- A 10% discount on all purchases from the Museum Store.
- Invitation to members' events including the annual membership meeting and "Members Nights Only".
- Special members priority registration for events and programs.
- Volunteer opportunities.
- Discounts on selected educational workshops and programs.

225 South Euclid Avenue, Ontario, California 91762 General information (909) 983-3198
Open Wednesday through Sunday, 12 noon to 4 p.m.

EWI MEMBER SPOTLIGHT – R&D Pest Services, Inc.

Rick Ellis and David Fox founded R&D Pest Services, Inc. in 1988 with one goal: To find the most effective least-toxic solution to our client's pest problems. Our commitment to high quality and professionalism has resulted in a steady growth in our client base every year, primarily driven by referrals.

Rick Ellis earned his BA in Chemistry from the University of California, San Diego (UCSD). Mr. Ellis has been working in the pest control industry in many capacities for the past 25 years, starting as a Sales and Service Representative for a pest control company. After that, he worked as a representative for a chemical and equipment distributor, providing training and information updates on the latest technology available to pest control companies. It was here that Rick met Dave, and together they founded R&D Pest Services, Inc.

Dave Fox earned his BS in Entomology from the University of California, Riverside (UCR). Mr. Fox first served as the Technical Director for a pest control company in Los Angeles for several years. He then met Rick while in an equivalent capacity for the same chemical distributor. Both are licensed by the State of California Structural Pest Control Board, and as Pest Control Advisors of the Department of Pesticide Regulation.

We currently have two locations: Upland and San Diego, California

Main Office: 1710 W. Foothill Blvd., Suite D-2, Upland, CA 91786 (909) 949-4323
Branch Office: 11315 Rancho Bernardo Rd., Suite #136, Rancho Bernardo, CA 92127 (858) 487-4779