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# The Whirlwind

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P.O. Box 20268, Reno, NV 89515-0268

July 12, 2005

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Meeting: 3<sup>rd</sup> Tuesday  
of each month  
6:15 pm Networking,  
6:30 pm Meeting/Dinner

**At The Holiday Inn  
6<sup>th</sup> Street (off of Wells Ave)**

Please Call Betty Mullins,  
Hospitality, at 329-3026  
for further information or to  
RSVP.

*Reminder- A Reservation Made  
is a Reservation Paid*

## **Board Members**

**Sherri Simmons, President**  
775-787-0144 775-250-4010

**Deborah Shadaram, V.P.**  
775-450-4455

**Debbie Frombola, Secretary**  
775-554-9319 775-853-9991

**Rita Perry, Treasurer**

**Sherry Fairchild, Cspd.  
Secretary**  
775-673-8576

Newsletter articles are due by the last  
Friday of the month. Please  
e-mail Judy Peterson your articles at  
[judydpeterson@msn.com](mailto:judydpeterson@msn.com), or mail them  
to PO Box 11138, Killeen, TX 76547.  
For more info please call 775-848-9817

## **Happy Birthday!!**

August  
Michelle Decker  
Bert Smith  
Marion Tammany

September  
Judy Peterson



## **From The President's Desk**

Two years ago I was lying in bed praying for change. I had lived in the same place since college, same relationship, same job, and same desk at my job (although promoted), not much had changed for several years. So in the last two years, I changed jobs twice, I bought a house, lost two old cats, and gotten involved in more things. I have even changed mindsets & attitudes something like Dr. Jackle & Mr. Hyde. It has been exciting, scary, frustrating, disappointing, interesting and inspiring depending on the moment, but that simply all comes with change. To venture into the different & unknown....it is also absolutely necessary. We do not grow, improve and achieve if we do not have change and adversity. It is important to preserve some traditions and processes, I am a firm believer in that, but we must always be looking forward to the future and building on the past.

Our chapter is changing. Our members have worked hard for over 40 years to create the traditions, relationships and valuable experience of the Washoe-Zephyrus chapter of ABWA and should be proud of what has been accomplished. We cannot stop now and be complacent though, we need to make changes that will continue to grow our chapter and sustain its life for decades to come and others to enjoy. As active and retired business women, we need to be on top of the latest technology, education, business, and communications issues, because education. We need to use our resources and learn from one another. I know this is a big year of change for us. We will step in a new direction that can benefit all members. A landmark change this fall is that we will have our first local website! We will have our second annual wine tasting in November, and both Women's Expo and a regional conference in Tahoe this spring. It will be an exciting year, and I am looking forward to learning a lot and making some great memories with you!

Your President,

Sherri Simmons

## **Anniversaries**

August  
Roseanne Capriotti '03

September

Gayle Carlson, '79  
Susan Ehrenreich '03

## **Invocation**

In the quiet of this hour,  
we come to thee for wisdom  
And for power;  
To view thy world through only love filled eyes;  
To grow in understanding; to be wise.  
And sure to see thy guiding light;  
And thus to know each other as thou knowest  
us.  
Amen

Excerpts from  
**"The Complete Live and Learn and Pass It On"**

I've learned that life sometimes gives you a second chance. –Age 62

I've learned....That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

I've learned....That we should be glad God doesn't give us everything we ask for.

I've learned....That money doesn't buy class.

I've learned....That it's those small daily happenings that make life so spectacular.

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**Calendar of Events**

**October 2005**

Express Board 7th

WZ Board 11th

Chamber Breakfast 13th

WZ Meeting 18th

Express 26th

**November 2005**

Express Board 4th

WZ Board 8th

National Conference 10-12th Texas

WZ Meeting 15th

Express Network 16th

Wine Tasting at Flaggstone Winery 18th

**Benediction**

O Guiding Spirit, Guardian of our days,  
be with us as we as we go our separate  
ways.

Help us to feel those thoughts that lift  
and bless,  
to know a closer bond of friendliness.  
To see Thy beauty, always, every day,  
translated into living, this we pray.  
Amen

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Here is the most recent info on the Oct. Walk For The Cure from Debbie Frombola

**Walk For The Cure**

It's that time again girls. Get your sneakers out, start stretching, and search for prospective sponsors....

I am still waiting to get my Team Captain package to register but meantime, the race is taking place

Sunday October 2, 2005. Festivities and registration begins at 7AM. We will again walk as the "SALES DIVAS" and all members are encouraged to start collecting pledges **NOW**.

Continued from pg. 2

I have a list showing how to do this successfully and will be happy to furnish it. I also have registration forms and I will have them with me at all PSN, Express and Washoe/Zephyr meetings until race day. I can also be reached by phone 775-544-9319 or email - [fromboop@earthlink.net](mailto:fromboop@earthlink.net) to get this AND a registration form at any time. **CUT OFF TO REGISTER AND REMIT PAYMENT IS SEPTEMBER 22th, 2005!!!** Cost to register is \$25.00 per person and includes a t-shirt from this year's event. I have the forms right now.

To register online, we have to wait till we are registered as a 2005 team, which I am working on. I will make an announcement when this method is available. Thank you!

### **WD-40 Continued from July**

I thought that you might like to know more about this well-known WD-40 product.

- ~Rids rocking chairs and swings of squeaky noises
- ~Lubricates tracks in sticking home windows and makes them easier to open
- ~Spraying an umbrella stem makes it easier to open and close
- ~Restores and cleans padded leather dashboards and vinyl bumpers
- ~Restores and cleans roof racks on vehicles
- ~Lubricates and stops squeaks in electric fans
- ~Lubricates wheel sprockets on tricycles, wagons and bicycles for easy handling
- ~Lubricates fan belts on washers and dryers and keeps them running smoothly
- ~Keeps rust from forming on saws and saw blades, and other tools
- ~Removes splattered grease on stove
- ~Keeps bathroom mirror from fogging
- ~Lubricates prosthetic limbs
- ~Keeps pigeons off the balcony (they hate the smell)
- ~Removes all traces of duct tape (our other "can't do without")
- ~I have even heard of folks spraying it on their arms, hands, and knees to relieve arthritis pain.
- ~Florida's favorite use was "cleans and removes love bugs from grills and bumpers"

More uses for WD- 40 Next month

**Interested in knowing more about the Reno-Tahoe Express Network? Here's a quick overview...**

**RENO-TAHOE EXPRESS NETWORK** – Meets monthly the 4<sup>th</sup> Wed. of each month, except for Nov. and Dec--3<sup>rd</sup> Wednesdays from 11:30 am to 1:00 pm. Membership: \$100.00 year for national. Local dues: \$36.00/yr. Lunches: \$17.00 for guests, \$15.00 for members. There is a \$5.00 charge w/o reservation. **Call Inez Miles at (775) 770-1131 or email: [peoplesource1@aol.com](mailto:peoplesource1@aol.com) to RSVP on/before noon the Friday prior to the meeting.**

Express Network focuses on effective networking/relationship building for members, and informative educational programs. Speaker topics include: business development, setting and achieving goals, women's health, estate planning, motivational training, etc. Members have an opportunity to introduce themselves and their business, as well as display literature & promotional materials. The Executive Board makes decisions for the chapter. Express Network encourages members to participate in one or more of the various committees—Mentor Program, Membership, Hospitality, Calling, Scholarship, and others as need dictates.

## **Information from National!!**

You, along with other high-achieving businesswomen, are invited to one of the most dynamic, powerful events ever to hit Texas. The 2005 ABWA National Women's Leadership Conference, Nov. 10-12, has been created for entrepreneurs, managers, sales professionals, executives, assistants, and all professionals who are committed to their future. It is for businesswomen from all levels and areas of an organization who want the tools, resources and connections to achieve success and excellence in the workplace. This conference is not just for members of the American Business Women's Association, but for all those who will benefit from the collective strength and energy of professional women joining together to connect, learn and grow.

From pre-conference workshops to general sessions and breakout sessions, nationally respected speakers and experts will share the latest ideas, strategies and solutions for you to take away and apply to your own opportunities and challenges. To make it easier for you to locate the breakout sessions that are most closely aligned to your interests and needs, we have developed four tracks:

- Leading for Integrity: Authentic Leadership
- Speaking of Success: The Power of Communication
- Living the Life You Love: Personal Growth and Development
- Sharing the Experience: the American Business Women's Association

It's easy to jump from track to track and choose the sessions that are most relevant and important to you. In between the breakout sessions, rejoin other conference attendees in general sessions designed to invigorate and enhance your innate leadership abilities.

For more information check out the National Website at [www.abwa.org](http://www.abwa.org)

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## **Rules for Non-pet Owners Who Visit and Like to Complain About Our Pets:**

They live here. You don't.

If you don't want their hair on your clothes, stay off the furniture.

I like my pet better than I like most people.

To you it's an animal. To me he/she is an adopted son/daughter who is short, hairy, walks on all fours and doesn't speak clearly.

Dogs and cats are better than kids. They eat less, don't ask for money all the time, and are easier to train. They usually come when called, never drive your car, don't hang out with drug-using friends, don't drink or smoke, don't worry about buying the latest fashions, don't wear your clothes, don't need a gazillion dollars for college, and if they get pregnant, you can sell the results.

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**WHAT IS A GOOD TEACHER?**

What makes a good teacher? It seems that universities and colleges have been struggling with this question for years and have continually experimented with new techniques, theories, and equipment in an effort to answer the question. For those of us who have been through one or two generations of students, the answer we know, is not in techniques, theories and equipment or in changes in curriculum, for many concepts used today are now a part of the system for the second time.

Good teaching lies in the ability to reach students and motivate them to learn, regardless of their background or ability and good teachers are for the most part, born, not made. It is the teacher who is the key to good teaching.

A survey by the American Psychological Association of teachers who had won teaching awards at all levels of the education system, reported that the teachers surveyed agreed on several common aspects of what makes a good teacher.

The first of these was passion. No one would disagree that passion is important in every job and that the most successful people are passionate about their role. Good teachers are excited about learning and that excitement spreads to those whom they teach. A child who feels the passion of the teacher will be motivated to learn and will feel that learning is important to the teacher and therefore to him.

What we read and hear, we forget but what we do, we understand. Good teachers use this principle to incorporate activities, demonstrations and role playing in their classrooms. Justin, a hearing impaired student in grade twelve became Sir John A. MacDonald, first Prime Minister of Canada, for his grade twelve history class. Complete with costume and props, he outlined the National Policy. Thanks to his wonderful teacher neither he nor his classmates will forget John A. for a long time. Whether debating, doing skits, role-playing, taking class trips or producing videos students remember what they actively do.

We all learn what we think we need to know. If material is not relevant to us at the time, we have no need to know it. The child who misses a family outing due to inability to tell the time, never had a need to know until that missed event. After such a need becomes important the desire to learn is there. We learn what is relevant. What better way to teach math, measurement, or map skills than by making it useful through playing games and doing individual projects.

Humor is important and so are personal anecdotes for through these teachers become real people, with real problems and real lives. A joke or a story breaks the monotony and relates the point being made to real life.

You get what you expect. If you expect students to do well and your standards are high, you will be pleased with the results. When teachers expect students to do poorly, they do. Demanding a lot wins respect and encourages self esteem. An easy mark means little and does nothing to make a student feel proud of what he has accomplished.

As a "student teacher" in 1970, I wanted to encourage students to really get excited about creative writing. I wore a strange looking straw hat to class with an enormous light bulb on top and unexpectedly stood on the teacher's chair to get their attention. The stories I received from them were incredible. By doing the unexpected I led them to open the doors to their imagination. A teacher of a grade seven class would call upon a volunteer, usually the smallest guy in the class, and proceed to tip him upside down to explain "reciprocal". Do you think his students ever forgot the meaning of the word, "reciprocal"? I have heard teachers say that it is impossible to compete with T.V., cartoons and movies. My answer would be that good teachers dream up ways to compete.

Going the extra mile. Teachers who take the time to do special things to show that they care about each individual child. The teacher who came almost daily to visit me in the hospital and the teacher who brought clothes for a child in our class who always appeared cold and bedraggled....how could one help but think that those teachers cared deeply about children in their classroom. Teachers who care take the time to attend hockey games and other events in which their students are involved. Students know they can come to them to just talk. Teachers who go the extra mile get involved in extra curricular activities and enjoy it.

In addition to the qualities listed by the APA, there are other qualities that are important. At the top of this list would be discipline, for without discipline we can not teach. There are those teachers who by their very demeanor as they enter the classroom demand respect and discipline appears to be not a problem at all. Why is this so? It is because they have the greatest respect for their students as people and because they are consistent in their approaches to discipline so that students always know what is expected of them.

Good teachers, because they know their students so well, become tuned to their educational and emotional needs. They treat each child differently according to those needs and rejoice in the special skills and talents of each one, endeavoring to develop each to its full potential. The student in high school who struggles with history and English may one day become an excellent skilled tradesman. The fact that he is "hands on learner" is not overlooked by a good teacher. Unfortunately, because most teachers are teachers because

they liked school and because they did well in the more academic subjects, this is the student who is often overlooked.

Good teachers give birth to good learning. I have spoken to many parents who feel the need to get extra tutoring or special classes for average or even above average children. Their comment is that children do not know their basic math facts or they can't read. It is a sad state when average children are not getting the education they need in regular classes and parents are paying money for them to learn in a way they should have been learning in the first place. Good teachers accommodate students who have difficulty and challenge those who need the challenge. Unless we have more good teachers we will enter into a two tiered system where those who can afford special help will pay for it and those who can't, will suffer.

Amazing, isn't it that none of these qualities has anything to do with technology. Good teachers are good teachers in spite of technology, curriculum changes, and popular methods. Too bad that universities and colleges do not know this and have forgotten that personal attributes of commitment and passion have more to do with teaching than technology.

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#### GAS PUMP WARNING-

A friend stopped at a pay-at-the-pump gas station to get gas. Once she filled her gas tank and after paying at the pump and starting to leave, the voice of the attendant inside came over the speaker. He told her that something happened with her card and that she needed to come inside to pay.

The lady was confused because the transaction showed complete and approved. She relayed that to him and was getting ready to leave but the attendant, once again, urged her to come in to pay or there'd be trouble.

She proceeded to go inside and started arguing with the attendant about his threat. He told her to calm down and listen carefully: He said that while she was pumping gas, a guy slipped into the back seat of her car on the other side and the attendant had already called the police. She became frightened and looked out in time to see her car door open and the guy slip out.

The report is that the new gang initiation thing is to bring back a woman and/or her car. One way they are doing this is crawling under women's cars while they're pumping gas or at grocery stores in the nighttime. The other way is slipping into unattended cars and kidnapping the women. Be extra careful going to and from your car at night. If at all possible, don't go alone!

- 1) ALWAYS lock your car doors, even if you're gone for just a second!
- 2) Check underneath your car when approaching it for reentry, and check in the back before getting in.
- 3) Always be aware of your surroundings and of other individuals in your general vicinity, particularly at night!!

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Think about them one at a time BEFORE going on to the next one...  
**IT DOES MAKE YOU FEEL GOOD**

Getting out of bed every morning and being grateful for another beautiful day.

Knowing that somebody misses you.

Getting a hug from someone you care about deeply.

Knowing you've done the right thing, no matter what other people think.

Minutes of Chapter Meeting held July 19th – Holiday Inn, Reno, NV

**Welcome:** President elect Sherri Simmons called the meeting to order with the Pledge of Allegiance @ 6:30 P.M.

**Introductions:** Members introduced themselves and their guests. (17 members, 1 guest)

**Announcements/Celebrations:** ABWA Anniversaries – Pat Salandra

**Birthdays -** None

**Old Business:**

- Business Associates Night – We made about \$700 net. Should we move it to a Friday night? Will that help or hurt attendance? Marion Tammany reported we have received a lot of publicity from this event.
- Anniversary Dinner - Potluck at Pam's Sunday, August 21. Signup sheet for PotLuck and directions passed out. There will not be a regular meeting on the 3<sup>rd</sup> Tuesday.

**New Business:**

- Officers Inducted: President – Sherri Simmons, VP – Deborah Shadaram, Secretary – Debbie Frombola, Treasurer – Rita Perry & Corresponding Secretary – Sherry Fairchild.
- ABWA Day – Thursday September 22<sup>nd</sup> at the Peppermill Hotel. \$35 per individual or \$250 for a table of eight. 2000 invitations are being sent out. There are several committees that need help. Next meeting is July 28<sup>th</sup>, 5:15 at the First National Bank of Nevada. There are corporate tables available for \$1000 or \$500, raffle tickets, an Airline trip anywhere in the U.S., Silvia Samona is the speaker, and we all need to help sell tickets and help with committees.
- We had to pay a \$100 fee to national to stay active as a chapter. This was mailed in July.
- We went over the Treasurers report for the year. We made net income of \$1,395.85 for the year. Checking Account balance is \$2831.62 and savings is \$4500.25.
- American Lung Association is having an Asthma Walk on August 28<sup>th</sup>. See Linda Sauceeda if you are interested. She is selling bracelets for \$2 each, raffle tickets for \$1 each or 6 for \$5.
- August 1<sup>st</sup> Mixer at the Peppermill for Hot August Nights.
- August 25<sup>th</sup> Chamber Mixer at Tanebaum Event Center.
- September 29<sup>th</sup> Tri Chamber Mixer at Sierra Gold – Truckee Meadows Parkway.
- Wine Tasting Event – we will be setting the date soon. We would like to name a specific purpose for the money raised for this event.
- It was voted & approved to move the checking/savings account from Colonial to The First National Bank.

**Program:**

Installation of new officers.

**Committee Reports & Actions:**

Vice President: N/A

Member Education & Scholarship: N/A

Membership: We need a chair for this committee.

Newsletter – We need a chair for this committee Publicity: We made the paper this month.

Ways & Means Fundraising: We need a chair for this committee.

Hospitality: N/A

Star Award: We have made the banner award for this year.

Express: N/A

Respectfully Submitted,

Debbie Shadaram, Recording Secretary

## **A Message From Express**

Hi there!

The new Express Network newsletter is online- could you please make sure that your network members know about it? In this September issue, discover more about the 2005 ABWA National Women's Leadership Conference workshop that will help you "get the guts" to start your own business, and learn strategies managers can use to motivate a multi-generational workforce. Plus, find out what the Chicagoland Express Network is doing to help people take their business or career to the next level.

To read the newsletter, members can visit the Express Network home page at [www.express-network.org](http://www.express-network.org) and log in to the "Members Only" section (remember, the login is the member's last name, with the first letter capitalized. The password is the last three letters of their last name, all capitalized, and the last three digits of their ABWA member number) and then click on the link to the online newsletter.

Kindest Regards.

Dianemarie (DM) Collins  
President, Reno-Tahoe Express Network



### **The Pepper Tree**

*Mention ABWA at The Pepper Tree*

*And receive a discount.*

*157 Vasser, Reno, NV*

*Make sure you stop by!!*