



The Rising Tide
August—October 2019

OCEANSIDE CHARTER CHAPTER

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MESSAGE FROM THE PRESIDENT



Maria Sulick
President

The busy month of October begins with the ABWA National Women's Leadership Conference in Kansas City from October 2-5. Several of our members will be attending to celebrate the 70th Anniversary of ABWA and our Chapter's achievement of fulfilling the requirements for Best Practices Level I in League Management. There's still time to register. Early registration is in effect until August 20.

At our October 22 meeting, we are honored to present Julie Burch, 2017-2018 ABWA National Vice President. Please join us to meet Julie and learn how to manage your stress and any stressful situation! On Saturday, October 26, our Chapter will participate in the American Cancer Society Breast Cancer Walk at The Avenues in Viera. Please consider joining our team or participate by donating at: http://main.acsevents.org/site/TR/?pg=teamlist&fr_id=94467.

As you have read, we have plenty to look forward to in the coming months, and as your incoming President, I invite you to take full advantage of your membership and become an active member of our award-winning ABWA Oceanside Charter Chapter!

~ Maria Sulick



And just like that, it's August and the start to a new fiscal year for Oceanside Charter Chapter! First, I would like to extend my sincere gratitude to the 2018/2019 Executive Board, especially Cindy Schmitt and Christina Glore. Thank you so much for your hard work and dedication to our Chapter! During our July meeting the incoming Executive Board was installed and include: President, Maria Sulick; Vice President, Amy Heath; Treasurer, Tenille Perry; and Secretary, Xzondra Bergman. I am looking forward to working alongside these wonderful women to continue the growth of our chapter!

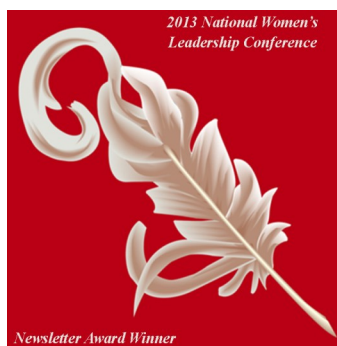
It is an exciting time with many exciting events on our Chapter's calendar. We have an impressive selection of speakers in the coming months! Starting off at the meeting on August 27, we have Dr. Brooke Wheeler, the Division Director and Assistant Professor in the College of Aeronautics at Florida Institute of Technology. Dr. Wheeler's topic of discussion will be "Maximizing Group Performance."

In September, we will celebrate with our "Women of Many Hats" event where we will again host a panel discussion highlighting members of our chapter. So, grab your favorite hat or make your own creation, and join us for a fun evening!

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IN THE AMERICAN
BUSINESS WOMEN'S
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OCTOBER FEATURED SPEAKER



Julie D. Burch

Everyone faces stress. It's a fact of life. What you do with it makes the difference between enjoying your life or resenting it, and between being challenged or being overwhelmed. The demands and the pace of our busy lives pressure us all. Some master it, and some do not. The trick is to take back control!

I am Sooooo Stressed Out!

Take Back Control of Your Stress Today

In this dynamic, unconventional, and entertaining session, Julie will address the subject of stress from a refreshing common sense point of view. You will learn how to function with stress, as well as how to reduce it. You'll learn how to feel better about yourself and become less vulnerable to stressful situations. At the same time, you will learn to lighten up and see the humor that is all around us.

Participants will learn:

- *How to identify "good" stress and "bad" stress;*
- *How to understand our optimal stress;*
- *The answer to two key questions to manage any stressful situation.*

Julie Burch, President of Julie Burch Speaks!, has more than 20 years of experience speaking professionally. She has had the privilege of speaking to audiences in all 50 states, Washington DC, St. Thomas, St. Croix, Puerto Rico, Canada, England and Wales, where she has designed programs for industry leaders including Texas Tech Univer-

sity, Mercedes Benz, Fidelity Investments, Wingstop, BP Oil and Gas, Husky Oil, the Social Security Administration, Texas Women's University, the American Payroll Association, the United States Army and Air Force, Subway, Kentucky Fried Chicken, American Advertising Federation, and the Society for Human Resource Management. In 2017 Julie was named as an inductee to the Society of Human Resource Management's Speaker Hall of Fame, and honored with a guest appearance on "Good Morning America" where she was interviewed by Diane Sawyer.

Julie, an active second generation member of ABWA, is a charter member of the North Dallas Business Women, where she served on the formation team and executive board, and was the Woman of the Year in 2016 and the Top Ten Nominee in 2018. Julie served as the 2016-2017 ABWA District II Vice President and the 2017-2018 National Vice President.

Mark your calendar for Tuesday, October 22 to experience Julie's dynamic presentation!

2019 IMPACT SCHOLARSHIP

Congratulations to Anna Hinkle, recipient of the Oceanside Charter Chapter \$2000 Impact Scholarship!

Anna recently walked across the stage as Valedictorian to receive her diploma from Eau Gallie High School. She plans on attending Florida Southern College in the fall of 2019, where she will study nursing as an accepted student of their nursing program. As a member of her high school's Health and Wellness Academy, her passion for medicine has been solidified and is constantly growing. Her passion has led her to aspire to become a nurse practitioner with certifications in functional and integrative medicine. The first step toward this goal is earning her Bachelor of Science in Nursing. Ultimately, her goal is to finish undergraduate school with a BSN and a minor in Spanish while maintaining a GPA of 3.5 or higher. Anna plans to earn her Master in Science of Nursing (MSN) on the curriculum track of becoming a Family Nurse Practitioner. Anna also plans on working towards her Doctor of Nursing Practice (DNP) to become a nurse

practitioner with the goal of working in a functional and integrative medicine facility.

In addition to graduating as Valedictorian of her class with a 4.0 unweighted GPA, Anna is the recipient of the Melbourne Regional Chamber Young Adult Award, an active participant in the National Honor Society and the National Beta Club, the recipient of her school's AICE Psychology Award, as well as a member of Varsity Tennis and Varsity Swim teams.

Active in the community, Anna volunteers with Dorcas Outreach Center for Kids (DOCK) as a student mentor, and volunteers as a student mentor at a local elementary school. Anna's work experience includes part-time office assistant at Chiropractic Pain Management; intern at Moscati Center functional and integrative family practice; intern at Upper Cervical Health Center, shadowing the chiropractor with patients, and shadowing a nurse anesthetist at Health First Holmes Regional Medical Center.



Anna Hinkle

CHAPTER COMMITTEE REPORTS

Membership

Please welcome new members, Maria Chun, Brittany Diestler, Stephanie Espinoza, Victoria Hahn, Malak Hammad, Anna Hinkle and Jane Walker.

Notice to Members

The Chapter will vote to approve the 2019/2020 Standing Rules and 2019/2020 Budget at the August 27, 2019 meeting.

Fundraising/Sponsorship

Promote your business by becoming a meeting sponsor! Please contact Maria Sulick at mariasulick6@gmail.com to learn about the many benefits of sponsorship.

Scholarship

Congratulations to Anna Hinkle who was selected by the SBMEF Board of Trustees as the recipient of the 2019 Oceanside Charter Chapter \$2000 Impact Scholarship!

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.



August, September & October Birthdays

- Carol Hudgens—8/5
- Shari Tabat—8/10
- Amy Heath—8/15
- Laura Chiesman—8/21
- Tenille Perry—8/24
- Theresa Arandia—9/2
- Brittany Diestler—9/7
- Sheryl Glore—9/15
- Renee Hahn—9/21
- Deborah Davis—9/24
- Maria Chun—9/28
- Mary Sharpe—9/30
- Megan Hall—10/28

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 Megan Hall at megan@truehomeinspects.com with photos or information for our Facebook page.



We're on the web!

www.abwaoceanside.com



ABWA—Oceanside Charter Chapter

2019 - 2020 EXECUTIVE BOARD

President

Maria Sulick
mariasulick6@gmail.com
 321 749-3635

Vice President

Amy Heath
aheath@fit.edu
 321 361-1572

Secretary

Xzondra Bergman
xzondrahelenescc@gmail.com
 321 223-5173

Treasurer

Tenille Perry
tperry@mackinsgroup.com
 321 525-0266

2019 - 2020 COMMITTEE CHAIRS

Audit

Anita Carbone: acarbone@cfl.rr.com

Best Practices

Sheryl Glore: sglore@cfl.rr.com

Education

Anita Carbone: acarbone@cfl.rr.com

Fundraising

Open

Hospitality

Barbara Cheney: beejaycheney@gmail.com

Amy Heath: aheath@fit.edu

Membership

Sue Tyson-Parker

Anita Carbone: acarbone@cfl.rr.com

Anita Carbone: acarbone@cfl.rr.com

Newsletter

Cindy Schmitt: cschmitt@fit.edu

Professional Development

Megan Hall: Megan@truehomeinspects.com

Publicity

Anita Carbone: acarbone@cfl.rr.com

NEW MEMBER SPOTLIGHT



Xzondra H. Bergman

Xzondra Bergman is Owner/Operator and Licensed Esthetician at Xzondra Helene Skin Care & Cosmetics, LLC. A graduate of the University of Central Florida, Xzondra received a Master of Science Degree in Criminal Justice, and a Bachelor of Arts Degree in Interpersonal/Organizational Communications. She is currently attending Liberty University where she is pursuing her PhD. in Criminal Justice.

While attending graduate school in pursuit of her passion of social science, Xzondra launched a career in skincare and cosmetics which led her to a six plus year trajectory of management, marketing, and educator positions within prominent organizations in the spa, skincare and cosmetics industries.

Shortly thereafter, Xzondra embarked on Xzondra Helene Skin Care and Cosmetics, where she provides face and body skin care treatments in a relaxed private setting. She enjoys providing her clients with a mind, body, and spirit "time out" from life stressors. Xzondra's passion and mission is to continue

to have dialogue on the issues of the heart, while increasing the significance of health and wellness balance in one's everyday life.

Xzondra joined Oceanside Charter Chapter In March 2019 and was recently elected to the 2019-2020 Executive Board as Secretary. Please welcome Xzondra and wish her success in her ABWA leadership journey!

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MEMBERS IN THE NEWS

First Wave Financial President, Laura Chiesman, CFP®, CDFA® has been appointed chairwoman of the upcoming 2019 United Way of Brevard Campaign.

As the United Way of Brevard Campaign chair, Laura will serve as an advocate for United Way of Brevard's annual fundraising drive. She will be working with the United Way team on developing campaign strategies and recruiting a motivated, committed core of volunteers to drive donations and support more than 200 workplace campaigns.

"I am honored to help spearhead the fundraising campaign for United Way of Brevard this year," said Laura. "Our efforts will bring people and resources together to focus on the local issues that matter most while improving lives and conditions right here in our own community."

The United Way of Brevard mission is to provide leadership that creates lasting benefits for the community and its residents by mobilizing caring people to give, advocate and volunteer. United Way of Brevard fights for the education and financial stability of every person in the community.

"We are thrilled that Laura Chiesman has agreed to serve as our 2019 Cam-

paign Chair," said Rob Rains, United Way of Brevard President. "Laura demonstrated leadership and commitment in serving on our campaign team last year. She is extremely well organized and connected with a great strategic mindset."

"Most importantly, she really cares about our community."

The 2019 United Way of Brevard fundraising campaign will kickoff in September. Leading up to that time, Laura will work with other board members and United Way of Brevard staff to identify areas of critical need in Brevard County, set campaign goals and determine the most effective means of achieving those goals.

"I am grateful to have worked along side last year's campaign chairwoman, Debbie Goode," said Laura. "That experience demonstrated how committed leadership through United Way can generate investment in our community, inspire hope and create opportunities for a better tomorrow."

Past United Way of Brevard Campaign Chairs have included Debbie Goode, Desmond Blackburn, Wayne Ivey and Carol Craig.



Laura Chiesman

ABWA EVENT CALENDAR

August 13

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

August 27

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: Dr. Brooke Wheeler

September 7

Tri County Council
ABW Day 31st Celebration from 9:00 a.m. to 2:30 p.m.
Embassy Suites, Fort Lauderdale
For more information or to register:
<http://www.abwatricounty.org/quarterly.html>

September 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

September 10

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

September 24

Women of Many Hats!

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

October 2–5

National Women's Leadership Conference



October 8

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

COMMUNITY EVENTS

August 22

weVENTURE™
BISK COLLEGE OF BUSINESS at FLORIDA TECH

IMPACT SUMMIT

IMPACT. Influence. Effect.

Five powerful women will take the stage for this year's summit—Know Your Worth. Industry experts will inspire, educate, empower and entertain as they cover topics important to YOU. Learn the importance of building a personal brand, find out how to act more strategically in your business and personal life, discover the secrets of feeling at home in any situation and explore the economic impacts of gender equity.

**Friday, Aug. 16, 2019
1-5 p.m.**

HTC at L3Harris
1395 Troutman Blvd NE, Palm Bay, FL 32905

Register at
weVENTURE.fit.edu

Sponsored by
Health First, WFTB, and others.

KEYNOTE



Katica Roy
CEO and founder of Pipeline

ALSO FEATURING



Dr. Laura Gallaher
CEO of Gallaher EDGE and past TEDx speaker



Kelle Wendling
President, Mission Networks Aviation Systems for L3Harris



Latria Graham
President and CEO of Graham Leak Branding



Carmen Natschke
Digital media and marketing entrepreneur, Parvezza

September 3



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.

September 13



5:30 to 8:30 p.m. at the Holiday Inn Express & Suites/Space Coast Convention Center, Cocoa. This event, now in its 31st year, celebrates the success of businesses large, small, and nonprofit! A winner is chosen from each category and is awarded with the coveted business champion of the year title. Master of Ceremonies: Greg Pallone, News 13 Anchor.



Oceanside Charter Chapter

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Member:
Cocoa Beach Regional Chamber of Commerce
Melbourne Regional Chamber

Newsletter Editor
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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 their own business knowledge and skills, and by encouraging the professional development of other members.