



LA LUZ CHAPTER OF THE
AMERICAN BUSINESS WOMEN'S ASSOCIATION

ABWA 65 Year Going Strong!



The La Luz Lamplighter

Issue 4

November 2015 Vol. 28



November Meeting
John Freisinger



Unique Positivity

How to Spot a Liar: 7 Clues Anyone can Use

by Staff Reader's Digest

Who hasn't heard the old saying "Liars never look you in the eye"? Here are a few more tips from the experts on how to spot a liar, even if he is lying right to your face.

1. Is her face giving it away?

You may think a smile can easily disguise your true feelings, but the expressions that flash across a liar's face will give away what she's really thinking—whether she knows it or not. Experts advise paying close attention to hard-to-hide micro-expressions; these clues are often so difficult to detect that even trained experts have trouble discerning them. But you may be able to spot a liar by the red color on her cheeks, since anxiety can cause people to blush. Other indicators of lying? Flared nostrils, lip nibbling, deep breathing, and rapid blinking, which hint that the brain is working overtime.

2. Does the body language follow the story?

It's more important to examine a person's entire demeanor, as there's no one feature that's apt to give away a liar. Honesty is characterized by features that are in sync with one another—so besides posture, note the fit between face, body, voice, and speech. Like an animal avoiding detection, a liar may pull his arms and legs inward or keep his movements to a minimum—anything to appear smaller. Liars often shove their hands behind their back because those fidgety digits might give them away.

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3. How is the person smiling?

A smile can sometimes mask a person's true feelings. Pay close attention to how a person smiles as well as other facial movements. You may be able to detect the emotions he or she is trying to hide—such as fear, anger, and disgust. A true smile will incorporate both a person's lips and eyes.

4. How is the person speaking?

Although a change in voice can be the tip-off to spot a liar, experts say that to be sure, you should also pay attention to a person's speech rate and breathing pattern—if either speeds up or slows down, chances are you're not hearing the whole truth.

5. What is the person saying?

Liars tend to avoid exclusionary words like "but," "nor," "except," and "whereas," because they have trouble with complex thought processes. Also, they are less likely to use the words "I," "me," and "mine." In their attempts to distance themselves psychologically from their tall tales, liars will tend to communicate using fewer personal pronouns.

6. Is your subject behaving uncharacteristically?

Experts believe changes in a person's baseline—how she generally conducts herself—are worthy of your attention. You should weigh rate of speech, tone of voice, posture, and hand gestures against what you know, along with the context of the situation. When your husband says "I loved the tie you bought me" while he's wearing a tight smile that doesn't reach his eyes, expect to see him in a turtleneck.

7. Is the question simple or embarrassing?

It's normal for someone to look away when asked a difficult question. But when someone avoids your gaze when asked a simple question, you should be suspicious.

IMPORTANT DATES

November 5	La Luz Board Meeting
November 19	La Luz Chapter Meeting
December 10	La Luz Board Meeting

December 17

La Luz Chapter Meeting

**The following members are celebrating
Anniversaries in November**

Kathleen Raymundo



**Happy Birthday to the following La Luz
members celebrating birthday in November**

Michelle Tabacchi

Vannette McMillin

Bonnie Krall

Codie Hardy

Kristin Gignac

Bonnie Davis

Committee Square

Please log into WIN to find the Board Meeting minutes there

[ABWA Women's Instructional Network \(WIN\)](#)

"Don't forget to download your district newsletters located in the WIN National Library/ District Newsletter folder!"

My ABWA Journey

by Carmen Dickens

La Luz Chapter Vice-President 2015-2016

As you all know I am not from around here. I was born and raised in Kiel, Germany 45 years ago and finally after periods in Spain and Denmark my husband Brian, our son Nikolai and I moved to Albuquerque, NM in January of 2007.

I had been introduced to ABWA during Jeanne's reign as National President but at that time I had no idea what that 'ABWA' group was all about.

Shortly after we had moved to ABQ my mother-in-law Jeanne thought that I needed some female, grown up interaction and brought me along to one of La Luz's meetings.

I thought 'OK, sounds nice' and then I realized that all members and guests introduced themselves, in German?, no, in English of course. After all, it's the American Business Women's Association, not the German BWA.

I was terrified to say the least, but I managed and nobody seemed to mind my accent and everybody was nice and friendly.

I came along to a few more meetings, started to relax, mostly due to the fact that people remembered me and talked to me

right away, and by the time I joined La Luz I felt comfortable enough to talk to you ladies without fear of embarrassment or judgement.

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I took a baby break but then started to get more involved in the group, I did the coordination with the hotel for some time and attended some board meetings.

In Spring of 2012 I was on the Nomination Committee and when 'pressured' by then president Michelle Tabacchi to find a candidate for the next president by the next day I found myself entering my name on that election form just to get her off my back.

And, either out of lack of other candidates (most likely!) or because your thought I could really do it you elected me as your chapter president, even re-elected me the year after.

I had a blast as your president: Learnt so much, grew 'personally and professionally', learnt to manage, delegate and lead through to many challenges.

This year you made me your 'Top Ten Candidate' and I am honored and proud to represent La Luz at the 2015 National Women's Leadership Conference here in ABQ.

***The La Luz Vision
Statement***

*Within the next five
years, La Luz will be a
Best Practice Level I
chapter and have a
reputation in the
community for
Empowering our
Membership through*

**ABWA Mission
Statement**

*To bring together
business women of
diverse occupations
and to provide
opportunities for
them to help them-
selves and others
grow personally and
professionally
through leadership,
education, network-
ing support and na-*



ABWA Proud Code of Conduct

1. All members will serve as goodwill ambassadors for ABWA
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 professions by maintaining and enhancing their own business knowledge and skills, and by encouraging the professional development of other members

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ABWA 2014-2015 National Officers

President – Nancy Griffin
Vice President – Meg Bell
Secretary/Treasurer – Lisa Montross
District VI Vice President - Vanessa Willis

**La Luz 2015-2016 Officers and
Committee Chairs
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Vice President – Carmen Dickens
Secretary – Dana Roberson
Treasurer – Vannette McMillin
Board Delegate –

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Publicity Committee Chair – Carmen Dickens
Fund Raising Committee Chair – Kris Andrews
Membership Committee Chair –

Log on to our ABWA La Luz Website at:
www.abwa-laluz-abq.org

La Luz Lamplighter Editor

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Do you have an idea or story for the Lamplighter?
Do you have accomplishments you would like to share with other chapter members?
Do you have pictures or an event to share with the Chapter?
Send your articles, pictures, or ideas to

Felecia Schreier at F_Schreier@yahoo.com



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