



Le Papier de la Capitale

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Baton Rouge, Louisiana

October 2019

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President's Message

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Tammy Duncan-Swope

Happy Fall! It's finally here!

La Capitale is kicking off a fantastic new year starting with the National Conference! At the conclusion of the conference, we'll have a new District II Vice President and we look forward to her leadership! And, (drumroll please!) we will have received our Level 3 Best Practices Award and can celebrate that together at this month's meeting!

Last month, we talked about how our fundraising efforts have really benefitted members this year with reimbursement for expenses related to the national conference attendance. Well, we're starting a wonderful fundraiser NOW! Jackie Whitley, your new Fundraising Chair, is hosting a Premiere Designs Jewelry Fundraiser! Just in time for Christmas Shopping! Thank you Jackie!!

See you soon!

Tammy Duncan

President, ABWA La Capitale



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.

Officers & Committees

2019 - 2020 Officers



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Kelly Phillips – Student Membership
 225-362-1007 *kphillips@lamar.com*

Program

October 9, 2019

Juban's Creole Restaurant

3739 Perkins Road
Baton Rouge, LA

11:00 AM
Registration
and Networking

11:15 AM
Meeting and Lunch

1:00 PM
Meeting Adjourns

Special Thank You to



for printing our newsletter!!

October Speaker

Your Season of Success



Teresa Taylor

October is a time of transition. The seasons are changing, schedules get a bit fuller and we all know the holidays are right around the corner. How do you feel about what you have accomplished so far in 2019? Is there still room for growth?

There is definitely still time!

Join ABWA for a session on designing your own development plan. We have the tools and support you need to experience professional and personal success. Let's finish the year stronger together!

Speaker: Teresa Taylor, MBA COC
Productivity Coach
La Capitale Past President

Teresa is the founder of A Taylored Space, a productivity and organizing firm that shows people how to take back control of their success by streamlining their businesses, homes and life. Teresa's definition of productivity is being able to do the things that matter with the time you have available without going crazy. She's known for making productivity principles easy and to understand and implement.

**ABWA 70th Anniversary Conference in Kansas City!
October 2-5, 2019**



BEST PRACTICES LEVEL 3 AWARD



WAITING TO BE CALLED FOR AWARD!



**Tammy Duncan-Swope,
named one of the
TOP TEN Women of the Year!**



TOP TEN AMAZING WOMEN!!!



September 10, 2019 Meeting Minutes

Submitted by: Yvonne Dupont, Secretary

President Tammy Duncan-Swope called the meeting to order at 11:15am, after 15 minutes of networking. Vice President Chelsey Gonzales led the chapter in the Invocation and Pledge of Allegiance. Members and guests were asked to introduce themselves.

Congratulations and warm wishes were given to President Duncan-Swope for being named as a Top Ten candidate!

Old Business:

Teresa Alvarez made a motion to approve the August minutes as recorded, with a second by Teresa Taylor. Vickie Theriot made a motion to accept the Treasurer's report as recorded, with a second by Yvonne Dupont. All were approved by the membership.

New Business:

President Duncan-Swope asked members to review the Standing Rules as written in the newsletter, and asked for a motion to approve. Yvonne Dupont made a motion to approve the Standing Rules as written, with a second motion made by Teresa Alvarez. Both motions passed with approval by all.

September birthdays were recognized by Hospitality Chair Carol Newman.

Membership Chair Mary Flasch presented Monique Mollier Piper with the Protege' award for active participation during her first year of membership. Mary reminded everyone that the Fall Membership Drive was September - November, with special prizes from National for those bringing guests who join the chapter. Our Chapter also has awards, generously provided by Jackie Whitley with Premier Designs jewelry.

Vice President Chelsey Gonzales introduced our guest speaker, Melissa Terito, CPA. Ms. Terito spoke on the importance of retirement plans, whether company funded or if you are self-employed, and the pros and cons of different plans. She educated and entertained us during her presentation, proving that retirement planning need not be boring, but hilariously presented! Thank you, Melissa Terito!

Upcoming events were announced, including the 70th ABWA celebration in Kansas City on October 2-5, right before our next monthly meeting. Door prizes were awarded and Chelsey Gonzales led the Chapter in the Benediction.

President Duncan-Swope adjourned the meeting at 1:00pm.

Local Events

FALL MEMBERSHIP RECRUITMENT CAMPAIGN
FALL INTO ABWA!
 SEPTEMBER - NOVEMBER

thank you!

We know that ABWA is an important part of your life. In an extremely busy world, we admire the difference you are willing to make by sponsoring a new member into ABWA. We are lucky to have so many great members just like you who've committed countless hours towards Changing women's lives... *"One woman at a time."*

It sometimes isn't enough to simply say Thank You so... we want to show you that we appreciate you with this year's fabulous gifts for sponsoring a new member during the fall recruitment campaign.

LEVEL ONE	LEVEL TWO	LEVEL THREE
ENROLL ONE NEW MEMBER	ENROLL TWO NEW MEMBERS	ENROLL THREE OR MORE NEW MEMBERS
<p>One of five fun designs!</p> <p>When you recruit one new member, we will send you this adorable handmade smelt keychain with charm (one of 5 different designs). A beautiful and practical way to carry your keys, and easy to find in a large purse or bag. Please note that each band is individually cut and sewn and fabric placement will vary. Dimensions: 1" x 5.5"</p>	<p>When you recruit two new members, we will send you an elegant Vintage Folding Compact Mirror decorated with our theme Dragonfly! Unleash your brilliance and make sure you're always looking your best! The compact has double sided mirrors. Dimensions: 2.75" x 2.75"</p>	<p>When you recruit three new members, we will send you a gorgeous Vintage Handbag printed & beaded with a charming floral pattern. Perfect for all of your upcoming holiday parties! Dimensions: 8.7" x 2.4" x 9.4"</p>

WWW.ABWA.ORG **ABWA** 1-800-228-0007

2-3 SAT-SUN
NOVEMBER
RECLAIM YOUR TIME RETREAT

Hosted by
Teresa Taylor

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 BATON ROUGE, LA 70808

Monique Moliere Piper
 Piper Training International

Joan Hoffman
 Jabez Bodyworks

TICKETS AVAILABLE NOW
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<i>October Birthdays</i>	
<i>Christi Felder</i>	<i>13</i>
<i>Kate Waguespack</i>	<i>16</i>
<i>Monique Moliere Piper</i>	<i>23</i>
<i>Teresa Taylor</i>	<i>31</i>

La Capitale Vision Statement

“To be recognized as the chapter and business women’s organization that best supports, inspires and educates all women in their desire to succeed in all areas of their lives, within a circle of friendship, encouragement and sisterhood.”



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**La Capitale Chapter
Chartered October 1984**

Please submit articles for publication
by the 25th of the month.
Thank You!
Yvonne Dupont, Editor
yvonnedupont@kw.com



ABWA's 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 professions by maintaining and enhancing their own business knowledge and skills, and by encouraging the professional development of other members.

We're on the web!
www.lacapitale.abwa.org

La Capitale Chapter
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INVOCATION

Lord, 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

BENEDICTION

O guiding spirit, Guardian of our days,
Be with us 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