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**Mission Statement of the American Business Women's Association**

The mission of the American Business Women's Association is to bring together business-women of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leader-ship, education, networking support, and national recognition.

**President's Message**

As I write my final President's Message, I find myself in a place that I never expected – along with so many of you. Life has changed dramatically and so many have suffered and continue to suffer. But this is a time for hope, gratitude and women supporting each other.



Tammy Duncan-Swope

Over the past two years, I've had the extreme pleasure of developing new relationships, that, had it not been for ABWA, I would not have established. Through these relationships, both local and national, there is a common thread.... women who really want each other to succeed. Through tough times like this pandemic, this is more important than ever. I am forever grateful for each of you. You have given me to strength to push through difficult times and the encouragement to branch out and try new things -- even when I thought I didn't have the time, energy or expertise. You have supported me! There is no greater support than from the women who surround you. This is the heart of ABWA. If you or any woman that you know could use a little support or encouragement right now, this is the organization to engage with. I encourage you today to step out and take in the support that is available to you but also, be the one to provide that support to others. This is the time! This is your time! Rise to the challenge!

**2019 - 2020 Officers**



Tammy Duncan-Swope  
*President*  
225-337-0163



Chelsey Gonzales  
*Vice President*  
225-999-3825



Teresa Alvarez  
*Treasurer*  
225-806-1979



Yvonne Dupont  
*Secretary*  
225-288-3896



Vickie Theriot  
*Asst. Treasurer*  
225-405-0639



Teresa Taylor  
*Past President*

**2019 - 2020 Committee Chairs**

Margaret Civella / Jenny Boudreaux - Communications  
225-715-7204 [mcivella@ireview.site](mailto:mcivella@ireview.site)

Traci Adams - Education  
225-931-1304 [tadams@keylendingsolutions.com](mailto:tadams@keylendingsolutions.com)

Jackie Whitley - Fundraising  
225-715-8139 [Whitley101010@yahoo.com](mailto:Whitley101010@yahoo.com)

Carol Newman - Hospitality  
225-218-8522 [caneuman@bellsouth.net](mailto:caneuman@bellsouth.net)

Mary Flasch - Membership  
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Destiny Kasubaski - Newsletter  
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Kelly Phillips - Scholarship Chair  
225-362-1007 [kphillips@lamar.com](mailto:kphillips@lamar.com)

**June Birthdays**

5 June Lyle  
10 Vickie Theriot

**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.”

## June Speaker: Rob Wise

- CEO and co-owner of ITinspired
- Self-proclaimed entrepreneur since his early days of washing cars, cutting grass, recycling cans, and setting prices or selling items at garage sales.
- Works on his leadership skills in programs such as Louisiana Economic Development's CEO and SEBD Roundtables, Economic Gardening, Leadership Baton Rouge, Leadership Louisiana, Goldman Sachs 10,000 Small Businesses, among others.



**Today's presentation:**  
**Managing Culture and Connection from Home**

## Next Month: Hat's Off!

Hats Off is our annual celebration that gives everyone the opportunity to show your creative side! Many decorate hats to tell a story about themselves, what they love, are passionate about, etc. Many wear a favorite hat and they tell a story about why that hat is so meaningful! It's a great way to share a story and learn more about what each other is passionate about so that we can truly support each other!

June 10, 2020

Zoom Call

11:00 AM

Greetings and Networking

11:15 AM Meeting

1:00 PM

Meeting Adjourns



## Minutes: February 12, 2020

President Tammy Duncan-Swope called the ZOOM meeting to order at 11:15 am, then reading ABWA National's Mission Statement. Vice President Chelsey Gonzales led the members in the Pledge of Allegiance and Invocation.

Members and guests introduced themselves and also gave a positive outcome from the pandemic.

### Old Business:

The March minutes were reviewed and a motion was made by Mary Flasch to accept and approve, with a second by Teresa Alvarez. The treasurer's report was reviewed and approved with a motion made by Yvonne Dupont and a second made by Traci Adams.

### New Business:

Fundraising Chair Jackie Whitley gave an update on the fundraiser Painting and Pinot that had to be cancelled because of COVID 19, hoping everyone who had paid online had received their refund. We will try to reschedule in the Fall season, in addition to having a Jewelry Fundraiser in time for Christmas giving.

Membership Chair Mary Flasch and Secretary Yvonne Dupont gave a brief summary on the 'Just In Time' webinar held by national the previous evening and recognized Patsy Burdine's birthday, also sending her a card in the mail.

Awards Committee Chair Carol Newman reported that no member qualified for Top Ten nominee, and this was not a requirement for Best Practices. The committee has chosen a Woman of the Year and Business Associate of the Year, and both would be announced and presented with awards and gifts at the July 8 meeting, should we be able to meet in person. We would also celebrate our annual "Hats Off" event and honor Protege' awards and members celebrating ABWA anniversaries. She asked that everyone wear black and red to the meeting.

VP Chelsey Gonzales said the Spring Membership Drive had been extended to June 30 because of the pandemic cancellation of live meetings. Different levels of prizes will be awarded by ABWA National when someone recruits 1, 2, or 3 new members, and La Capitale will award prizes to anyone bringing 2 or more guests to the meetings.

Chelsey also announced she would send the 2020-2021 Member Survey out this week and hoped everyone would respond.

Nominating Committee Chair Yvonne Dupont spoke about the roles of officers, and asked anyone wanting to get more involved, to run for office.

The featured speaker for May was Adrian Owen, who gave a keynote presentation

"Managing Yourself and Others" and especially relevant for these difficult times of working from home, and then had a question and answer session. Ms. Owen educated, enlightened and entertained the group, and was refreshing and delightful.

Announcements were made and VP Chelsey Gonzales led the Benediction, and the virtual meeting was adjourned at 1:00pm.

Minutes taken by Yvonne Dupont, Secretary



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## ABWA's Proud Code of Conduct

- All members will serve as goodwill ambassadors for the American Business Women's Association.
- Members will not allow their personal beliefs and convictions to interfere with the representation of ABWA's mission.
- Members will always treat their member colleagues, guests, vendors and sponsors with honesty, respect, fairness, integrity, responsibility, kindness, and in good faith.
- Members will maintain compliance with ABWA National, Chapter and Express Network Bylaws.
- Members will not use their personal power to advance their personal interests.
- 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.

**Please submit articles for publication  
by the 25th of the month.**

**Thank You!**

**Yvonne Dupont**

**yvonedupont@kw.com**



**We're on the web!**  
**[www.lacapitale.abwa.org](http://www.lacapitale.abwa.org)**

**La Capitale Chapter**  
**P.O. Box 14866**  
**Baton Rouge, LA 70898**

### 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,

### 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;