



WOMEN'S
AUG. 26 **EQUALITY DAY**

Commemorates passage of the 19th Amendment granting women the right to vote in America.

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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

Welcome to the "new" year! As your 2020-2021 President, I am truly honored and humbled to lead you all in this time of change. Your trust, partnership, and sisterhood give me great strength to draw from as we look forward to an exciting and challenging year.



Chelsey Gonzales

We are in a unique position. Now is a fantastic time to slow down and reevaluate your investment in your own professional development. As a member of ABWA you have access to many tools and relationships that can help you take that important next step in your professional development journey. What is that next step for you, and how can we support you? Reach out to me or any of your ABWA sisters and let's take this time to reinvest in each other.

We have all come a very long way, and we have farther yet to go! I invite and encourage you all to try something new this month. Call that client and ask how you can provide better service. Invite your new intern to have a coffee Zoom call with you. Ask for that raise! Come to an ABWA board meeting. When you try this new thing in your life, come back and share your story with us.

Change has come, and that is nothing new to any of us. We are resilient, strong, and adaptable. We can do incredible things. I cannot wait to see what this year has in store for each of us. Know that no matter what the rest of 2020 brings we are a community of support and we are in this together.

We are so happy to have all members, new and tenured, as a part of the La Capitale Chapter!

2020 - 2021 Officers



Chelsey Gonzales
President
225-999-3825



Mary Flasch
Vice President
225-978-6787



Vickie Theriot
Treasurer
225-405-0639



KJ Callegan
Secretary
225-288-3896



Tammy Duncan-Swope
Past President

2019 - 2020 Committee Chairs

Jenny Boudreaux - Communications
225-715-7204 jennybou@gmail.com

Traci Adams - Education
225-931-1304 tadams@keylendingsolutions.com

Jackie Whitley - Fundraising
225-715-8139 Whitley101010@yahoo.com

Carol Newman - Hospitality
225-272-4848 canewman@bellsouth.net

Membership - Vacant

Destiny Kasubaski - Newsletter
225-287-5055 dkasubaski@lamar.com

Deana Dautel - Programs
225-978-3512 deanadautel@msn.com

Scholarship Chair - Vacant

Important Dates

Sept 14- Early bird registration deadline for ABWA National Conference
Oct 14-17- National Women's Leadership Conference

*There has not been any word about the conference being moved to an online format, however we will keep you updated as things evolve. We are able to offer reimbursements for those who plan to attend.

August Birthdays

23 Karen De Rouen
27 Teresa Alvarez
31 Denise Shewmake

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.”

August Speaker: Laura Siu-Nguyen

- Communications Manager for New Schools for Baton Rouge
- Owner of Laura Siu
- ; fUXi UYcZn YUniversity of New Orleans with her Masters in Romance Languages in Spanish and currently a student in the Leadership & Human Resources Development at LSU.
- Volunteer with the Junior League of Baton Rouge serving as the Marketing and Promotions Director for Touch a Truck, a board member for You Aren't Alone Project and Friends of the Capitol Park Museum



Today's presentation:

The art of networking & creating relationships that last a lifetime!

Networking is a key component of every business and one of the best ways to meet people. Laura Siu-Nguyen will cover why networking is a must in every business development, best practices to be remembered in the crowd, and how to create relationships that last a lifetime.

August 12, 2020

Zoom Call

11:00 AM

Greetings and Networking

11:15 AM Meeting

1:00 PM

Meeting Adjourns

Minutes: July 8, 2020

President Tammy Duncan-Swope called the meeting to order at 11:15am, after 15 minutes of networking, and then recited ABWA's Mission Statement. Vice President Chelsey Gonzales led the chapter in the Invocation and Pledge of Allegiance. Members and guests attending live and on ZOOM were asked to introduce themselves.

Old Business:

- President Duncan-Swope asked membership to review the June minutes as written and for a motion to approve. Traci Adams made a motion to approve the minutes as recorded, with a second by Vickie Theriot. Yvonne Dupont made a motion to accept the Treasurer's report as recorded, with a second by Vickie Theriot. All were approved by the membership.

New Business:

- Membership recognized the July birthdays, and Traci Adams presented each recipient with a gift.
- President Duncan-Swope asked Nominating Chair Yvonne Dupont to announce the slate of officers as written in the newsletter: Chelsey Gonzales, President, Mary Flasch, Vice President, KJ Callegan, Secretary and Vickie Theriot, Treasurer. Traci Adams made a motion to approve officers as recorded, with a second by Teresa Alvarez, and unanimously approved by those present. Past President Teresa Taylor installed the new officers present.
- Nominating Chair Yvonne Dupont then surprised President Tammy Duncan-Swope with a beautiful plaque and thanked her for two years of service as President of the chapter. Awards Ceremony: Unfortunately, the representative for Kean Miller was unable to attend

the meeting, so current President Tammy Duncan-Swope will present them with the Recognition Plaque at a later date. Our 2020-2021 Woman of the Year will be announced and honored at a later date, as the recipient was not able to attend the meeting. Protege' awards were given to Jackie Whitley, Deana Dautel, Sarah Lockwood and Destiny Kasubaski.

Instead of a guest speaker, we had our annual "Hats Off" event, and members told a short story about the hat they were wearing. It was thoroughly enjoyed by all. Members on ZOOM voted for the top three, and first place was awarded to Deana Dautel, second place to KJ Callegan and third place to Chantel Nunez. They were all given gifts.

Upcoming events were announced. Door prizes were awarded and Chelsey Gonzales led the Chapter in the Benediction. President Duncan-Swope shared a quote and adjourned the meeting at 12:30pm.



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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

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;