

# InspireHer

## NEWSLETTER VOL. I

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**RISE TO THE CHALLENGE**  
IN THE AMERICAN BUSINESS WOMEN'S ASSOCIATION

## The Mission of The American Businesswomen's Association

The mission of the American Businesswomen'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.





## MEMBER SPOTLIGHT

### Our President – Teresa Williams



Teresa joined the American Business Women’s Association in 1991 as a member of the Pyramid Chapter. She became a charter member of Hidden Hills Chapter in 1994. Teresa has held the past national offices of District I Vice President (2002-2003) and National Secretary-Treasurer (2003-2004). Teresa was named the 2017 American Business of ABWA. Teresa is currently serving as the President of the newly chartered *InspireHer* Chapter in Snellville, Ga

Teresa is an Information Technology professional with over 35 years of experience working in various industries. She is a certified Project Management Professional and currently is employed with NASCO, Inc as a Program Manager. She is responsible for the overall program, project, & financial management for the IT Strategy, Architecture & Data Management, and Corporate IT Security portfolios.

Teresa is dedicated to lifelong learning and has a passion for mentoring and giving back to the community. Teresa has two daughters and is the proud grandmother of two grandchildren.

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### Our Officers

President – Teresa Williams  
Secretary – Tara Bueford

Vice President – Celnah Colbert  
Treasurer – Crystal Pryear

### Our Committees

<b>Membership</b>	Jennifer Bussey	Chair	<b>Fundraising /Sponsorships</b>	Tyre Gore	Chair
	Tammy Selvie	Co-Chair		Shareen Clark	Co-Chair
<b>Professional Development</b>	L'Tanya Hall	Chair	<b>Community/Business Owner Support</b>	Marcia Mullins	Chair
	Pamela Wade	Co-Chair		Sharon Levister	Co-Chair
<b>Newsletter</b>	Diometra Aldridge	Chair	<b>Publicity/Promotions</b>	Joan Coley	Chair
	Vanessa Mann	Co-Chair		Whitney Baugh	Co-Chair



# ABWA's National Board



## ABWA's Regions



The Associations is divided into six geographical regions. Each region is comprised of national members affiliated with a league

Each region is represented by a district vice president

Members cast their vote for a member to present their district (District Vice President) and the officers of the national board of directors at the Annual National Women's Leadership Conference

## ABWA's Proud Code of Conduct

1. All members will serve as goodwill ambassadors for the American Businesswomen'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.





# Changing Women's Lives... Early diagnosis is Key!

A viral photo of [12 lemons](#) is providing a graphic glimpse at what breast cancer symptoms can look like in order to promote [early diagnosis](#), which is key in successful treatment.

Although Johns Hopkins Medical Center [reports](#) that 40 percent of diagnosed breast cancers are detected by women who feel a lump, a breast mass is not the sole way the disease can present itself.

There are [12 common symptoms](#) associated with breast cancer, and the [Know Your Lemons Campaign](#) has created a useful chart illustrating each one as it appears on a different lemon.

Those [symptoms](#) — all of which may warrant a phone call to your doctor — include a hard lump, a thick patch of breast skin, a dimple or indentation, crust on the nipple, a red or warm spot, unexpected nipple discharge, breast sores, a bump on the surface of the breast, a newly inverted nipple, an enlarged or growing vein, a drastic change in size to one breast and a condition called “orange peel” skin that makes the skin of the breast look like the dimpled skin of an orange.

The handy graphic, which was designed by Dr. Ellsworth Beaumont, the founder and CEO of Know Your Lemons went viral in 2017 after breast cancer survivor Erin Smith Cheze shared it on her Facebook and revealed that it actually helped her diagnose her own cancer.



# Italian Sausage Stuffed Zucchini



<b>YIELDS:</b> <b>4</b>	<b>PREP TIME:</b> <b>0 HOURS 10 MINS</b>	<b>TOTAL TIME:</b> <b>0 HOURS 35 MINS</b>
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## INGREDIENTS

- 4 large zucchini, halved lengthwise
- 2 tsp. extra-virgin olive oil
- 4 links chicken sausage links, thinly sliced
- 1/2 c. italian breadcrumbs
- 3/4 c. shredded mozzarella
- 1/2 c. shredded fontina
- 2 cloves garlic, minced
- 1/4 c. chopped fresh basil

**GET INGREDIENTS** Powered by Chicory

## DIRECTIONS

- 1** | Preheat oven to 350 degrees F. Score zucchini (like you're dicing an avocado) and scoop out insides into a large bowl.
- 2** | In a large skillet over medium heat, heat oil. Add chicken sausage and cook until seared, 6 minutes.
- 3** | Transfer to a large bowl and add breadcrumbs, 1/2 cup mozzarella, fontina, garlic, and basil.
- 4** | Spoon mixture into zucchini and top with remaining 1/4 cup mozzarella.
- 5** | Bake until zucchini is tender and cheese golden, 15 minutes.

## Helpful Tips to Stay @ Your Peak

- ❖ Get Moving...Exercise Regularly to maintain a healthy body and brain.
- ❖ Practice yoga or tai chi to improve agility and prevent falls
- ❖ Sleep well
- ❖ Take a brisk walk with a friend, benefits are an aerobic workout, and the conversation will exercise your brain and reduce stress

Source: WebMD Magazine – Feature

*“The Vision of InspireHer Chapter is to lead through service to Inspire, Motivate and Empower every person to be their best self”.*

InspireHer Chapter Programs				
MONTH		THEME/TOPIC	PRESENTER(S)	OTHER
August	8/22/20	Financial Management	Sharon Levister	
September	9/26/20	ABW Day	Mary Stephenson, ABWA District I Vice President	9/19 After Dark Dinner
October	10/24/20	Social Media Branding	Marcie Wilson	
November	11/14/20	Facing the Holidays during a Pandemic	Susie Johnson	
December	12/19/20	Monthly Meeting	n/a	Holiday Event - 12/13/20
January	1/30/21			
February	2/27/21			New Member Orientation
March	3/27/21	Time Management	Dr. (DJ) Deborah Johnson-Blake "The Time Management Diva"	
April	4/24/21			
May	5/15/21	Chapter Elections	n/a	
June	6/26/21			Officer Transition New Member Orientation
July	7/24/21	Chapter Anniversary Celebration		Officer Transition

## BIRTHDAY'S

NOVEMBER	DECEMBER
Jennifer Bussey – 12 <sup>th</sup>	Lillie Dixon – 24 <sup>th</sup>
Kim Tullis – 13 <sup>th</sup>	Tara Bueford – 25 <sup>th</sup>

**TRIVIA:** What year was ABWA founded, who is the founder of the ABWA; and what was her motivation?

ABWA InspireHer Chapter is partnering with Harden Holistics to inspire, motivate and encourage a group of approximately 25 women.



Harden Holistics is a non-profit organization that provides restorative programs focusing on mental health and recovery for women. Their mission is to assist women on their journey to achieve wholeness through emotional, physical, professional, psychological, relational and spiritual health. To help engage, educate, and empower women, they offer a variety of support groups, personal development courses and holistic therapies in the Gwinnett County, Georgia area.

To contribute and support, go to our website [abwa-inspireher.org](http://abwa-inspireher.org) and select **Donate Now.**



 Inspirational Peace

*Be inspired. As we enter this Holiday Season be mindful of those who are grieving the loss of a loved one, whether it be old or new.*

*Share a laugh and a smile, call to just check in or Zoom them and let them know you have not forgotten. They will Remember*

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