



# ABWA Chapter INSPIRE HER Quarterly Newsletter

April - June 2021

### ABWA's Mission Statement

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 leadership, education, networking support and national recognition.



*Embrace the Long Days of Summer,  
Enjoy the Light!*

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*Explore ~ Engage ~ Excel*

**MEMBER SPOTLIGHT:** Our Treasure, Crystal Pryear



Crystal joined ABWA during the development time of the InspireHer formation committee in 2020. She saw it being a great opportunity to get involved in an organization promoting and supporting like-minded professionals who were business owners or just "about business".

Crystal is a Safety and Quality Assurance Consultant whose career encompasses several industries. She also enjoys assisting others through her insurance business. In her spare time, she enjoys spending quality time with her family.

Crystal is a life long learner and loves experiencing new foods and new adventures, traveling and gardening.

**WELCOME New Officers!!!**

- **President – Celnah Colbert**
- **Vice President – Shareen Clark**
- **Secretary – Tyra Gore**
- **Treasurer – Vanessa Keith**



## 2nd Quarter



JULIE ELLIS

MITOYA FOUNTAIN

TAMMY SELVIE

CYNTHIA MCCARTER

CARCOLA TIPPET

### **PROFESSIONAL DEVELOPMENT TRAINING OPPORTUNITIES**

TCSG is now offering access to several self-paced online, instructor-led online and face-to-face instructor-led **FREE** courses:

- *Ten Soft Skills You Need*
- *Attention Management*
- *Business Etiquette*
- *Customer Service*
- *Emotional Intelligence*
- *Goal Setting and Getting Things Done*
- *Job Search Skills*
- *Telework and Telecommuting*
- *Time Management*
- *Workplace Diversity*



## Health & Wellness

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Yoga for over 50 health benefits

Yoga for over 50 improves flexibility.

Yoga can help your circulation by increasing blood flow.

Yoga builds muscle strength.

Yoga for over 50 may reduce chronic pain.

Yoga improves posture.

Yoga may make you smarter.

Yoga can help reduce stress and make you feel happier.

Yoga is a great way to stay flexible, as it stretches and loosens your muscles.



## Upcoming Events Calendar:

**March-May** • Spring Membership Campaign

**April 16** • Nomination form for the NBOD are due to ABWA National

**May 15** • Scholarship applications should be completed by the applicants Council  
990N files due

**Month of May** • Universal Elections

**May 31 - June 1** • National Office is closed

**June 15** • Nomination forms for ABWA's Top Ten Business Woman Award are due

**June 30** • Administration fee due Officer reports due Website forms due



# More Upcoming Events:

Title	Date	Day	Location
InspireHer Chapter Anniversary	24 Jul 2021	Saturday	7650 Lanier Islands Parkway, Buford, GA, USA

## WHAT'S THE BUZZ ALL ABOUT?

OUR NEXT VIRTUAL NATIONAL  
WOMEN'S LEADERSHIP CONFERENCE  
IS COMING THIS FALL!



**Save the date!**  
**NOVEMBER 4-6 2021**

BRINGING BUSINESS WOMEN TOGETHER, NO MATTER  
WHAT BARRIERS WE FACE, SINCE 1949!

Nothing will stop us from bringing business women together to connect, learn and grow! This year we're going to meet again virtually for the 2021 National Women's Leadership Conference to elect ABWA's 2021-2022 National Board of Directors, celebrate member and league achievements, and enhance your effectiveness in your job or in your business with professional development seminars and discussions delivered by subject matter experts.

More information coming soon! Mark your calendar for November 4-6, 2021 for ABWA's National Women's Leadership Conference!





## Happening Around Town...

As a resident of Gwinnett County, you know there is always a lot going on in the community. As the [COVID-19 vaccine rollout continues](#) and we recover from the pandemic, stay up to date on the latest news from your County government.

### FDA approves COVID-19 vaccines for 12- to 15-year-olds, Gwinnett Moms agree

The FDA approved the use of Pfizer-BioNTech COVID-19 vaccines for adolescents 12 to 15 years old, bringing us one step closer to getting kids back to being kids, and out of your hair. The CDC and Moms agree it gives us another shot at strengthening the overall line of defense against COVID-19 and getting our country, and Gwinnett, back on the move again.

But, it's understandable that parents might have questions before scheduling an appointment for their kids. Gwinnett County Government, with the support of our Gwinnett Moms, is here to provide the latest information. Head over to [ListenToGwinnettMoms.com](https://www.listen toegwinnettmoms.com) to get all the facts, including where to schedule your child's appointment. Still have questions? Join the conversation on social media by tagging @GwinnettGov and using #ListenToGwinnettMoms.



### Gwinnett offers free meals to kids at 25 sites

Gwinnett County is helping ease hardships during the COVID-19 pandemic by continuing to feed Gwinnett's children during the summer. This program offers free grab-and-go breakfasts and lunches for children 18 years old and younger at County parks, libraries, and other locations beginning June 1. Meals are also available for adults 19 years of age and older with physical or mental disabilities who are enrolled in a school-based program. Parents or children can pick up nutritious meals at [25 locations](#), Monday through Friday between 11:00am and 1:00pm while supplies last. For more information, visit [GwinnettSummerMeals.com](https://www.gwinnettsummermeals.com) or call 770.822.8840.



### Board announces diversity, equity, and inclusion initiatives



In her remarks at the inaugural Gwinnett Chamber Diversity, Equity, & Inclusion Summit, Chairwoman Nicole Hendrickson introduced the **Gwinnett Place Mall Redevelopment Equity Plan** and announced the opportunity for qualified consultants to submit proposals for the development of an **Equity Action Plan** on behalf of Gwinnett County.

Both plans demonstrate the County's determination to embed an equitable, inclusive, and welcoming foundation in all services, programs, policies, decisions, and developments made by the County – soon to be the largest county in Georgia. Learn more about the plans [here](#).



## InspireHer Corner....



*It has been my humbled pleasure to write to you. For, I have been inspired, while yet the task to Inspire you. Our foundations have been laid. KNOWINGLY or unknowingly. In youth, in girly power, in lady beings, in woman wisdom we have been evolving. All circumstances the great and mediocre experiences public and private, the secrets of the mind, and the strategy of powerful thinking. Some days soft, some days hard. We are still here. Some days we wear a crown, and some days we feel we just want to wear a tiara. She, her, girl, lady, feminine, femininity, woman, wonder of a woman, wonderful women. It's time to take a bow, it time to give ourselves a hand, a pat on the back, a certificate of honor, a diploma of graduation. While we march on. While we look forward let us be inspired knowing the best is yet to come. We embody all that is needed, and we are well capable. Let us be in JOY, in all we are TODAY!!! Joy is strengthening. NO big task, test, or searching the mind.*

*Just for a moment. Simply breathe, slowly inhale – exhale. And smile to yourself today. Feel and Be the Inspiration you are.*

*Ro Hart*

