



# Inspired Beyond!

## *Congratulations*

to

**Teresa Williams, the Executive Board and all members affiliated with the InspireHer Chapter,**

on your tremendous success in your accomplishments as a newly chartered league of the American Business Women's Association.

It is an honor to inform you that your league is recognized as a **Best Practices in League Management, Level - Striving!**



*Fall 2021*

## Inside this Issue

### Table of Contents

Mission, Vision, Code of Conduct ...	2
InspireHer Leadership Team .....	3 - 4
Member News .....	5 - 7
Community Outreach .....	8
Upcoming Events .....	9 - 11
Recognition .....	12 - 13

The mission of  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.



*Explore*



*Engage*



*Excel*

The *InspireHer* Chapter vision is to lead through service to inspire, motivate and empower every person to be their **BEST SELF.**

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## Proud Code of Conduct

The Proud Code of Conduct was developed as a means of guiding all members in making ethical decisions. The broad statements of the code of conduct that are listed below are not expected to cover all conduct for all situations. This is why the Proud Code of Conduct was created as a living and fluid code.

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.
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**Celnah Colbert**  
**President**



**Tyra Gore**  
**Secretary**



**Shareen Clark**  
**Vice President**



**Vanessa Keith**  
**Treasurer**



**2021—2022**  
**InspireHer**  
**Chapter**  
**Executive Board**



## Committee Chairs and Co-Chairs

### Membership



**Tammy Selvie**  
Chair



**Jennifer Bussey**  
Co-Chair

### Publicity and Promotions



**Teresa Williams**  
Chair



**Julia Mickens**  
Co-Chair

### Community and Business Support



**Marcia Mullins**  
Chair



**Sharon Levister**  
Co-Chair

### Newsletter

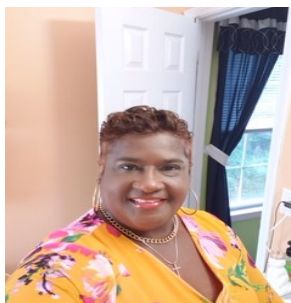


**Vanessa Mann**  
Chair



**Sonya Dixon**  
Co-Chair

### Fundraising/ Sponsorship



**Joan Coley**  
Lead—Personal  
Growth

**Not Shown:**  
  
**Leslie Washington**  
Lead-Small Business

**Open Committee positions available:**

- ◆ Professional Development
- ◆ Fundraising/Sponsorship

Volunteering is a great opportunity to build skills, if interested, please contact Celnah Colbert, President at [president@abwa-inspireher.org](mailto:president@abwa-inspireher.org).

# MEMBER NEWS

## ABWA InspireHer Chapter New Members as of July 2021



**Damaris  
Coutourier -Febles**

needs of women in business and seeking career advancement as well as networking opportunities to meet women all over the world with similar goals and like minds.

Making the decision to join your local chapter, InspireHer; you will enjoy opportunities to connect, network and learn from women right here in your community.



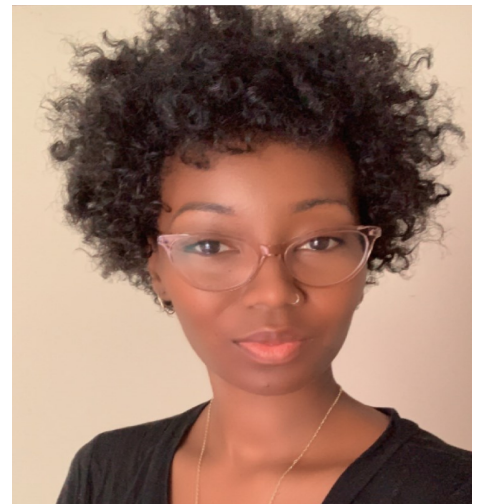
**Melody Brantley**

### Welcome to ABWA National and InspireHer Chapter!

The American Business Women’s Association (ABWA) has been breaking barriers for women and on behalf of women since 1949!

As a member of the American Business Women’s Association (ABWA), you have many unique benefits just a click away to help you build leadership skills, advance your career, build your business and make lifelong relationships.

Nationally, you will enjoy access to on-demand learning through courses offered by the Apex Campus, opportunities to attend conferences designed to support the



**Que Williams**



**Build** our *membership experience* by continuing our journey to **establish a solid foundation** where women of like mind can flourish and become their **BEST SELF**, *emphasizing programs and activities* that make a difference in supporting personal and professional growth to make **InspireHer** Chapter a forum for our *community of Members* to gather.

InspireHer Chapter is excited to have you as part of our membership. Membership is a lifelong journey. We look forward to helping and supporting you as you start yours.

We look forward to seeing you explore what ABWA offers, engage in activities and events, both locally and nationally, and excel personally and professionally.

*Celnah Colbert, President - ABWA InspireHer Chapter*

# HAPPY

## August 2021

Dawn Sappe	7
Pamela Wade	12
Icie Ashe	16
Marcia Mullins	30

## October 2021

Celnah Colbert	13
Nancy Gates	13
Crystal Pryear	16
Tabatha Doby	22
Debra Judd	31

## December 2021

Tiffany Lewis	12
Barbara Nibbs	15
Lillie Dixon	24
Tara Bueford	25

## September 2021

Joan Coley	3
Coretta Stewart	3
Vanessa Mann	5
Sharon Levister	10
Tyra Gore	13

## November 2021

Jaye Peabody-Smith	8
Jennifer Bussey	12
Harristina Stephens	20

## January 2022

Sharon Norman	13
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birthdays



## I'll be HAPPY when ...

**We convince ourselves** that life will be better after we get married, have a baby, then another. Then, we are frustrated that the kids aren't old enough and we'll be more content when they are. After that, we're frustrated that we have teenagers to deal with. We will certainly be happy when they are out of that stage.

We tell ourselves that our life will be complete when our spouse gets his or her act together, when we get a nicer car, when we are able to go on a nice vacation or when we retire.

The truth is there's no better time to be happy than right now. If not now, when? Your life will always be filled with challenges.

It's best to admit this to yourself and decide to be happy anyway. Happiness is the way. So, treasure every moment that you have and treasure it more because you shared it with someone special, special enough to

spend your time with...and remember that time waits for no one. **STOP WAITING** ...

Until your car or home is paid off.  
 Until you get a new car or home.  
 Until your kids leave the house.  
 Until you go back to school.  
 Until you finish school.  
 Until you lose 10 lbs.  
 Until you gain 10 lbs.  
 Until you get married.  
 Until you get a divorce.  
 Until you have kids.  
 Until you retire.  
 Until summer.  
 Until spring.  
 Until winter.  
 Until fall.  
 Until you die.

There is no better time than right now to be happy. **Happiness is a journey, not a destination.**

~ Author Unknown

## Breakfast Muffins on the Go ...



### Ingredients:

2 tbsp. Oil  
 2 ½ cups Ore-Ida Shredded Hash Brown Potatoes  
 2 cups mixed cut-up fresh vegetables (small broccoli florets, chopped red peppers, shredded carrots) Note: Modify ingredients using vegetables you prefer  
 1 cup shredded cheddar cheese (your choice)  
 8 eggs  
 3 tbsp Milk or Heavy Cream  
 ¼ cup grated parmesan cheese

### Directions:

1. Heat oven to 375°F.
2. Heat oil in large nonstick skillet on medium-high heat. Add potatoes and fresh vegetables; mix lightly. Cook 6 to 8 min. or until potatoes are browned, stirring occasionally.
3. Spoon into 12 muffin pan cups sprayed with cooking spray; top with cheddar.
4. Whisk remaining ingredients until blended; pour over ingredients in muffin cups.
5. Bake 15 min. or until knife inserted in centers comes out clean. Cool 5 min. before removing cups from pan to serve.

# OUTREACH

**Helping Mamas** is an organization that provides essential items to families to break the cycle of poverty. The mission of Helping Mamas is to connect helping mamas to mamas needing help. They are the baby supply bank for Georgia, committed to keeping girls in school and women in the workforce, as well as a partner with school nurses to provide period product packs to distribute to girls who need them.

To support, InspireHer Chapter hosted a Diaper Drive on Saturday, April 24, 2021. We collected and delivered over 2,000 diapers as a donation to Helping Mamas.

The Community and Business Support Committee did an **OUTSTANDING** job with coordinating this community outreach project for our chapter.

In spite of limitations place on the world and in our lives by COVID, Helping Mamas is hosting an InspireHer Chapter Volunteer Day on Saturday, November 13, 2021. There are 15 slots available.

Register **TODAY** by accessing our website: [www.abwa-inspireher.org](http://www.abwa-inspireher.org).

Helping Mamas was very appreciative of our efforts and support.







**SEPTEMBER 1-NOVEMBER 30 IS ABWA'S FALL MEMBERSHIP RECRUITMENT CAMPAIGN**

Acquiring new members is a never-ending initiative for all leagues. Every member and every event hosted by your league is another chance to recruit more members thus ensuring the strength of your ABWA community. Help us grow ABWA by sponsoring a member and...

Earn gifts from Vera Bradley's fall collection in the "Hope Blooms" pattern, that is...*while supplies last.*

**LEVEL**

**1**

ENROLL ONE NEW MEMBER



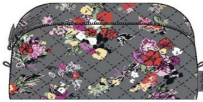
**UMBRELLA**

Enroll one new member and receive this colorful and compact mini-travel umbrella. You'll never be caught unprepared in a downpour again!

**LEVEL**

**2**

ENROLL TWO NEW MEMBERS



**COSMETIC BAG**

Enroll two new members and receive this colorful cosmetic bag for those weekend getaways and traveling light. Smooth-glide zip closures are so ideal too for freshening up on the fly. Plastic lined for easy cleanup.

**LEVEL**

**3**

ENROLL THREE OR MORE NEW MEMBERS



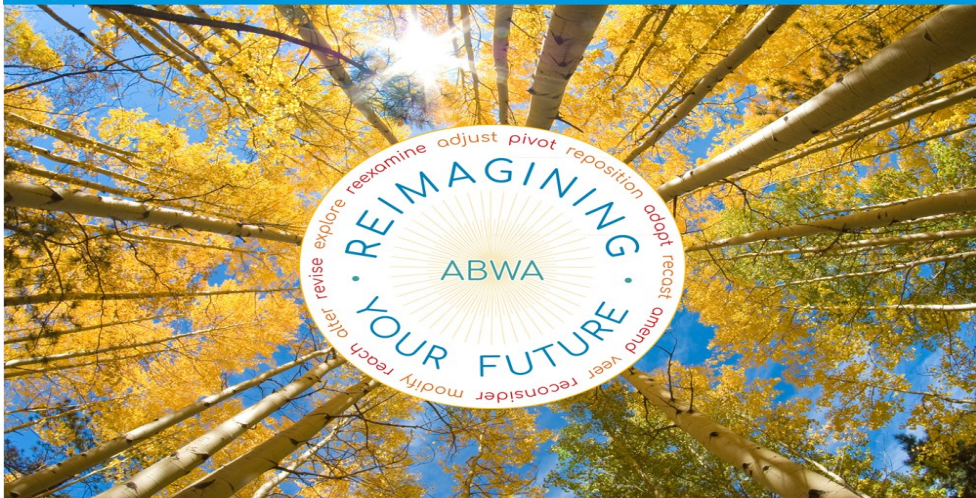
**WEEKENDER TRAVEL BAG**

Enroll three new members and receive this weekender travel bag that is thoughtfully designed with a roomy central compartment and plenty of perfectly placed pockets to securely hold all your go-to packables. You'll make travel look feel effortless with this new bag!

**Fall Membership Recruitment Campaign**

**National Women's Leadership Conference**

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



*save the date!*

**NOVEMBER 4-6 2021**

The 2021 Virtual National Women's Leadership Conference will be a celebration of ABWA members and leagues as we recognize accomplishments, learn from key business experts, and become inspired by others around us.

## FREE EVENTS - Register Today



### Dealing with the Seven Deadly Wastes October 1–29, 2021

*"Practice the philosophy of continuous improvement. Get a little better every single day."*

**OBJECTIVE:** Eliminating wasteful activities is one of the most important prerequisites for building a successful company. This concept is an integral part of Lean Thinking and it helps you increase profitability. Through the 12 modules, learn what costs your company money and resources as well as how to eliminate waste from your work processes.

As long as you register by the deadline at 5pm CT, you will have 45 days to complete the course complimentary (a \$25 value).

**REGISTER TODAY or no later than October 29, 2021**

Take advantage of another course from our Apex Campus!

## InspireHer Chapter Volunteer Day

HELPING  MAMAS<sup>®</sup>

**Saturday, November 13, 2021**

**Note: 15 slots available. First Come, First Serve.**

**Sign-up TODAY at [www.abwa-inspireher.org](http://www.abwa-inspireher.org)**

# National Recognition

RECOGNITION • acknowledgement of achievement



*As a leading organization for working women, the American Business Women's Association takes recognition to a national level with the prestigious Top Ten Business Women of ABWA program. The Top Ten is the highest honor awarded to a member in ABWA. These women are applauded for their career accomplishments, community involvement and of course, their contribution to ABWA.*

Congratulations to the 2022 Top Ten Business Women of ABWA!



**CINDY OSMER**  
Crescent City Connections  
Express Network  
Metairie, Louisiana



**FELICIA D. CARTER JOHNSON**  
Birmingham Charter  
Chapter  
Birmingham, Alabama



**NANELL MAWBEY**  
Outlook Positive Express  
Network  
Dallas, Texas



**RHONDA SCOTT-JOHNSON**  
Oxon Hill Charter Chapter  
Greenbelt, Maryland



**KIM STENGEL**  
Women of Vision Express  
Network  
Kingwood, Texas



**SANDRA DELAGARZA**  
Women Growing Together  
Express Network  
Victoria, Texas



**HOLLY HENGSTEBECK**  
Novi Oaks Charter Chapter  
Novi, Michigan



**NICOLE TRAVIS**  
Cy-Fair Express Network  
Cypress, Texas



**DR. APRIL D. MURDAUGH**  
Orange Park Charter Chapter  
Orange Park, Florida



**KATHY SCHOOLEY**  
W. Des Moines Charter  
Chapter  
W. Des Moines, Iowa



# Local Recognition



## WOMAN OF THE YEAR (WOTY)

A long standing tradition in ABWA is to recognize a member that has made a notable contribution to the success of their Chapter in the current and/or past Award Year.

InspireHer Chapter is proud to announce, we will select and nominate an InspireHer Chapter member for Women of the Year Award for the 2021-2022 Chapter year.

Selection criteria will be distributed to the InspireHer Chapter membership along with the WOTY Nomination Form on or before **November 1, 2021**. Nominations will be accepted between **November 1, 2021 through December 15, 2021**. Nominations will be reviewed and ranked by two (2) to three (3) non-ABWA members December 16, 2021 and January 8, 2022.

InspireHer Chapter Woman of the Year will be announced at the January Chapter meeting on **January 15, 2022**.



**You are**

Intelligent. Noble. Smart.  
**Powerful. Inspiring.**  
 Resourceful. Empowered.  
 Hardworking.  
**Entrepreneurs. Resilient.**

**We are InspireHer**

*Changing women's lives. . . one woman at a time.©*

**THE AMERICAN BUSINESS WOMEN'S ASSOCIATION**