



Changing women's lives...one woman at a time.™

Gem City Chapter

abwagemcity.org

President's Message

Happy 2023! Hard to believe it's already February. The 2022-23 board has been in place since September, and we're excited(!) about the great progress we're making as a chapter. Our goal is to continue to grow and improve Gem City ABWA.



In upcoming months, look for a line-up of inspiring speakers, including Mary Cessanese, the District 5 Vice President who will speak in late Spring. Keep your eye open for more events to grow your business and opportunities for volunteering. Updated social media will provide a stronger online presence, leading to better awareness of the chapter, meetings and events.

Invite your friends and co-workers to check us out!

Great things are happening because of the dedication of our board, committee chairs, and all of our enthusiastic members. Thanks to everyone who is spreading the word to help build ABWA

Gem City!

Karen Charnesky

President



The Mission of the American Business Women'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.

Upcoming Chapter Events

March 14, 2023—

Speaker: Carol Dockum, MBA
CEO & Founder of Beautiful Faces
Going Places -Women's Success
Network



"Ditch the Pitch" The 5 C's to
Networking Success.

Community Spotlight: Erika Ward
Preschool Promise

Non-Profits: Benefit and Impact on the
Community

April 11, 2023

Speaker: Janna Proctor, Stretch
Lab—Rolling with the Punches in
Business



Community Spotlight: Holly Elkins-
Lopez Alzheimer's Association

May 9, 2023

Speaker: Amy Elberfeld, Storyline
Collection—Dress Without Stress
Community Spotlight: Audrey
Starr , American Heart Association



June 13, 2023

Speaker: Mary Ceccanese-ABWA
District 5 VP - The Principles for
Mastering a Happy, Healthy Work
Life



Member Spotlight



Dr. Karen Townsend, Ph.D. is president of *KTownsend Consulting*—an award-winning consulting firm offering expertise in leadership development and 21st-century diversity. Dr. Karen’s work is focused on helping lead-

ers create inclusive environments and build high-performing teams so that they can meet the needs of their diverse colleagues and clients. Dr. Karen is also the founder of *About My Sisters*—an organization “on a mission to empower one million women and girls!” Since 1993, she has hosted the nationally recognized **Sister to Sister** conference which is one of the longest-running women’s events in the United States. This year, the conference will celebrate its 30th anniversary. Dr. Karen has shared her message of women’s empowerment throughout the United States, the Bahamas, the Dominican Republic, Johannesburg, South Africa and most recently with Oprah Winfrey as a part of the **Live The Life You Want** masterclass that was broadcast worldwide.

Dr. Karen is the author of the best-selling book *It All Started When I Stopped Using Lotion: One Woman’s Journey From Chaos to Calm*, which was inspired by her own quest to find life balance. “The Lotion Book” encourages women to “Take their **TIME!** (Time for **ME!**) and is currently being used by organizations across the globe to support the professional development and career advancement of high-potential women leaders.

As a speaker, author and consultant, Dr. Karen is committed to helping her clients live and lead...*confidently!*



Dr Karen as Prince

What our Members are...

Thinking—

Remie Cruz—This time of year is my goal-setting time! Setting goals for myself at the beginning of the year is important for me because it gives me a roadmap to follow and things to look forward to. Having goals for myself keeps me focused, motivated, and on track and also provides me with a sense of satisfaction and accomplishment when I can tick off each goal along the way. As a busy working mom, setting goals also helps me manage my time and keep me on track. Finally, setting goals at the beginning of the year gives me a sense of purpose. Cheers to a new year, ladies! What goals do you have?



Reading and Doing -

Jill Campbell— I am currently reading “How Women Rise: Break the 12 Habits Holding You Back from Your Next Raise, Promotion, or Job” and facilitated a Technology First Panel on the it. Professionally, Belcan held our first customer event in our Digital Innovation Labs and all the rest of my times is being spent on Belmont High School activities with my son who is a high school senior. College prep items, graduation activities, and band. Always band activities!



Gem City Chapter Officers

President - Karen Charnesky
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Vice President - Adina Angel
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Secretary - Deanna Nesbit
dnesbit@dnaincllc.com
Treasurer - Remie Cruz
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Past Meeting Highlights

November 2022—Tina Timmons with Oasis Senior Advisors told us of her journey from owning other franchises to Oasis, the hard work required and how important it was to do something you loved. During the networking activity after her presentation, another member had a common acquaintance that had used Tina before and needed her again due to the death of a spouse. Small world!!

December 2022—Cheryl Blair, ABWA National President shared her ABWA journey, spark and excitement with the Chapter while we enjoyed fabulous treats provided to us by The Dayton Women's Club. Plenty of vendors were available for last minute holiday shopping —what a great time management tool!



January 2022—Lisa Barhorst and Staci Morris each gave us some great information and advice.

Lisa Barhorst shared her real life, real time lessons on Career Transitions and working in corporate America. Her journey has included some recent twists, turns and soul searching of what is next in her life. Her best quote "Everything you've ever wanted is on the other side of fear."



Staci Morris of Black Dog Financial gave some great tips for both small business owners and working professionals to make tax time less stressful with easy organization tips. Some of her favorite programs and apps include Quickbooks, Rewind back up service and the Greenlight app.

ABWA's 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.

- As an ABWA member, I will serve as a goodwill Ambassador for the American Business Women's Association.
- As an ABWA member, I will adhere to the Association's Bylaws and comply with the Association's Brand Guidelines.
- As an ABWA member, I will not use my personal power or influence to advance my own interests.
- As an ABWA member, I will not allow my personal beliefs or convictions to alienate other members, prospective members, and sponsors at any level of the ABWA organization (local, regional or national).
- As an ABWA member, I will always treat member colleagues, the ABWA National Team, guests, speakers, vendors and sponsors with **dignity and respect**.

ABWA Regional & National News

2023 ABWA Virtual Regional Conference Event

March 10, 2023 8am—March 11, 2023 5pm
Regular registration starts on Dec 14, 2022 and ends on Feb 28, 2023. Late registration starts on Mar 01, 2023.

Members: \$279, \$325 late

Non-Members: \$379, \$425 late

Polaris Chapter of ABWA is hosting a Women's Entrepreneur Expo on March 18, 2023, at Sinclair Community College. The day-long event will include lunch and silent raffles, and three speakers. The speakers include Chantae Wilson, Utsey Shelton and Charolette Harris.

ABWA National Women's Leadership Conference—Oct 4-7, 2023. Chattanooga TN

Best Practices

2022 -2023

Goal - Level 3 Award

MEMBERSHIP CRITERIA		
Minimum of 30 Members		<input type="checkbox"/>
Recruit 6 New Members		<input type="checkbox"/>
LEAGUE IN GOOD STANDING		
Chapter 990N Tax Return Filed by 12/15/22		<input checked="" type="checkbox"/>
officers and committee chairs that are in good standing (current with national and local dues).		<input checked="" type="checkbox"/>
reported all officers to ABWA National on or before June 30, 2022.		<input checked="" type="checkbox"/>
paid ABWA National \$125 for your liability insurance on or before June 30, 2022.		<input checked="" type="checkbox"/>
submitted website listing/hosting agreement to ABWA National by June 30, 2022.		<input type="checkbox"/>
reported all committee chairs to ABWA National by August 15, 2022.		<input type="checkbox"/>
all officer positions filled in accordance to the League Bylaws.		<input checked="" type="checkbox"/>
ANNUAL PLANNING, BUDGETING, AND STANDING RULES		
minimum of ten (10) members that have completed the Member Interest		<input checked="" type="checkbox"/>
created a vision statement for your league and posted to your league's Community Connections Team Board.		<input type="checkbox"/>
completed the GAP Analysis and the GAP chart for your league.		<input type="checkbox"/>
completed a Competitive Analysis of women-centered organizations in the community		<input checked="" type="checkbox"/>
developed an annual business plan, action items, budget, and executive summary		<input type="checkbox"/>
voted on the league's Standing Rules (including adopting ABWA's Proud Code of Conduct and Core Values).		<input type="checkbox"/>
LEAGUE CURRICULUM		
sponsored five (5) primary members to attend either a regional and/or national conference event in the 2022-2023 Award Year		<input type="checkbox"/>
scheduled and delivered a minimum of nine (9) professional development programs that are 45 minutes in length	pending	<input checked="" type="checkbox"/>
a league representative attended at least one Just in Time Webinar, hosted by ABWA National	pending	<input checked="" type="checkbox"/>
provided an annual training session on how to access their league resources, update member profile in Community Connections, and register for courses in the Apex Campus.		<input checked="" type="checkbox"/>
hosted at least one fund-raising event to the offset league's operational expenses.		<input checked="" type="checkbox"/>
MEMBER AND LEAGUE RECOGNITION		
at least one (1) members (with a primary affiliation to the league) must be present to accept the award at the 2023 National Women's Leadership Conference		<input type="checkbox"/>
select a 2022-2023 Woman of the Year and notified Jill Miller, ABWA National	pending	<input checked="" type="checkbox"/>
nominate a Top Ten Business Woman of ABWA and submitted their application for this award to ABWA National by May 15, 2023. (optional)	pending	<input checked="" type="checkbox"/>
MAINTAINING THE ABWA BRAND		
created a promotional brochure for your league		<input checked="" type="checkbox"/>
created and maintained a website for your league that is in accordance to ABWA's Brand Guidelines for websites		<input checked="" type="checkbox"/>
created an official Facebook and Instagram page that is in accordance to ABWA's Brand Guidelines		<input checked="" type="checkbox"/>
published and distributed a minimum of four (4) newsletters	pending	<input checked="" type="checkbox"/>