# Novi Oaks Charter Chapter

Novi, Michigan

A League of the American Business Women's Association



THE AMERICAN BUSINESS WOMEN'S ASSOCIATION

### 

March 8, 2023

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## The 7 Secrets of the Happiest People in the World



TAMARA ZONER

Find out the main difference between happy people and unhappy people and how to be happier today!

\$20 in person includes dinner Networking & Dinner at 6:00 p.m. Zoom / Program at 6:30 p.m.

Register at Novi-ABWA.org/events

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.



# President's Message

I hope this newsletter finds you warm and well! Spring is coming, and with that comes the annual ABWA Spring Recruitment Campaign. It's a great time to share the gift of ABWA

and receive fantastic swag from ABWA National for your efforts! See page 2 for information about ABWA's "Hand of Friendship" program. See page 4 for the gifts being offered.

Be sure to attend our February 8<sup>th</sup> Zoom meeting, where we will vote on our 2023 Woman of the Year (see page 2) and vote to approve our 2024 Top Ten Nominee, Veronica Cruz. Your vote counts!

The ABWA Regional Conference is right around the corner – March 10 & 11. It is fully virtual this year and includes all regions in one event for the first time ever. Our chapter will reimburse the cost to attend (\$279 – deadline is February 28th). If more than eight members attend, the total \$2,400 set aside will be divided evenly.

<u>Friday Keynote</u>: Debra Fine, Cultivating Connections: Via Virtual Meetings, Email, Text and Even the Phone Feature On Your Phone

<u>Saturday Keynote</u>: Brenda Peyser, The No Club: Putting a Stop to Women's Dead-End Work

I hope you'll be able to attend and benefit from the excellent speakers and workshops being offered! See page 5 for a detailed schedule. The complete agenda, including info on speakers and sessions can be downloaded on Community Connections under National Resources.

As a reminder, our February meeting is also virtual - please be sure to register for "Turning BS (Blind Sides) Into Leadership Success" by certified life coach and international keynote speaker, Carla Romo. This is a great event to share with your network - be sure to spread the word!

On March 8th, we will return to in-person meetings at the Novi Library with, "7 Secrets of the Happiest People in the World" by Tamara Zoner (\$20). Be sure to invite quests!

Our 3rd Annual ABWA Fashion Show is fast approaching - please invite your network to join us at the Clothing Cove in Milford on Wednesday, May 10<sup>th</sup>, for this fabulous event. This replaces our normal May meeting. We are collecting door prizes/raffle prizes for this and other ABWA events, so if you have anything to donate, connect with any board member.

Due to possible weather concerns, we decided to conduct our January and February meetings via Zoom only. Of course, that only guaranteed that the weather would be good! You're welcome!

Wishing all of you a very happy Valentine's Day / Galentine's Day!

Holly Hengstebeck 2022-2023 President 2022 Top Ten

#### Novi Oaks Charter Chapter - 7:00 p.m. Zoom Orientations:

Members and guests are welcome to join us to learn more about ABWA and the benefits of membership. Get answers to questions about ABWA. No cost.

Register on the events page at www.novi-abwa.org/events.

Wednesdays, February 15 and March 15, 7:00 - 7:45 p.m.

# Novi Oaks' Woman of the Year Nominees: Voting will be on February 8th!



Linda DaBiero is a Controller for Corby Energy Services in Belleville Michigan. She has been a member of ABWA for almost two years (March 19). She has volunteered and worked at the annual auction, hosting a table with Amy Sutzer at the 2022 event. She attended the 2022 DVP event last July and has recruited one new member.

Linda grew up in the Pittsburgh area and moved to Michigan in 2010. She is married and has three children and one granddaughter.

Mary Gantt joined ABWA in March 2017. She served as chapter Secretary for two years, and worked on the membership, program, and fundraising committees. On the auction, she hosted a table, made donations, and found new donors. She modeled for our 2021 and 2022 Fashion Shows. She also recommended speakers for the chapter meetings.



Mary holds a MS in Physical Therapy from Andrews University and a BS in Biology from Madonna College. She worked extensively as a Physical Therapist at Botsford Hospital, Sunrise Home Health, and In Home Rehab Solutions. She currently works as a Photo Coach with Creative Memories and FOREVER, helping people organize their photos so their memories can be celebrated and shared with others.

Mary uses scrapbooking events as community outreach-helping Girl Scout troops earn badges, creating small photo albums for residents in senior living facilities and memory care facilities, and fundraisers to support to the Novi Public Library's programs and the Fisher House, a comfort home for military and veteran family members to stay while their loved one is hospitalized in a VA hospital. She supports the Bethany Anne Galdes Foundation, a suicide prevention program for at-risk children.





Marcia Green joined ABWA on March 17, 1991. In 2022, she served as the Chapter Treasurer, Co-Chair of the auction, Program Chair, Newsletter Editor, and she maintains the chapter website. She hosted a table at the auction, made many donations, and modeled at the fashion show.

She retired in 2016 as an HR Manager in the automotive industry. She earned her Master of Arts in Organizational Management at the University of Phoenix, her Bachelor of Business Administration at Walsh College, and two associate degrees at Oakland Community College.

Marcia's only current volunteer activity is in ABWA. She is married and has one son and his wife, one stepson and his wife, one stepdaughter, and six grandchildren. Both of her grandsons got engaged on Christmas Day in 2022!

Janice Jones joined ABWA in April 2019 and has sponsored one new member. She hosted tables at the 2019, 2021, and 2022 auctions, donated many items, and made several large baskets. When we could not hold an auction in 2020, she donated a major portion of her Mary Kay sales to the chapter scholarship fund. She donated to the 2021 and 2022 Fashion Shows, modeled both years, and has volunteered to model again in 2023.



Janice holds a BS in International Studies and a BA in Theatre, both from Michigan State University. She is also a Certified Professional in Talent Development (2016). Janice's work experience is diverse, and she has been working as a technical writer and an instructional designer for 15 years.

She supports the American Cancer Society (ACS), the Fred Astaire Dance Studio/Michigan RIM Foundation (helped teach amputees ballroom dance), Gilda's Club Detroit, The Pink Fund, and the Oakland Literacy Council.

# ABWA's Hand of Friendship Program / Inner Circle Recognition

Special recognition and exclusive awards are earned by ABWA members who have shown their active desire to see the American Business Women's Association grow by recruiting new members. When a member has sponsored 11 new members, she is an official member of the Inner Circle of the Association and receives the gold Inner Circle charm and bracelet. For more details, download The Hand of Friendship Guide from the National Resources in Community Connections.

In the Novi Oaks Charter Chapter, Chris Struwe is the top sponsor of new members (45). She has become a Blue Sapphire Level member of the Inner Circle (recruited at least 44 members). Chris is a dedicated advocate for women and has remained in

contact with members of her previous chapter - the Ray of Light Chapter in Redford. Two of the scholarship recipients from the Ray of Light Chapter have attended our auction - Voula Sonbay and Jennifer Starrs, and Jennifer is the newest member of our chapter (pictured immediately right). She was sponsored by our member, Pat Plamondon, who was also a member of the Ray of Light Chapter.



Jennifer Starrs and Pat Plamondon



Charlene Gailbraith\*, Angela Kheir\*, Voula Sonbay, Chris Struwe, Nancy Butka\*, and Pat Plamondon

\*Former members of Novi Oaks.

## Introducing Novi Oaks' Newest Member!

Hello ABWA! My name is Jennifer Starrs, and I am thrilled to finally be able to join the Novi Oaks Charter Chapter. I am a previous four-time ABWA scholarship recipient from the Ray of Light Chapter in Redford, and have attended many of Novi Oaks' annual auctions. I am excited to be part of a group that has helped so many women over the years with scholarships, education, and training.



ABWA has a special place in my heart, because if not for this organization, I would never have met Pat Plamondon. I sat next to her when I was given my first scholarship in 1992, and she offered me a summer internship after graduation. She not only helped me professionally, but personally. She has been my boss, mentor, and friend, and I cannot express enough how wonderful she is and the positive impact she has had on my life!

A little about me, I currently work at Domino's Pizza in the IT department as a Manager-ERP Systems supporting their Payroll and HR systems. I am also a Certified Payroll Professional (CPP) and a member of the National and Local Detroit American Payroll Association (APA) chapters. I am a U of M-Dearborn graduate. Over the years, I have worked on the business side of the house in HR and Payroll and also in IT as a Systems Analyst and Developer.

Personally, I have been married for almost 19 years, have 2 teenagers (one of them is a Girl Scout), and a very spoiled English Chocolate lab. In my free time, I dabble in photography, tend to my perennial garden, help my in-laws with their Honey Bees, and have been working on getting fit/healthy. I can't wait to take advantage of what all ABWA has to offer, including the opportunity to build relationships and network with all of you!

## Welcome to ABWA!

## ABWA Happenings / Set Aside the Dates!

#### **REGIONAL CONFERENCE - MARCH 10 & 11**

ABWA will hold only one virtual Regional Conference for the first time ever. In previous years, there were three regional conferences, with two districts per region. The cost to attend the conference is \$279 (until February 28, and then the price goes to \$325). This conference will be an opportunity for ABWA members to connect/reconnect, learn, have fun, and be inspired by the awesome speakers and training sessions.

During the conference, there will be breakout sessions for the separate districts where members will hear reports of their own district's progress toward goals. See page 5 for the detailed agenda.

### NATIONAL WOMEN'S LEADERSHIP CONFERENCE -OCTOBER 4-7

ABWA's National Women's Leadership Conference (NWLC) will be held in Chattanooga, Tennessee, at the Marriott Hotel on October 4 through 7. The Novi Oaks Charter Chapter has set aside enough money for up to six members to attend. Besides wonderful keynote speakers and learning tracks, you can expect special events at the conference, like the Top Ten luncheon, where all Top Tens speak, the presentation of Best Practices Awards, and the election of the new National Board of Directors. Plan ahead! (The cost is usually around \$600.)

### **NOVI OAKS' NOMINATIONS FOR 2023-2024 EXECUTIVE BOARD**

In March each year, we choose our Nominating Committee, and in April, the candidates for the next year's chapter executive board are presented. The election will take place on May 10, 2023 at our Fashion Show event.

## **NOVI OAKS' ABWA FASHION SHOW - MAY 10**

Novi Oaks will hold its Third Annual ABWA Fashion Show at the Clothing Cove in downtown Milford (great women's boutique!). What we need from members:

- Invite people
- · Bottles of water
- Door Prizes
- Welcome-Bag items
- · Volunteer photographer
- Models (20% discount!)





# ABWA's 2023 Virtual Regional Conference

MARCH 10-11, 2023 - FOR ALL DISTRICTS!



#### REGISTER TODAY!

Complete the registration form and mail (or fax) with your credit card payment to ABWA National.

Learn great tips and strategies to help you become the leader you've always aspired to be. Join us for ABWA's Regional Conference and connect, learn and grow virtually!





**Event Hostesses** 

RENÉ STREET, Executive Director CHERYL BLAIR, National President

#### **Presiding Board Members**

RACHELLE JAMERSON-HOLMES, National Vice President JOYCE WRIGHT, National Secretary-Treasurer GENICE HALL, District I Vice President DR. KELLA PRICE, District II Vice President KATHY MCBRIDE, District III Vice President JUANITA HALL, District IV Vice President

> MARY CECCANESE, District V Vice President VELMA LANDERS, District VI Vice President



















#### FRIDAY MARCH 10 --

**Opening Remarks and Accolades** 9:00 a.m. to 9:30 a.m.

from Executive Director and **National Officers** 

9:30 a.m. to 10:30 a.m. Keynote: Debra Fine

10:30 a.m. to 10:45 a.m. Break

10:45 a.m. to Noon Professional Development

Noon to 1:00 p.m. Lunch

1:00 p.m. to 3:00 p.m. Professional Development

Break 3:00 p.m. to 3:15 p.m.

Professional Development 3:15 p.m. to 4:30 p.m. 4:30 p.m. to 5:00 p.m. **Questions and Answers** 

## SATURDAY MARCH 11 .....

9:00 a.m. to 10:15 a.m. Welcome and Keynote:

Brenda Peyser

10:15 a.m. to 10:30 a.m. Break

10:30 a.m. to 12:30 p.m. Professional Development

12:30 p.m. to 1:30 p.m. Lunch

1:30 p.m. to 2:30 p.m. SBMEF Presentation 2:30 p.m. to 3:15 p.m. **District Gatherings** 

3:15 a.m. to 3:30 a.m. Break

3:30 p.m. to 4:30 p.m. **Professional Development** 

4:45 p.m. to 5:30 p.m. Top Ten Business Women **Presentations and Overview** 

of Top Ten Award

5:30 p.m. to 5:45 p.m. Wrap-Up





American Business Women's Association, (92023 ABWA Management LLC

# Our Checklist to track progress for Best Practices 2022-2023



We will be monitoring our progress toward the Best Practices Award in this ABWA year, which runs from August 1st through July 31st. In 2021-2022, we qualified for the Level II award. Our goal is to advance to the Level I award, and to do that, we need at least 50 members and must have recruited 10 new members since August 1st.

 $\square$  = Not completed yet

- By June 30, 2022, submit to ABWA National:
- ☑ Names of officers for 2022-2023 (four required).
- All officer positions are filled (four).
- \$125 chapter liability insurance fee.
- Website listing: Must meet branding standards and have required elements (links).
- Submit names of committee chairs to ABWA by August 15,
- ☑ File 990-N tax return for 2021-2022 by <u>December 15, 2022</u>.
- By July 31, 2023:
- ☐ Have at least 50 members in good standing (national and local dues paid). We currently have 37 members, but the determination date is July 31, 2023 (50 members for Level I).
  - NOTE: It is recommended that members whose memberships renew in July pay dues early, and by July 29 at the latest.
- ☐ Recruit at least 10 new members. We currently have two.
- Officers and committee chairs in good standing.

#### ANNUAL PLANNING:

- ☑ Have a minimum of 10 members complete the Member Interest Survey (we had 18).
- Create a Vision Statement and put it on the Community Connections Team Board.

#### **EXECUTIVE BOARD ITEMS:**

- ☑ Complete a chapter GAP Analysis.
- ☐ Create an Annual Business Plan w/Competitor Analysis.
- ☐ Create an Executive Summary (part of plan).
- ☐ Create action items (Key Results Areas / KRA's).

#### ALL CHAPTER MEMBERS:

- ☑ Vote to approve the annual budget.
- ☑ Vote to approve the league's Standing Rules.
- Vote on ABWA's Proud Code of Conduct.
- ☑ Vote on ABWA's Core Values.

#### ANNUAL CURRICULUM:

- ☑ Structured networking opportunity before, during, or after each monthly meeting.
- ☐ Minimum of nine professional development programs (speakers at meetings). On track for this.
- ☑ League representative attended a Just In Time Webinar hosted by ABWA National. Completed 10-27-2022.
- ☐ Annual training session on how to access league resources, how to update Community Connections profile, and how to register for courses in the Apex Campus.
- Sponsor 7 primary members to attend a regional or national conference. Need 3 for Regional Conference in the spring.
- ☑ Organized at least one fundraising event.

#### MEMBER AND LEAGUE RECOGNITION:

☐ Selected a 2022-2023 Woman of the Year (February).

- ☐ Nominated a Top Ten candidate (optional February).
- ☐ Recognized at least one Protégé recipient (July).
- ☐ Three members present at the 2023 National Women's Leadership conference to accept the Best Practices Award.

#### MAINTAINING THE ABWA BRAND:

- ☐ Published and distributed a minimum of 4 newsletters.
  - a. The ABWA logo is paired with the league's name.
  - b. Contains the ABWA Proud Code of Conduct and Core
  - c. A description of upcoming meetings/events.
- ☑ Create a promotional brochure for your league.
- ☑ Created and maintained a website for your league that is in accordance to ABWA's website branding guidelines (usage of logo, mission statement and other Association trademarked and copyrighted materials) and is up to date.
- ☑ Created an official Facebook and Instagram page that is in accordance to ABWA's Brand Guidelines; i.e. "ABWA - Name of League" and compliant logo usage.

#### TO BE UPLOADED TO THE TEAM BOARD BY 7/31/2023:

- ☐ Newsletters (League) should include a minimum of four league newsletters published in the Award Year.
- Annual Plan (League) should include: Annual Plan, Budget, GAP Analysis, and Standing Rules.

#### **EVENT TO HONOR MARY CECCANESE**



On Friday and Saturday, July 14 & 15, ABWA members from District V and other National Board of Directors members from around the country will gather at the Kensington Hotel in Ann Arbor to honor our District V Vice President, Mary Ceccanese, at an annual District V special event, which is sponsored by the Eastern Michigan Council and Cardinal Crossroads Council in Indiana. (District V is

made up of Michigan, Indiana, Ohio, Kentucky, and West Virginia.)

On Friday, July 14, ABWA members will gather at the Kensington from 5:00 to 6:00 p.m. for a reception (no cost). Afterward, different groups will gather at Ann Arbor restaurants for dinner - cost is on your own. Please join us in honoring Gail by wearing her favorite colors: Navy and white!

### Saturday Luncheon Schedule

8:00AM Registration 8:15AM Breakfast Buffet 9:15AM Welcome & Introductions 9:30AM Educational Speaker

12:15PM Lunch Buffet

1:30PM DVP Honors Event

In addition to the scheduled agenda, look forward to Networking, Silent Auction items to bid on, and the annual Envelope Pull, as well as Recognition and contributions to 2020-2021 DV National Office candidates, and the awarding of two (2) National Women's Leadership Conference (NWLC) Early Bird Registrations to the conference on October 4-7, in Chattanooga, Tennessee.



Members, please make a reservation each month, at least one week prior to the meeting. You may register at:

www.novi-abwa.org/events

### Set of Core Values for the **American Business** Women's Association

Our core values are the foundation for which the American Business Women's Association (ABWA) was founded on in 1949. They're reflective of the ethos of the ABWA culture and have been integral to creating an enduring and supportive community for generations of women in the workplace.

- 1. Selfless Leadership Be committed to doing the right thing, always. Be transparent in your actions even when no one is looking!
- 2. Building Community Be committed to creating sustainable ABWA communities where women can connect, learn, and grow together.
- 3. Value and Seek Diversity Be committed to recruiting new members from diverse cultures. ages, work industries and experiences.
- 4. Manage for Innovation and **Excellence** – Be committed to original thinking and delivering excellence in everything you do.
- 5. Lifelong Learning Be committed to enhancing your own business knowledge, skills, and acumen. Be unafraid to make mistakes, iterate, err and try again.
- 6. Focus on Facts and Own Results - Be committed to using "data" to drive your decisions and actions and be accountable for your performance, good and bad.
- 7. Choose to Make a Difference -Be committed to unlocking a member's potential and inspiring/motivating her to become the best version of herself.
- 8. Celebrate Be committed to celebrating members' achievements.

### Novi Oaks Charter Chapter – 6:00 pm in-person meetings:

All meetings will be held both in-person at 6:00 p.m. (\$20 includes dinner) and via Zoom at 6:30 p.m. (\$5). PRE-REGISTRATION IS REQUIRED.

Wednesday, March 8: "The 7 Secrets of the Happiest People in the World" presented by Tamara Zoner, award-winning speaker and Happiness Trainer, at the Novi Public Library.

Learn what happiness really is and how to increase yours! We'll cover the seven main areas of happiness and the habits that support them. You'll learn practices and techniques to calm your mind, strengthen your immune system, deal with negative people and undesirable circumstances, and keep calm when the world feels like chaos.

Wednesday, April 12: "Unleashing the Power of Gratitude" presented by Mary Ceccanese, owner and principal consultant of Dynamic Connections LLC, at the Novi Public Library.

Regular meetings are held at the Novi Public Library at 45255 Ten Mile Road in Novi (west of Novi Road). Please visit www.novi-abwa.org/events for fliers and details.

#### PRE-REGISTRATION IS REQUIRED.

Orientations will be held via Zoom on the third Wednesday of the month, 7:00 -7:45 p.m. – not all months – please check our website for upcoming sessions.

#### **EASTERN MICHIGAN COUNCIL**

Visit www.abwa-emc.org for details and to register.

Saturday, February 11, 2023 – Meeting featuring National President Cheryl Blair at the Deer Lake Athletic Club, 6167 White Lake Road, Clarkston. 9:00 a.m. networking / 9:30 a.m. meeting.

Regular, in-person EMC meetings feature networking at 9:00 a.m.; Breakfast meeting at 9:30 a.m. Cost is \$25 / \$27 online. Visit www.abwa-emc.org to register! Early-bird deadline is ten days before any event – the price goes to \$27 / \$29 after that date.



Eastern Michigan Council members from eight chapters and National Members at the event to honor District V Vice President Gail Frahm on Saturday, July 16, 2022.

BE SURE TO DOWNLOAD THE LATEST ACHIEVE NEWSLETTER FROM COMMUNITY CONNECTIONS!



### **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.



THE AMERICAN BUSINESS WOMEN'S ASSOCIATION

A League of the American Business Women's Association Novi Oaks Charter Chapter Marcia Green, Treasurer Newsletter Editor



Novi Oaks Charter Chapter 5236 Oak Hill Trail Commerce Township, MI 48382

Phone: 248-330-6315

Email: mgreenABWA@gmail.com

### 2021-2022 Chapter Executive Board

President	Holly Hengstebeck
Vice President	
Secretary	Veronica Cruz
Treasurer	Marcia Green

#### 2023 Top Ten Nominee:

Veronica Cruz

Novi Oaks' 2022-2023 Woman of the Year:

**Betty Shultz** 

#### 2022-2023 Council Woman of the Year:

Gail Frahm, Cass River Charter Chapter

#### 2022-2023 National Executive Board

President	Cheryl Blair
Vice President	. Rachel Jamerson-Holmes
Secretary-Treasurer	Joyce Wright
District V-Vice Preside	entMary Ceccanese
Executive Director	Rene' Street

#### **ABWA National Headquarters**

P.O. Box 4757 Overland Park, KS 66204-0757

(800) 228-0007 / www.abwa.org

# **Novi Oaks Charter Chapter Meeting Details:**

#### **IN PERSON MEETINGS:**

When: The **2nd Wednesday** of each month

When: 6:00 p.m. Networking and Dinner

6:30 p.m. Introductions, then presentation.

Meeting follows.

Zoom portion begins at 6:30 p.m.

Cost: \$20 includes dinner / Zoom is \$5

Where: Novi Public Library

45255 Ten Mile Road, Novi, MI 48375

West of Novi Road

TO REGISTER visit <a href="https://www.novi-abwa.org/events">www.novi-abwa.org/events</a>

PRE-PAID RESERVATIONS REQUIRED

# Novi Oaks Charter Chapter's Vision Statement:

Novi Oaks Charter Chapter educates and empowers women by supporting them to achieve their personal best.



# Turning BS (Blind Sides) Into Leadership Success

Unlock your full potential to be a successful leader.



CARLA ROMO

Not understanding your BS (blind sides) can feel like an endless hamster wheel. However, it's not until you realize what's stopping you from your full potential that then you can create the starting point to success.

- Learn the blind sides that limit your success in leadership
- 2. Create a vision of how you want to lead
- Evolve and execute a leadership strategy plan

Carla Romo is an international keynote speaker, certified life coach, author and podcast host. At age 24, she hit her rock bottom when she found herself in another toxic codependent relationship and in a cycle of burnout from her career in TV. But, this time, she got up and learned how to break free from the BS (blind sides) that held her back from creating success in all areas of her life. Today, she helps people push through their BS (blind sides) so they can thrive. Carla leads worldwide workshops and talks to people from varying backgrounds. Her work ranges from small group settings to hundreds of attendees either in person or virtual. She has spoken to or been featured on Scranton Chamber of Commerce, Simon Business School, Milwaukee Bucks, Nissan BRAVO, Verizon, Bumble, Lifetime, as well as high rated iTunes Podcasts.

For more info, check out www.CarlaRomo.com.

# WEDNESDAY, FEBRUARY 8, 2023

6:30 P.M. MEETING / ZOOM / PROGRAM | \$5 TO ATTEND VIA ZOOM

PLEASE REGISTER AT WWW.NOVI-ABWA.ORG/EVENTS

# ZOOM ONLY / NO COST TO ATTEND

THE AMERICAN BUSINESS WOMEN'S ASSOCIATION WELCOMES ALL WOMEN AND MEN AS MEMBERS. WWW.ABWA.ORG.

QUESTIONS? E-MAIL PROGRAM CHAIR MARCIA GREEN AT NOVIOAKSABWA@GMAIL.COM



The 7 Secrets of the Happiest People in the World

Find out the main difference between happy people and unhappy people and how to be happier today!



TAMARA ZONER

Learn what happiness really is and how to increase yours! We'll cover the seven main areas of happiness and the habits that support them. You'll learn practices and techniques to calm your mind, strengthen your immune system, deal with negative people and undesirable circumstances, and keep calm when the world feels like chaos. You'll leave with simple practical techniques that you can start using right away to manage stress, improve wellness, and raise your own level of happiness right away!

Tamara Zoner is an award-winning keynote speaker and Happiness Trainer who works with students of all ages to teach them the actions and habits of happiness. A Michigan native, single mom to 3 teens, and former Director of Life Enrichment at All Seasons West Bloomfield, Tamara is on a mission to make the world a better place, one happier person at a time!

# WEDNESDAY, MARCH 8, 2023

6:00 DINNER / NETWORKING IN PERSON | 6:30 P.M. MEETING / ZOOM / PROGRAM

PLEASE REGISTER AT WWW.NOVI-ABWA.ORG/EVENTS

\$20 TO ATTEND IN PERSON (INCLUDES DINNER) | \$5 TO ATTEND VIA ZOOM

NOVI PUBLIC LIBRARY - YOUTH ACTIVITIES ROOM

45255 W. TEN MILE ROAD, NOVI, MICHIGAN (WEST OF NOVI ROAD)

THE AMERICAN BUSINESS WOMEN'S ASSOCIATION WELCOMES ALL WOMEN AND MEN AS MEMBERS. WWW.ABWA.ORG.

QUESTIONS? E-MAIL PROGRAM CHAIR MARCIA GREEN AT NOVIOAKSABWA@GMAIL.COM





# Unleashing the Power of Gratitude

What impact does this emotion have on our mental and physical health?



MARY CECCANESE

Gratitude can improve relationships, help us cope with everyday stress, and increase our ability to feel more loving and forgiving. Research shows that this amazing virtue can also bring happiness, reduce anxiety and depression, and help us to sleep better. In this interactive presentation you will hear about what gratitude can do for you, including specific and detailed steps to incorporate more gratitude in your life.

Mary Ceccanese (pronounced Check-a-NAY-zee) is the owner and principal consultant of Dynamic Connections LLC. Celebrating almost 15 years of presenting interactive seminars to all levels of staff in for-profit and non-profit organizations. She engages attendees with research-based practices for work-life scenarios. She has a BA in Human Resource Administration and recently retired from working at the University of Michigan for more than 30 years. In 2021, Mary published her first book for staff titled, YOU Can Create Positive Change at Work, and in 2020 released her first "High-Quality Connection Cards." In 2019 she was presented with a University of Michigan Staff Impact Award and was also named one of the 2019 national "Top Ten Business Women" of the American Business Women's Association (ABWA). She is currently the District V Vice President in ABWA.

# WEDNESDAY, APRIL 12, 2023

6:00 DINNER / NETWORKING IN PERSON | 6:30 P.M. MEETING / ZOOM / PROGRAM

PLEASE REGISTER AT WWW.NOVI-ABWA.ORG/EVENTS

\$20 TO ATTEND IN PERSON (INCLUDES DINNER) | \$5 TO ATTEND VIA ZOOM

NOVI PUBLIC LIBRARY - YOUTH ACTIVITIES ROOM

45255 W. TEN MILE ROAD, NOVI, MICHIGAN (WEST OF NOVI ROAD)

THE AMERICAN BUSINESS WOMEN'S ASSOCIATION WELCOMES ALL WOMEN AND MEN AS MEMBERS. <u>www.abwa.org</u>. QUESTIONS? E-MAIL PROGRAM CHAIR MARCIA GREEN AT <u>NOVIOAKSABWA@gmail.com</u>



# The Novi Oaks Charter Chapter of The American Business Women's Association Presents its Eighteenth Annual

AUTUMN
BRUNCH
WITH
AUCTION

AMOUNT ENCLOSED (\$30 per person):



Saturday, September 30, 2023 - 10:00 a.m. to 1:00 p.m.

Burton Manor Banquet & Event Center - Livonia

27777 Schoolcraft Road - Livonia, Michigan 48150 (east of Inkster Road @ I-96)

\$30 per person – Registration deadline September 13, 2023
REGISTER ONLINE AT www.novi-abwa.org/events

Cost per person is \$37 online after September 13, 2023

VISA and MasterCard will be accepted at the auction!!

All proceeds benefit the Novi Oaks Charter Chapter's Education and Scholarship Fund

Questions? Contact Marcia Green at 248-330-6315 or mgreenABWA@gmail.com.

FIRST & LAST NAMES of ATTENDEES	Please provide at least one e-mail address	Contact's Phone

PLEASE PURCHASE TICKETS NO LATER THAN SEPTEMBER 13, 2023

After September 13, 2023, if you still want to attend, call Marcia Green at 248-330-6315.

BY MAIL: Send check made payable to ABWA to 5236 Oak Hill Trail, Commerce, MI 48382



## American Business Women's Association

P.O. Box 4757 • Overland Park KS 66204-0757 (800) 228-0007 • Fax (913) 660-0101

### Membership Application

Benefits of membership begin the date your application and payment are received and processed at ABWA National Headquarters. For renewal purposes, membership starts on the first day of the month following the date the application and payment are processed and renews annually. Dues payments are non-refundable and non-transferrable.

Date:					
First Name:		MI: Last Name: _			
Affiliation Information:					
Do you plan to join a local leagu Note: Participation	이 살아보다 그는 그 이번에 살이 하면 하는 것이 없는 그 없는 그 때문에 가장하다 살아갔다.	s, league name ue is contingent upon tin		ual National dues.	
Name of Member Sponsor (if ap	plicable):				
Address and Contact Inf	ormation:				
Home address:					
City / State / Zip:					
rimary phone contact:	Prin	Primary e-mail address:			
Oo you have a Facebook accou	nt:YesNo Fa	acebook Name:			
Note: An e-mail address is require your e-mail address, you are auth	[HONE] [		ct business online at w	ww.abwa.org. By providing	
Personal Demographics	(for statistical purposes	s only):			
Birthday (MM/DD):	Birth Year (YYY)	Y):	Gender: ☐ Fem	nale Male	
Business Owner, Emplo	yment and Educatio	on Level Demograph	ics (for statistical	purposes only):	
Your Company's Name:		Y	our Title:		
Are you a business owner?	Yes □ No Description o	of products/services:			
Highest Level of Education Com ☐ High School/GED ☐ Vo-Te	AM 17 TO 18 A 18	ee 🛮 Bachelor's Degree	e ☐ Master's Degree	☐ Doctorate Degree	
Enclosed is my ABWA N	ational dues payme	ent of:			
*To qualify for student men		Ss schedule reflecting e			
Payment Information:		tion to ABWA, P.O. Box 4757, C			
Expiration Date:/	Security Code (3-digit of	code on back of card):			
Name on Card		Signature			

The American Business Women's Association is a non-profit organization which is serviced by ABWA Management, LLC, a company organized for profit. All ABWA income is received by ABWA Management, LLC and, in exchange, the company provides all necessary services and materials to the ABWA membership. All dues include a one-year subscription to Women in Business®, ABWA's official publication. Dues are not deductible as a charitable contribution for Federal income tax purposes; however, they may be deductible under other provision of the Internal Revenue Code.