

ABWA National Theme 2024 find unity In COMMUNITY is the organizations theme for 2024.



Inside this issue:

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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.

"Reflections"

The monthly Chapter Newsletter of the Northeast Sunrise Charter Chapter # 5478, Oscoda, Michigan, a league of the American Business Women's Association.

Greetings from President Vicki Hopcroft



Greetings Sisters,

As we prepare to host our Derby-themed Spring Membership Tea, I am counting the reasons that new members would like to join us:

- 1. We are an organization of professional women, who are or have been associated with businesses or organizations.
- 2. Monthly dinner meetings at local restaurants.
- 3. Informative guest speakers.
- 4. Vocational speakers from the membership.
- 5. 31 years strong.
- 6. Networking networking networking.
- 7. National, regional and district affiliations.
- 8. National webinars, trainings, conferences.
- 9. Opportunities without pressure for leadership.
- 10. Yearly fashion show.
- 11. Scholarships for women in education and vocation.
- 12. Reimbursement for members' professional development.
- 13. We are interesting and interested women.

Your President and "Monarch Butterfly,"

Vicki Hopcroft

Next Meeting: Tuesday, May 14, 2024'Location:Tait's Bill of Fare - Banquet RoomSocial: 5:45 pm(Celebration Time - see the details inside the newsletter)Start: 6:15 pm

May 2024 | Vol. 31, Issue #8



From your Vice President ... Dawn Kaiser



I don't know about you, but listening to Mary Morse, Director of the Harbor Lights Pregnancy and Information Center just amazed me. I had no idea we had such a resource in our community. Thank you, Katherine Demeter, for talking to us about living spaces for our elderly loved ones and different ways to work around assets, especially their home.

I am truly honored to hand over my *Woman of the Year* honor to Stephanie Mallak Olson. I must admit, between Stephanie, Joanne, and Belinda, it was a very difficult decision, as I wanted to vote for all three. Congratulations also go out to Justine Alderette on being chosen as our *Business Associate of the Year*.

As a reminder, if you are interested in running for any board position (President, V.P., Secretary, or Treasurer), please be sure to inform Vickie, Annette, or Cecelia of your position of interest. At the meeting Vickie nominated me for President, I nominated Gaylynn for VP, and Judy nominated Stephanie Mallak Olsen for Treasurer. Anyone can be nominated for any position, and you can nominate yourself. This is a fantastic way to become involved with the chapter. We have a lot of great leaders in the group, don't hold back.

I wish you all a glorious Mother's Day and beautiful Memorial Day.

I am looking forward to being with you in person, hopefully, in July.

Your Viceroy Butterfly, Dawn





Membership update by April Kammerer



(from ABWA national ACHIEVE Newsletter) CelebABWA Member Anniversaries ANNETTE DENNIS Northeast Sunrise Chapter, Oscoda, MI

Congratulations Annette on your Chapter 25th Anniversary!

Greetings, Ladies!

President Vicki and member Catherine will be hosting the Spring Membership Tea. See invitation next page. Get your invitation list to them so your potential new member can receive a Chapter invitation to enlighten them about the purpose of ABWA, meet new people and enjoy a fun event.

WELCOME.....Tonya Zepeda to the Chapter! We look forward to your official installation and getting to know you. Thanks sponsor, Gaylynn Brenoel for introducing us to Tonya!





Ladies,

There is still time to send your Guest Name to Katherine or Vicki for a personal invitation to be emailed to them. <u>The Derby Tea is Saturday</u>. If you have a name, please send it TODAY!

COMMUNITY

AMERICAN BUSINESS WOMEN'S ASSOCIATION

1949 2024

ABWA's 75th Year Membership Campaign MARCH 1 – JUNE 30

CELEBRATING UNITY AND EMPOWERMENT

2024 marks the 75th Anniversary of **The American Business Women's Association**, a pioneering force in advancing women's roles in business. This year, we proudly introduce our theme, *"Find Unity in Community,"* highlighting our commitment to fostering collaboration, support, and collective advancement among professional women.

UNITE AND THRIVE: Exclusive Rewards for Championing Membership Growth in Our 'Find Unity in Community' Association

Spread the word about the benefits of joining ABWA and invite others to join our incredible community. We are offering two exclusive rewards when you enroll one or more new members.

LEVEL ONE RECRUIT ONE NEW MEMBER

Receive a limited-edition, 1-½" round Anniversary Pin trimmed with red rhinestones. This pin commemorates ABWA's 75 years as an Association for working women and women business owners, and is a symbol of your contribution to our legacy of *Changing Women's Lives... One Woman at a Time.*™

Read

pin shown larger than actual size

LEVEL TWO RECRUIT THREE OR MORE

NEW MEMBERS Let all of your worries slip away with a warm bath and rejuvenating products, including bubble bath, white tea bath salts, bath fizzers, and more. You can continue the TLC treatment with refreshing white tea shower gel, body lotion, and body mist. Your ultimate day of relaxation is waiting for you when you recruit three or more new members.



than Isize



From your Secretary... Joanne Letourneau

ABWA Northeast Sunrise Charter Chapter Meeting Minutes April 9, 2024

<u>Attendance:</u> <u>Attendance:</u> Christine Brennan, Gaylynn Brenoel, Katherine Demeter, Annette Dennis, Cecilia Gabel, Kristen Hanson, Vicki Hopcroft, Natalie Hopcroft, Pam Loveless, Elena MacKenzie, Pam Stalker. <u>Via Zoom:</u> Belle Flora, Dawn Kaiser, Judy Kotarak, Joanne Letourneau, Liz McNichols. <u>Guest</u>s: Tonya Zepeda. <u>Speaker</u>: Mary Morse. <u>Not Present:</u> Robin Gilbert, April Kammerer, Sherry Kohl, Belinda Kusibab, Stephanie Mallak Olson, Jill Ritter, Sue Treciak.

| Agenda Item/ Presenter | Discussion | Conclusions/Actions Items | |
|--|--|--|--|
| Invocation/ Pledge/ Intro- ductions: All | Meeting called to order by Vicki H. Pres. @ 6:15 pm. Recitation of Invocation and Pledge of Alle- giance. Introductions made. | | |
| Program Speaker: Mary Morse | Mary Morse, Director of the Harbor Lights Preg- nancy and Information Center; Shared examples of the training programs and services provided to all ages with various needs. Goal is to help the clients develop a healthy family. What an amazing pro- gram! | Check out their website! <u>https://</u> www.pregnancyhelpandsupport.org/ "Here at Harbor Lights Pregnancy and Information Center we strive to provide you with valid pregnancy and parental choices. We also provide education and spiritual support for the development of healthy children, families, and com- munities." | |
| Vocational Speaker: Kathe- rine Demeter | Shared info about housing options for seniors go- ing to independent living and then selling their home, including moving services. | Nifty idea! | |
| Approve Minutes: Vicki | Motion to approve March 12, 2024 Meeting Minutes made by Kristen H; Seconded by Cecilia G. | Voice Vote: Approved. | |
| Approve Treasurer's Re- port: Vicki | Clarifications made re: the Treasure's Reports for Feb & March. They are up to date and accurate based upon deposits made during those time frames. Motion made by Lane M to approve both Feb and March treasurers report. Seconded by Annette D. | Voice Vote: Approved | |
| Woman of the Year/ Business Associate – An- nette/Cecilia/ Vicki | Reading of nominations and voting procedure Woman of the Year Awarded to: <i>Stephanie Mallak</i> <i>Olson!</i> Business Associate of the Year Awarded to: <i>Justine</i> <i>Alderette</i> | Congratulations Stephanie!!!!!! -Present WOY and AWOF awards at the May meeting. | |
| Woman of the Year/ Business Associate – An- nette | Annette motioned that the current WOY help chair the following year's WOY/AOY and continuing this process annually. Seconded by Cecilia G. | Voice Vote: Approved | |



(Minutes continued on next page)

Northeast Sunrise Charter Chapter

Meeting Minutes April 9, 2024

Minutes continued:

| Committee Reports: Mem- bership Recruitment event- Vicki/Katherine D. | | | |
|--|--|--|--|
| Committee Reports: Fundraising - Fashion Show/ Belinda | Fashion Show will be held Oct 10, 2024 at the Ausa- ble Inn Riverview Restaurant and Sports Bar . Katherine D to serve as co-chair with Belinda. This is our major Scholarship fundraiser. | | |
| Committee report: Educa- tion/Scholarships - Belle | Updates on the SBMEF scholarship: -Impact Scholarship: \$2000 has sufficient applica- tions. \$1000 applicants do not meet GPA require- ment. -Outright grant: Motion by Annette to submit one applicant for this District sponsored scholarship, Seconded by Pam L. | Outright grant one applicant; Need to reevalu- ate this option for next year. Voice Vote: Approved | |
| | Terri Michaelis scholarship update (Per Bob Michae- lis) - Received permission to offer 2 candidates from Oscoda schools planning to enter a teaching pro- gram. Motion to approve by Cecilia G. Seconded by Annette D. | Voice Vote: Approved | |
| Committee reports: Adver- tising – Art on the Beach June 29 – 30, 2024 | Great opportunity to share information about ABWA to the community. Ideas to bring people to the booth: Book Signing by Gaylyn & Dawn, Free line dancing with Gaylynn, Drawing for Fashion Show tickets. | Watch for updates from Judy K. | |
| Committee Reports: Sun- shine - Vicki/Pam S. /All | Prayers/ thoughts go out to Jill's mother. | < | |
| Committee Reports: News- letter – Judy K | Due date for May Newsletter articles is April 19 th | | |
| Member update – Pam L | Pam shared an upcoming event title "Enchanted Forest" theme. Tickets are \$45 | Contact Pam L for details. | |
| Member Recognition - Chapter Anniv/Birthdays - Vicki | - <u>Chapter Anniversaries</u> : Annette Dennis (4/1999) 25 yrs ! April Kammerer (4/2023) 1 Yr - <u>Birthdays:</u> Elena MacKenzie (4/12) | | |
| 50/50 & Angel Fund | -50/50 – "And the winner is Kris Hansen" (\$6.00) -Share happiness moments & collect Angel Dollar fund contributions (\$17.00) | | |
| Next Meeting Info - Vicki | +Board Meeting –May 7, 2024 +Regular Meeting –May 14, 2024 | | |
| Benediction/adjournment | Meeting adjourned at 8:29 pm, preceded by Benediction. | | |

Respectfully submitted by Joanne Letourneau (Glass Wing Butterfly)



Northeast Sunrise Charter Chapter Board Meeting Minutes

April 2, 2024



Attendance via Zoom: Vicki Hopcroft, Dawn Kaiser, Belle Flora, Joanne Letourneau.

REFLECTIONS

| Agenda Item/Presenter | Discussion | Conclusions/Actions Items |
|--|--|---|
| Meeting called to order by Vicki Hop | pcroft, President | |
| Board Planning for Self- Assessment – All | Completed Gap Analysis Categories: Strategy Operations Mgmt. To be Completed: Annual Curriculum ABWA Brand Standards Strength/Vitality | Categories not completed to be re- viewed at a future date. |
| Re-Review Standing Rules AND THE Educational Vocation- al Expenses Reimbursement form - All | Vicki to provide updated text to Joanne to edit current Rules and Regs. Joanne to update re- quest form. | |
| Pin updates- Updating AB- WA pins (past positions too, etc.) | -How is this going? | Vicki to check inbox for communica- tions received from members. |
| Review Chapter Calendar - All | Website fee has been paid by Judy K. | -Expense documentation to be sent by Judy K to Belle for reimbursement. -Future board to develop payment pro- cess. |
| Review Chapter Calendar - Con- tinued | PO Box fee due. | Vicki to pay with Chapter Debit Card. |
| Education/Scholarship Update - Belle | Belle is contacting interested students to assure completeness of applications. Potential applications for the Terri Michaelis Scholarship. | -Belle to continue contacts with school representatives. -Belle to contact Bob Michaelis and Millissa to review details. |
| Spring Membership Event – Vicki | Date is set of May 4 th , 2024. Theme: Derby Time! Ladies are welcome to wear <i>Hats!</i> | -Vicki working on invitations. |
| Next Board Meeting Date & Time - All | May 7, 2024 7PM via zoom. | |

Northeast Sunrise Charter Chapter & You ... A Winning Combination!

Membership Fees National Dues: Annual membership fees are \$115, payable each year the month of your membership anniversary. *Updated New Membership form, page 12, please copy and use.*

Local Dues: The annual dues for Northeast Sunrise Charter are \$36.00. Chapter dues are payable every year on October 1st. Have you paid yours? Don't owe back dues with late fees, get paid up today!

Join ABWA to connect, learn, and grow! Membership opens many professional growth opportunities while keeping you connected to the largest network of working women in the country.

From your Treasurer... Belle Flora



ABWA Treasurer's Report

Northeast Sunrise Charter Chapter



Member Dues, still a few unpaid! Members owe Chapter dues. Are YOU paid up? Please pay April at the May meeting.

The following report was accepted and approved at th ABWA meeting held Tuesday April 9, 2024

Treasurer's Report April 9, 2024

As of March 31, 2024 Statement of Financial Position

Assets

| Allocated | |
|----------------------------|----------|
| SBMEF | 0.00 |
| Terri Michaels Scholarship | 1,620.00 |
| District V Scholarship | 0.00 |
| Member Education Fund | 500.00 |
| Angel Dollars | 77.00 |
| General Fund | 5,659.29 |

| | Total | | <u>7,856.29</u> |
|-----------------------------|-------|----------|-----------------|
| Bank Balance: Liabilites | | 7,859.26 | |
| uncleared checks SBMEF | | | |
| | Total | 0.00 | |
| Equity | | Total | <u>7,859.26</u> |
| 1 deposit \$175.00 | | | |

(\$110 Dues, \$65 Happy \$)



Visit us at:: www.abwaoscoda.org



Reflections Newsletter - Northeast Sunrise Charter Chapter - page 7



The NWLC Registration Fee includes the Annual Meeting, Keynote Presentations, Professional Development Sessions (Track A or B), Entertainment, Morning Coffee and Tea Service, and the Pre-Conference Event/Reception hosted by ABWA National. Note: The Top Ten Business Women/Women of the Year Celebration is not included in the payment plan pricing. This event may be purchased separately at a later date.

To enroll in ABWA's 5-part payment plan, mail the completed form to ABWA National on or before May 9, 2024.

P.O. Box 4757 Overland Park, KS 66204-0757 Fax: 913-660-0101 Phone: 1-800-228-0007

| MAY 16 - \$123 J | UNE 13 - \$123 | JULY 18 - \$123 | AUGUST 3 - \$123 | SEPTEMBER 12 - \$123 |
|--|---|-----------------|------------------------------------|---------------------------|
| PAYMENT INFORMATIO | N | | | |
| Account Holder's Name | | | Paying by Credit Card, P | rovide Credit Card Number |
| Account Holder's Signature | | | redit Card Expiration Do | ote |
| L If Paying by Check, Provide | e Check Number | C | redit Card Security Cod | le |
| PAYMENT SCHEDULE, O | CHARGES & CA | NCELLATION PO | DLICY | |
| May 16 -\$123 June 13 - \$123 July 18 - \$123 August 3- \$123 September 12 - \$123 | If you cancel your registration before August 3, 50% of your NWLC registration fee will be forfeited whereas, if you cancel your registration after August 3, 2024, your entire registration fee will be forfeited. In either scenario, you may transfer your NWLC Registration to an ABWA member who is in good standing. Sign your name on the line below indicating that you understand ABWA's cancellation policy. | | | |
| | | CONTACT INFO | RMATION | |
| First and Last Name | | Cel | l Phone Number | |
| Street Address | | | ow Do You Want Your No ame Tag? | ame to be Printed on Your |
| City, State and Zip Code | | | | |
| | | | Check ves if you are a | first-time NWLC Attendee |

Yes, I am a first-time NWLC Attendee!





The POWER of You.....

I've developed a new philosophy. I only dread one day at a time. - Charlie Brown

Deserts cover more than one fifth of the Earth's land, and they are found on every continent. Deserts can be classified as "hot" or "cold". Deserts receive less than 10 inches of precipitation a year. Lack of water creates a survival problem for all desert organisms, animals, plants, and people.

Yet, deserts are teaming with life if you look closely. Desert flora have adapted to the extremes of heat and aridity by using both physical and behavioral mechanisms, much like the animals of the desert. Even a short spell of rain and the desert will spring to life.

Among the amazing discoveries in a spring desert wildflower season are the tiny blooms that cover the sandy desert floor. You have to look closely for these little wonders. Look for the yellow and pink sand verbena, the bright yellow gold poppies, and the tiny white rock daisies.

How would you describe the world around you? What is your perspective? How you see the world is reflected in the words you use. Do you see battles or challenges? Do you see a world groaning under the weight of conflict and despair or with wonder at the miracle of hope? You get what you look for. Choose your words wisely and be open to seeing what you might have missed.



Editor note: Spring Wildflower bloom in the California desert-JK



Reflections Newsletter - Northeast Sunrise Charter Chapter - page 8



April Meeting Speakers, Mary Morse:

REFLECTIONS

Professional Development/Program Chair ...Stephanie Mallak Olson



Program: Award Celebration for Chapters Business Associate of the Year and **Chapter Woman of the Year. Guests are** welcome to attend this event too. See Banguet article below.

I found out upon returning from a great cruise/vacation (am I allowed to call it a vacation since I am retired?), that I was voted to be the ABWA Woman of the Year!!!! So wonderful!!!!

Historically, there is not a PROGRAM and VOCATIONAL SPEAKER at the May Meeting as it is all about the Woman of the Year and Associate of the Year. So I am not planning anything, just to enjoy being a center of attention. Thank you to Joanne Letourneau for nominating me and for the ladies who voted me in. I am honored and thank you all. - Stephanie

We will start at 6:15pm at Tait 's for May in the Banquet Room. This will accommodate the celebration of WOY and Business Associate. Bring your guest to Tait's Banquet Room.



Program-Mary Morse, forward in picture, introduces her work place as Director of Harbor Lights Pregnancy and Information Center. It provides information for valid pregnancy choices, parental education , training and spiritual support for families in Iosco County.

Vocational- Katherine, licensed real estate agent spoke to us about Senior Living Housing and the transition senior citizens go through selling their home and moving to senior designated living facilities

Planning



Banquet Chair ... Annette Dennis

May Banquet News

Our May meeting is scheduled for Tuesday May 14th, located at Tait's Bill of Fare in the "Banquet Room", not the lounge. This room is larger and decorated nicely to celebrate our, *Woman of the Year, Stephanie Mallak Olson, and our Business Associate of the Year, Justine Alderete.* **The Social time is 5:45 pm with the meeting starting at 6:15.** This is a big recognition of these ladies, so RSVP's will be important with all their family and friends who plan to attend. Don't forget extra money for our 50/50 tickets, 3 tickets for \$2.00. Plus, bragging time to add to our Angel \$\$ fund. Thanks Ladies, and Congratulations to our winners.

Please RSVP to Annette by May 10th, either email or text me.

Email: verncom@yahoo.com

Text Messaging: 989-820-8762

Thank you. - Annette Dennis, Banquet





Reflections Newsletter - Northeast Sunrise Charter Chapter -10

Level

No.

CELEBRATE THE MILESTONE: ABWA's 75th Anniversary

Extravaganza & Inner Circle Level Up Challenge!

This is your golden opportunity to shine in ABWA's illustrious history as we mark our 75th anniversary with a bang! Dive into the heart of the action and elevate your status within the ABWA community through the Inner Circle Level Up Challenge, open to all members from January 1 to August 31, 2024.

Embark on a journey to conquer any of the eight prestigious levels of ABWA's Inner Circle and etch your name among the stars. Your achievements won't just be celebrated; they'll be immortalized in the pages of the Achieve Newsletter for all to admire.

But that's not all! Gear up for the grand celebration at the National Women's Leadership Conference from September 25-28, where "Level Up" champions like you will bask in the limelight. Step onto the stage and be ceremoniously adorned with the exquisite Commemorative Medallion, a symbol of your hard-earned triumph and indomitable spirit.

Seize this momentous occasion to not just level up, but to truly soar among the ranks of ABWA's finest.

Let the challenge begin!

Inner Circle Levels

When a member has sponsored 11 new members, she is now part of ABWA's exclusive Inner Circle. After qualifying for membership in the Inner Circle members may Level Up.



Emerald Star for sponsoring at least 22 new members



Amethyst Star for sponsoring at least 66 new members



Golden Sapphire Star for sponsoring at least 33 new members



Pearl Star for sponsoring at least 77 new members



Blue Sapphire Star for sponsoring at least 44 new members



Diamond Star for sponsoring at least 88 new members



Garnet Star for sponsoring at least 55 new members



100 Plus for sponsoring more than 100 members



AMERICAN BUSINESS WOMEN'S ASSOCIATION

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

ABWA Application for New Membership

According to ABWA's 2023-2024 National Bylaws, Article V, Section 1: Membership in ABWA is limited to individuals who are eighteen (18) years of age or older. 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: MI: Last Name: |
| Affiliation Information: Do you plan to join a local League? Press No If yes, League name Note: Participation in an ABWA local League is contingent upon timely payment of annual National dues. |
| Name of Member Sponsor (if applicable): |
| Address and Contact Information: Home address: |
| City / State / Zip: |
| Mobile phone number: Primary e-mail address: |
| Do you have a Facebook account: 🛛 Yes 🖾 No 🛛 Facebook Name: |
| Note: An e-mail address is required to access your membership information and conduct business online at www.abwa.org. By providing your e-mail address, you are authorizing ABWA to contact you by e-mail. |
| Personal Demographics (for statistical purposes only) |
| Are you 18 years of age or older: 🛛 Yes 🖾 No Birthdate: (MM/DD): Birth Year (YYYY): |
| Business Owner, Employment and Education Level Demographics (for statistical purposes only): |
| Your Company's Name: Your Title: |
| Are you a business owner? 🛛 Yes 🖾 No Description of products/services: |
| Highest Level of Education Completed: |
| Enclosed is my ABWA National dues payment of: |
| \$115 ABWA National Membership \$50 ABWA National Student Membership *To qualify for student membership, include a class schedule reflecting enrollment in 12+ credit hours per semester. |
| Payment Information: 🛛 Check: Mail check with application to ABWA, P.O. Box 4757, Overland Park, KS 66204-0757 |
| □Visa □MasterCard □Discover #///////_ |
| Expiration Date:/ Security Code (3-digit code on back of card): |
| Name on Card |
| Signature |



....ABWA National just announced

From your Education Development Chairperson... Belle Flora

Education Report May 2024



Our SBMEF \$2,000 Impact Scholarship, requiring the candidate be attending a 4-year college and a SBMEF Impact Scholarship in the amount of \$1,000, for an applicant attending a community college or vocational school.

The above two students will be awarded certificates at the Honor Ceremony at the Oscoda High School in May and will receive the actual check at the ABWA annual picnic in July. Emma Lukach will be represented by her parents as she is still in Belgium as an exchange student completing her studies.

The **Terri Michaelis Memorial fund** will be awarding two \$500.00 Scholarships this year to Graduating seniors from Oscoda High School. The family vetted them and felt both worthy.

Hannah Gallahar

Evelina Olmos

We will be presenting the *Terri Michaelis Memorial Scholarship* at the Oscoda High School awards ceremony in May. I have notified Cecilia Post.

As always, it has been a pleasure getting to know these young women.

Belle Flora, Education Chairwoman







Just in Time Webinar, 2 of 4 for 2024, "An Informative Webinar for All Members" April 11,2024, by Rene' Street, Executive Director, National President, Rochelle Jamerson-Holmes and Guests.

Chapter representatives in attendance, VP Dr. Dawn Kaiser, Chapter Secretary Joanne Letourneau and Newsletter Editor Judy Kotarak.

Just in Time #3 is scheduled for Thursday June 13, at 6:00 PM CT scheduled for 90 minutes *Notes by Dawn:*

ABWA Enrollment

Are you trying to think about someone to invite to join ABWA? Reclaim former members who are inactive to come back to the chapter.

Show off your ABWA Pride through wearing your ABWA clothes, hats, name tags, pins, etc. How do we make our chapter a household name in our community? Find items in the online store in your ABWA Portal.

National Regional Conference

The 75th National Regional Conference is in September. Although the conference cost was not shared, there will be a five-part payment plan available for the conference. Watch for it in the next Achieve Newsletter coming out next week. The host hotel has filled up, therefore a block of rooms have been set aside at the Hilton Garden Inn (913)345-2661 located at 5800 College Blvd Overland Park, KS.

APEX Classes

Apex Campus has 95 courses available. A complimentary course is offered monthly. Once you enroll for a course you have 50 days to complete it. 13 courses were added to the *School of Lean* in 2024. Two complementary courses are being offered through April 30. From April 11 through April 30, the Resume Success Formula Course is being offered to members for a \$10 discount.

A reminder that the NBOD is looking for every member to complete at least one Apex course this year. There are free courses offered for you to take. Celebrate your course completion by posting a picture of yourself with your certificate to ABWA Social Media.

The top chapters that have completed 28 or more APEX courses since January are: Oceanside Charter Chapter, Golden Dome Chapter, Oxon Hill Charter Chapter, and Bryan/College Station Charter Chapter.

Other Items

Inner Circle Level-Up challenge timeline has been extended to go from January 1, to August 31, 2024. Thirteen members have leveled up since January.

Top Ten Business Women Applications are due by May 15.

SBMEF Application Deadline is May 15, for the scholarships. The SBMEF fundraising goal during the regional conference was \$2,000 and we raised \$3,850.

In addition to what VP Dawn captured, please read

Notes by Joanne:

Developed a <u>New Member Orientation</u> titled "Coffee Connections." This is an informal sharing of ABWA information - created by members of the Ambassador Steering Committee for across all Districts. New members will be notified by ABWA National and hosted on Zoom, the 3rd Wednesday of the month, from Noon to 12:45 PM CST. New members will also receive a packet of new member information via mail. (This is meant to be an adjunct and not a replacement to each league's own new member orientation process.)

Notes by Judy:

Website update: ABWA has posted the entire 2nd Webinar under National Resources on the national website, www.abwa.org A new platform is being created on the web site replacing the Community Connections portal. If you have any saved data of past rosters in this file you need to remove it or loose it by June. New system information will be forth coming when it becomes live on line.

Membership New Initiatives: New Member Packet has been created, ABWA encourage Chapters to order them. New once a month Coffee Hour established similar to an orientation for new members but not to replace Chapters orientation. It is scheduled for the 3rd Wednesday of every month at noon, 45 minutes.

Program Speakers: ABWA Ambassador Steering Committee has created a National League List of Speakers, via Zoom or in person for Chapters Professional Development Chairs to utilize . All members are encouraged to review and suggest speakers to your chapter Chair.

Best Practice Chapter Champion: Step up to volunteering to lead the Chapter toward the award for Best Practices by documenting the path of the Chapter as provided by the national organization guideline note-book/binder. This process is called Striving for Best Practices. The ultimate award is the *Seal of Best Practices* awarded to the Chapter at a national conference annually. (As Rene' says "Walk across the big stage and accept your award."





2024 Committee Chairpeople



May Dates To Remember:

May 2: National Day of Prayer

May 12 Mother's Day

May 14 Chapter Celebration Meeting at Tait's

May 18 Armed Forces Day

May 27 Memorial Day

May Anniversaries:

Katherine Demeter 05/2023 Stephanie Mallak Olson 05/1998 May Birthdays: Kris Hansen May 4 Stephanie Mallak Olson May 25 Annette Dennis May 31 Happy Happy to All of You as you celebrate your special day!



2024 Facebook Banner Logo



Please be sure to respond to me when I send

the Meeting Reminder out on Facebook. If you are not a *facebook* person or unfamiliar with how to log in and or create an account, ask me how to get you set up with it.

Facebook Chairperson, Joanne Letourneau "Social Media helps to improve our technology skills."



Newsletter Editor: Judy Kotarak, email or fax your articles in by 05/18/2024. The newsletter deadline will be the 2nd Friday after the Chapter meeting.

Articles may be changed to accommodate space.

Editor Email: jkpromotions@charter.net Phone: cell: (989) 820-6349

Toll Free Fax 866-236-7740

Angel Dollars - Liz McNichols

Anniversary - Judy Kotarak

Annual Elections—TBD

Auditor - Jill Ritter

Banquet - Annette Dennis

Business Associate Night-Annette D.& Cecila G.

Education/Scholarship - Belle Flora

Fashion Show - Belinda Kusibab and All Members

Facebook - Joanne Letourneau

Membership - April Kammerer

Newsletter/Historian – Judy Kotarak, Kristen Hanson, pictures

Program– Stephanie Mallak Olson

Publicity – Vicki Hopcroft

Sunshine Hostess - Pam Stalker & All

Web Site - Belinda Kusibab

Zoom Coordinator-Liz McNichols, 2nd Tue of each month,6pm - Join Zoom Meeting:

https://us02web.zoom.us/j/81315970253

Meeting ID: 813 1597 0253

2023 - 2024 Chapter Officers

Pres: Ann Victoria Hopcroft 989-630-3792

VP: Dawn Kaiser 989-820-8104

Sect: Joanne Letourneau 608-712-0952 Treas: Belle Flora 989-305-1478

2023– 2024 National Executive Board President....Rachelle Jamerson-Holmes

National Vice President...... Anne O'Neill

National Secretary-TreasurerGenice Hall-Fowler

District V-Vice President.... Cheryl Schmandt

Reflections Newsletter - Northeast Sunrise Charter Chapter - page 17

Got a "Pass Along Topic?" please send it to me and together we will make everyone AWARE!

Read what they said about attending the 2024 Virtual Conference from National ABWA President Rachelle Jamerson-Holmes, Our Chapter Vice President Dawn and Chapter Secretary Joanne:



District 5 Family, "THANK YOU for Showing Up for Yourself and Maximizing Your ABWA Membership!"

Phenomenal Day 2 is an understatement at the virtual conference.

All I can say is that I am definitely looking forward to our 75th Anniversary National Women's Leadership Conference in Overland Park, Kansas 9/25-9/28/2024!

Northeast Sunrise Charter Chapter V. P. Dawn Kaiser attended the virtual conference and said: WOWSESRS!

I attended another amazing ABWA Virtual Regional Conference this year. It was fun sharing via text "aha moments" with Joanne, who also attended this year.

I cannot choose just one presentation that was my favorite, but I am going to begin with our keynote speaker, Monica Morgan, who spoke on **What If?** She shared stories of her life and all the chances she took when she decided to ask herself the" What if"? Question. She also shared ways to eliminate the "What if" for our own lives.So, how do we eliminate the "What Ifs"? So, how do we eliminate the "What Ifs"?

- Acknowledge the thought
- Assess reality
- Focus
- Practice mindfulness
- Limit exposure to negativity
- Develop a plan
- Build your self-esteem
- Seek Support
- Practice Gratitude
- Straighten your sister's crown (help others) Mentor someone

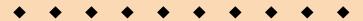
In case you didn't read in April, your Editor left these next 2 pages in for your awareness of what ABWA Regional & National conferences offer their members.



Members from across the country joined in for **ABWA's 2024 Virtual Regional Conference, March 22-23** and connect,

On the agenda: keynote speak-

ers, professional development courses, district gatherings, presentations on SBMEF and the 2024 Top Ten Business Women of ABWA. Great tips and strategies to help you become the leader you've always aspired to be. .



Dawn continues: Another presentation that really stood out was Chef Tina McDermont. While she was presenting, she created and shared with us three recipes (Broccoli and Spinach Quiche Cups; Avocado, Cucumber & Walnut Salad; and a Kale and Pineapple Power Smoothie). While she was preparing all of this, she also talked about nourishing nutrition, mindful movement, restorative rest, stress-resilient mindset, and joyful self-care.

The last presentation I'll mention was Tami West's - What Type of Coffee are You? This presentation looked at how people fell under the categories of being social or a loner and are they quick or detailed. Based on your answers to her 18-question quiz, you found out if you were a Cappuccino, Espresso, Decaf, or Instant Coffee, and the strengths and weaknesses of each. I am a true combination of each, but I gently fell into the Espresso category - One who gives off energy to get other's moving, creative, fun, loves to work in groups, although under pressure can lose focus and have difficulty finishing a task.

If I am able to make it to the April meeting, I'll bring my packet to share for anyone who is interested in looking at the materials. - Dawn

Read Joanne's comments on the next Page



Things I learned from the ABWA Virtual Regional Conference March 22-23, 2024

As a *First Time Attendee* I found this ABWA Virtual Regional Conference a great learning opportunity to experience advanced capabilities of the Zoom platform. Nicely done! (e.g. Breakout sessions, interacting with various speakers, posing questions etc.) Another area of learning included all the references available to the ABWA Leagues! The Ambassador Steering Committee has been working diligently on the following Initiatives:

- Completed a speakers' "Bureau" Project for 2023-2024 listing about 50 individuals from across all districts with various speaker topics! (Details can be found on Community Connections)
- Developed a <u>New Member Orientation</u> titled "Coffee Connections." This is an informal sharing of ABWA information created by members of the Ambassador Steering Committee for across all Districts. New members will be notified by ABWA National and hosted on Zoom, the 3rd Wednesday of the month, from Noon to 12:45 PM CST. New members will also receive a packet of new member information via mail. (This is meant to be an adjunct and not a replacement to each league's own new member orientation process.)

AND ... our featured speakers were awesome! **Sherry Darden** presented a session on, "Are You Listening? Unlocking Professional Growth Through Effective Listening." She used an interesting example of reading a story and then asked us to answer questions about what we heard! Not as easy as one would expect! **Anne Bonney** shared a fun and engaging session on "Leadership People Want to Follow." Content included skills necessary for Active Listening, Keys for Assertive Communication and Characteristics of an Effective Change Leader. Our third presenter, **Dr. Tami West** created a fun framework for describing communication styles using 4 types of COFFEE. She asked "What type of Coffee are you?" (Instants, Cappuccinos, Espressos or Decafs!) and then shared her way to explain different communication styles! Another presenter was **Tina McDermott** a chef who via Zoom, demonstrated and created a healthy vegetarian meal and shared 5 Energy Habits; 1. Selecting nutrient-dense foods, 2. Incorporating mindful movement info your daily routine, 3. Understanding the importance of quality, restorative rest, 4. Creating a Stress-resilient Mindset and 5. Prioritizing Joyful Self Care. Our featured keynote speaker was **Monica Morgan**, international photographer who mesmerized us with her amazing photography and explored the term, "What If?" she didn't go beyond her comfort zones. By going beyond her comfort zones, she was able to capture amazing photography and stories.

These were 2 very enjoyable days, even on Zoom!

Joanne Letourneau

Note: All content shared above comes from the ABWA 2024 Regional Conference materials and Zoom discussions.







What's In It For Me

Membership in ABWA affords you the opportunities to enhance your leadership skills, business acumen and network with like-minded business women that will propel you forward professionally and personally in achieving your best self.

Professional Development

- Access to ABWA's Apex Campus 24/7
- Lifelong learning
- League Speakers
- Educational Scholarships SBMEF

Networking

- Attend local and national business and networking meetings
- Build relationships
- Participate in league, regional & national events

Regional and National Conferences

- Attend regional and national conferences for personal and professional development at member's discount
- Meet like-minded career-oriented members

Career Connections

- Search career portal for employment opportunities
- Seek careers with our partners

Exclusive Social Media

- Access to ABWA's members-only Facebook and LinkedIn Groups Collaborate with other
- ABWA members

Leadership Opportunities

- Opportunities to enhance leadership and business skills acumen
- Lead committees and special projects

Local and National Recognition

- League awards, e.g., Woman of the Year, Protégée, and Top Ten Nominees
- National recognition, e.g., American Business Woman, Top Ten Business Woman, and Best Practices Award

Community Connections

- Connect with members online on the Community Connections platform and in social media groups
- Access to national resources

Publication Subscriptions

- Access to Achieve Newsletter
- Subscription to ABWA Blog

Partner Discounts

- National University and Franklin
- Madison Dell Technologies
- Allstate
- The Business Source





Created by 2022-2023 Ambassador Steering Committee www.abwa.org

ABWA Northeast Sunrise Charter Chapter Standing Rules

Approved at General Meeting 9/12/2023

Monthly meetings and membership:

1. Membership meetings will be held on the second Tuesday of every month. Networking begins at 6:00pm. The Call to Order will commence between 6:15 pm and 6:30pm. If a meeting is cancelled for any reason the Executive Board officers will contact the members via telephone and/or electronic messaging.

Chapter dues will be \$36 per year due on August 1st, which will cover chapter expenses and approved speaker's expenses.
At regularly scheduled chapter meetings, members and guests <u>may choose</u> to purchase three tickets for the 50/50 raffle for \$2. The proceeds from the 50/50 drawing will be added to the Happy Angel \$ account used to sponsor our Christmas Happy Angel Giving.

4. The Secretary's Report will be published in the monthly newsletter and voted on for approval by the membership at the next Regular meeting. The Monthly Treasurer's report will be distributed for approval at the general meeting and published in the following month's newsletter.

5. Guests and prospective members may attend the monthly meetings. Prospective members may attend <u>up to 3 monthly</u> <u>meetings</u> before applying for membership to the National ABWA and the local Chapter.

6. New Chapter members will be given a name badge and membership pin at Chapter expense. Officer pins, purchased at Chapter expense, will be passed on to new officers and past officers will receive a past officer pin at Chapter expense as approved by the Board. If new Committee Chair ribbons are needed, they will be purchased at Chapter expense as approved by the Board.

Awards and Conference:

7. Woman of the Year and Associate of the Year awards will be voted on at the April meeting and presented at the May meeting. Awards will be given at Chapter Expense as approved by the Board.

8. The Chapter will pay the full registration fee for the Woman of the Year and the Chapter President to attend the District Conference. In addition, the Board will determine a maximum expense amount for the Woman of the Year and the Chapter President to apply to expenses incurred at the District Conference. The expense amount will be presented for a vote of the membership each year.

9. The Chapter will recognize "perfect attendance" (October-September) with an award lapel pin presented at the October meeting. Those with just one absence will get special mention. Awards are given at Chapter expense as approved by the Board.

Chapter Financial Management:

10. The Chapter may spend/donate up to \$50.00 in the event of a death of an active member or an immediate family member (spouse, child, significant other, or parent) of an active member. Any other expense/donation (illness and hospital stay) will be at the discretion of the Chapter.

11. The majority of the Executive Board may approve miscellaneous bills up to \$100.00 without a vote of the general membership. The Executive Board will monitor bills from/for special events at the time of the event.

12. The Chapter will pay for the guest speaker's dinner (excluding alcoholic beverages). Any other speaker expenses will need approval by the Board prior to the speaker's appearance.

13. The Chapter will fund an Impact Scholarship through ABWA's Stephen Bufton Memorial Educational Foundation each year. The Executive Board will recommend the amount given based on the success of the Annual Fashion Show. A membership vote to approve the amount the Board recommended will be required. The Scholarship will be awarded at the June or July meeting of the general membership.

14. The Chapter may recognize and consider for reimbursement, expense requests from members for any professional development. This will be discussed by the Board and must be voted on by the membership.

15. Donations to local organizations require a form and supporting documentation to solicit funding and must be supported by an active Charter Chapter member. The ABWA member presenting the request will clearly identify how the requested funding supports the ABWA mission. All donations will be formally approved by the Executive Board and voted on by the membership.



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REFLECTIONS



AMERICAN BUSINESS WOMEN'S ASSOCIATION

ABWA's Proud Code of Conduct

- 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
- 5. Express Network Bylaws.
- 6. Members will not use their personal power to advance their personal interests. 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.

ABWA NORTHEAST SUNRISE CHARTER CHAPTER

"Local northeast Michigan women making a positive impact for the future."

Charter Purpose Statement

We are a diverse group of professional women inspired to help each other, future members and women in our community, grow personally and professionally. We do this by:

- -Serving as a Charter Chapter of the American Business Women's Association,
- -Raising funds to provide scholarships to local area students and
- -Supporting educational opportunities within our Chapter and our Community.



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The Conference Hotel, the Sheraton Overland Park Hotel is now full, however, additional rooms have been reserved at the Hilton Garden Inn (913)345-2661. The 5 part conference payment plan form appears on page 9 of this newsletter.

Vice President Dawn & Judy K have reservations at the Sheraton Overland Park Hotel 9-24 thru 9-28 and a Delta flight from Detroit on the 24th. Join us! Call me with questions and let's plan this ABWA trip together. JK

2024 Art on the Beach.....Judy Kotarak, Booth Coordinator

Booth plans are moving along as the Oscoda Area Chamber of Commerce, *Art on the Beach*, June 28, setup, with June 29, and June 30th Show Days are just around the corner! This event gives our Chapter community exposure and how fitting is our new theme, "finding Unity in Community" to showcase the Chapter, who we are and our accomplishments right here. Graciously we "Thank and will share" the booth again with our chapter own Artists, Vicki & Natalie Hopcroft. We will have the Chapters, two Authors, with books available to sell and discuss. Chapter Line Dancing instructor, Gaylynn will offer a half hour instruction FREE each afternoon. JK will provide a Patriotic print Tote with the new theme and our Chapter name imprinted on it to sell with proceeds after cost going to the Chapter Member Education fund and Chamber like previous years. All shoppers who stop by our booth will be encouraged to fill out a Free Drawing offer to our 2024 Fashion Show for Tickets for two people. Membership information will be readily available! This will be fun but it takes a Team to make it happen! Block out 2-3 hours on your calendar now. I'll start building the Volunteer list.



The APEX Acronym meaning: Achieving Personal Excellence SCHOOL OF LEAN

View Courses



Editors note: JK emailed National for May schedule in advance to meet our newsletter publication date. Log into your AB-WA National account and see "My Apex Campus" for the available courses for you to register

JK completed 2 Apex classes in April and received two "Certificates of Excellence" for it.

 Coaching Kata .
Insights and Non-Verbal Communication in the Coaching Kata.

Good morning, Judy,

Thanks for reaching out to us about the upcoming classes.

We will be offering two complimentary courses in May – *Kata Applications and Case Studies* and *How to Run Virtual Kata in the Classroom.* These courses are the 21st and 22nd courses listed in the School of Lean.

Please let me know if you have any questions.

Thank you!

Cheri Deverey *Professional Development Manager* **American Business Women's Association** P.O. Box 4757 Overland Park, KS 66204-0757 913-732-5100

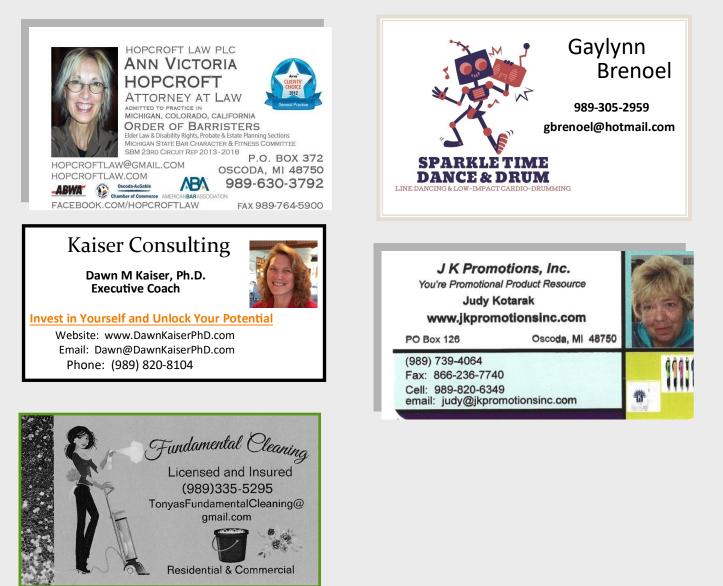
Sunshine Report....Pam S. and All Members



Our Prayers and **Thoughts** go out to Chapter Vice President, Dr. Dawn Kaiser who is progressing through a cancer journey with positive reports. (Our prayers are being answered!) Also, member Sue Treciak, required an emergency appendectomy surgery at her winter home in mid March and a Stent procedure in late March. Member Jill Ritter whose Mother is experiencing age related illnesses es requiring hospitalization and Sister Jan, dealing with Afib conditions and had a recent pacemaker procedure.

Prayers for the innocent people of Israel, Palestine, Ukraine and the Gaza Strip who are caught up in this horrific conflict. *Prayers for Peace in this world.*.

Support Your Local Businesses and Support your fellow ABWA Members in Business!



Advertise your business in the Chapter newsletter. \$24.00 for 12 issues. This begins with the November issue and continues thru October of the next year. Mid year submissions pro rated and appear in the next monthly publication. See the editor for details.

Your business ad is seen by other Chapters in our Eastern Michigan Counsel area, too.-JK



www.abwaoscoda.org



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P.O. Box 494, Oscoda, MI 48750



To: Chapter Member



www.abwaoscoda.org

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District V Vice President Celebration Honoring Cheryl Schmandt 2023-2024 District V Vice President

This event is sponsored by the Eastern Michigan Council and Cardinal Crossroads Council

JULY 12 & 13, 2024

KENSINGTON HOTEL / 3500 S. State Street, Ann Arbor, MI 48108



CHERYL SCHMANDT

SOUVENIR PROGRAM ADVERTISING

You may advertise your business, promote your event, send Cheryl a message, and much more. Attendees are from Michigan, Indiana, Ohio, and other states across the country.

THE AD SUBMISSION DEADLINE IS JUNE 15, 2024

Need help with your design? Submission deadline is June 1, 2024. Ad files and payment must be received by the deadlines above.

- 🍫 🗆 I will Pay via Zelle
- 🍫 🗆 I will Pay via PayPal*

www.abwa-emc.org/dvp-luncheon *Fees will be added to all PayPal payments.

AD SIZES AND COSTS:

| 1) Patron Ad - 2 lines, 65 characters per line | \$10 |
|---|------|
| 2) Business Card size | \$25 |
| 3) 2.25" wide x 3.25" tall | \$35 |
| 4) 4.50" wide x 3.25" tall | \$50 |
| 5) 4.50" wide x 7.50" tall \$ | 100 |
| 6) Cover / Inside or Out - 4.5" wide x 7.5" tall \$ | 150 |

I will mail a CHECK made payable to ABWA to Financial Chair Jo Ann Huebner 331 Antoinette Dr., Rochester Hills, MI 48309

Email your completed ad (pdf or jpg 300 DPI) or QUESTIONS to Souvenir Program Co-Chairs: Cheryl Cramer ... Cheryl.Cramer.2007@gmail.com Lynn Pomerleau......store7584@theupsstore.com



COMPLETE AND SAVE THIS FILE WITH YOUR NAME. PLEASE PRINT CLEARLY.

CONTACT:

EMAIL:

Name of your company or organization:

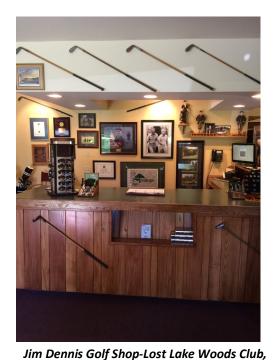
| STREET ADDRESS: | TOTAL PAID: \$ |
|-------------------|---|
| City, State, Zip: | |
| Phone: | SIZE OF AD(S) – Indicate #1 thru #6 as shown above: |

To attend this event (\$50), register at www.abwa-emc.org/dvp-luncheon KENSINGTON HOTEL RESERVATIONS \$159/night - up to 4 people / (734) 761-2929 https://reservations.travelclick.com/113707?groupID=3949642: USE CODE 2407ABWADV Via phone, use code ABWA DVP. Must make the hotel reservation before June 12, 2024 CHERYL'S FAVORITE COLOR IS PINK! LET'S WEAR IT TO SUPPORT HER! It's that time of the year.....YEA!!!!! Time to get out the clubs and start swinging to get your game in shape for the Spring and Summer Golf season.

Whether your playing in an league or going out with your friends for a friendly round of 9 or 18, you want to see your ball.....in the hole! Let Jim Dennis, PGA Golf Club Instructor and course professional at Lost Lake Woods Club show you how and help you improve your skills.

With over 25 years of professional golfing and the Jim Dennis Golf Shop, at Lost La-Lake Woods Club, Jim has instructed Juniors and Seniors alike. His 2024 instruction and teaching offerings are:





Spring Men's Golf Clinic Spring Women's Golf Clinic

Lincoln, Michigan

Summer Junior Golf Camp

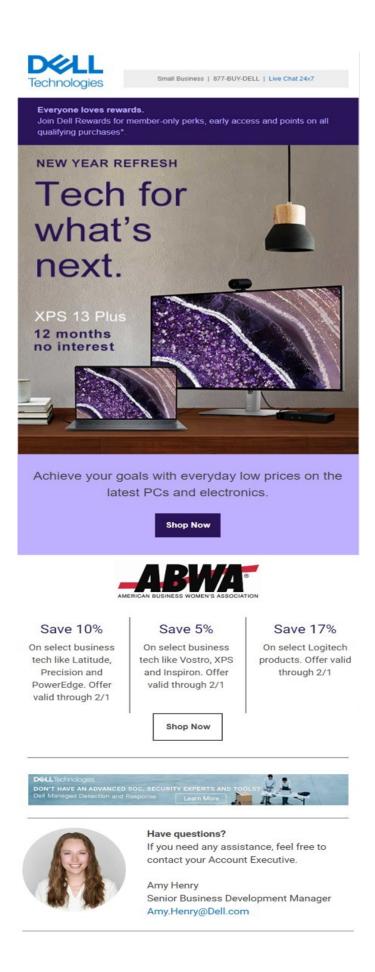
Women's Invitational includes third day 4 women Scramble on Sunday.



Call Jim to discuss your Golf skills and where you fit in for group or private instructions. Call 989-820-7313.

Call Annette Dennis for Clinic, Camps and Women's Invitational registration forms at 989-820-8762.





National ABWA Sponsor