November 13, 2019

Eat to Succeed!

Zonya Foco

Third month of Finding Total Life Balance Series!

At the Holiday Inn Livonia
6:00 p.m. – 8:00 p.m.
(see flier on page 8)

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

These last two months have been huge for ABWA. We had the Eastern Michigan Council meeting at the Detroit Yacht Club on September 14, our own Autumn Brunch With Auction on September 21, and then the 70th Anniversary of the American Business Women’s Association and ABW Day on September 22. The National Women’s Leadership Conference was on October 2-5 in Kansas City, and then our own meeting was on October 9. Whew!!

We had our first “ABWA Aware & Share” on Saturday, October 26, at the Uptown Grille in Commerce Township. Joining me were Karen Rea, Mary Gantt, Chris Struwe, Kathy Crawford, Andrea Pennington, Janice Jones, and my sister, Alicia Pote.

This was a small get-together over coffee and breakfast where we looked at our newly updated chapter tri-fold, benefits of ABWA, and the goals/committee summary. We chatted about upcoming meetings, welcoming new members, and all kinds of non-ABWA stuff. We will have more of these sessions in the future – with a longer upfront notice!

We still have until November 30th for ABWA’s fall membership campaign. See page 7 of this newsletter for the gifts offered for sponsoring new members. Please be sure to spread the word and invite quests to our November 13th meeting featuring nationally-known nutritionist, Zonya Foco. Her lively presentation makes learning about a healthy lifestyle fun! I can personally vouch for the fact that her “Eat Real Cookbook” is a treasure trove of great recipes.

A quick shout-out here to Sheri Mayer, who printed our auction thank you letters!

Marcia Green
2019-2020 Chapter President

Novi Oaks Charter Chapter’s 30th Anniversary

January 29, 2020, marks the 30th anniversary of our chapter’s founding by Bettie Archer Johnson. In 1989, Bettie had been a member of the Waterford Charter Chapter for 22 years. When she moved to Novi, it became too much for her to keep driving to work at Michigan Bell and then to the chapter meetings, which were being held at varying locations all over the Waterford area. So she formed her own chapter!

At our January 8th 30-year celebration, we will honor Bettie and look back at our 30 years. In an effort to connect with active young women, we will also welcome representatives from the Girl Scouts of Southeastern Michigan (GSSEM), including a student from Novi High School who has earned her Gold Award. We look forward to hearing about the modern-day Girl Scouts and how they are developing women leaders for the future.

For more information about SSEM, visit https://www.gssem.org/en/about-girl-scouts/who-we-are.html

Bettie Archer Johnson
5-31-1923 – 8-10-2017
Bring in your Women In Business magazines!

If you do not keep your W.I.B. magazines, don’t throw them out! We could use them to give to our guests. Please give them to our Membership Chair, Chris Struwe.

2019 EMC Events

December 14 – Hosted by Cass River atzhender’s in Frankenmuth

Dates for 2020:
February 8 – Greater Oakland, Auburn Hills
April 11 – Lake Shore
June 13 – Novi Oaks
July 11 – DVP Event, Weber’s Inn, Ann Arbor
Sept 12 – TBD
Dec 12 – Cass River, Frankenmuth

Visit the Eastern Michigan Council website at www.abwa-emc.org to register for EMC meetings.

Set Aside the Dates!

The 2020 Central Regional Conference will be held on March 25 – 28, 2020, at the Brown Hotel in Louisville.

The National Women’s Leadership Conference will be held at the Westin Hotel in Westminster, Colorado, on October 14-17, 2020.

ABWA National offers payment plans for registration.

*Novi Oaks reimburses the registration fee for its members who attend national conferences.

National Women’s Leadership Conference – Kansas City

ABWA Executive Director Rene’ Street always makes sure the National Women’s Leadership Conference (NWLC) is fun and educational. This year’s NWLC was held at the Harrah’s Hotel and Casino in Kansas City, Kansas, on October 2-5, 2019. Krista Spencer, Chris Struwe, Sheri Mayer, Marcia Green, and 498 other women and men from as far away as Hawaii attended.

The three main events of the conference every fall are the election of national officers (see page 4), the Best Practices Awards (see page 3), and the luncheon featuring the national Top Ten (below), including the announcement of the American Business Woman of ABWA (upper right).

Members also attend classes in three different tracks. Marcia and Krista were enrolled in Track B, which included “The Speed of Trust” by Franklin Covey on Thursday, and Toyota Kata sessions by one of the founders of the GEMBA Academy on Saturday. The Toyota Kata training in the Apex Campus will be free to all members until November 15 (a savings of $25).

Chris and Sheri were enrolled in Track C: Park University’s “Women as 21st Century Leaders” program. Both of them will graduate from this 4-year series in 2020. (Track A was “For the Entrepreneur in You,” presented by staff of the University of Kansas.)

Next year’s NWLC will be held at the Westin Hotel in Westminster, Colorado, on October 14-17. Novi Oaks Charter Chapter provides financial assistance to its members to attend national conferences. Our members should start now to set aside funds and mark their calendars for October 14-17, 2020!

Out of the 2020 Top Ten, Attorney Diane Kliem of Victoria, Texas, was selected as the 2020 American Business Woman of ABWA.

Members Sheri Mayer, Marcia Green, Chris Struwe, and Novi Oaks’ Top Ten Nominee, Krista Spencer, at the Top Ten luncheon.

District V Vice President candidates, Cheryl Blair and Beverly Woods.

The 2020 Top Tens receiving their awards: Charlene Austin, Greater Des Moines Noon Chapter (Iowa); Carol Brace, Women Empowering Women Express Network (Texas); Janelle Burlin, Kansas City Express Network (Missouri); Tammy Duncan, La Capitale Chapter (Louisiana); Genice Hall-Summers, Columbia Triad Chapter (South Carolina); Debbie Holladay, Bryan/College Station Charter Chapter (Texas); Diane Kliem, Victoria Professional Express Network (Texas); Cindy Schmitt, Oceanside Charter Chapter (Florida); Evie Wallace, Oxon Hill Charter Chapter (Maryland); and Janice Curry, Charisma Charter Chapter (Texas – above right).
Inside Novi Oaks

Best Practice Chapters in the Eastern Michigan Council

Novi Oaks on stage to receive the Level III Best Practices Award for the 2018-2019 ABWA Year: National officers President Felicia Johnson, VP Charlotte Osborne, and Secretary Treasurer Cheryl Scott; President Krista Spencer, Secretary Marcia Green, Treasurer Chris Struwe, Sheri Mayer, and District V VP Marilyn Lash. Novi Oaks also received 1 of 11 “Brilliance” awards for their Best Practice binder submission.

Greater Oakland Charter Chapter: Mary Mills, Jo Ann Huebner, and Debi Marsac.


Suburban Connection Charter Chapter: Cathy Robinson and Julie Sullivan.


Cass River Charter Chapter: Karen Rees and Gail Frahm.

Maia Chapter in Ann Arbor: Mary Shindell, Sharon Walker, Janene Ternes, Mary Ceccanese, Stephanie Toons, and Diane Nixon.
Congratulations!

to the 2019-2020 National Board of Directors of
the American Business Women’s Association

The 2019 ABWA National Women’s Leadership
Conference has come to an end and members have
elected another talented group to serve as ABWA’s
2019-2020 Board of Directors and Trustees for the Stephen
Buffon Memorial Educational Fund (SBMEF).

National Officers from left to right

TRINA NKHAZI, National Vice President
SHARON GODBEE, National President
ANNE O’NEILL, National Secretary-Treasurer

District Vice Presidents from left to right

District I Vice President, MARY STEPHENSON
District II Vice President, JUDY TAYLOR
District III Vice President, KATHY SCHOOLEY
District IV Vice President, MARY MAUPAI
District V Vice President, CHERYL BLAIR
District VI Vice President, KERRIE UNDERHILL
Inside Novi Oaks

NOVI OAKS CHARTER CHAPTER – 2ND Wednesday of each month
4-Part Series: Finding Total Life Balance: All meetings take place at the Holiday Inn Detroit Northwest at 17123 N. Laurel Park Drive in Livonia (NE corner of I-275 @ Six Mile Road), and start at 6:00 p.m.

Wednesday, November 13: Celebrity Nutritionist and Author Zonya Foco (Zonya.com) will present, “Eat to Succeed!”

Wednesday, December 11: Personal Coach Robin Shear will present, “Secret to Success: Finding Your Joy!”

Please pay $23 online via PayPal or credit card at www.novi-abwa.org or mail your check for $22 made payable to ABWA to 1748 Beechmont, Keego Harbor, MI 48320 no later than one week prior to a meeting.

Members, please send an e-mail to Chris Struwe at cbstruweABWA87@gmail.com if you will NOT be attending a meeting.

EASTERN MICHIGAN COUNCIL

December 14, 2019: The Cass River Charter Chapter in Frankenmuth will host this meeting at the Zhender’s Restaurant. 2020 Officers will be installed.

2020 Council Board: Council Chair Gail Frahm of the Cass River Charter Chapter in Frankenmuth, Vice Chair Kelle Hruska and Communications Officer Heather Naugler of the Tipacon Charter Chapter in Auburn Hills, and Finance Officer Gwendolyn Guy of the Lake Shore Charter Chapter in Southfield and the Maia Chapter in Ann Arbor.

Regular meetings feature networking at 9:00 a.m.; Breakfast meeting at 9:30 a.m. Cost is $20. Visit www.abwa-emc.org to register! Deadline is two weeks before any event – the price goes to $25 after that date.

Eastern Michigan Council members from eight chapters and National Members at the event to honor District V Vice President Marilyn Lash on Saturday, July 13, 2019.

EMC Members at the NWLC in Kansas City
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 Express Network Bylaws.

5. Members will not use their personal power to advance their personal interests.

6. Members will strive for excellence in their professions by maintaining and enhancing their own business knowledge and skills, and by encouraging the professional development of other members.

2019-2020 Chapter Executive Board

President .......................... Marcia Green  
Vice President .......................... Karen Rea  
Secretary .......................... Mary Gantt  
Treasurer .......................... Christina Struwe

2020 Top Ten Nominee:  
Krista Spraga Spencer

Novi Oaks’ 2018-2019 Woman of the Year:  
Carol Ann Donnelly

2019 Council Woman of the Year:  
Marcia Green

2018-2019 National Executive Board

President .......................... Felicia Johnson  
Vice President .......................... Charlotte Osborne  
Secretary-Treasurer .......................... Cheryl Scott  
District V-Vice President .......................... Marilyn Lash  
Executive Director .......................... Rene’ Street

ABWA National Headquarters  
9820 Metcalf Avenue, Suite 110  
Overland Park KS: 66212  
(800) 228-0007 / www.abwa.org

Novi Oaks Charter Chapter

Marcia Green, President  
Novi Oaks Charter Chapter  
5236 Oak Hill Trail  
Commerce Township, MI 48382  
Phone: 248-330-6315  
Email: mgreenABWA@gmail.com

Novi Oaks Charter Chapter Meeting Details:

When: The 2nd Wednesday of each month


Time: 6:00 p.m. networking, dinner is served at 6:30 p.m. Meeting follows.

Cost: $22.00 via mail or $23.00 via the web

For reservations, mail your check made payable to ABWA to 1748 Beechmont, Keego Harbor, MI 48320, or visit www.novi-abwa.org to pay via PayPal or credit card.

Attendees must make pre-paid reservations for meetings. Deadline is one week before each meeting.

Members: Inform Chris Struwe if not attending.

Novi Oaks Charter Chapter’s Vision Statement:

Novi Oaks Charter Chapter educates and empowers women to help them achieve their personal best.
FALL MEMBERSHIP RECRUITMENT CAMPAIGN

FALL INTO ABWA!
SEPTEMBER - NOVEMBER

thank you!

We know that ABWA is an important part of your life. In an extremely busy world, we admire the difference you are willing to make by sponsoring a new member into ABWA. We are lucky to have so many great members just like you who’ve committed countless hours towards Changing women’s lives… One woman at a time.5

LEVEL ONE
ENROLL ONE NEW MEMBER

One of five fun designs!

When you recruit one new member, we will send you this adorable handmade wristlet keychain with charm (one of 5 different designs). A beautiful and practical way to carry your keys, and easy to find in a large purse or bag.

Please note that each band is individually cut and sewn and fabric placement will vary.

Dimensions:
1" x 5.5"

LEVEL TWO
ENROLL TWO NEW MEMBERS

When you recruit two new members, we will send you an elegant Vintage Folding Compact Mirror decorated with our theme Dragonfly! Unleash Your Brilliance and make sure you’re always looking your best!

The compact has double sided mirrors.

Dimensions:
2.76" x 2.76"

LEVEL THREE
ENROLL THREE OR MORE NEW MEMBERS

When you recruit three new members, we will send you a gorgeous Vintage Handbag printed & beaded with a charming floral pattern. Perfect for all of your upcoming holiday parties!

Dimensions:
8.7" x 2.4" x 9.4"

It sometimes isn’t enough to simply say Thank You, so… we want to show you that we appreciate you with this year’s fabulous gifts for sponsoring a new member during the fall recruitment campaign.
The Novi Oaks Charter Chapter of The American Business Women’s Association

Eat to Succeed!
Celebrity nutritionist Zonya Foco, RDN is one of the most exciting, inspiring, vital and unforgettable speakers in America. She makes nutrition and fitness fun and life-changing for everyone!

Learn about Zonya at Zonya.com!

Wednesday, November 13, 2019
6:00 p.m. Networking - 6:30 p.m. Meeting/Program (includes dinner)
The Holiday Inn Detroit Northwest - Livonia
17123 N. Laurel Park Drive - Livonia, Michigan 49229 (near 6 MI & I-275)
Visit www.novi-abwa.org to register online - $23

PAID RESERVATION DEADLINE IS ONE WEEK PRIOR TO EACH MEETING
The American Business Women’s Association welcomes all women and men as members. www.abwa.org.
Questions? E-mail Chapter President Marcia Green at NoviOaksABWA@gmail.com

Part 3 of a 4-Part Series: Finding Total Life Balance

September 11: Simple Tools to Manage Stress: Moving from Chaos to Calm
Presented by Donna Marie, MA, Counselor

October 9: Saying Yes to You and Leaving the Guilt Behind
Presented by Vickie Gould, Author, Book Coach

November 13: Eat to Succeed!
Presented by Zonya Foco, RDN, Author

December 11: Secret to Success: Finding Your Joy in the Unexpected
Presented by Robin Shear, Life Coach
The Novi Oaks Charter Chapter of
The American Business Women’s Association

Secret to Success: Finding Your Joy

Have you ever looked at a photo and thought, “Of course she’s smiling, she has a perfect life”? It’s natural to associate joy with the absence of problems. It’s expected that we will feel happy when all is right with the world… when our loved ones are doing well, we have found success, or our skinny jeans fit just right; YAY! But what about when life isn’t perfect… when winter seems to last forever, construction brings traffic to a screeching halt, or the checkout lines go to the back of the store two weeks before the holidays? Where is happiness then?

Is it possible to find joy in the unexpected, when the circumstances pretty much stink? In this presentation, learn the difference between happiness and joy and allow your new-found knowledge to change the way you do life.

Robin Shear owns Joy To The World Coaching, through which she provides joy coaching to individuals online and joy-boosting presentations to groups in person. She is a Certified Professional Coach and a member of the International Coaching Federation. Because Robin believes joy is contagious, her mission is to connect with others, aid them in thinking optimistically, help them define joy and incorporate it into their lives, and encourage them to share their joy with the world. She is a member of ABWA’s Maia Chapter and lives in the beautiful Irish Hills of Michigan. Learn more at joytotheworldcoaching.com.

Wednesday, December 11, 2019
6:00 p.m. Networking - 6:30 p.m. Meeting/Program (includes dinner)

The Holiday Inn Detroit Northwest - Livonia
17123 N. Laurel Park Drive - Livonia, Michigan 49229 (near 6 Mi & I-275)

Visit www.novi-abwa.org to register online - $23

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Presented by Robin Shear, Life Coach
ABWA Greater Oakland Charter Chapter

20th ANNUAL HOLIDAY AUCTION

Benefitting Professional Development and Education

Sunday, November 17, 2019

11:30 am  Registration & Preview  |  12:15 pm Luncheon  |  1:00 pm Live Auction

Crowne Plaza Hotel  1500 Opdyke Rd  Auburn Hills, MI

$30 per person (Before Nov 1st; $35 after Nov 1st)

Register by November 8th

Check: Mail the completed form below with payment  
Credit Card: www.abwa-greateroakland.org and click RSVP

FYI: ABWA is a 501(c)(6) organization (EIN 38-3559347) and donations to this event are not tax-deductible

Number of Tickets: ____ x $30 = $____ (Total enclosed)

OR  I cannot attend but wish to donate $____

Your Name:___________________________________________

Email:________________________________________________

Address:______________________________________________

City, State  ZIP:_______________________________________

Phone:_______________________________________________

Thank you!!

Please mail this completed form along with a check (payable to “Greater Oakland Charter Chapter”) to:

Mary Mills
5065 Crooks Rd #51
Royal Oak, MI 48073
NU-LITE CHAPTER
AMERICAN BUSINESS WOMEN ASSOCIATION
FLINT, MICHIGAN

ANNUAL PECAN SALE!

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$13.00 PER
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PO Box 310475 Flint, MI 48531
Attach check or money order payable to: Nu-Lite Chapter ABWA

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Telephone / Email:_____________________________________________

# of 1 lb. Bags@ $13.00 each _______
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Total Enclosed: $__________

Questions: Contact Dyanna Scott, dy424scott@yahoo.com / (810)449-6234