

# LITE LINES

ABWA Nu-Lite | Flint, Michigan

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## ABWA Core Values

1. Selfless Leadership
2. Building Community
3. Value and Seek Diversity
4. Manage for Innovation and Excellence
5. Lifelong Learning
6. Focus on Facts and Own the Results
7. Choose to Make a Difference
8. Celebrate Achievements

## Nu-Lite Vision Statement

Developing women for a powerful, inclusive future in business and community.

## 2021 Reflections...2022 Resolutions

“Don’t dwell on what went wrong. Instead, focus on what to do next. Spend your energies on moving forward and finding the answer.”

“When things feel overwhelming remember ... One thought at a time, one task at a time, one day at a time.”

“It’s okay for you to believe what you believe. It is not okay however, for you to insist that everyone else believe the same as you.”

“No matter how long you have traveled in the wrong direction, you can always turn around.”

“Life is like a book. Some chapters are sad, some are happy, and some are exciting, but if we never turn the page, we will never know what the next chapter holds.”

African Proverb: *“When the root is deep, there is no reason to fear the wind.”*



## Dr. Amy L. Bacon, December 2021 Meeting Speaker



I am heart transplant recipient of 9.5 years. I first learned that I would need a new heart after suffering a sudden cardiac arrest on March 19, 2009, prior to this, I had no health issues. It was not until that time that our family discovered that there were several other members of our family that suffered my same plight. My father, Alfred Bacon discovered he had heart failure within a few months after I suffered my arrest, consequently, because of his age and his lack of interest in life sustaining measures, he succumbed to the disease and passed away in 2014.

Since my transplant, I have dedicated my life to Public Health, earning my first degree in Applied Science in 2013, then my bachelor's in Health Administration in 2015. I then pursued my passion in public health, earning a master's degree in public health with a concentration in Health Education. I now am working toward my Doctorate in Public Health with my dissertation project being "Preventing the Progression of Chronic Kidney Disease among African American Men." I am dedicating this project to the late Gregory Jones who passed away while waiting for a kidney.

My goal for the life that I have been blessed with is to live each day to the fullest while touching, improving and educating individuals. Health is such an important aspect of well being and so many suffer without having someone who cares on their side. I plan to continue my quest to prevent untimely deaths through education, research, and interventions.

Amy L. Bacon: DrPH(c), MPH, BHSA, A.A.S.

## Dr. Ladel Lewis, January 2022 Meeting Speaker



Wife, mother, and community activist are a few words used to describe Dr. Ladel Lewis. Dr. Lewis earned a doctorate degree from Western Michigan University. Her highly analytical work on crime reporting in the inner city is one of the most requested dissertations at WMU, being used by the federal government and top research institutions. She was honored with the Distinguished Alumnae Award from her other alma mater, the University of Michigan-Flint as well as in the first cohort graduating with "Service Learning Cords." She served as a partner and Senior Research Strategist at Meaningful Evidence, LLC, where she assisted non-profits in program evaluation, policy research, and organizational planning. She was appointed as the Evaluation

Chairperson for the National Organization Blacks in Government (BIG).

With too many accolades to list, she was inducted into the Greater Genesee County Athletic Hall of Fame for basketball, appointed two times to Donna Edwards Congressional Advisory Committee, appointed by the Governor of Maryland to the Citizens Review Board for disadvantaged Children and was appointed by the Prince George's County Executive to the Commission for Women.

This member of Zeta Phi Beta Sorority, Incorporated is no stranger to getting her hands dirty and going over and beyond the call of duty. In 2016, she coordinated pro-bono need assessments and water distribution efforts during the Flint Water Crisis. She partnered with Bottles for the Babies to create "The Dos & Don'ts of Flint Water" and "Healthy Foods to Combat Lead" magnets to the community. Her work targeted vulnerable populations such as the elderly, poor, women with children and the homebound.

She served as the Vice Chairperson for the Title I Parent Advisory Council for the Flint Community Schools where she was also awarded parent of the year. Currently, she is the Founder & President of the Sarvis Park Neighborhood Association where she is responsible for championing resources for her community and Councilperson for Flint's 2nd ward.



## Nu-Lite has partnered with Terri Lynn!!

Premium nuts, decadent confections, savory snacks and tempting mixes are unlike anything you will find at your local grocery store. With a range of 38 products to pick from, you are sure to find that perfect hostess gift, extra-special baking ingredient or indulgent snack your family will love. Go to our online store at [abwa-nulite.terrilynn.com](http://abwa-nulite.terrilynn.com) and check out the products!



### ABWA NULITE ATTENDEE NATIONAL CONFERENCE TESTIMONIAL



"I thoroughly enjoyed the conference even though it was virtual. The speakers were awesome and entertaining. I was in Track B and to hear the testimonials from first timers and from those who had been here awhile were very emotional and to hear some of the women who thanked their chapter/members for the support they did not know they needed and got, I shed some tears with the ladies. I learned how to drink and store wine!! I re-learned how to set a dinner table (that doesn't happen anymore).

I wish that more of our chapter members could have been able to be at the conference to find out what ABWA is really all about. Rene' and the national team and our National board of 2019-2021 were awesome also. It was one of the best conferences I have attended."

- Linda Hamilton, Chapter President

# Women In Business

"Keep focused on what it is you're trying to do. Your worst enemy is going to be yourself throughout this journey. Be original... Don't think of yourself as an extension of anything; whether it's a culture, a place, an environment or industry... Have the guts, have the courage and the belief in what you do. Think bigger, think within a planet where you only exist. That's where the interesting stuff happens."

- Butheina Kazim, founder, Cinema Akil

"Don't be afraid to knock on doors. If someone says, 'No,'- no means next... Trust your intuition. If you've done your homework, trust your intuition. It is when I don't trust my instincts that I get in trouble."

- Kristine Lasam, founder, Pink Entropy

## Support Our Local Women In Business

*Members who would to advertise their business in the monthly newsletter, please submit your business card to Dyanna Scott. Non-Membership advertising fee is \$10 monthly.*



Start your 2022 year off right by enrolling in ABWA's newest Apex Campus courses by Randy Dean - The E-mail Sanity Expert! Randy Dean, is best known for his dynamic session on effective e-mail management, Taming the E-mail Beast. ABWA is now offering Randy's most popular courses for members at a 50% discount.

Login in at [www.myapexcampus.org](http://www.myapexcampus.org) under the E-mail, Time, Tech and Productivity Series and register today!

## EMAIL, TIME, AND TECH PRODUCTIVITY SERIES



### Randy Dean-The E-mail Sanity Expert©

Randy Dean, is best known for his dynamic session on effective e-mail management, Taming the E-mail Beast. Coming in January, ABWA will offer Randy's most popular courses for members at a 50% discount.

- *Taming the Email Beast for Outlook Users*
- *Taming the Email Beast for G-mail Users*
- *Time Management in the "Cloud"*
- *From Distracted to Productive, Finding Your Focus in Today's Increasingly Interrupted World*
- *Google Keep, Google Drive, Google Shortcuts*
- *Getting More from Working Virtual*
- *Managing and Leading Great Staff and Team Meetings*
- *Ending Office Clutter and Information Overload*
- *Optimizing Your Microsoft Outlook*
- *One Note, One Drive & Microsoft Teams*



**Together**  
TOWARDS TOMORROW

THE AMERICAN BUSINESS WOMEN'S ASSOCIATION  
Changing women's lives... one woman at a time.™



# RECOGNITION • acknowledgement of achievement



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

Congratulations to the 2022 Top Ten Business Women of ABWA!



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



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



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



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



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



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



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



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



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



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



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## 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 league?  Yes  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: \_\_\_\_\_

Primary phone contact: \_\_\_\_\_ 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](http://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):

Birthday (MM/DD): \_\_\_\_\_ Birth Year (YYYY): \_\_\_\_\_ Gender:  Female  Male

### 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:

High School/GED  Vo-Tech  Associate's Degree  Bachelor's Degree  Master's Degree  Doctorate Degree

### 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, 9820 Metcalf Ave, Suite 110, Overland Park, KS 66212

Visa  MasterCard  Discover # \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Expiration Date: \_\_\_\_\_ / \_\_\_\_\_ Security Code (3-digit 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.



## 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.

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### SET OF CORE VALUES FOR THE AMERICAN BUSINESS WOMEN'S ASSOCIATION

1. Giving Members a Voice
2. Treat People With Dignity (Proud Code of Conduct)
3. Lifelong Learning
4. Focus on Creating Value for Members
5. Achievement
6. Visionary Leadership
7. Focus on the Future
8. Focus on Results
9. Manage by Fact
10. Manage for Innovation

### 2021 - 2022 CHAPTER EXECUTIVE BOARD

|                      |                  |
|----------------------|------------------|
| President .....      | Linda Hamilton   |
| Vice President ..... | Shalonda Griffin |
| Secretary .....      | Teretha Scott    |
| Treasurer .....      | Kathy Scott      |

Nu-Lite 2021 - 2022 Woman of the Year:  
Dr. Ernestine Jackson

### ABWA National Headquarters

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*ABWA Nu-Lite,  
A League of the American Business Women's Association*

