

Bon Amis Newsletter Amis De Lafourche



VOLUME 1, ISSUE 2

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2009 Women's Day Event

Honoring

Lela Bourgeois

The 2009 Woman of the Year

and

Featuring



Monday September 28, 2009

At Envie' Restaurant in Thibodaux

Menu includes:

Angel Hair Pasta topped with a Crab cake and Cajun Cream Sauce

Surrounded by (8) grilled shrimp topped with lemon butter white wine sauce

served with vegetable medley, rolls and butter

Silent Auction and Cash Bar begins at 6:00pm

Banquet and Dinner begins at 7:00pm

\$25 per person

Deadline to pay is Sept. 22

ABWA c/o Jenise, 1404 Canal Blvd. , Thibodaux, LA 70301

President's Message

Greetings Gals!

As I was in the hustle and bustle of moving the past few days, a thought occurred to me. Do I always take the time to “stop and smell the roses”? Appreciate the small things in life? I’ll be honest, I don’t always. I get caught up in getting stuff done this very minute that I sometimes forget that it is life and you have to smell the roses, or paint fumes in my case last week, every now and then. It’s the small things that make our lives so great. It’s the dust you leave around your house because you are so busy surrounded by great friends to clean it. It’s the hug from your husband when he walks through the door, no matter how filthy he is. It’s the “Hey, how have you been?” at our monthly meetings, that lets you know someone cares enough to ask. To me, those are the small things that I appreciate in life.

Enough of the deep stuff, it’s the Woman of the Year banquet this month!!! YAY!!!! Be sure to tell all of your friends, family, co-workers, and strangers on the street! I hope everyone is as pumped up and ready as I am to bid on our silent auction and listen to our guest speaker, Dante from The Magic of Dante! Get excited and get ready... wonder if he will make someone disappear and reappear??? Hmm...

If you are interested in making a donation to our silent auction, please contact Tammy Naquin, our fundraising chair-woman. Tammy has been great at collecting items thus far, but we could always use more donations!

See you on the 28th to honor Lela Bourgeois as our Woman of the Year and to race against you in the bidding of our silent auction! Remember, invite everyone!

Sarah Daigle

Amis de Lafourche President



ABWA MISSION STATEMENT

The mission of the American Business Woman's Association is to bring together business-women 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.

Member Birthdays

09/05 Vickie Cancienne

09/20 Diane Benoit

Meeting Notes

August 24, 2009



Chapter Minutes

ABWA Regular Meeting: August 24, 2009
6:30 p.m.

Location: Envie

The meeting was called to order by President, Sarah Daigle. Stephanie Shaw, Vice President, Taryn Naquin, secretary, and Bridget Martinez, Treasurer were present. Taryn Naquin led in the invocation and pledge. Members and guests were introduced. Dinner was served.

Program

Mrs. Holly Miller, "Time Management". She discussed how she juggled four children, home, business, marriage, and she gave tips to the women on how to succeed.

Business Meeting

- Review and vote on standing rules. Change 1: Meal fee for guests have additional charge. Change 2: Put select committees under other related committees. Bridget Martinez motioned for the Standing Rules with changes be adopted. There was no second on the motion, so the motion died. Vicki Cancienne motioned to adopt the standing rules but to eliminate item number three, which was the increase in guest meal price. Peggy Mokhtarnejad seconded the motion. Motion passed.
- Review and vote 2009-2010 budget. After members looked over the budget, Marilyn Macik-Frey motioned to adopt the budget as proposed. Lela Bourgeois seconded the motion. Motion passed.
- **Approve code of conduct.** After the members reviewed the code of conduct, Vicki Cancienne motioned to accept the code of conduct as proposed. Laura Kurkowski seconded the motion. Motion passed.

Committee Reports:

- Fund Raising – Silent auction donations accepted until Sept. 25 (Tammy & Lela)
- Newsletter – Business card ads \$20 for the year (Marilyn)
- Correspondence – Thibodauxville application and information (Danette)
- Hospitality – Secret Pal forms available, deadline Sept. 15 (Jo Ann)
- Membership – ordering nametags; membership profile update (Missy)
- Program – program ideas, next meeting is banquet (Vicki)
- Woman of the Year – Banquet is \$25, deadline is Sept. 22, flyer in newsletter, speaking is Magic of Dante (Jenise)
- Professional Development – Applications for spring scholarship going on, need help with speaker (Sally)
- Publicity/Scrapbook – Working with Eric on website, any ideas? Demo at Oct. meeting, need volunteers for updating website (Anne)
- Auditing – Everything looked great, made a few suggestions (Laura)

Announcements

- November 14 is Thibodauxville
- Premiere Jewelry interest meeting is Sept. 1
- Personality Bag is taking donations (Stephanie, Shirlene, & Teri)
- Next Board Meeting is Sept. 3, 5:00 pm at John Deere Thibodaux
- WOY Banquet – Sept. 28, Envie. Bring guests and donations. Magic of Dante
- Next General Membership meeting – Oct. 26, Envie
- Drawing for ½ and ½ / Door prizes

Benediction led by: Claire Legarde



Speaker Highlights from August Meeting

Thanks to Holly Miller for helping
us balance our lives a little better

1. Put God first in all you do.
2. Get Help!
3. Ask for help!
4. Give your children chores at a very young age.
5. Make a list of all of your duties on one side of the paper, and your husbands on the other.
6. Make some more lists!!
7. Get your home organized.
8. Keep strict guidelines for keeping the main living areas of the house tidy.
9. Keep a family calendar with all school schedules, outside activities, school projects due, etc...this keeps the stress level down, and no more late night trips to Wal-Mart for a poster board for the next day!
10. Set aside time once or twice a month for "Parents night out".
11. Set aside time for "mommy time"
12. Simplify chores like paying bills, by using free services like, "auto deducting" payments, online banking, and online bill pay.
13. Save time and money by shopping for regularly used items on line.
14. If you have your own home business or work partly at home, set your own office hours.
15. Last, but not least. Probably should be #2! You must love what you are doing.

HURRY!!! Deadline approaching
RSVP for the Sept 28
2009 Women's Day Event (info on page 1)
Send \$25pp with names of attendees to: Jenise, 1404 Canal Blvd., Thibodaux, LA 70301

Thank You to Our Newsletter Sponsors.



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Amis de Lafourche Officers	ABWA National Officers
Sarah Berger Daigle * President	Vicki Marlett — President
Stephanie Shaw * Vice Presi-	Casey Coven— Vice-President

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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Amis de Lafourche ABWA
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