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**Next Monthly Meeting**

**April 21st**

**Join us on Zoom**

**Networking-5:30pm**

**Mission Statement of the American Business Women's Association**

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**

Hello Indianapolis Charter Chapter!

Welcome to May in Indianapolis! Prior to 2020, May has always been filled with much activity... Mother's Day, 500 Festival activities, Memorial Day weekend, and the Indy 500. Well, COVID-19 has canceled or postponed many things, but nothing can stop us from taking a moment or two to remember Mom. We are all in different stages of life...kids, no kids, Mom physically alive, Mom living on through our memories. Whatever stage you find yourself, I hope May 10<sup>th</sup> was a good day for you.

As you all are aware, social distancing guidelines are still in place and will be at the time of our May chapter meeting. As a result, we will hold our meeting via Zoom again. There are both positives and negatives to virtual meetings. Once such positive is that members who normally are not able to attend in person, were able to join us virtually. Negatives, of course, are that some members we normally see at our in-person meetings have not been able to join in and we were not able to vote on any chapter business.

We are strong, we know the guidelines are in place for a reason, and we know that when the guidelines are lifted, the huggers will be out in force!

In the meantime, stay safe, stay healthy, and follow this cat's example by maintaining proper social distancing!



I look forward to seeing you at our May 19<sup>th</sup> meeting!

Cheryl Cramer

## Speaker's Corner - May 2020



**Cathy Boone-Black**  
Stress and Pain Relief Coach

Cathy is a certified practitioner of:

- Hypnosis
- Faster EFT
- The Emotion Code
- NLP (Neuro Linguistic Programing)
- Pain Relief Specialist
- Prepare for Surgery Heal Faster
- Doula (DONA)
- DISC Language
- EQ-i/EQ360
- Reflexology

For over 40 years Cathy has used proven methods to relieve her own panic attacks, anxiety and fear. When working with Cathy she will teach you how to develop and use your own inner resources to ease suffering, relieve stress and maximize relaxation. Integrative Hypnosis empowers you to nurture your own body, mind and spirit leading to a fuller, more rewarding life.

[indianaintegrativehypnosis.com](http://indianaintegrativehypnosis.com)

### News & Events

Crew Car Wash Coupons are \$10 each, never expire, and are full value for Crew's basic car wash. Contact Cheryl Cramer via text (317-697-1894) or email

[cheryl.cramer.2007@gmail.com](mailto:cheryl.cramer.2007@gmail.com)

Coupons will be available for purchase at chapter meetings while supplies last.

### INDY 500

The 104th running of the Indianapolis 500 has been rescheduled to August 23, 2020. Will have a sign up sheet the next time we meet (hopefully in May)

Please put the 23rd of August on your calendars.

### Brickyard 400

The Brickyard 400 will be run on July 5, 2020 this year. Please mark this date on your calendar too. Will have a sign up sheet for this race also when we meet next.

### Birthdays

Myra Levine

Stephanie Wright

### Anniversaries

Jessica King

2 years

Kathleen Wentzel 1 year

## ICC's Woman of the Year and Top 10 Candidate

### Election of ICC's Woman of the Year and Top 10 Candidate

Election of these two special ladies was scheduled for our February meeting. As you are aware, we had to table that due to low attendance at the meeting. Then, in March and April, we had to table it again because we were unable to hold an in-person meeting.

Due to the continued COVID-19 situation preventing in-person meetings, as well as state regulations in place for organizations such as ABWA, election of these two special women is tabled until we can have an in-person meeting.

\* Candidates for Woman of the Year: Marcy Meador and Cheryl Swarts

\* Candidates for Top 10: Carol King, Andrea Moore and Janet Greer

## Be the Light and Connect 2019 –2020

“Alone we can do so little; together we can do so much.” – Helen Keller

During the 2019-2020 league year, Indianapolis Charter Chapter will be working as 2 teams. Our goal of ICC is to continue to grow as a league and help others grow both professionally and personally. Along with the growing we also need to have fun!

Here is how you can earn points as an individual to help your team and chapter.

1. Attend ICC meetings – 1 point
2. Wear your name badge to ICC meetings - 1 point
3. Brings guests to ICC meetings – 5 points for each guest
4. Sponsor a new ICC member – 10 points
5. Participate in an ICC sponsored Community Service – 1 point
6. Participate in an ICC sponsored Fundraiser – 1 point
7. Attend an ABWA or Council Sponsored Event – such as Summer Sizzler and Council Meetings – 5 pts
8. Attend Fall 2019 ABWA Conference – 10 points
9. Attend Spring 2020 ABWA Conference – 10 points
10. Take an ABWA online Class – 5 points
11. Participate in monthly challenge – 2 points (clue will be in our monthly newsletter)
12. Attended ICC Committee Meeting – 1 point

For credit, activity must take place between the monthly meetings (starting the day after through the day of the next meeting).

You can still earn points even when you are absent from a meeting. Simply email/text me with your activity.

[Marcy\\_meador@sbcglobal.net](mailto:Marcy_meador@sbcglobal.net) or 317-696-3221.

If you are one of ICC’s out of town members and would like to participate, email or text me and I will assign you to a team and email you a scorecard for the year.

When you sponsor a member during 2019-2020, she will become part of your team.

If - through your encouragement – any of the unassigned members comes to a meeting, she will be added to your team. She must verify that she should be on your team.

If any of these unassigned members comes to a meeting on her own volition or emails me with her interest to participate, she will be randomly assigned to a team.

Since we are in May extra points for wearing black and white even though the 500 has been postponed. Everyone still gets points for wearing their ABWA name tags on the zoom call!

TEAM A		TEAM B	
DEBBIE EVERMAN	BARB NIEMAN	ARLISS BARNES	AMANDA REVOLT
MARCIA GABBERT	FRONZIE SHRINER	PAULA CLUTTER	CYD BERRY RICE
CHRISTINE FINE	ELAINE SINGER	CHERYL CRAMER	LINDA RISCH
KATHY JORDAN	CAROLYN SPRINGER	DEBBIE DEKATER	PATTI ROBINSON
CAROL KING	HOLDER	JANET GREER	ANN MARIE ROHE
HANNAH KING	CHERYL SWARTS	DIANNE HOOVER	DIANE RUSCOE
SUSIE MARIUTTO	TRACY SWEET	JESSICA KING	MARI SANDERS
ANDREA MOORE	CYNDIE TAYLOR	MYRA LEVINE	MIG WILLHITE-GALLIAN
	KATHLEEN WETZEL	CAROLYN MARK	STEPHANIE WRIGHT
	JUDI WILLEM		JANE YIP

## Indianapolis Charter Chapter - Monthly Meeting Minutes 4/21/2020

### Virtual Meeting Using Zoom

The meeting was called to order at 6:01pm pm by President, Cheryl Cramer. We had 25 members and 3 guests present. Guests were Aimee Kandrac (speaker), Amy Douglas (Andrea Moore) and Kim Holland (Cheryl Swarts).

President, Cheryl Cramer, welcomed all and opened the meeting by directing attendees to the ABWA Mission printed on the pre-published agenda sent to members via email. Secretary, Carol King, was asked to lead the group in the Invocation printed on the pre-published agenda followed by the Pledge of Allegiance. Attendees were asked when called upon to share their occupation/company affiliation number of years in ABWA, if applicable, and to share the one positive thing experienced during the current stay-at-home order.

### **BUSINESS**

Last Month's Meeting Minutes – President, Cheryl Cramer asked if there were any corrections to the minutes as published in the April newsletter. There being none, President Cramer indicated last month's Meeting Minutes are approved as published in the newsletter.

Treasurer, Debbie deKater reviewed the report shown during the meeting session to attendees. Ending balance of last report, no receipts or disbursements since last report and the 2019-20 budgeted amount for each line item was shown. She asked if there were any questions. There being none, President Cramer indicated last month's Treasurer report will be filed for audit.

### **OLD BUSINESS/UPDATES**

Chapter Connections Reward Program overview provided by Vice President, Marcy Meador. Scorecards will be completed this month by Marcy Meador, since we are having a virtual meeting, with respect to credit for attending the May meeting and there will be extra points for attending this virtual meeting. Members who brought a guest to the virtual meeting will also receive 5 extra points. April fun facts were also shared.

Membership chair, Andrea Moore, provided an update on our Member Orientation program, sharing with members that the next Zoom session has not been scheduled yet. Andrea asked that anyone, new or well-established members, please send her a note to let her know if you would like to be on the next Zoom session. She also asked for topics/content members would like to be covered. Her committee is planning a social time for May – it will be a virtual meeting.

Hospitality Update provided by Cheryl Swarts:

- Birthdays: Judi Wilhem & Linda Risch
- ABWA Anniversaries: Diane Ruscoe & Stephanie Wright

## Indianapolis Charter Chapter - Monthly Meeting Minutes 4/21/2020

Continued

### NEW BUSINESS

Cardinal Crossroads Council update provided by Marcia Gabbert. The next quarterly meeting and program will be 4/24/20 at 10:00am. It will be held virtually. Representatives will attend, but all are welcome. Reservations should be made with Karen Johnson. Summer Sizzler date has changed due to the rescheduling of the Indy 500 Race. Committee members are still needed.

Treasurer, Debbie deKater, provided an update on the Indianapolis 500 Race fundraiser coming up. The race has been rescheduled for August 23 due to the current social distancing order in place for the state of Indiana. The Brickyard 400 will be July 5. Debbie reminded members that we have Crew Car Wash coupons (\$10 each and they do not expire) and Cards for A Cause sets (\$30 per set) to sell through the end of this chapter year. Those sales could make a big dent in the deficit we will have due to the rescheduling of our May fundraiser. Just give Debbie a call to let her know what you would like to sell.

Susie Mariutto reported on the status of the election of National Executive Board members in the fall. No voting will take place and all current members have agreed to serve an additional year in their current position. This means the DVP luncheon which was planned for July 2020 will not be held until July of 2021.

President, Cheryl Cramer announced that our Woman of the Year and Top 10 election must be delayed until we can meet in person for voting. She also reminded members that we will be getting ready for the annual election of Executive Board members as soon as we can gather in person again. A Nominating committee will then be elected with the Executive Board election being held the following month. She requested that members consider where they might like to serve the chapter next year. Let a member of the Executive Board

### PROGRAM

Our program "What Friends Do" was provided by speaker Aimee Kandrac of WhatFriendsDo. She provided a very informative program on her approach to an organized way to help out others with health needs or needs resulting from major life events. She has learned through her technology-based company centered on helping friends and families that people who want to help really just need a task to do in supporting a family which is in need. Things like bringing meals, walking the dog, sharing health update notes, sharing wish lists, sending greeting cards and care packages are most welcome during trying times. She also talked about how she secured capital venture funds of \$500,000 to grow her business. Aimee invited attendees to check out [whatfriendsdo.com](http://whatfriendsdo.com) to create a team to help a needy family for free.

### ANNOUNCEMENTS

Announcements are listed on the back of the meeting agenda tonight and will be from now on. This will help save time at the meeting. Announcements should be sent to Cheryl Cramer via email by the Friday prior to the upcoming meeting.

There being no further business, President, Cheryl Cramer, adjourned the meeting at 7:23pm.

*Minutes Respectfully Submitted by Carol King, Secretary.*



## Spring Membership Campaign

Hello Ladies!

It is time for our Spring Membership Campaign! I have found during this Covid time, like many of you, that Zoom has been a great tool to network. It has made time management easier. Using Zoom there is no travel time to the meeting destination, the conversations we are having more focused on networking and growing each of our businesses. While we are not meeting in person for our May meeting, it is a great time to invite Ladies to join our Zoom meeting to learn about ABWA. They can attend our meeting from the comfort of their own home. They can learn about ABWA and how we are invested in each member. We have great speakers with content that are applicable to their careers, education offering with the Apex courses, and best of all friendships and mentors that can help them grow personally and professionally. Who do you know that has been wanting to attend, but just can't seem to make it to our meeting? Send them the meeting link and invite them to attend our May meeting. We have a chapter goal of growing our league by 9 new members this term. We currently are at five. We are hosting a spring membership event on May 28<sup>th</sup> for a Murder Mystery party for current and prospective members to attend. There is a separate article in the newsletter for all the details! Can't wait to see you all on Zoom in May and fingers crossed in person in June!

SPRING MEMBERSHIP RECRUITMENT CAMPAIGN—MARCH THROUGH MAY



# RISE TO THE CHALLENGE

IN THE AMERICAN BUSINESS WOMEN'S ASSOCIATION

**THANK YOU!**

*At Vera Bradley, power power is always in style. Unique bold patterns and attention to details are synonymous with Vera Bradley's distinctive bags and accessories. We think Vera Bradley is a perfect incentive to kick off the 2020 Spring Membership Campaign. Recruit one, two, or three (or more) members, and as our thank you to you, we will send you a Level I, II or III incentive while supplies last! This is a limited offer, so don't hesitate. Rise to the challenge today and ask your friends, co-workers or relative to join ABWA during the spring membership campaign, March 1-May 31.*

<p><b>LEVEL ONE</b></p> <p>ENROLL ONE NEW MEMBER</p>  <p>This might be the perfect case for quick errands. Tuck your ID, cards and maybe a little cash inside and you're ready to travel lightly. A hinged ring will hold your keys, too.</p> <ul style="list-style-type: none"> <li>• Two compartments</li> <li>• ID window on back</li> <li>• Zip pocket</li> <li>• Hinged ring</li> <li>• Pin-snap and zip closures</li> </ul> <p>Dimensions: 5.00" w x 3.00" h</p>  <p>WWW.ABWA.ORG 1-800-228-0007</p>	<p><b>LEVEL TWO</b></p> <p>ENROLL TWO NEW MEMBERS</p>  <p>For more than the basics, this plastic-lined case holds bottles, brushes and all of your girl gear! Pretty and practical, a winning combination!</p> <ul style="list-style-type: none"> <li>• Front zip pocket</li> <li>• Main compartment is PVC lined</li> <li>• Zip closures</li> </ul> <p>Dimensions: 7.75" w x 5.75" h x 2.75"</p>	<p><b>LEVEL THREE</b></p> <p>ENROLL THREE OR MORE NEW MEMBERS</p>  <p>Vera Bradley thought of everything a great travel bag needs! There's a large central compartment and enough pockets to keep all your necessities organized on the road.</p> <ul style="list-style-type: none"> <li>• Exterior features one slip and two zip pockets</li> <li>• Interior features five mesh pockets</li> <li>• Trolley sleeve</li> <li>• Carry-on compliant</li> <li>• Removable strap</li> <li>• Zip closures</li> </ul> <p>Dimensions: 18.50" w x 12.50" h x 7.50" d with 6.50" strap drop; 32.50" removable, adjustable strap</p> 
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In this current climate, now is the time to reach out and connect with other women who might need our ABWA support!

Leagues across the country are using Zoom, GoToMeeting, Facebook, and other social media platforms to stay socially connected, even when we can't be physically together. Remember ABWA offers valuable online learning tools to help women stay current with their professions. If you see changing careers in your future, turn to the online Job Suite Series to brush up your interview and resume writing.

**The 2020 Spring Membership Campaign has been extended to June 30, 2020.** Now is the time to reach out and make that connection to network, learn and grow! Invite a colleague to attend your league's next virtual meeting.

## Member Spotlight - Debbie Everman



Debbie Everman, 29 years of membership is our Member in the Spotlight for May.

Debbie was first introduced to ABWA thru Rhea Harper with Spirit of America Chapter. Rhea's husband Richard worked at Navistar in the engine assembly plant. Debbie worked for the Plant Manager Engine and Foundry as an Executive Secretary (later Assistant) and her boss and his staff hosted a Sweetheart's Plant Tour in February 1991. Rhea attended with her husband and loved the tour. She contacted Debbie the day after and asked if they would be able to give her ABWA chapter a tour as one of their monthly programs. Debbie's boss said sure and the rest is history. They arranged to have four female supervisors conduct the tour and Debbie worked with the Executive chef to prepare a meal for the women in the Executive Conference Room. Debbie was then invited to a membership tea at the Benton House in Irvington to learn more about ABWA. Debbie joined in March 1991 and was a member of Spirit of America Chapter until around 2009 when the chapter disbanded.

In 2009, Debbie transferred her membership to the Indianapolis Charter Chapter. Between the two chapters, Debbie has held several positions and committee chairs; President 5 times, Vice President a few times. Secretary a few times, but she wanted no part of being the Treasurer. She either chaired just about every committee or participated in every committee since joining. She has learned so much thru ABWA, about public speaking, leadership roles, planning special events, etc and gained a better experience than any college could have provided. Since her high school goal was to become an Executive Secretary for a CEO or Plant Manager after attending Indiana Business College, she was able to achieve her goals and she's thankful to be apart of the American Business Women's Association for all these years. Debbie has attended several regional and national conferences over the years and has met so many wonderful women throughout the last 29 years in ABWA. She loves her chapter sisters, past and present, and looks forward to being with many of them still.

Since May of 1993, Debbie has volunteered to support both Spirit of America and Indianapolis Charter Chapter by working at the Indianapolis Speedway races.

After 33 years with Navistar, Debbie retired at the end of November 2006. She was called back on a part-time basis contract for six months and left Navistar at the end of October 2007. By that time Debbie had already signed up to be an independent distributor with Premier Design Jewelry beginning in March 2007 and she is still active today. She also loves that she is still able to network and meet new people.

After 3 1/2 years of dating Debbie married her second husband Tom in February 1978, giving them just over 42 years of marriage. When they joined families, Tom had three children and Debbie had one. Tom's oldest son married a woman with two beautiful little girls (ages 2 and 6 months), so needless to say, Debbie was in Granny heaven when they came into their lives. Then two more little girls came along, giving us four granddaughters. The icing on the cake that our four granddaughters have given us a total of 12 great grandchildren (ages 6 months to 13 years). Debbie loves being Granny to these precious children and she is missing them like crazy during Covid19 quarantine period. Fortunately, they have Zoom meetings so they can see them growing up. Their traditions have been to always be together on Christmas Day and usually on other holidays and birthdays.

As a lifelong member of Rocklane Christian Church, Debbie has volunteered the last several years in their MOPS program to watch over little ones while their mothers participate in classes and fellowship. Debbie is also on the food committee for funeral meals. In addition, for the last several years, Debbie has volunteered at the front reception desk at Second Helpings in downtown Indy.

When asked to give three words to describe herself she answered, happy, grateful and fulfilled with her life. She had many more words, but these were the three she felt best described her life right now. Since she lost her mother at age 63, her dad at age 69 and her brother at age 64, she feels blessed to have made it to age 70 on her last birthday. Her motto is to put one foot in front of the other and keep moving forward by taking one day at a time.

Debbie thank you for being our Member in the Spotlight and letting us know more about the wonderful woman that you are!

## ABWA SUMMER SIZZLER 2020

### ABWA Summer Sizzler 2020

Save The Date! Saturday, August 29th! Mark your calendars!

The ABWA Cardinal Crossroads Council is pleased to announce the 2020 Summer Sizzler is scheduled for Saturday August 29, 2020. We will have fantastic speakers for this years event and we are expecting to have outstanding attendance! This high attendance will be great for networking and for lots of shoppers for our vendors.

If you are interested in being a vendor at this event, this email is for you!

We will have registration forms for vendors available in the next few weeks, and wanted to *give you a heads up to mark your calendars*. For those of you who are regulars, the event is 1 week later than normal, due to the Indy 500 being rescheduled for the prior week.

If you are interested in having a **VENDOR TABLE(s)**, [let us know so we can connect with you to tentatively reserve your spot](#). **Once we have the forms available, we will collect additional information and payment. Also, NEW this year.... once you've paid your registration, you'll have the opportunity to choose your booth location in the room.**

We are excited to work with you. If you have any **questions about vendor booths**, please reach out to **Wendy Wilker**.

**Email:** [wendywilker1@gmail.com](mailto:wendywilker1@gmail.com)  
**Call or Text:** 334-546-0074.

**Thank you! And look forward to hearing and seeing you soon!**

## Get Your Story Straight!

Are you intrigued by mystery? Are you competitive? Do you want to have a night of fun?

Thursday, May 28, 2020 at 6pm

Via Zoom \$15 per person

Grab your snacks, cocktails and team of 5 (we are limited to 25 total people)

Deadline to RSVP is May 23 for Chapter members and their guests.

RSVP to Janet Greer [jegreer92@gmail.com](mailto:jegreer92@gmail.com) 317-403-5267

Prizes\*Prizes\*Prizes

### ABWA's Proud Code of Conduct

- All members will serve as goodwill ambassadors for the American Business Women's Association.
- Members will not allow their personal beliefs and convictions to interfere with the representation of ABWA's mission.
- Members will always treat their member colleagues, guests, vendors and sponsors with honesty, respect, fairness, integrity, responsibility, kindness, and in good faith.
- Members will maintain compliance with ABWA National, Chapter and Express Network Bylaws.
- 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.

**WE ARE**  
 Changing  
 Women's Lives...

### CORE VALUES

1. Giving members a voice.
2. Treat people with dignity.
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.

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**ABWA**  
 AMERICAN BUSINESS WOMEN'S ASSOCIATION  
 Indianapolis Charter Chapter

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