



MAIA MESSENGER



ABWA's Mission Statement

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.

FROM THE BOARD

Greetings Maia Members,

It's summer again and I hope you all enjoy these first few weeks and can take advantage of the ability to travel and make plans for the first time in years!

It's also the time when another chapter year comes to an end, a chapter year where we've again lost more members than we were able to add - despite having many guests attend our monthly meetings, enjoy our amazing speakers, and participate in several very successful fundraisers.

There are for sure different reasons why we are losing members. For the purpose of this column, let me assume that the main reason for people leaving Maia Chapter is not finding what they were looking for when joining the chapter.

Too often, I hear other women say: "I am too busy to do this, I don't have the time to participate in that..."

(I always hope that they have more in their lives than a busy professional career and/or a busy family life!)

All too often, we just talk about self-care, about prioritizing the time and means to address our different needs and to do things that fill us with joy.

I have been one of the "too busy" women. After moving to the US 9½ years ago I laser-focused on my new job. For 6 years I was busy heading a \$50M business unit and I didn't take the time to make sure that I had a (social) network, a life outside my job and my family – I was happy in my job, found joy in what I was doing, and thought I didn't need anything more. Then, I resigned from my job. From one day to the next I had so much time. Usually enjoying solitude, I felt lonely. I realized, that yes, I had left my job, but I also had detached myself from my major source of joy...

In this MAIA MESSENGER

- From the Board ... p 1-2
- Body, Mind, Spirit & Fun - our first HYBRID meeting at Laurie's house ... p 3-4
- From the Regional Conferences 2022 ... p 5
- Maia – Social ... p 6
- Tea & Dessert Auction ... p 7-8
- Welcome New Members ... p 9
- Congratulations! Maia Chapter's 2022-2023 Board! ... p 10
- Upcoming Events
 - DVP Luncheon ... p 11
 - Chapter Meetings ... p 12
 - ABWASummer Solstice Series ... p 13
 - National Women's
 - Leadership Conference ... p 14
- Maia Chapter Information ... p 15

From the Board continued...

As everybody else who has been in a similar situation, that's when I started exploring networking opportunities in Ann Arbor. To the day today, I continue being an active part of 3 very different networking communities, including Maia Chapter. I have realized, that one can passively tag along, be superficially involved and show up at meetings, consume what is offered...but to get something out of these activities, I at least, need to be actively involved. I need to be engaged and I need to contribute – with my ideas, my time, and, sometimes, my money.

Coming back to Maia Chapter, currently, it's always the same members who do things - find new speakers, organize fundraisers, create the newsletter, update the website, post on social media... I get it, it's very comfortable to have people taking care of all this. But, when it's always the same people, nothing will change, things will be done the same way. When you are seeking for "something" in Maia Chapter and you currently don't find it, it will continue eluding you unless you actively come onboard. As a chapter member, you have many opportunities to influence what the chapter is doing. You can make the "something" happen that you are looking for. It doesn't mean that you have to put in a lot of time, just involve yourself in an area that is of interest to you, take on a task that brings you joy.

The surprise activity that I have taken on, and continue enjoying, is being the chapter's webmaster. I had no experience when I started – I just knew that I needed to do something new, needed to confirm for myself that I still am able to immerse myself into something completely new, to master something new. Also, I am enjoying the additional social events that keep being added to the chapter calendar – it's a great opportunity to get to know other members better. I am also having cocktails once a month with a small group of Maia friends. I am nurturing my network.

As my consulting business is gaining traction, I will need to reduce the number of chapter-related activities that I am involved with. But involved I will stay, focused on one or two activities that bring me joy.

So, Maia sisters, don't waste your time being a passive tag-along member. Decide for yourself what it is that you want from being a chapter member and how you can contribute to make that happen.

If you are able to do something today that you have always wanted to do (with or without Maia Chapter), my suggestion is to just make it happen. Remember, that very few people regret what they have done; our regrets later in life are almost always what we didn't do. The past two years have demonstrated that life can be both short and unpredictable.

Happy Summer!

Wiebke Hagendorf-Schroeter
Maia Chapter's Treasurer & Webmaster, acting editor Maia Messenger

PS. Let me direct your attention to Tim Urban's 2015 post illustrating how short life is when you measure it in activities or events → <https://waitbutwhy.com/2015/12/the-tail-end.html>

Body, Mind, Spirit & Fun - our first HYBRID meeting at Laurie's house

I asked Delores about her thoughts about the May 17th program hosted by the Membership Committee that she is a member of:

What we wanted to accomplish:

One aspect of the Membership Committee's responsibility is to suggest ways to maintain and increase Maia Chapter's roster of members. Members needed to reconnect with one another, be encouraged to share "their" Maia with colleagues and associates, and to have fun while getting business done.

Using some of what we gleaned through our Friday night "Real Talk" program series, we decided not to have one, time-specific membership campaign drive. So, the meeting had to be instructive but not bland, not what has become a typical virtual meeting. We decided to put together an interactive program to explore practices that reflect joy, gratitude, self-adjustment mechanisms.

How do I think it went?

My personal assessment of the hybrid experience is that we did present a program with usable, interesting, and replicable content. Technical difficulties made the online segment less than optimal for remote members.

Nonetheless, we gained invaluable insights about fashioning future Maia-specific hybrid meetings.

What did you learn that can be applied for future meetings?

We need an effective meeting design with components that fuse in-person and remote audience experiences. As a chapter, let's put together a Maia-specific Best Practices guide for hybrid meetings. And, just like me, I bet there are other members who have lots of creative ideas.

Working together we can enhance what we've got (fertilize), revamp where necessary (identify and pull-out weeds), amplify what's useful (harvest).





“As a new Maia member, I feel really fortunate to have been assigned to the membership committee. We hosted the chapter’s May hybrid in-person and online meeting. It was fun to work together, sharing ideas and planning the meeting. Our main goal was to present a worthwhile experience for the Maia Chapter members and guests. This hybrid meeting was the chapter’s first. We did not have a blueprint of what it should be and that opened the door to being creative. There were some technical issues. Hosting the online segment, I saw that we need to better incorporate the in-person and the online part. Overall, this first hybrid meeting was a good learning experience.”

Dominique

From the Regional Conferences 2022....

Sheryl Humphrey-Redding's Report:

Keynote Topic: Building Resiliency through Mindfulness, Meditation & Mindset

Allison Jackson, the founder of Allison Jackson Fitness, shared some great tools and resources around mindfulness. As we continue to navigate the challenges and obstacles during this pandemic, Allison presented opportunities to help us learn to stop and be present with breathing techniques. I thought this was a great topic to help the participants who felt lost or being out of control, a great sense of vulnerability for themselves and others, and a whirlwind of challenging emotions, including fear, guilt, and grief. When we practice mindfulness and are present moment-to-moment, we are much more tuned in during typically mindless activities and routines throughout the day. This level of awareness positively affects your mind and body, but it turns out to be pretty valuable during stressful periods in your life.

Mindfulness is a practice of paying attention to present moment experiences with curiosity and compassion. In doing so, we learn to collaborate with our lives and be with our experiences rather than resisting or fighting them. Mindfulness cultivates agility and flexibility in attention, allowing us to tune in to pleasant experiences that are always present even during a pandemic: spring blossoms, blue skies, laughter, and love. In addition, mindfulness has been shown to promote stronger focus, memory, and problem-solving, functions that are impacted negatively by stressful and traumatic conditions. Regular mindfulness practice improves the brain's capacity for decision-making and emotional regulation.

I walked away, knowing that the first step was awareness of what I was feeling. Stop and breathe, and do one thing at a time to assist in being present. Other resources shared were meditation and having a positive or growth mindset.

Like learning any new skill, mindfulness takes time and practice. Allison provided an excellent foundation for people to have a starting point around mindfulness, meditation, and mindset.



Maia Social Events

Cookies at Crumbl in Ann Arbor – June 18th

Shortly after noon on a sunny but chilly Saturday, Vicky, Gwen, Mary C, Sharon, Mary S and Wiebke met to check out Crumbl's famous cookies at the location on Maple Road in Ann Arbor, which opened about a year ago. After each getting one of Crumbl's famous pink boxes with our cookie(s), we quickly moved to Veteran's Park on the opposite side of Maple Road since the bakery shop doesn't offer seating for people who want to chat while indulge in their cookies...



Tea & Dessert Auction – June 26

In support of Maia Chapter's Mary Geccanese, approved candidate for District V Vice President





WELCOME NEW MEMBERS!



Claudia with Janene, and Sharon with Sharita

CONGRATULATIONS!



Maia Chapter's 2022-2023 Board!



Wiebke

TREASURER

Gwen

VICE PRESIDENT

Laurie

SECRETARY

Suzy

PRESIDENT



Upcoming Events

July Chapter Meeting – Annual Picnic in the Park, July 19, 2022

➔ Register here: <https://www.abwa-maia.org/events>



Dinner will be provided (broasted chicken, potato wedges and cole slaw)

- Guests are invited to bring a dish to share (optional - see sign up list below)
- bring a lawn chair (optional)
- BYOB (we will have bottled water, no alcohol)
- Register at <https://www.abwa-maia.org/event-details/abwa-maia-annual-picnic-in-the-park-rsvp-by-7-17-2022>
- Signed COVID waiver required (details on registration site)

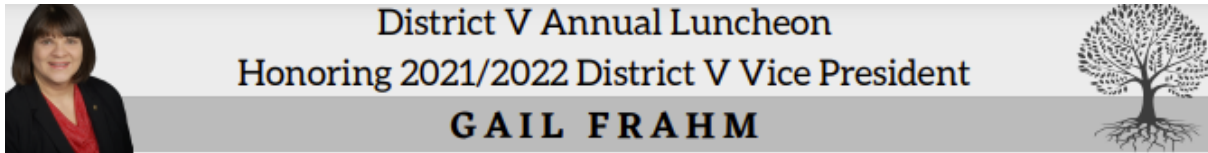


August Chapter Meeting – tbd – August 16, 2022

Upcoming Events

District V Annual Luncheon Honoring 2021/2022 District V Vice President GAIL FRAHM hosted by the Eastern Michigan Council and Cardinal Crossroads Council on Saturday, July 16, 2022

➔ Register here www.abwa-emc.org/dvp-luncheon



Event Sponsored by Eastern Michigan Council & Cardinal Crossroads Council
 Show your support for Gail by wearing her favorite colors: BLACK, WHITE, & SILVER

REGISTRATION & AGENDA

Saturday, July 16, 2022

Location (Friday & Saturday):
 The Kensington Hotel
 3500 S State Street, Ann Arbor, MI 48108

Saturday Luncheon Schedule

- 8:00AM Registration
- 8:15AM Breakfast Buffet
- 9:15AM Welcome & Introductions
- 9:30AM Educational Speaker
- 12:15PM Lunch Buffet
- 1:30PM DVP Honors Event

Registration Costs & Deadlines

Early Registration (Cash, Check, or PayPal*): June 18, 2022 / \$45.00
 Late Registration (PayPal* only): June 19 - July 15, 2022 / \$50.00
 Register & Pay Online via PayPal*: www.abwa-emc.org/dvp-luncheon
 *Fees will be added to all PayPal payments.

Friday, July 15, 2022

5:00 - 6:00PM Informal Meet & Greet
 6:00PM Dinner in Ann Arbor
 (Sign up for dinner: www.abwa-emc.org/dvp-luncheon)

Hotel Reservations

Must reserve before June 18, 2022
 Phone: (734) 761-2929; mention booking for ABWA DVP
 Online Booking Group Attendee Code: 2207ABWADV
 Room Rates: \$129/night - up to 4 people



Event also includes
 Networking, Silent
 Auction, Envelope Pull,
 Recognition &
 Contributions, as well as
 awarding 2 NWLC Early
 Registrations (up to \$500
 each) for the 2022
 Conference!

FOR INFORMATION OR QUESTIONS,
 PLEASE CONTACT OUR EVENT CO-CHAIRS

Cheryl Schmandt (Cardinal Crossroads Council)
 Phone: (260) 417-9061
 Email: cschmandt123199@gmail.com
 Mary Shindell (Eastern Michigan Council)
 Phone: (734) 996-3963
 Email: maryshindelabwa@gmail.com

DVP EVENT REGISTRATION FORM

Use this form for cash or check payments only. Complete 1 form per person.

NAME: _____ EMAIL: _____

STREET ADDRESS: _____ TOTAL ENCLOSED: \$ _____

CITY, STATE, & ZIP CODE: _____

PHONE: _____ NATIONAL REC.: _____
Examples: NBOD, DVP, Top 10, & years served for each

CHAPTER/EXPRESS NETWORK/GUEST: _____

SELECT A LUNCH OPTION

Additional Questions (check box if true):

- I will attend the Informal Meet & Greet on Friday night in person (no virtual option).
- I will sign up and eat dinner with a group on Friday night in Ann Arbor (pay your own way).

Lunch will be a plated meal. Attendees have the choice of the following wrap or salads. Check ONE:

- Grilled Chicken Caprese Wrap
(Fresh Mozzarella, heirloom tomatoes, micro greens & pomegranate reduction)
 Comes with house salad, bread & butter basket, and coffee & tea service.
- Chicken Caesar Salad
(Blackened Chicken, romaine, house made dressing, focaccia crouton, shaved parmesan)
 Comes with bread & butter basket, and coffee & tea service.
- Michigan Chicken Cherry Salad (Gluten Free)
(Grilled Chicken, spring mix, bleu cheese, Michigan dried cherries, red onions & candied walnuts)
 Comes with bread & butter basket, and coffee & tea service.

Make check payable to ABWA
 & mail w/completed form
 to the EMC Financial Officer:

Heather Naugler
 P.O. Box 609
 Goodrich, MI 48435

Lunch can be made vegetarian by omitting the chicken. If vegetarian or other option is required, please list restrictions & allergies below.

List any Dietary Restrictions/Allergies (Examples: vegetarian, gluten free, dairy free, vegan, etc.)

Upcoming Events

CONNECT TO YOUR BUSINESS WITH ABWA'S 2022 SUMMER SOLSTICE SERIES



SPONSORED BY DELL TECHNOLOGIES

Sign Up
in the ABWA
online store!

\$25 a session or
\$100 for all 5 sessions*

A \$25 Savings!

Dive into this year with more energy and focus than ever and let ABWA help brighten your business acumen by taking one, or all, of this year's valuable sessions in ABWA's **2022 SUMMER SOLSTICE SERIES**.

Each engaging session will be led by accomplished professionals and subject matter experts.

- Sessions are hosted virtually on Zoom or GoTo webinar platform.
- A link will be posted to the event on the Summer Solstice Team Board.
- All Sessions are scheduled on a Tuesday from 6:00-7:00 PM Central Time.
- Session fees are non-refundable.
- Sessions may be purchased in the ABWA Online Store. Purchase each event to register.
- Per speaker contracts, sessions will not be recorded.

*All five sessions must be purchased at the same time to receive the \$25 savings

DELL
Technologies



Tuesday, June 28
6:00-7:00 PM (Central Time)
Session Series 1 of 5
Session Series Title: **Off Balance on Purpose**
Keynote Presenter and Author:
Dan Thurmon



Tuesday, July 26
6:00-7:00 PM (Central Time)
Session 4 of 5
Session Series Title: **From Distracted to Productive: Finding Your Productivity in a Hyper-Interrupted, e-Distracted World**
Keynote Presenter and Author:
Randy Dean, the E-mail Sanity Expert



Tuesday, July 12
6:00-7:00 PM (Central Time)
Session Series 2 of 5
Session Series Title: **Putting Your Exceptional Self Forward**
Keynote Presenter: **Sherry Darden**



Tuesday, August 9
6:00-7:00 PM (Central Time)
Session 5 of 5
Session Series Title: **Security Awareness for ABWA Members**
Keynote Presenter and Author:
Robert Siciliano



Tuesday, July 19
6:00-7:00 PM (Central Time)
Session Series 3 of 5
Session Series Title: **Leadership--It Starts With You! Finding Significance in your Association Role**
Keynote Presenter and Author:
Lauren Schieffer



Upcoming Events

Register for the **2022 NATIONAL WOMEN'S LEADERSHIP CONFERENCE SEPTEMBER 8-10, 2022**, Conference Registration Fee: \$589

Go to www.ABWA.org and log into your account, click on **Upcoming Events** to find more information and register online, or download the latest Achieve Newsletter in Community Connections for the registration form.

ABWA • TOGETHER TOWARDS TOMORROW! • ABWA

Coming Home to ABWA!

AMERICAN BUSINESS WOMEN'S ASSOCIATION
NATIONAL WOMEN'S
LEADERSHIP CONFERENCE
September 8-10, 2022 *live!*
in Westminster, Colorado

ABWA
AMERICAN BUSINESS WOMEN'S ASSOCIATION

ABWA • TOGETHER TOWARDS TOMORROW! • ABWA

Maia Chapter

Maia Chapter meets the 3rd Tuesday every month, 6:15 pm EST. Visit www.abwa-maia.org or follow us on social media to find out if we meet virtually or in person (Original Cottage Inn, Ann Arbor, Michigan)



ABWA Set of Core Values

- Giving Membership a voice
- Treat People with dignity (See Proud Code of Conduct)
- Lifelong Learning
- Focus on Creating Value for Members
- Achievement
- Visionary Leadership
- Focus on the future
- Manage by Fact
- Manage for innovation

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.

Contact Us

ABWA Maia Chapter

Ann Arbor, Michigan

ABWAMAiaChapter@gmail.com

www.abwa-maia.org

WE ARE

Changing Women's Lives...

Executive Team

President:

Janene Ternes

Vice President:

Sharon Walker

Secretary:

Vicky Lee Vincent

Treasurer:

Wiebke Hagendorf-Schroeter

Committee Chairs

Education

Gwendolyn Guy

Fundraising

Mary Shindell & Suzy Stein

Membership

Sheryl Humphrey & Holly

Weshalek

Newsletter

Tammy Knapp/Wiebke

Hagendorf-Schroeter

Professional Development

Mary Ceccanese

Publicity

Laurie Pettigrew