ABWA
AMERICAN BUSINESS WOMEN'S ASSOCIATION

LA CAPITALE

QUARTERLY

Empowering Women Through Leadership, Learning & Sisterhood

SEPTEMBER • 2026



PRESIDENT'S MESSAGE | WHAT'S GOING ON & WHAT'S COMING UP | PAST EVENTS | MEMBERSHIP BENEFITS

President's Message



Cami Miller

Chapter President,
ABWA La Capitale

Hello, La Capitale!

There's something about fall that feels like a fresh start. The days grow shorter, the air begins to cool, and—especially here in Louisiana—football finds its way into many weekend conversations. Whether you're cheering for your favorite team, enjoying the fellowship, or simply welcoming the new season, fall offers a natural time to reflect on ABWA.

The mission of the American Business Women's Association is to bring together businesswomen of diverse occupations and provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

That mission comes alive through us.

Like a football team, La Capitale is made stronger by members with different talents, professions, backgrounds, and experiences. Some are building businesses or careers, some are stepping into leadership, and others offer years of wisdom and support. Together, we create something greater than any of us could accomplish alone.

My wish for each of you is that you find in ABWA what you need most—whether that's encouragement, a new idea, an introduction, a challenge, or someone who understands what you're working toward.

As we enter this new season, I encourage you to do more than attend meetings. Get involved, connect with someone new, share your expertise, encourage another member, and don't hesitate to ask for support when you need it.

ABWA is about what becomes possible when women genuinely support one another.

So whether your fall is filled with football, festivals, family, pumpkin spice—or simply celebrating cooler Louisiana temperatures—enjoy the season. We each bring something different to the team, but we grow stronger when we play together.

I'm proud to serve you and excited about what this season holds for La Capitale.

Warmly,

Cami Miller
President
ABWA La Capitale Chapter

WHAT'S GOING ON & WHAT'S COMING UP

NWLC SEPTEMBER 30 - OCTOBER 3

ABWA La Capitale is supporting Cami Miller, Olivia Mahan, Elizabeth Stone, Jackie Whitley, Kayla Clouatre, and Tanya Lipsett on their journey to Texas to attend the National Women's Leadership Conference, September 30th - October 3rd. We can't wait to hear about their experience and knowledge gained!

OCTOBER 14 LUNCHEON

Step into your next room with greater confidence! Join us for our October luncheon featuring Elizabeth Mahusay, Founder of Go With Elizabeth, presenting Own The Room: The RISE Framework for Confident Leadership. Elizabeth will share a practical approach to building lasting confidence, strengthening your presence, and communicating with greater clarity and influence so you can lead with courage and conviction. Come ready to connect, enjoy a great lunch, and leave with tools you can put into action right away.



Elizabeth Mahusay



OCTOBER 27 ACRYLIC ON THE ROCKS WITH JEWELRY WITH A TWIST

Join La Capitale for a fun and relaxed evening of socializing, networking, and a little creativity at Acrylic on the Rocks! Angelica of Jewelry with a Twist will lead an optional crystal wire wrap lesson where participants can choose a stone and create a piece to wear home. Come for the activity, come just to socialize, or enjoy both! As always, bring a friend and stop by whenever you can. We care that you're there, not how long you can stay!

The jewelry activity is $40 and requires advance payment to Angelica via Venmo @angelica-agoes with "jewelry is cool abwa" in the memo to reserve your spot.

WHAT'S GOING ON & WHAT'S COMING UP



Jennifer Loftin

NOVEMBER 11 LUNCHEON

Change is inevitable, but navigating it with confidence is a skill we can build! Join us for our November luncheon featuring Jennifer Loftin, PhD, Founder and CEO of Full Cup Leadership, presenting Tools for Today: Navigating Careers in Times of Change. Drawing on more than 25 years of experience in higher education, professional development, and leadership, Jennifer will share a people-first, strengths-based perspective on navigating today's rapidly changing business environment with curiosity and confidence.

Join us on Wednesday, November 11 for networking, professional development, a great meal, and meaningful connections with other women in our community. Doors open at 11:15 a.m. and members and guests are welcome!

DECEMBER 9 LUNCHEON

Celebrate the season with La Capitale at one of our favorite traditions, the Annual Christmas Ornament Exchange! Bring one ornament and get ready for plenty of laughs as we play our White Elephant style exchange, where the most popular ornaments may be stolen more than once. Join us for a festive afternoon of networking, lunch, holiday cheer, and ABWA sisterhood. Members and guests are welcome, so bring an ornament and come celebrate with us!



NEW MEMBERS



Gabby Naranjo
September 9th



Dr. Keta Patel
August 12th



Janet Drinkwater and Jennifer Perez
August 12th

PAST EVENTS

JULY 11 & SEPTEMBER 12 VOLUNTEER SERVICES

La Capitale members spent July 11 and September 12 giving back through Catholic Charities in partnership with the Greater Baton Rouge Food Bank. They packed over 1,000 boxes of food for those in need in the local area. These volunteer days gave our members another way to serve our community while spending time together and strengthening the connections that make our ABWA sisterhood so special.



AUGUST 12 LUNCHEON

Our August luncheon brought an inspiring conversation with Tracy Frederick, who shared her perspective on the connection between emotional and physical well-being and encouraged us to listen more closely to what our bodies may be telling us. We also celebrated the growth of La Capitale by officially welcoming Janet Drinkwater and Jennifer Perez, sponsored by Kayla Clouatre, and Dr. Keta Patel, sponsored by Dawn Louviere, into our ABWA sisterhood. We are excited to see our chapter continue to grow with women bringing new experiences, professions, and perspectives to our community!





SEPTEMBER 9 LUNCHEON

Our September luncheon featured Helene Wall of Wall Consulting Services, who shared From Contacts to Clients: Building Trust, Visibility, and Opportunity and encouraged us to be more intentional about building relationships, establishing trust, and creating meaningful connections in business. We also had the pleasure of officially welcoming Gabby Naranjo, sponsored by Kayla Clouatre, as our newest La Capitale member. We're excited to welcome Gabby into the ABWA sisterhood and continue growing our community of women supporting women!

PAST EVENTS

PURSE BINGO FUN WITH A LASTING IMPACT

La Capitale's Second Annual Purse Bingo Fundraiser brought together members, friends, and community supporters for a day filled with brunch, bingo, laughter, and plenty of winning! Twenty-two lucky bingo winners went home with fabulous purses, while even more guests scored an incredible variety of raffle prizes. Between the excitement of each "BINGO!" and the anticipation of the next raffle winner, the room was full of energy and fun.

But the real win extends far beyond event day. Because of the funds raised through Purse Bingo, La Capitale is able to pay the registration fees for six members to attend ABWA's upcoming National Women's Leadership Conference in Sugar Land, Texas. The event was successful enough to also provide funding to send two members to the 2027 Virtual Conference, creating even more opportunities for our members to experience professional development, leadership education, and connection through ABWA.

The impact doesn't stop there. Funds raised will also help La Capitale continue working toward one of our larger goals: funding scholarships through the Stephen Bufton Memorial Educational Fund (SBMEF). What began as a fun day of purses and prizes will continue creating opportunities for women well beyond the walls of the event.

An event of this size would not be possible without the businesses and individuals who believe in our mission. We are incredibly grateful to Redemption Process Development & Bookkeeping, LLC, our Bingo BFF Sponsor; People by Design, our Bingo Biggie Sponsor; Tangi Meats, our Card Master Sponsor; and Angie's Maids and Landvest Title, our Dauber Diva Sponsors, along with every purse sponsor, raffle donor, volunteer, and attendee who contributed to the success of the event.

Finally, a very special thank you goes to our Fundraising Committee: Chair Jackie Whitley, Kayla Clouatre, Traci Roy Adams, and Melissa Montgomery. These women volunteered months of their time, energy, expertise, and creativity to plan and execute the event. Their commitment, along with the generosity of our sponsors, volunteers, members, and guests, turned a really fun day into an investment in women that will continue well into the future.



ANNUAL AWARDS

BEST PRACTICES AWARD



La Capitale is proud to once again celebrate earning Best Practices Level 3 recognition! This achievement reflects a full year of dedication from our Board and Committee Chairs, who worked together to meet our chapter goals, fulfill national requirements, and bring ABWA's mission to life through professional development, leadership, networking, and opportunities for women to grow. Thank you to every leader who gave their time, talents, and energy to keeping La Capitale strong and moving forward!

HEART OF DISTRICT 2 AWARD

La Capitale was honored to receive The Heart of District II Award, recognizing our chapter's commitment to collaboration, encouragement, volunteerism, and supporting our fellow ABWA leagues. From traveling to support other chapters and volunteering as speakers to assisting with new league formations and developing future leaders, our members continue to carry the spirit of La Capitale far beyond our own chapter. This recognition belongs to every member who has helped us build connections, strengthen ABWA, and truly embody the heart of District II! Kayla was present at the D2 VP Celebration to receive the award.



ABWA
AMERICAN BUSINESS WOMEN'S ASSOCIATION

ACTIVATE YOUR AMBITION WITH ABWA

Membership in ABWA affords you a space for **growth**, a space for **every woman** in business, a space for **all the hats you wear**, and a space for you to **belong**.

LEADERSHIP OPPORTUNITIES

- Campaign for league, council, and national office positions
- Lead committees and special projects

NETWORKINGSUPPORT

- Participate in league, regional & national offerings available both virtually and in person
- Build relationships to facilitate networking support

CONFERENCES

- Attend Spring (virtual) and Fall National (in person) for personal and professional development
- Meet like-minded, career-oriented members

PARTNER DISCOUNTS

- National University (NU)
- Franklin Madison
- For partner updates, see ABWA.ORG

EXCLUSIVE SOCIAL MEDIA

- Access to ABWA's members-only Facebook and LinkedIn Groups
- Collaborate with other ABWA members

PROFESSIONAL DEVELOPMENT

- Access to ABWA's Apex Campus 24/7
- Lifelong Learning
- League Speakers
- Educational Scholarships (sbmef.org)

LOCAL AND NATIONAL RECOGNITION

- League awards, e.g., Woman of the Year, Protégé, and Top Ten Nominees
- National recognition, e.g., American Business Woman, Top Ten Business Woman, Inner Circle, Apex Award, and Best Practices Award

YOURMEMBERSHIP(YM)PORTAL

- Connect with members online on the Your Membership (YM) Platform portal and in social media groups
- Access to national resources

PUBLICATIONS

- Complimentary Subscription to the ABWA *Achieve* Newsletter published six times a year
- ABWA Blog (abwa.org) published monthly

JOIN TODAY!

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abwa.org webmail@abwa.org 913.732.5100

Meet Your 2026-27

ABWA La Capitale Leadership Team

Recognizing the women who lead with vision, dedication, and heart.



Cami Miller

Chapter President



Kayla Fuselier Clouatre

Chapter Vice President



Sarah Spizale

Chapter Secretary



Tanya Lipsett

Chapter Treasurer



Jackie Whitley

Fundraising Chair



Elizabeth Stone

Membership Chair



Myra Lowe

Newsletter Chair



Traci Roy Adams

Professional Development Chair



Kayla Fuselier Clouatre

Publicity Chair