



LA CAPITALE

QUARTERLY

Empowering Women Through Leadership, Learning & Sisterhood

ISSUE 4 • 2026



**PRESIDENT'S
MESSAGE**

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President's Message



Cami Miller

Chapter President,
ABWA La Capitale



Happy Summer, La Capitale!

Can you believe we're already halfway through the year? Somewhere between New Year's resolutions and wondering where we left our sunglasses, summer showed up!

I hope you're finding time to enjoy the sunshine, spend time with family and friends, and maybe even sneak in a little relaxation. (Notice I said maybe. I know many of you are running businesses, leading teams, volunteering, and somehow still remembering to water the plants!)

One of the things I love most about our chapter is that we're more than a networking group—we're a community. We cheer each other on, celebrate wins both big and small, share ideas, lend a hand when someone needs it, and occasionally encourage each other to order dessert, because some of us need to be reminded that we deserve something special! That's what makes La Capitale such a special place.

As we head into the second half of the year, I have a challenge for each of you:

- Invite someone to a meeting.
- Introduce yourself to a member you don't know well.
- Learn something new.
- Volunteer for something that stretches you.
- And don't forget to celebrate your own accomplishments along the way—and invite us to celebrate you as well!

Getting to know your fellow ABWA members is important and smart, because you never know which conversation, connection, or opportunity will change the course of your career or your life.

Thank you for making this chapter such a welcoming, encouraging, and fun place to be. Your generosity, laughter, and willingness to support one another are what keep La Capitale thriving.

I can't wait to see what we'll accomplish together during the rest of the year. Until then, stay cool, keep chasing your goals, and remember...if all else fails, there's always an iced coffee or an adult beverage.

I hope to see you at our next meeting! With gratitude for all of the amazing people in my life,

Cami Miller

WHAT'S GOING ON & WHAT'S COMING UP

MAY LUNCHEON

With record attendance, Kayla Cloutre of Minutia Organizing & Consulting challenged members to rethink productivity during her presentation, The Great Reset. From identifying time drains to creating intentional workflows, attendees walked away with simple, actionable tools to reclaim their calendars and create more space for meaningful work.



Melissa, Dawn, Kayla

MAY SOCIAL

Some of the ladies met up for conversation and cocktails at Proverbial Wine Bistro in May. This was a great opportunity for engaged members, new members and former members to connect and build relationships.



Hats Off! - July Luncheon

JUNE LUNCHEON

Ellen McDowell, owner of Your Social Butterfly, shared practical strategies for turning social media into a relationship-building tool instead of just a marketing platform. From creating a strong first impression to encouraging referrals and reviews, members left with actionable ideas to strengthen every stage of the customer journey.

JULY LUNCHEON

July's Annual Awards Luncheon celebrated the heart of ABWA La Capitale through our beloved Hats Off! tradition and annual member recognition. Members shared the stories behind their unique headwear, strengthening connections and friendships, before honoring the outstanding women whose leadership, service, and dedication have made a lasting impact on our chapter throughout the past year.

NEW MEMBERS

Leslie Lewis

sponsored by Tammy Bryant
inducted May 2026

Dawn Louviere & Melissa Montgomery
sponsored by Kayla Cloutre
inducted June 2026

Charlotte Bencaz
sponsored by Sarah Spizale
inducted July 2026



Kayla Cloutre -
May Speaker



Ellen McDowell Sherrouse -
June Speaker



Cami, Sarah, Charlotte



May Social -
Proverbial Wine Bistro



Tammy & Leslie

JULY 28 - SOCIAL

Unwind with fellow ABWA members and guests at our July Social on Tuesday, July 28, from 5:30–7:30 p.m. at Sugarfield Spirits. Stop by whenever your schedule allows, enjoy great conversation, and celebrate Ascension Parish Tourism's Summer Cocktail Trail by trying the Sweet Spot Cocktail and collecting a passport stamp. Bring a friend and join us for an evening of connection and fun!

AUGUST 12 - LUNCHEON

Join us for an inspiring luncheon featuring Tracy Frederick, who will present *The Stories Our Bodies Carry: Exploring the Connection Between Stress, Emotions, and Physical Health*. Through a thoughtful look at the mind-body connection, Tracy will share practical insights into how stress and emotions can influence overall well-being, leaving attendees with simple tools to support healthier, more balanced lives.

AUGUST 15 - PURSE BINGO

Designer purses, exciting games, and a room full of laughter—all for a meaningful cause! Proceeds from ABWA La Capitale's Purse Bingo will help send eight women to the National Women's Leadership Conference, where they will gain professional development, leadership training, and inspiration to bring back to our chapter and community. Join us for a fun-filled afternoon and help invest in the future of women leaders.

Get your tickets here:



SEPTEMBER 9 - LUNCHEON

Join us for an engaging presentation by Helene Wall, Founder and Principal Consultant of Wall Consulting Services, as she shares *From Contacts to Clients: Building Trust, Visibility, and Opportunity*. Discover practical strategies for turning everyday networking into lasting business relationships that generate referrals, collaborations, clients, and meaningful opportunities for growth.

WOMEN *July Social*

Join us for a fun and relaxed social! Come alone, bring a friend, just come! It's an open house type of event, so the start and end times don't matter. Come sit, meet new ladies, and enjoy some great company at Sugarfield Spirits in Gonzales.



Annual Purse Bingo Fundraiser

YOUR TICKET FUNDS NWLC

Sponsorships for Women

abwabatourouge.org



**All luncheons are held at
Rouj Creole, 11:15-1:00.
RSVP at abwabatourouge.org**

ANNUAL AWARDS

Our July luncheon was one of celebration as members gathered for our annual Hats Off! & Awards Luncheon, recognizing the women whose dedication, leadership, and service continue to make ABWA La Capitale the welcoming and thriving chapter it is. The event highlighted the many ways our members live out ABWA's mission through leadership, education, networking support, and service to one another.

The celebration began by recognizing members whose commitment to the chapter was evident through their attendance. Traci Roy Adams earned Perfect Attendance, demonstrating an unwavering dedication to personal and professional development and supporting her fellow members throughout the year. Elizabeth Stone, Kayla Cloutre, and Peggy Head, and Donna Accardo were recognized for Nearly Perfect Attendance, missing only one luncheon all year.

Next, we celebrated the members who strengthened both our local chapter and the national organization by sharing the gift of ABWA with other women. Jackie Whitley (2), Cami Miller (2), Kayla Cloutre (6), Traci Roy Adams (1), Tammy Bryant (1), Elizabeth Stone (1), and Tanya Lipsett (1) were recognized for sponsoring new members and helping grow the La Capitale sisterhood.

A special tribute was given to Victoria Theriot in recognition of 22 years of ABWA membership. As Vickie prepares for retirement and a new adventure, the chapter celebrated not only her years of service and friendship but also thanked her for the lasting impact she has made on La Capitale throughout more than two decades of membership.

The Protégé Award, was presented to Tanya Lipsett. This award recognizes a member in her first year who has enthusiastically embraced the organization's mission through service, leadership, and a commitment to growth. In her very first year as a member, Tanya stepped into the demanding role of Treasurer and has already committed to serving a second term. Her willingness to lead and her servant's heart have made a meaningful impact on the chapter, making her a truly deserving recipient.

The ceremony concluded with the presentation of the chapter's highest honor, Woman of the Year, to Peggy Head. This prestigious award recognizes a member whose leadership, service, professionalism, and commitment have made an exceptional impact on La Capitale. Since joining the chapter in 2021, Peggy has faithfully served in multiple leadership roles, including Treasurer, President, and Vice President. Through her servant leadership, dedication, and encouragement of others, she continues to exemplify the values of ABWA and inspire those around her. Congratulations, Peggy, on this well-deserved recognition.

Members and guests also embraced our "Hats Off!" theme by wearing headwear that reflected their personalities and sharing the stories behind them. Congratulations to Kayla Cloutre, whose creative garment rack headband won this year's Hat Contest. Inspired by her work as a professional organizer, Kayla shared the story of a client who, during a closet cleanout, looked around and said, "This is much less painful than I anticipated." The story—and the hat—served as a fun reminder that stepping outside our comfort zones often leads to meaningful transformation. Congratulations to all of our award recipients, and thank you to every member who contributes to making ABWA La Capitale a place where women are supported, encouraged, inspired, and empowered to succeed.



Attendance Awards



Members who Sponsored New Members



Tanya Lipsett - Protege



Traci Roy Adams - Perfect Attendance



Peggy Head - Woman of the Year



Kayla - Hat Contest



22 Years of Membership

ABWA La Capitale Leadership Team

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



Cami Miller

Chapter President



Peggy Head

Chapter Vice President



Sarah Spizale

Chapter Secretary



Tanya Lipsett

Chapter Treasurer



Jackie Whitley

Fundraising Committee



Tammy Guillory

Membership Committee Chair



Kayla Fuselier Clouatre

Events & Publicity Chair



Myra Lowe

Newsletter Committee Chair

Membership Benefits

Don't forget about the wonderful benefits that are included in your membership with your National ABWA membership. See a few highlights of what's available below.

- APEX Campus provides bite size learning modules on an E-learning portal giving you access to hundreds of resources and training in both the personal and professional development arenas.
- Keep an eye out for conferences and events hosted by National ABWA on the events page of the ABWA website and/or National ABWA's Facebook page.
- Looking for a job? Visit ABWA's Career Connections job board.
- Support women's education via the Stephen Bufton Memorial Education Fund assisting women to succeed in higher education since 1953.
- 70% discount on a subscription to **The Business Source** which provides concise summaries of the latest business/leadership books!
- Complimentary suscriptions to Women in Business magazine and Achieve Newsletter.



Mission Statement of the American Business Women's Association

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