

President's Message

Hi Gems

As we begin a new year, I am honored and excited to serve as your president. We also welcome a new board and look forward to building on the strong foundation created by the women who have led and supported our organization.

ABWA is about professional growth, but it is also about friendship, encouragement, and connection. We share ideas, celebrate accomplishments, support one another through challenges, and enjoy plenty of laughter along the way. This year, I hope each of us will find a way to become more involved, whether by attending regularly, inviting a guest, volunteering, or simply getting to know another member better. Every Gem brings something valuable to our group. Thank you to our new board members for stepping forward to serve. I am excited about the year ahead and everything we will accomplish together.

Angie Snowball

Gem City ABWA
President



Upcoming Chapter, Regional & National Events, News and Education

August 21-22: Summer Sizzler, Knights of Columbus, 3600 W Purdue Ave Muncie, IN 47304

September 22, ABW Day outing to WNBA Indiana Fever game. Indianapolis IN 8pm game. Open to all! Discounted ticket block \$40 – see Kelly Gray

September 28- Oct 4: ABWA National Women's Leadership Conference, Sugar Land TX

2026 Cardinal Crossroads Council

Meetings: July 25; October 17 (Honor's Day)

December 8 – 5th Annual Jingle and Mingle. Vendor opportunities

Apex Campus Educational Opportunities

Login at www.myapexcampus.org

Gem City Officers

President - Angie Snowball,
angie@angiesnowball.com

VP – Deanna Nesbit,
dnesbit@dnaincllc.com

Secretary – Sandra Wild
sandra.wild@soche.org

Treasurer – Liz Knecht
elizabeth.knecht@lexisnexis.com

Past Meeting Highlights

May 2026

Jill Campbell,

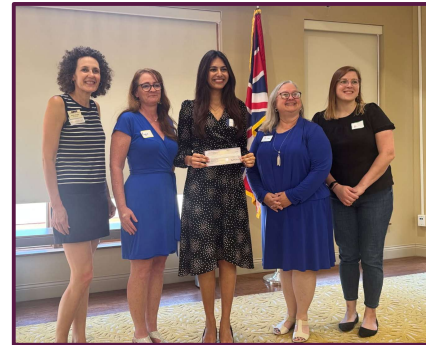
Keeping IT Safe – Cybersecurity Basics

Staying safe online comes down to a few simple habits. **Pause before you click**, use strong passphrases or a password manager, turn on two-step verification, keep your devices updated, and take a second look before scanning a QR code or responding to an urgent request. The takeaway: **small habits = big protection**. You don't need to be a tech expert—just be a little more aware, take advantage of the security tools available, and when something doesn't look right, stop and check before you act.



June 2026

\$1000 Scholarship Awarded to Harman Kaur!!!



Thanks to everyone for their help raising money via their dues and participation in the Jingle & Mingle event to fund the scholarship!



Congrats to Renee Clement who was named the Gem City Chapter Woman of the Year and Top 10 Candidate.



June 2026

Dr Linda Burrs

The Power of Healing Energy

Natural energy therapy supports overall health and well being.

Healing Touch can:

- Reduce Stress
- Strengthen the immune system
- Relieve chronic pain and stress
- Accelerate healing

July 2026

Angie Snowball LinkedIn Networking & Personal Branding

Tips from Angie:

- 1) Optimize your profile
- 2) Make Connections
- 3) Create Content
- 4) Communicate

Make a plan to spend a minutes a day on Linked in by checking your inbox, sharing or resharing content and connecting, reconnect or removing connection requests.



ABWA District V Vice President and outgoing Gem City Chapter President , Renee Clement, installs the new board.

President - Angie Snowball
VP – Deanna Nesbitt
Secretary –Sandra Wild
Treasurer – Liz Knecht

Gem City Members

Member Spotlight

Dr Karen Townsend

How long have you been a member of the ABWA Gem City Chapter?

I have been a member for almost seven years and proud to have been a charter member in 2019.

What is one way ABWA has enhanced your career?

It provides an opportunity to be in a women-centric environment. As a person who is often in rooms that are male-dominated, being with women leaders, women professionals and women business owners is validating and affirming.

What did you want to be when you were a kid?

I wanted to be a lawyer. But...well, that is a long story!

What is a fun fact most people do not know about you?

I am a "closet" country music fan! One of my favorite country artists is Ronnie Milsap. I was able to see him perform live at the Victoria Theatre days before the world shut down because of COVID-19.

What do you love to do in your free time?

Honestly, I haven't done it in a long time, but I have recently returned to writing. I enjoy writing. I published my first book in 2011, and I have ideas for two more books. Stay tuned!

Do you have pets?

My family "shares" a dog with our next-door neighbor. It is the perfect arrangement! Bella comes over to visit, and when she gets tired of us—or if we get tired of her—off she goes back home. She has food and water bowls at our house, and when her family travels, we have "first right of refusal" to care for her. She used to always go to "Grandmother's House," but in most cases, Bella now opts to stay with us.

What advice would you give to a new ABWA member?

Make it a priority to meet and connect with one person you don't know at each meeting. Sometimes people feel pressured to schedule coffee talks with 3 or 5 or 10 people in a month. If you can commit to one person and make that happen, you will probably see the value and then be more inclined to schedule another.



What are Members Learning, Reading, Doing.....

Bri Damico

Lately I've been soaking up summer with my family as much as possible- trying to visit as many parks/events as we can. In the past month, we've been to Wegerzyn Gardens, a Dragons event, Cox Arboretum, the Celtic festival at Riverscape, a nearby county fair, Woodland Cemetery (much more than just a cemetery! It's beautiful), Adventure Reef Waterpark, Frazee Pavilion, and Riverbend in Cincinnati. We are lucky there's SO much to do near us or within an hour of us. We have so many great parks and they have trails and activities for all ages and capabilities. It's a cliché but I'm trying to stop and smell the roses more, especially before it gets cold outside.

Stacia Kock

I love a good podcast and have built a reliable rhythm of downloads throughout the week. For laughs, I enjoy Amy Poehler's *Good Hang*, which features casual interviews with celebrities. A new one I just discovered is *The Curiosity Shop with Brené Brown and Adam Grant* which offers insightful discussions on leadership, mindset, and habits. Finally, *Hidden Brain* is my long-running favorite for expert conversations about human behavior. I only listen to that one when I am prepared to cry, as the stories about human connection and growth often bring me to tears! I love exploring all genres and would welcome your recommendations, too.

Newsletter Info:

Published: February, May, August, November

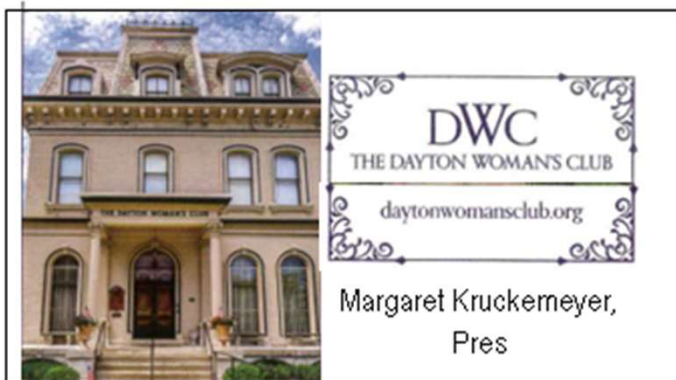
Advertising: 2 x 3 1/2 ad, 4 publications
 \$20 for members, \$50 non-members

Art due 1st of publication month

Contact: Kelly Gray,

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Gem City Chapter Vision Statement

The vision of the Gem City Chapter of ABWA is to connect the women of the Miami Valley with other like-minded women both locally and nationally. We will provide a safe place for women to grow their skills with speaking and leadership opportunities. We will encourage lifelong learning by providing educational programs at our meetings and assist members in attending ABWA conference. Our chapter regularly gives back to the community by creating awareness of local nonprofits and supporting them through donations.

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
5. Express Network Bylaws.
6. 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.

Meetings – 2nd Tuesday of each month

Ohio's Hospice of Dayton, 324 Wilmington Ave, Dayton OH 45420. 1st parking lot on the left (towards staff parking) and the 1st building is the Shaw building. A staffer will let you in the front entrance.