

The Connection

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From the President



Kathy Gallagher

As we begin a new quarter, I'm energized by the enthusiasm and momentum within our chapter. Each of you helps make our community strong, supportive, and impactful.

Congratulations to Connie Kalish, our 2026 Chapter Woman of the Year. Well deserved, Connie!

This past quarter brought engaging monthly programs: *Selling Selling in a Digital World* and *Driving Workplace Performance Through Compassionate Leadership*.

In April, our Speed Networking event gave us a fun way to connect

and get to know one another better.

We also enjoyed a successful March BINGO fundraiser—thank you to Deb Roman and Cecilia Henry for making it such a great event! We're excited to bring it back later this year.

Be sure to add our monthly meetings and events to your calendar so you don't miss out on these valuable experiences.

As we look ahead, officer elections for the 2026–2027 chapter year will be held at our May meeting. Please consider stepping into a leadership role, whether as a board member or leading a committee. It's one of the best ways to get the most out of your membership and build lasting connections.

Let's continue to support one another and reach new heights—together!

2025-2026 Board

President:
Kathy Gallagher

Vice President:
Lois Margolin

Treasurer:
Dottie Sillano

Corresponding Secretary:
Rhonda Sternberg

Recording Secretary:
Cecilia Henry

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 opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.

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THURSDAY
4
MEETING
STARTS AT:
6:30 pm

Monthly EVENT



ABWA[®]
ACTIVATE YOUR AMBITION
CORAL SPRINGS CHARTER CHAPTER

Uncovering the Hidden Landmines of Team Dynamics

In high-performing organizations, the greatest threats to results aren't always visible. Often they're buried in everyday interactions, assumptions, and unspoken expectations. Drawing from her experience in high-stakes environments where miscommunication carries real consequences, Lisa Meade Romero reveals how "hidden landmines" form within team dynamics and why even the most capable leaders miss them. This session challenges the belief that communication is "fine" and replaces it with a sharper lens: one rooted in precision, role clarity, and intentional dialogue.

Meet Our Speaker:



Lisa Meade Romero

Lisa Meade Romero is a communication strategist and speaker who helps leaders and teams navigate tough conversations with clarity and confidence. Drawing from her unique background, she brings real-world perspective and practical tools to strengthen trust, improve team dynamics, and get everyone moving in the same direction.

EVENT REGISTRATION

In-person meeting fee:

\$42.00 members

\$45.00 guests

\$50.00 walk-in

Hybrid option on Zoom - \$15

RSVP at abwa-coral Springs.org

Meeting Location :

Runyon's
9810 W Sample Rd
Coral Springs, FL 33065

For more information, contact us at
877-216-9908 ext. 732 or visit our
website at
www.abwa-coral Springs.org

**REGISTER
HERE!**





Chapter Happenings



March Superstar

Barbara Gobbi (L)

*Presented by February's Superstar:
Rhonda Sternberg*



March Bingo Fundraiser



*April 28, 2026
Dinner at Phat Boy*



2026 Chapter Woman of the Year



(Left to Right) *Deb Roman* (2025 Chapter Woman of the Year) and *Connie Kalish*

Congratulations Connie Kalish

Coral Springs 2026 Chapter Woman of the Year!

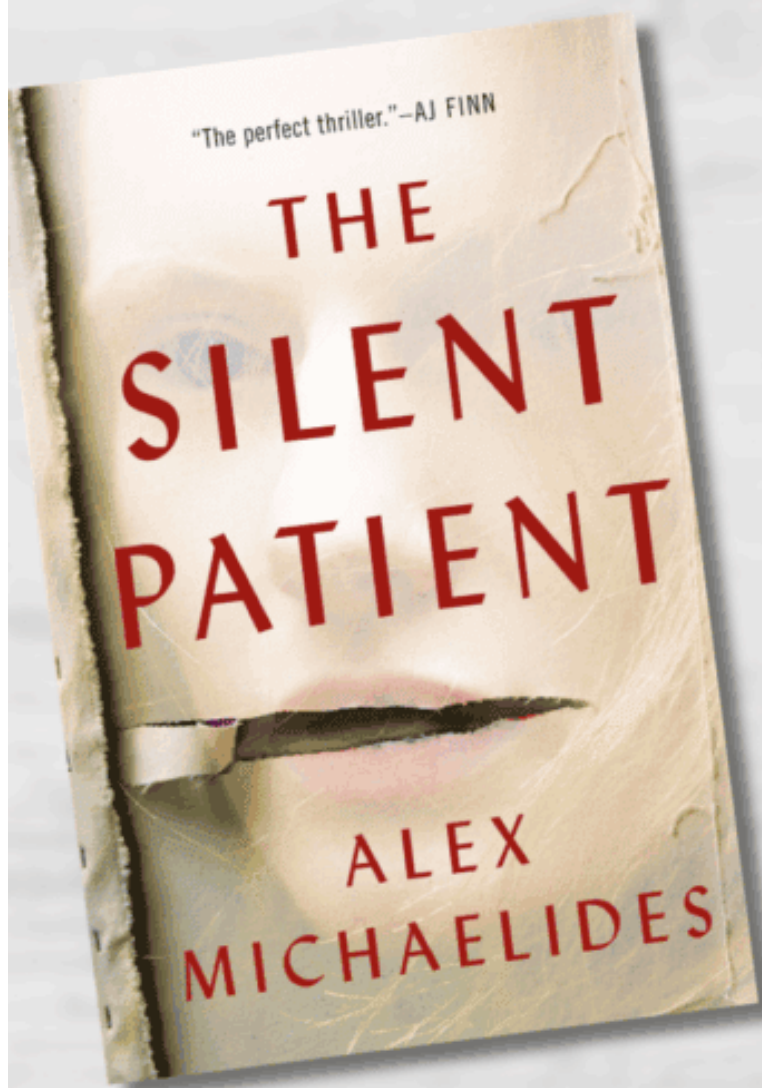


May Superstar
Lois Margolin (L)
Presented by March's Superstar:
Barbara Gobbi

May Book Club

“The Silent Patient”

May 26th | 7pm





National Women's Leadership Conference

The National Women's Leadership Conference (NWLC) is the signature event for the ABWA National office. Each fall, hundreds of ABWA members come together to recognize each other's wins, deep dive into relevant business topics, hear from nationally renowned thought-leaders, and celebrate the power of women.

The conference rotates to a new district each year. In 2026, the conference will be held in Sugar Land, Texas from September 29 – October 3, 2026. Registration for NWLC will open in April.

Sponsorship Opportunities are available. Please reach out to Alyssa Carlson, acarlson@abwa.org if you're interested in learning more.



Ready to re-connect with ABWA members and leaders from around the country? Registration is ***NOW OPEN*** for the fall National Women's Leadership Conference, this year on Sept 30 - Oct 3, 2026 in Sugar Land, TX! Included in this year's conference:

- Top Ten Awards Luncheon
- Awards for Best Practicing Leagues, Apex, and KU-ABWA MBA Essentials graduates
- ABWA Annual Meeting
- Election of New National Board of Directors
- National Keynote Speaker
- Breakout Educational Sessions & Workshops
- Plus plenty of networking & social events for new and returning ABWA members!

New member to ABWA? Contact the national office for \$100 off your registration. This can be combined with the Early Bird Discount Rate!

Register Today for Special Early Bird Pricing!



Enroll in our tech, job opportunity and marketing courses and save dollars!

If you have an overwhelming need to be in control, you are an ineffective leader."

**Announcing our newest course - *Addressing Micromanagement!*
Register today for our leadership courses and save dollars!**

Develop the next set of leaders with these concise micro-learning modules ranging from 3-10 minutes. Each course provides practical strategies and insights to enhance leadership skills, foster a winning culture of continuous improvement, and equip professionals to lead efficiently and effectively in any business environment.

- Change Management**
- Facilitation**
- Leading Teams**
- Adaptive Leadership**
- Emotional Intelligence**
- Self-Awareness**
- Giving and Receiving Feedback**
- Time Management**
- Addressing Micromanagement**

Login at www.myapexcampus.org under the **The School of Leadership** and register today! Once you register, you will now have *180 days* to complete the course! Please call the ABWA National team at 913-732-5100 or email us at webmail@abwa.org, if you have questions

"Quality is everyone's responsibility."

Sign up now for our May course from our ABWA Apex Campus (a \$35 value)!

Total Quality Management - May 1 - 29th, 2026 - (School of Lean) Total Quality Management is an organization-wide, strategic, customer-focused and team-based approach to continuous improvement. Learn how to develop the knowledge and skills for problem solving and quality improvement as well as how to plan, support, evaluate and get started with TQM activities.

Login at www.myapexcampus.org under the **The School of Lean** and register today! Please call the ABWA National team at 913-732-5100 or email us at webmail@abwa.org, if you have questions.

ACTIVATE HER AMBITION WITH ABWA

2026 ABWA SPRING CAMPAIGN
March 1, 2026 – May 30, 2026

You didn't get where you are alone—and neither should she.

At ABWA, we believe ambition grows stronger when it's shared. By referring a new member, you're opening the door for another woman to activate her ambition through education, leadership, and a powerful national network.

As a thank you for helping others, enjoy these gifts the next time you're being active.

YOUR REWARDS

- 1 REFER ONE NEW MEMBER**
Receive an ABWA microfiber yoga mat towel.
- 2 REFER THREE NEW MEMBERS**
Receive an ABWA branded workout jacket.

GRAND PRIZE DRAWING

**FOR EVERY MEMBER YOU REFER TO
ABWA YOU GET ONE ENTRY INTO
THE GRAND PRIZE DRAWING FOR
ONE OURA 4 SMART RING.**



When submitting a referral form online, your referral contact will be notified by email that you referred her name for membership in the American Business Women's Association. A member of the National Headquarters Team will email your friend or colleague to inform her about membership opportunities available in ABWA. The rest is up to her!



**OURA 4 SMART RING
VALUED AT \$349**

Tri County Council



2nd Quarter

TRI-COUNTY COUNCIL EVENT

“Activate Your Leadership”

Saturday, June 27th

Registration and Hot Breakfast 8:30am

Event 9:00am – 12:00pm

Join us for an engaging 2nd Quarter event designed to inspire and empower your chapter's success! Featuring two dynamic panel discussions, and a presentation on “Activate your Creative Power on Canva” by Lois Margolin, you'll gain valuable insights on leadership, membership growth, and creative strategy.

Panel Discussions:

#1 Activate your Executive Board with panel of Presidents and Vice Presidents

#2 Activate your Membership with panel on Membership and Fundraising

EVENT REGISTRATION

\$35 Includes Hot Breakfast

\$15 Virtual

Register by June 19, 2026

REGISTER HERE!



**Holiday Inn Express Hotel
1701 N University Dr
Plantation, Florida 33322**

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.

ALL CANCELLATION REQUESTS MUST BE RECEIVED IN WRITING TO EVENT
CHAIR DEBROMAN@WHITESANDBEACH.ME BY JUNE 19, 2026

-  ABWA - Tri County Council
-  #abwatricounty
-  Save the Date



Save the Date for TRI-COUNTY ABW DAY 2026 Aug 28 - Aug 30, 2026



BALANCING THE HATS WE WEAR

TEACHER • MENTOR • COACH • SUPPORT • INSPIRE • LEAD • and so much more!

- Speakers
- Networking
- Vendors
- Airport Transportation
- Candidate Corner:
One-on-One with
Candidates and
National Officers
- Pizza Night
- Happy Hour

\$155 for the WEEKEND | \$85 for Saturday Event Only
(EARLY BIRD REGISTRATION DEADLINE - AUGUST 21st)



REGISTER!

Don't miss out on an unforgettable ABW Day weekend!

- ABW Day Full Weekend: Includes Friday dinner, Saturday Event & Saturday dinner
- ABW Day Saturday Event Only: Includes lunch
- Sponsorship & Advertising Available

Hosted by: TRI COUNTY COUNCIL OF AMERICAN BUSINESS WOMEN'S ASSOCIATION

EMBASSY SUITES • 1100 SE 17th STREET, FT. LAUDERDALE, FL

<https://www.zeffy.com/en-US/ticketing/2026-tri-county-abw-day-registration>

2026 Spring Conference Highlights

Karen Dees

What a great two-day conference.

One thing that was brought out was to drink a glass of water before breakfast. This offers health benefits such as rehydrating your body after a period of fasting overnight. Even mild dehydration can contribute to low energy, fatigue, and digestive issues. But drinking a glass of water first thing in the morning can restore hydration, support digestion, and help you feel more alert as you start your day. You should drink your water even before your first cup of coffee or tea. To keep yourself hydrated all day, you should drink at least one to two cups of water before each meal. You should drink a cup of water before bedtime will help you stay hydrated at night.

We also heard from several past national presidents the one thing I heard was we need to mentor our new members and our new and upcoming board.

Kathy Gallagher

I have to say, this was one of the best Spring Conferences I have attended (and after 28 years in ABWA, I've attended MANY). The only possible downside is it was held virtually (so no hugs – just smiles). To be truthful, I wasn't looking forward to 2 8-9 hour days in front of my computer. But the agenda allowed for many short breaks, which helped.

The keynote speakers were very good. I was most impressed with Christian Strags, an ex-WNBA player who talked about how to prepare to win, even if you weren't selected for the position. Her message: "You don't have to be drafted first to play at an elite level. You just have to prepare like it." Christian shared daily habits that we all should strive for in order to show up stronger, stay consistent, and perform better in high-stakes environments:

- 2 workouts per week (walking counts)
- 4 meals with protein per day
- 6 water breaks per day
- 8 hours of sleep per night
- 10 minutes of meditation per day

At least it's something to shoot for!

The conference also offered several breakout sessions led by various ABWA members that allowed us to select which topics we were interested in. Organizational topics included: How to Run Good Meetings, Transition Planning, and Successful Fundraising. Management topics offered: Building New Formations, Membership Growth, and Retention Strategies. Leadership topics were: Using ABWA's Core Values, and The Many Paths to Leadership. Breakout groups allowed for us to get to know each other, too.

What a jam-packed two days, and it was well worth my time. Consider attending next year's Spring Conference – You'll be glad you did!

Chapter Meeting Sponsors

SCENTSY



June

The Crazy Wax Lady

Facebook:
@TheCrazyWaxLadyFL

Instagram:
@crazy_wax_lady_fl

Kandyce M. Key

Certified Consultant

<https://KandyceKey.Scentsy.US>

TheCrazyWaxLadyFL@gmail.com

561.908.4798

I Help YOU Create A Smell Good World!

*Come Visit My
Scentsy Closet*

*Schedule Your
Basket Party, Event,
Home Party or
Zoom Party Today*

Meeting Sponsorship Opportunities Available

We Support Our Chapter Members!

Be A Monthly Meeting Sponsor!

Save the Dates

June 4, 2026	6:00 p.m. - 8:00 p.m.....	ABWA Coral Springs Monthly Meeting
July 2, 2026.....	6:00 p.m. - 8:00 p.m.....	ABWA Coral Springs Monthly Meeting
August 6, 2026	6:00 p.m. - 8:00 p.m.....	ABWA Coral Springs Monthly Meeting
August 28, 2026 to		ABWA Tri-County Council ABW Day
August 30, 2026		Weekend - Fort Lauderdale, Florida
August 3, 2025	6:00 p.m. - 8:00 p.m.....	ABWA Coral Springs Monthly Meeting
September 30, 2026 to		ABWA National Women's Leadership
October 3, 2026		Conference - Sugarland, Texas
October 1, 2026.....	6:00 p.m. - 8:00 p.m.....	ABWA Coral Springs Monthly Meeting
November 5, 2026.....	6:00 p.m. - 8:00 p.m.....	ABWA Coral Springs Monthly Meeting

June 21, 2026

To All of the Single Moms and Dads





Sponsorship Opportunities

Platinum Sponsor - \$750

- Prominent space on our website
- Full page ad in our quarterly newsletter
- 1 dinner ticket to all monthly dinner meetings through July 31, 2026
- 1/2 Page ad in the ABW Day Tri-County program
- Recognition at all monthly dinner meetings
- Opportunity to present a 2-minute speech at all monthly dinner meetings through July 31, 2026

Gold Sponsor - \$500

- Placement on our website
- 1/2 page ad in our quarterly newsletter
- 1 dinner ticket to 5 monthly dinner meetings through July 31, 2026
- Opportunity to present a 2-minute speech at a monthly dinner meeting (one per quarter)

Become a Sponsor and Grow with Us!

Support the ABWA Coral Springs Charter Chapter by becoming a valued sponsor! By partnering with us, you're not only promoting your business, but also empowering women in our community to excel and lead. Check out our sponsorship opportunities below to see how you can make an impact and gain exposure for your business.



Sponsorship Opportunities

Silver Sponsor - \$250

- Placement on our website
- 1/2 page ad in our quarterly newsletter
- 1 dinner ticket to 3 monthly dinner meetings through July 31, 2026
- Opportunity to present a 2-minute speech at a monthly dinner meeting (two times per year)

Bronze Sponsor - \$100

- 1/2 page ad in our quarterly newsletter
- Placement on our website
- 1 opportunity to present a 2-minute speech at monthly dinner meeting

The Connection

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Join Us

Meetings:

1st Thursday of the Month

Place:

Runyon's
9810 W. Sample Rd., Coral Springs

Networking:

6:00 p.m.

Dinner & Program:

6:30 p.m.

Meeting Information / Registration:

www.abwa-coral Springs.org

Can't Attend In Person?

Join us via Zoom!

Proud Code of Conduct

of the American Business Women's Association

The Proud Code of Conduct was developed as a means of guiding all members in making ethical decisions. The broad statements of the Code of Conduct that are listed below are not expected to cover all conduct of all situations. This is why the Proud Code of Conduct was created as a living and fluid code.

- As an ABWA member, I will serve as a goodwill Ambassador for the American Business Women's Association.
- As an ABWA member, I will adhere to the Association's Bylaws and comply with the Association's Brand Guidelines.
- As an ABWA member, I will not use my power or influence to advance my business or personal interests.
- As an ABWA member, I will not allow my actions, personal beliefs or convictions to alienate sponsors, members, or prospective members at any level of the Association (local, regional or national).
- As an ABWA member, I will always treat member colleagues, the ABWA National Team, guests, speakers, vendors and sponsors with dignity and respect.

Visit Us Online:

www.abwa-coral Springs.org

Like us on Facebook: www.facebook.com/abwacs

Follow us on Instagram: www.instagram.com/abwa_cs

Core Values

of the American Business Women's Association

Our core values are the guiding principles that shape your actions, behaviors, and decision making as an ABWA member and leader. They are reflective of the ethos for which the American Business Women's Association was founded in 1949.

1. Selfless Leadership – Be committed to doing the right thing, always. Be transparent in your actions even when no one is looking!
2. Building Community – Be committed to creating a sustainable ABWA community where women can connect, learn, and grow together.
3. Value and Seek Diversity – Be committed to recruiting new members from diverse cultures, ages, work industries and experiences.
4. Manage for Innovation and Excellence – Be committed to original thinking and delivering excellence in everything you do.
5. Lifelong Learning – Be committed to enhancing your own business knowledge, skills, and acumen. Be unafraid to make mistakes, iterate, err and try again.
6. Focus on Facts and Own Your Results – Be committed to using "data" to drive your decisions and actions, and be accountable for your performance.
7. Choose to Make a Difference – Be committed to unlocking a member's potential and inspiring/motivating her to become the best version of herself.
8. Celebrate – Be committed to celebrating members' achievements.



Kathy Gallagher - Chapter President

Kathygallagher.abwa@gmail.com

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