

Louisiana Federation



Business & Professional
Women

PELICAN

Fall 2021

President's Message



**HAPPY HOLIDAYS
2021!**

Joy to the World! That is my wish for you this Holiday Season! I am hoping that each of you are planning family time this Holiday Season whether through zoom or in person! It is an exciting time because this Holiday represents the beginning of something new...for some families it will be the first time they have been together for a long, long time...but we are here! We are here to celebrate the Reason for the Season!

I wanted this Pelican to be a **Joyous** edition...full of laughter, cheer, love, exciting news, fun pictures, and holiday recipes! So, thank you to everyone who contributed to this newsletter and thanks to Angie Jackson-Wilson for always being ready to help!

So, sit back, grab that cup of hot cider, coffee, or tea, and enjoy those new recipes!

HERE'S WISHING YOU A MERRY CHRISTMAS AND A HAPPY NEW YEAR! 2022 HERE WE COME!!!

Gwen Amelin, President

SAVE THE DATE!

Call to Mid-Year Board Meeting

Saturday, January 15, 2022

9:30 a.m.



REBUILDING THE BRIDGE...
“ADDING TO THE FOUNDATION”

More details to come!

This call is to the Executive Committee Members, Standing Committee Chairs, Special Appointments, Past State Presidents, District Officers, Local Presidents and all LAFBPW members.

The purpose of the Mid-Year Board meeting is to receive the bi-annual reports of the officers and chairs for the current year; act upon recommendations, resolutions; nominate officers for the next term; review the proposed legislative agenda and budget.; and other business presented to the board.

Gwen Amelin, President



2022 Esther Terry NIKE Award

Deadline, 31 December 2021

BPW LA is seeking a 2022 Esther Terry NIKE winner from our membership. The nominee must be submitted by her LO or by a BPW member (if the nominee is a MAL or SAL). A list of the past NIKE winners can be viewed on the BPW LA webpage: lafbpw.wildapricot.org (listed under the Membership tab).

Four simple things to remember about the nominee:

She must be a BPW LA member in good standing (she can be a MOL, MAL, SOL, or SAL).

You should list all the positions she has held in **local, district, and state** levels of BPW LA. Tell the positions she has held and programs she has worked on at each level. **Since this is a state award, she should have worked on the state level (held chairs or worked on state level committees), as well as within the district and her LO.**

Tell about her participation and contribution for her church and community.

Include information about her character and her career.

The nomination should be in report form (no more than 5 typed pages). Do not include the nominee's name/LO's name in the report. Include a cover page that has the LO name/information and the nominee's name.

Your nomination must be received no later than December 31, 2021. Mail your report to Linda Burns 1424 Evangeline Road, Glenmora, LA 71433 or you can email it to me as an attachment to lindab2@centurytel.net

[Click here for additional information on the Esther Terry NIKE Award](#)

Linda Burns, Chair



Call for 2022-2023 Nominations

Deadline, 28 February 2022

The call is open for board and committee nominations for 2022-2023.

Looking to serve on a committee, contact Vice President, LisaMarie Brandon at Lisamarie.Brandon@raincarbon.com to find out what positions are available.

Submit nomination forms along with a photo via email to the Nominations Chair, Sheila Clark-Mims at mims307@bellsouth.net.

[Click here for BPW LA Nomination Form 2022.pdf](#)

Sheila Clark-Mims, Chair



2022-2023

Agnes Morris Education Scholarship Fund



Are you entering a higher education institution to finish your degree or wanting to take courses to further your career? Are you a member of BPW LA? If so, Agnes Morris Education Scholarship Fund can give you a scholarship to help with your school expenses. The scholarship is set up for \$500.00 per semester for one year (does NOT include the summer semester). If you have any questions email me (lindab2@centurytel.net) or call me on my cell (318-308-7625).

All you need to do is go to the BPW LA website (lafbpw.wildapricot.org), download the rules and the scholarship form. You **must** be a BPW LA member (member or student member of a local, student member at large, or a member at large). Fill out the form, send in three references with your form, and have your LO President-Treasurer sign the form. (If you are a member or a student at large then the BPW LA Treasurer will validate your membership.) Then you mail the information to me. The address is on the form. You can also send it to me as an e-mail attachment.

I must receive your application by **May 1st** so that I will have time to check the information, fill out the review form, make copies, etc. because the applications are reviewed at the EC Meeting before State Conference convenes. We will announce the scholarship recipient(s) during the business session at State Conference in June.

I look forward to receiving **your** application!

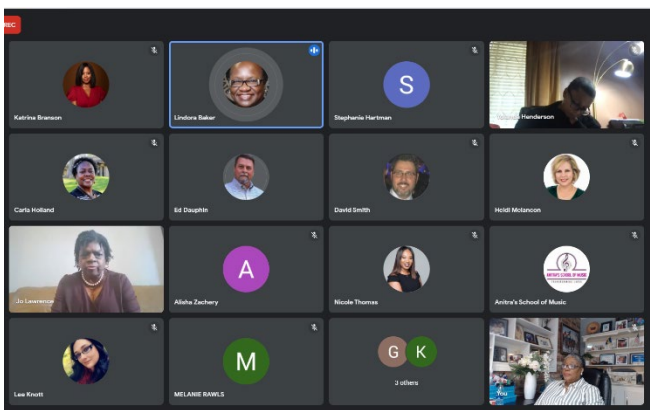
Submitted by **Linda D. Burns. AMESF Chair**

LABPW participates in SBDC Lunch and Learn



The Louisiana Federation of Business & Professional Women came together with the Louisiana Small Business Development Centers, Louisiana Economic Development, Small Business Administration, and other business support entities to discuss the resources, support and tools needed to pursue, start, and/or expand the goods and services needed for a new or existing small business.

The Louisiana Small Business Development Center “Women in Business Lunch and Learn” was held on November 12, 2021, via Google Meet. Angie Jackson-Wilson, State Treasurer (Monroe West Monroe), with fellow panelists, Heidi Melancon, SBDC Center Director, ULL, Ed Dauphin, CFO Cares Act Consultant, Dave Smith -



EAP Executive Director and Stephanie Hartman, LED Director Small Business Services, shared the many ways they can support you on your journey and what it takes to make it.

Jackson-Wilson’s presentation on “The Benefits of being a member of BPW” provided information on the history of LAFBPW and its current areas of focus

to help women succeed in business and professions. She highlighted five main areas.

“Education and Economic Empowerment -These are the most important things we do in LABPW; we keep our fingers on the pulse of current business trends and provide continuing education, training, and promotional opportunities through seminars and workshops at monthly meetings and conferences. Additionally, we have a variety of scholarships to help members in pursuit of their dreams whether it be career development or obtaining that elusive degree.

Advocacy- We strongly advocate for family issues, such as Equal Pay for women, raising the minimum wage, paid sick and family leave and quality childcare. We have advocates at the State and national level working tirelessly on these issues.

Networking -At LABPW networking events you can meet key people and form connections with others that could result in new career opportunities. Establishing and

building relationships with people who become your community of colleagues and friends as you go through your career

Mentoring-LABPW has experienced and knowledgeable people in numerous careers and professions to provide feedback and advice for continued career and professional development. We work with our less experienced members to help develop leadership and interpersonal skills for career advancement.

Professionalism - Membership in a respected organization like LABPW is seen as a plus by prospective employers and clients. It sends the message that you are serious about your business or profession, and you are willing to engage with like-minded persons.

Jo Ann Lawrence, SBA Deputy District Director was the main speaker and she reminded attendees the pandemic, storms, hurricanes, and decreased economy, along with other issues will try, but it can't stop you from fulfilling your dreams. Lindora Bake, SBDC Statewide Training Consultant and Carla Holland, SBDC Statewide Director were the moderators.



Around the State

Members of the St. Bernard BPW attended a luncheon supporting another women's organization



From left to right: LisaMarie Brandon, Lena Nunez, Wanda Alcon, Cindy Ryckaert, Claudette Reuther, Heather Michael, Katherine Lemoine, Judge Kim Jones, and Faith Moran.

St. Bernard BPW Christmas Party 2021



Oakdale LO

...has definitely had problems with meeting sites since COVID-19 made its appearance. Our restaurants keep closing down! We started meeting at a member's office, then at a member's home, and finally at a new restaurant that opened up. Mike and Nikki's Bistro has only been open for 4 months and we were able to meet there in November. Due to the holiday and a planned event for December, we will not meet again until January.

Coming up:

* "Queens Wrap It Up" on Dec. 17th and 18th. Our Pageant winners (Junior Miss and Miss Oakdale; Junior Miss and Miss Allen Parish winners) will wrap Christmas gifts (with our assistance, of course) in downtown Oakdale.

* our January meeting is scheduled for Jan. 11th and we will meet at Mike & Nikki's Bistro at 5:30 p.m.

* one of our members, Dance Stanley is getting married in January.

* our "Lil' Princess Session" is set for Feb. 19th. Our pageant chair is hoping that by hosting a dress-up and make-up session at the auditorium it will put the little girls at ease. This will be a pre-cursor to the Little Miss Pageant which will be held in March.

We have 8 members (5 MOL and 3 SOL).

Linda D. Burns, President Oakdale BPW



A Wonderful Mother



How do I begin to express the love and admiration I feel for my mother? She was a woman who provided for me when I could not provide for myself and one who *loved* me before she even laid eyes on me. It's almost impossible to understand the love that a mother has for a child.

My mother (*Mommee*) once said she always wanted to have children. The opportunity to influence a life based on her knowledge of the world and her dreams of what the world could be. I understand the reason she gave her all, not on some days, but every day. She wanted *her* child to maneuver through society with ease and grace, be in any environment, and know she belonged.

Mommee taught me the importance of being strong and intelligent, the need to know how to manage life's journey, and create a loving home for a family. She made parenting seem so easy, but I know now it is not. So, during this holiday season, let me say, "Mommee will always be an essential person in my heart." Her years of teaching shaped me into the person I am today.

How do I express my feelings for my mother? The words are, "Thank You."

Thank you for your unconditional love, patience, and understanding.

Thank you for your examples of leadership, tolerance, and obedience.

Thank you for being A Wonderful Woman.

Thank you for being My Mother.

Contributed by Brenda Sheppard-Nelson
Monroe West Monroe BPW

Holiday Recipes



Fruit Fluff

Ingredients

2 16 oz. cans pineapple chunks (*drained*)
1 16 oz. can mandarin orange (*drained*)
1 16 oz. can fruit cocktail (*drained*)
1 16 oz. can slice peach (*drained and chopped*)
1 16 oz. can pears (*drained and chopped*)
1 c. chopped pecans
1/4 c. chopped coconut (*optional*)
1 small tub of whipped Philadelphia Cream Cheese (*room temperature*)
116 oz. tub of Cool-Whip (*room temperature*)
1 jar of cherries (*garnish*)

Directions:

To start, set aside cream cheese and Cool Whip.

Best used at room temperature. In a large bowl, place all drained and chopped fruit except cherries. You do not want any liquids. Fold cream cheese over fruit until all pieces are covered.

Blend in coconut and half of the pecans. Lastly, gently fold in Cool Whip. Place mixture in a serving dish and garnish with drained cherries and remaining pecans. Cover and refrigerate for an hour.

This quick dessert will be a hit during the holidays. Add or delete ingredients based on your family's taste. When I make this dish, I divide the recipe and make half with coconut and the other half without.

Submitted by Brenda Sheppard-Nelson



Holiday Punch

Ingredients

1-12 oz. can frozen orange juice
concentrate (thawed)
1-12 oz. can frozen pink lemonade
concentrate (thawed)
2 c. grenadine syrup
2 quarts of chilled ginger ale
1 can of crush pineapples (*Optional*)
Crushed Ice

Directions:

In a punch bowl, combine orange juice, lemonade, and grenadine syrup. Refrigerate until ready to serve. Then, stir in the ginger ale. Add in crush ice and serve.

If this is an adult party, try adding two or more cups of rum to the punch. Fill glasses with crushed ice and serve. This will give the adults at your party a special surprise.



Tressie's Easy Pound Cake

Ingredients:

1 box Yellow Cake Mix (Betty Crocker Super Moist)
1 5 oz. box Jell-O Instant Vanilla Pudding
3 large eggs
1/2 c. Vegetable Oil
1 tsp. of 5 different flavorings (any of your choosing)

- Butter
- Vanilla
- Almond
- Rum
- Lemon

1 c. milk
Baking Spray (Baker's Joy)
Bundt Cake Pan

Directions:

Preheat oven to 325 degrees.

Spray Bundt cake pan with Baker's Joy and set aside. In the mixing bowl, pour in the cake mix and instant pudding. Stir the two dry ingredients together. Add the flavorings and eggs to the dry mix and blend.

Next, blend in the oil. Lastly, add half of the milk and blend. When batter is well blended, pour in the remaining milk and blend until creamy. Allow to sit for 3 minutes. Before pouring the into the Bundt pan, stir with a large spoon and evenly fold into the Bundt Pan.

Place in the center of the oven and cook for 42 minutes. After about 20 minutes, check to see if the cake is cooking too fast and adjust temperature accordingly. When done, turn the cake out onto a plate. This pound cake is great plain or with a glaze.

Submitted by Brenda Sheppard-Nelson

Tax Tips

The difference between tax deductions and tax credits

Tax deductions and tax credits may be the best part of preparing your tax return. Both reduce your tax bill, but in very different ways. Knowing the difference can create some very effective tax strategies that reduce your tax bill.

Tax deductions are specific expenses you've incurred that you can subtract from your taxable income. They reduce how much of your income is subject to taxes.

Tax credits are even better — they give you a dollar-for-dollar reduction in your tax bill. A tax credit valued at \$1,000, for instance, lowers your tax bill by \$1,000.

Taking the Standard Deduction vs. Itemizing

Deciding whether to itemize or take the standard deduction is a big part of tax planning, because the choice can make a huge difference in your tax bill.

What is the standard deduction?

Basically, it's a flat-dollar, no-questions-asked tax deduction. The standard deduction is determined by your filing status.

	Filing status	2021 Standard
Deduction		
	Single	\$12,550
	Married, filing jointly	\$25,100
	Married, filing separately	\$12,550
	Head of household	\$18,800
	Qualifying Widow (or Widower)	\$25,100

Instead of taking the standard deduction, you can itemize your tax return, which means taking all the individual tax deductions that you qualify for, one by one.

Tax deductions you can itemize

Mortgage interest of \$750,000 or less
Mortgage interest of \$1 million or less if incurred before Dec. 16, 2017
Charitable contributions
\$250 (for educators buying classroom supplies)

Medical and dental expenses (over 7.5% of AGI)
State and local income, sales, and personal property taxes up to \$10,000
Gambling losses
Investment interest expenses
\$2,500 in student loan interest (these do not need to be placed on Schedule A but can be taken above-the-line and subtracted from your taxable income); income phaseout limits apply

Generally, people itemize if their itemized deductions add up to more than the standard deduction. A key part of their tax planning is to track their deductions through the year.

There are hundreds of possible deductions and credits out there, and they all have their own rules about who's allowed to take them. Here are some big ones.

Adoption credit	Costs of adopting a child
American Opportunity credit	College education costs
Capital loss deduction	Losses on stock sales (to offset capital gains)
Charitable contributions	Giving money, cars, art, investments, household items or other things to charity
Child and dependent care credit	Day care and similar costs
Child tax credit	Being a parent
Credit for the Elderly or the Disabled	For people or their spouses who retired on permanent and total disability
Earned Income Tax Credit	Money for people below certain adjusted gross incomes
Home office expenses	A portion of your mortgage or rent; property taxes; utilities, repairs and maintenance; and similar expenses if you work from home
Lifetime Learning credit	Undergraduate, graduate or even non-degree courses at accredited institutions
Medical expenses	Unreimbursed medical costs over a certain threshold
Mortgage interest	The interest portion of mortgage payments on a primary home
Property taxes	Property taxes on real estate
Residential energy tax credits	Installing things that make a home energy-efficient
Saver's credit	Contributions to an IRA for people with incomes below certain thresholds

Information compiled by
Teresa Brooks, Enrolled Agent

Legislative Updates



The Governor's Office on Women's Policy held a virtual Equal Pay Summit on November 16, 2021, the recording can be found [here](#) and slides are attached. If you would like to obtain the slides from the salary negotiation workshop, please feel free to reach out to Summer Steib at Summers@lsu.edu.

To view additional links from the Summit, click here:

[Equal Pay Summit](#) or [Advocacy Works Equal Pay Summit Nov 2021.pdf](#)

A message from the Chaplain!

Greetings, as you go through this season of joy and splendor, remember it is not



about the present under the tree, but rather the present that hung on a tree! He came into this world to save those who were lost!

Aren't you glad that He did!!

Remember the reason for the season and remember to bless someone less fortunate!

Donate a coat, food to the foodbank, a toy to a toy drive; drop off socks to a nursing

home; bake cookies for the new neighbor...do it all in the Spirit of Christmas! Merry Christmas and a joyous New Year!!!

Louisiana Federation of Business & Professional Women

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