



COLUMBIA TRIAD ABWA Newsletter

WWW.COLUMBIATRIADABWA.COM

IN THE KNOW!

This spring the Columbia Triad Chapter of ABWA proudly hosted its annual Celebration of Excellence on April 24, 2025, featuring keynote addresses by ABWA National Secretary/Treasurer Genice E. Hall-Fowler and Chapter President Jacqueline Brabham, as they honored deserving 2025 Women of the Year. At the national level, the chapter was recognized at ABWA's 2023 National Conference in Chattanooga with the prestigious Best Practice Level III Award, and celebrated multiple Forever Top-Ten honorees including Anna M. Davis, Janie Brown, Linda Hough-Hicks, Genice Hall-Fowler, and Doris Harrison. Looking ahead, the chapter continues its monthly meetings (every fourth Tuesday at 7 PM with virtual access) as a hub for leadership growth, networking, and professional development.

2ND TIMES A CHARM!

ABWA Columbia Triad Chapter Welcomes Back Leadership for a Second Term!

The Columbia Triad Chapter of the American Business Women's Association proudly welcomes back our dynamic leadership team for a second term! Under the continued guidance of our President Quianna Nathaniel Couthen, Vice President Jeanette Johnson, Secretary Melissa White, and Treasurer Anna Davis, we are excited to build on the momentum of our "Next Level U" theme.

Their dedication, vision, and unwavering commitment have elevated our chapter's programming, community engagement, and member support. As we embark on another impactful year, we remain confident that their collective leadership will continue to inspire growth, excellence, and bold achievement.

Here's to another successful year of believing, belonging, and becoming—together!



MEET THE TEAM




Quianna Couthen
CHAPTER PRESIDENT



Jeanette Johnson
CHAPTER VICE PRESIDENT



Melissa White
RECORDING SECRETARY



Anna Davis
TREASURER



Jacqueline Brabham
CHAPTER ADVISOR

[HTTPS://WWW.COLUMBIATRIADABWA.COM/](https://www.columbiatriadabwa.com/)

COLUMBIA TRIAD ABWA

Health Moment

🔥 Health Alert: Heat Advisory in Effect – Stay Safe This Summer! 🌞

As temperatures continue to soar during the summer months, a Heat Advisory has been issued across many regions, with dangerously high temperatures and humidity levels expected to persist.

Prolonged exposure to extreme heat can cause heat exhaustion, heat stroke, dehydration, and other serious health complications—especially among the elderly, children, and those with preexisting medical conditions.

✍️ What You Need to Know:

Temperatures may feel like 100°F or higher due to humidity.

Risk is highest between 10 AM and 6 PM, when the sun is at its peak.

Heat-related illnesses can develop quickly and without warning.

⚠️ Warning Signs of Heat-Related Illness:

Excessive sweating or lack of sweat

Dizziness or confusion

Nausea or vomiting

Headache or rapid heartbeat

Hot, red, or clammy skin

Fainting

If you or someone around you is experiencing these symptoms, seek medical help immediately and move to a cooler place.

💧 How to Stay Safe:

- ✅ Stay Hydrated – Drink plenty of water throughout the day, even if you're not thirsty.
- ✅ Limit Outdoor Activity – Avoid strenuous activities during peak heat hours.
- ✅ Wear Light Clothing – Choose loose, light-colored, and breathable clothes.
- ✅ Cool Down – Use fans, air conditioning, or cool showers to reduce body temperature.
- ✅ Check on Others – Look out for neighbors, especially the elderly and those living alone.
- ✅ Never Leave Children or Pets in Vehicles – Not even for a minute.

📍 Local Resources:

Cooling centers and hydration stations may be open in your community. Contact your local health department or emergency services to find out more.

Let's look out for one another. Stay safe. Stay cool. Your health matters.





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2025 ABWA National Women's Leadership Conference Sponsorship Brochure

November 12-15th, 2025
Exhibit Days November 12-14th
Westin Portland Harborview
Portland, Maine



Women are searching for a place to connect, a place to learn and grow. Businesses are charting new courses, and workers and managers need constant skill upgrades to continue to compete.

For 76 years, the American Business Women's Association has been providing working women with a community of like-minded people where they can find the support of others and the means to garner the knowledge, and skill sets that are vital to succeed in the 21st-century business environment.



At the 2025 ABWA National Women's Leadership Conference, sponsors will connect with women business owners and entrepreneurs, as well as a diverse group of women working at all levels within business. Most attendees are ages 35-65. Our members are highly educated, career-driven decision makers; 40% are business owners. Most members work in small businesses, and Fortune 500 companies are also represented.

Conference Sponsorships At a Glance:	Champion \$4,000	Transformer \$6,000-\$8,000	Shattering the Glass Ceiling \$10,000-\$15,000
• Conference Registration Tickets along with Top Ten Woman of the Year Luncheon Tickets with Special Seating	2 tickets	4 tickets	6 tickets
• Logo with Hyperlink on ABWA.org Conference Website Page	♦	♦	♦
• Logo on Sponsor and Event Banners, plus Space for Sponsor's own Corporate Banner	♦	♦	♦
• Announcement on ABWA Social Media Platforms	♦	♦	♦
• Acknowledgment at Opening General Session, Closing	♦	♦	♦
• Advertising in Conference Program	Half Page	Full Page	Premium Full Page
• Advertising in Achieve Newsletter	Half Page	Full Page	Full Page
• Insert in Registration Bag	♦	♦	♦
• Tabletop Exhibit Booth (Nov. 12-14)	♦	♦	♦
• Email Campaign to ABWA Members		♦	♦
• Remarks at General Session			♦

Increase Your Brand Awareness With These Sponsorship Opportunities

Welcome Reception

\$7,000

The energy is buzzing as members greet friends from across the country. We welcome attendees, recognize Association leadership, volunteers and VIPs, including our sponsor of the evening.

Best Practices Award Ceremony Sponsorship

Musical entertainment and dance party

\$8,000

ABWA recognizes excellence in our leagues' business management performances. This event is for a sponsor seeking a more encompassing alliance with ABWA. Special signage outside the meeting room will recognize the sponsor as well as podium recognition and acknowledgement by the band.



Top Ten Business Women of ABWA and the American Business Woman of the Year Luncheon Sponsorship

\$7,000

At this prestigious luncheon attendees will hear the 2025-2026 Top Ten Business Women of ABWA share how ABWA has influenced them and their careers. The 2026 American Business Woman of the Year, our highest individual honor, will be announced at this event. A company representative can be part of the introductions. Sponsors will gift the Top Ten recipients with a special memorial item or gift bag.

Registration Tote Bag

\$3,000

Lightweight reusable tote to hold conference handouts, water bottles, and small purchases; imprinted with Association theme and sponsor acknowledgement. This provides non-stop visibility at the conference and when attendees are at home.

Name Badge Holder/Lanyard

\$7,000

Members will be wearing your conference colors for days. Lanyard will sparkle with colored rhinestones. Strengthen your brand with this exclusive sponsorship. Price includes ABWA handling the production.

Educational Sponsorship (Three-day event)

Track A - ABWA-KU MBA Essentials or
Track B - Multiple Sessions

\$8,000

As a sponsor of an educational track, your company reinforces the need to maintain a strong workforce with advanced education. Sponsor will be recognized by the Presenters at the beginning and end of the daily sessions. Special signage outside the meeting room will recognize the sponsor.

Keynote Speaker Thursday Morning Breakfast

DATE

To be announced

\$6,000

Keynote Speaker - TBD

DATE

To be announced

\$6,000

Keynote sponsorship to be announced.

Charging Station for Mobile Devices

\$8,000

It is always a good idea to keep your mobile devices charged, so while members plug in, you can use this time to chat with them when the charging station is in your booth outside the Eastland Grand.

To reserve your sponsorship today, contact Dana Gutierrez
dgutierrez@abwa.org or call 503-445-2244.

Find out how you can turn your company's conference sponsorship into a 12-month program!

COLUMBIA TRIAD ABWA Highlights

Positive News for a Positive Community

Volume 39, Number 27

Serving Central South Carolina

July 2 - 8, 2025

News in Brief



World

Rwanda and DR Congo Sign Historic U.S.-Brokered Peace Deal
Following a signing ceremony at the State Department, a peace agreement aimed at ending 30 years of conflict, the longtime enemies of the Democratic Republic of Congo and Rwanda were united in the White House by President Donald Trump. "Today, the violence and destruction comes to an end and the entire region begins a new chapter of hope," Trump said as he was greeted by the representatives from both countries.



Nation

National Institute of Health ends Black Infant Health Study

A federally funded study exploring why Black babies in Detroit are disproportionately born prematurely has been abruptly terminated by the National Institute of Health (NIH), as part of a wider effort to eliminate research that is divisive, racist, and unethical. The study, which started in 2015, was associated with racism and poverty might also pose function and contribute to adverse health outcomes, but in funding under a new NIH director.



State and Local

New historic marker honors Sumner's first

Black dentist
On Tuesday, May 27, a historical marker was unveiled in Sumner at the home of the late Dr. R.L. Williams, Sumner's first Black dentist. A native of Illinois, Dr. Williams attended South Carolina State before earning his medical degree and arriving in Sumner. The Williams spent 40 years working the region to offer dental services and spread his dental office doors for anyone in need. In 1917, he was a civil rights leader and a member of Alpha Phi Alpha Fraternity.



Sports

Annual CAA Baseball Tournament to stay in Baltimore

The Central Athletic Association (CAA) of Baltimore, which has been the host of the CAA's annual baseball tournament since 2008, announced that the City of Baltimore will continue to host the event through 2028. The tournament is one of the most successful in the region, with the event currently in its 20th year. Beginning in 2029, the tournament will move to a new location.

Modjeska Simkins School celebrates 63 new graduates



Modjeska Simkins School class of 2025

On Saturday, students from across the state gathered at GROU in Columbia to celebrate their graduation from the Modjeska Simkins School. It was a proud occasion. After four months of intensive study together, it was clear that they had bonded and felt a sense of collective purpose.

A third of the 63 graduates this session attended the Monday night classes in person at GROU. Another third joined the class on Zoom. And, for the first time, some of the students participated from our satellite sites in Sumner and in Pine Court.

Dr. Robert G. Adams, Jr., Executive Director of the Modjeska Simkins School, said, "It's a privilege to be part of this journey. We've been working for the school is already working to replicate it in additional cities next session. SC Progressive Network Director Brett Hester said, "Bringing students together to participate in a group strengthens the local communities that are the heart of innovation building. These connections will last beyond the school, and beyond classroom walls."

The school's lead instructor, Dr. Robert G. Adams, Jr., said, "The state of South Carolina is about much more than John C. Calhoun, Bob Elliott, James Byrnes, and Lindsey Graham."

Richland One announces Principal appointments for 2025-2026

Students at two Richland One schools will be greeted by new principals when the 2025-2026 school year begins August 12. Dr. Blackwell and Mrs. Stephany begin their new duties July 1.



Dr. Timothy Blackwell, who has served as principal at Richland Elementary School for seven years, will be the new principal at Meadowfield Elementary School.

Dr. Blackwell has over 20 years' experience in education. He has also served as a classroom teacher, staff coach, math interventionist, curriculum resource teacher and assistant principal during his tenure at Richland One. He earned a Bachelor of Science degree in elementary education from Benedict College, a Master of Education degree in mathematics education from Cambridge College, an Education Specialist degree in educational administration from South Carolina State University and a Doctor of Education degree in educational administration from South Carolina State University.



Karen Erlendson is the owner of Karen's Kitchen & Catering and the Red Carpet Event Center

Karen's Kitchen & Catering Business of the Week

By Staff Writer
BUSINESS OF THE WEEK
When it comes to good food, elegant venues, and visionary entrepreneurship, Karen Erlendson is a name that continues to make an impression across the Midlands. What began as a passion for cooking for friends and family has evolved into two thriving businesses: Karen's Kitchen & Catering and the Red Carpet Event Center.

Karen launched her catering business in 2007 after years of preparing meals for family gatherings, holiday celebrations, and special occasions. The positive feedback she received inspired her to take her culinary talents to the next level.

Columbia Triad Chapter of ABWA celebrates an Evening of Excellence

The Columbia Triad Chapter of the American Business Women's Association (ABWA) hosted its annual "Evening of Excellence" celebration at the Brooklyn Banquet and Conference Center, honoring outstanding members and sharing powerful stories of growth and achievement.

This year's "Woman of the Year" award was presented to Jacqueline Brabham, a dedicated culinary arts teacher for Richland School District One and owner of Pleasurable Palates. Candice McCuen, Founder, Broker-In-Charge, and REALTOR® of Excel Real Estate SC, was recognized as the Business Associate of the Year for her professional achievements and contributions to the business community.

The keynote address was delivered by Genice Hall Fowler, ABWA member and founder of Women Connecting Women, a fellow ABWA chapter in Newberry, SC. Fowler inspired the audience to walk boldly in their purpose and celebrate their unique strengths, echoing the spirit of the evening's theme: "Next Level U."



Genice Hall Fowler is the founder of Women Connecting Women

Students are already busy working on projects together, and the school is preparing short courses and organizer rainings ahead of the Network's fall conference at Penn Center Oct. 31 - Nov. 2. Stay tuned for details.

Principal 5-2026

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Jacqueline Brabham is the owner of Pleasurable Palates

phney, who has served as 1st Arden Elementary School be the new principal at Arden, Richland One, Mrs. Stephany Elementary School and she rwer Richland High School in a bachelor's degree in elementary Morris College, a master's onal leadership and administration Wesleyan University, y began her career as an education at Meadowfield Elementary. She taught grades 3-5 and presented each guest with a butterfly pendant—a symbol of transformation and a

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Jacqueline Brabham is the owner of Pleasurable Palates

process, indeed. But, boy, am glad that I did it." Students are already busy working on projects together, and the school is preparing short courses and organizer rainings ahead of the Network's fall conference at Penn Center Oct. 31 - Nov. 2. Stay tuned for details.

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For more information about the Columbia Triad Chapter of ABWA, visit www.ColumbiaTriadABWA.com or follow us on social media @ColumbiaTriadABWA.



COLUMBIA TRIAD CHAPTER



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ABWA Columbia Triad Chapter

Get Connected:

Our Virtual Meetings are held on the 4th Tuesday of the Month via Zoom.
Contact us at: ctriad202@gmail.com to attend one of our meetings or to obtain more information about ABWA.

<https://columbiatriadabwa.com>
ctriad2020@gmail.com

Twitter: Columbia Triad Chapter ABWA

Instagram: Triad Chapter ABWA

Facebook: American Business Women's Association (ABWA) Columbia Triad Chapter

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 Express Network Bylaws.
5. 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.