



MAKE A LASTING CONNECTION IN 2015!



Connections Professional Networking

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Luncheon Friday, January 8, 2016

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Please join us for a wonderful networking experience!

Petroleum Club Lunch Buffet | \$18

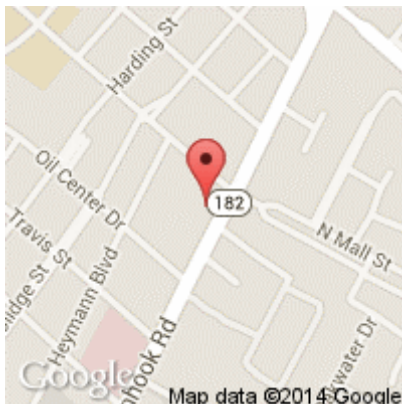
Please RSVP by noon Wednesday, January 6th.
It is important that you let us know if you plan to attend.

You may RSVP via [e-mail](#) or on our [website](#).
Email: connectionsprofnet@gmail.com

To prevent Connections from being charged by the Petroleum Club for no-shows, if you need to cancel your RSVP please do so by 10:00 am on the Thursday prior to the meeting. We need to confirm our numbers with Petroleum Club by 11:00 am the day before.

To cancel, please send email to connectionsprofnet@gmail.com or call 658-9590.

Connections accepts cash or checks. Please have your check made payable to Connections prior to arriving at the meeting to expedite registration.



Petroleum Club

111 Heymann Boulevard (Oil Center)

Buffet lunch \$18

Please bring cash or **preferred method of payment check.**

Meetings are being held in the lounge on the 1st floor, near the arch driveway, down the hall from the buffet.

Networking begins at 11:30 a.m.
Meeting begins at 12:00 Noon.

Guest Speaker



Dawn A. Foreman
Personally Fit

Dawn is the founder and owner of Personally Fit (Lafayette's Fitness & Weight Loss Center for Women), the author of 10&2 Weight Loss and a Triple Diamond leader with It Works.

She is a Registered Dietitian and Licensed Nutritionist with the American Dietetic Association; she is also a Certified Personal Trainer and Advanced Health & Fitness Specialist with American Council on Exercise.

She has been featured as the fitness and nutrition expert for KATC (the local ABC affiliate) and has been invited to speak for Club Industry where she trains personal trainers in the best nutrition practices. She is the founder of the Go Red Challenge held each year to support the American Heart Association's Go Red for Women movement. She was most recently invited to be one of the founding trainers worldwide for Kathrine Switzer's 261 Fearless Women's Running Clubs. Her weight loss program and no BS approach to fitness, nutrition and weight loss has helped hundreds of women transform their lives. Her mission is to empower women to defy gravity (both physically and spiritually).

President's Message

they would return borrowed items and pay off debts at the beginning of each new year. The Romans later made similar promises to their god Janus, whom this month is named after! The practice of making resolutions is more common in the Western Hemisphere but can be found in Eastern cultures. After the Great Depression, about 25% of American participated in resolution. By the 21st century, 40% participated!



I encourage each of you to consider participating in this New Year's tradition of making resolutions, either in personal growth, professional development, health or wellness. Whatever aspect of your life you would like to see some positive change.

Happy New Year's ladies! I hope everyone had a fulfilling holiday season. January signals not only a new month, but also a new year... new beginnings. Resolutions are declared with good intentions, but few seem to make it until the end of the year. I was curious about the origins of New Year's resolutions and here is what I found.

About 4000 years ago, the Babylonians promised their gods

Wishing you all a wonderful New Year's!

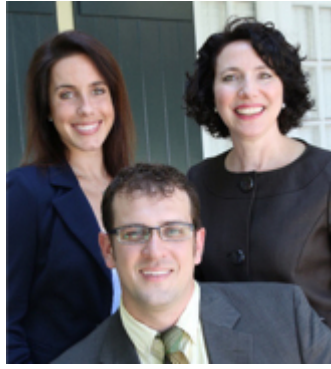
Deirdre Detraz

Connections President 2015-2016

Business Spotlight

HEGGIE
INVESTMENT PARTNERS

RAYMOND JAMES



Nanette Soileau Heggie

CERTIFIED FINANCIAL PLANNER™, Financial Advisor, Branch Manager

After 6 years as an IRS tax auditor, Nanette has now worked for over 20 years as a Financial Advisor. She and her team provide financial and retirement planning along with comprehensive investment management services for individuals, families, foundations, and trusts. They work closely with business owners to establish and service corporate retirement plans, and have experience with advanced estate tax planning strategies in preparing for the sale of their businesses. They specialize in helping people with 401k and pension rollovers, when changing jobs and transitioning into retirement.

On Monday, September 21, 2015, *Heggie Investment Partners* officially became its own independent firm, with an all new name, logo, brochure and website. Their office is still located at 140B Rue Beauregard in Lafayette, LA, where we have been since first opening our doors as an independent firm in 2009. CERTIFIED FINANCIAL PLANNER™ professional and Financial Advisor, Nanette Soileau Heggie, serves as branch manager. Rounding out the Heggie Investment Partners team are fellow Financial Advisor, Drew Johnson, and Client Service Manager, Courtney Ardoin.

Their email addresses and direct phone numbers haven't changed, but the new main line is now 337-889-0270.

Please check out their new website at www.HeggiInvestmentPartners.com and help them spread the word!

**Thank you, ladies for all of the good times in 2015.
We had an awesome gift exchange full of beautiful gifts and
funny steals!**





*There were no door prizes for the month of
December.*

*Thank you to everyone that participated in the Gift
Swap / Dirty Santa Game.*



Bring a door prize!

It's a GREAT way to

promote YOUR business!!

News & *Announcements*

NEW Connections website:

<http://www.connectionsforwomen.net/>

Members... You can bring marketing materials, business cards and brochures/flyers to the meeting and place on the door prize table to promote your business!!

Members... You can email announcements, accomplishments, business tips or share good news to Rebecca Taylor and she will share on Connections Facebook page.

Send to: Rebecca@AcadianaProfile.com

Faith House, an organization we have donated to, has a list of immediate needs for their shelter.

Immediate Needs: Laundry detergent, dish washing liquid, paper plates, utensils, bowls and cups, towels and washrags, floor cleaner, brooms/mops, diapers (size 4 and 5), sanitary products, ethnic hair care products, Lysol, sheets and blankets (Twin Size)

For women moving out of the shelter, they are also seeking: Furniture (Sofas, beds, dressers, etc.) sheets/blankets, pots/dishes/utensils, kitchen tables/chairs, carseats, fans, and suitcases.

Please contact Mary Usner at (337) 234-2715 for donations or questions.

Bookin' It Book Club

We apologize for the name error. The name of our new book lending club is Bookin' It. Thank you for your help in naming our book club.

We will be seeking books to be added to the library. If you have any books you wish to add to the book club, please bring it into the next Connections meeting.

How does it work?

Bring in a book you would like to donate to the library. We would be seeking professional development books. It can be one that has helped you in your career and in your work. It will be added to the library and members will be able to check out the books at meetings. The book would be due back at the next meeting. Any donations anyone would like to make to it would be great.

Mark Your Calendar!

Connections Meeting – January 8th

Networking and business card exchange begins at 11:30 a.m.
Meeting starts promptly at 12:00 noon at the Petroleum Club.

Connections Monthly Board Meeting:

Monday, January 11th

11:30 am at Abacus Restaurant on Pinhook

Deadline to submit articles to be included in the next Connections Newsletter is the 21st of the month.

Future Connections' Meetings:

February 12

March 11

April 8

May 13

Connections Officers

Deirdre Detraz - President

Cynthia Beslin - President Elect



Eugenia Shedrick – Newsletter VP
Rebecca Taylor – Public Relations VP
Lana Fontenot – Membership VP
Debra Billeaud – Treasurer
Rodlyn Cochran - Program VP
Jane Boudreaux - Secretary
Nanette Heggie – Board Member at Large and
Career Achievement
Joann Pugh - Scholarship Chairperson

CONNECTIONS is a monthly newsletter published by the members of CONNECTIONS. For consideration of all information and articles, contact Newsletter Vice President and Editor, Eugenia Shedrick at 337-852-3027 or eugenias@worknet2k.com. If you would like to become a member of CONNECTIONS, contact Lana Fontenot, Membership Vice-President at ana.fontenot@solacc.edu.

CONNECTIONS PURPOSE AS BY OUR CONNECTIONS CONSTITUTION

SECTION ONE: TO PROVIDE A PROFESSIONAL , EDUCATIONAL AND PERSONAL SUPPORT NETWORK FOR CAREER-ORIENTED WOMEN.

SECTION TWO: TO PROVIDE AN ARENA IN WHICH CAREER-ORIENTED WOMEN CAN MEET ONE ANOTHER.

SECTION THREE: TO PROMOTE PROFESSIONAL ACHIEVEMENTS OF WOMEN IN THE COMMUNITY.

SECTION FOUR: TO PROVIDE MODELS FOR THE COMMUNITY.

Enjoy yourself at our meeting!!

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