

Women's
Commission
of Southwest Louisiana
INCORPORATED



WOMEN'S FALL CONFERENCE

Thursday, October 17

Lake Charles Event Center

2024 WOMEN'S
FALL CONFERENCE
KEYNOTE SPEAKER:

JUDGE

Lynn Toler





Dorothy M. Leger

A MESSAGE FROM

The Conference Chair

I am truly honored to serve as the Fall Conference Chair for our 34th Annual Women's Fall Conference, to be held on October 17, 2024 at the Lake Charles Event Center. We will have a phenomenal Keynote Speaker, so you surely don't want to miss.

The Women's Commission strives to educate, empower and enhance the status of women living in Southwest Louisiana. We award scholarships annually to non-traditional women attending McNeese State University and Sowela Technical Community College.

This conference will give you the opportunity to network with other professional women and explore new opportunities to enhance your business, career and educational goals. Our conference workshops will truly get you "Inspired and Empowered". My hope is that you leave with some nuggets of wisdom to help you "Achieve" your future goals.

Our MarketPlace will host a variety of vendors like none other for your shopping experience. So please visit our vendors located on both floors and enjoy our "Relaxation Lounge" located on the 2nd floor.

So mark your calendars and join us at the 2024 Women's Fall Conference.

Dorothy M. Leger
FALL CONFERENCE CHAIR

2024 WOMEN'S FALL CONFERENCE KEYNOTE SPEAKER:

JUDGE Lynn Toler

Judge Lynn received her bachelor's degree in English and American Literature from Harvard University and her Doctorate in Law from The University of Pennsylvania Law School. At 33, she was elected judge of the Cleveland Heights Municipal Court and served there for more than eight years.

While on the bench in Cleveland Heights, Judge Lynn volunteered actively in her community creating her own programs, such as Woman Talk, a project designed to intensively mentor young at-risk girls; and The CHIP Program—an intensive probationary program for young, male, chronic offenders. She also led an initiative to establish early response mental health teams for local municipal courts.

She has served as an adjunct professor at Ursuline College, where she created and taught courses on Civil Rights Law and Women and the Law. She was also a frequent instructor for the Ohio Judicial College, where she helped create and taught continuing judicial education course for other judges.

Judge Lynn is still actively engaged in both local and national initiatives to prevent domestic violence through her work as a board member of Bloom365. She also supports The Whole Brother Mission, an organization designed to address the emotional and familial wellbeing of Black men.

Judge Lynn began her television career in 2001 when she became the host of the nationally syndicated television show, *Power of Attorney*. During that time, she also served as a retired judge sitting by assignment in multiple

jurisdictions throughout the state of Ohio.

In 2006, Judge Lynn became the host of *Divorce Court*. In 2007, she expanded her television presence by becoming the host of the prime-time television show, *Decision House*. In 2008 and 2009, Judge Lynn was a bi-monthly contributor on News and Notes, a weekly news show on National Public Radio (NPR). In 2009, she became the host and a co-executive producer of *Wedlock or Deadlock*, a syndicated series based on a segment of *Divorce Court*. Judge Lynn became a regular co-host alongside Dr. Ish Major on We tv's highly rated *Marriage Bootcamp* series in 2020. She continued her work with We tv in the series *Commit or Quit with Judge Lynn Toler* in 2022.

Most recently Judge Lynn became the creator, writer, and executive producer for ALLBLK, a streaming service for Black television and film from AMC Networks, series *Judge Me Not*, loosely based on her life.

Judge Lynn has appeared as a legal and relationship expert on a variety of shows including *Larry King Live*, *Dr. Drew*, *CNN*, *The Dr. Phil Show*, *The Steve Harvey Show*, *CBS Morning Show*, *The Wendy Williams Show*, *The Breakfast Club*, and many others.

Judge Lynn is the author of several books. Her first book, *My Mother's Rules, A Practical Guide to Becoming an Emotional Genius* was published in 2007 and was described by *Ebony Magazine* as an "awe-inspiring memoir." In 2009, Judge Lynn published her second book, *Put It in Writing*, co-authored with Deborah Hutchison. Her

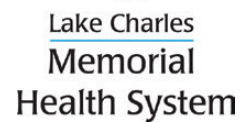


third book, *Making Marriage Work, New Rules for an Old Institution* was published in 2012. Her latest book, *Dear Sonali, Letters to the Daughter I Never Had*, is dedicated to young women, their progress and personal journey, was published in 2019.

Judge Lynn has been the recipient of numerous awards. She is, however, most proud of The 2002 Humanitarian of the Year Award given to her by The Cleveland Domestic Violence Center. In 2009, Judge Toler was given The Voice of Freedom Award by the Philadelphia Chapter of the Dr. Martin Luther King Jr. joining honorees former United States Secretary of State Colin Powell and Vice President Al Gore.

Judge Lynn has been married to Eric Mumford since 1989. She has two sons and four stepsons.

PLATINUM SPONSORS



2024 COMMISSIONERS

Jasmine Abel
Melisa Adrian
Verda Anthony
Alisha Ashby
Jody Barrilleaux
Sharon Bayard
Gwennette Bellard
Satrixia W Bensaadat
Jeanine Blaney
Susan Blevins
Debbie Boudreaux
Roxanne Boxie
Prissy Bult
Kimmie Carriaga
Stefanie Clemons
Laurie Cormier

Linda Lebert Corbello
Patricia Chretien Daigle
Lisa Kelly Dautriel
Becky F Delaney
Sybil Douglas
Belinda Dugas
Marilyn Dunn
Vicki Dupre
Elaine Dyer
Mia England-McKay
Paula Farquhar
Daelynn Flagg
JoAnn Frank
Zelda Fry
Cheryl Fuselier
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Kim Goad-Myers
Donna Green
Dr. Harriet Green
Kimalee (Kim) Guidry
Rev. Mary Guidry-Ringo
Jan Guillory
Leslie Harless
Cynthia Hawkins
Cheryl Heisser
Carol Henry
Debbie Holt
Velika Hurst-Trahan
Frances Jeffords
Amanda Johnson
Debra Johnson

Krystle Johnson
Sandra Jones
Angela Jouett
MaryAnn Kohnke-Borel
Debra Lastrapes
Sandy Laurel
Dorothy Leger
Bianca Lilly
Rose Malveaux
Carol Ann Martin
Ollie Mayes
Anita McMorris
Roma Mitchell
Anna Murphy
Marlana O'Key
Karla O'Reilly

Angel Papadimitriou
Brittany Pete
Thail Pete
Kristina Pershing
Juanita Poland
Leah Prudhomme
Patricia Prudhomme
Chante Rankins
Diana Rentrop
Dinah Robinson
Stephanie Rodrigue
Cynthia L Roy
Jennifer Rulon
Princella Ryan
Bernadette Seaberry
Stephanie Seemion

Crystal Scott
Roslyn Simien
Kathy Sonnier
Carol Spence
Bernadette Stevens
Elizabeth (Liz) Stewart
Beverly St Mary
Tammy Thibodeaux
Cynthia Tomlinson
Bettye Tousaint
Nancy Hinch Tower
Melonie Wallace
Nicol Weiss
Brenda Wilkinson

FALL CONFERENCE

WORKSHOPS 2024

SESSION I

9:00 – 9:40am



CHRISTUS Ochsner
Southwestern Louisiana
PLATINUM SPONSOR

“DON’T SKIP A BEAT!”

Daniel L. Beckles, MD
Come learn from an expert all you need to know about Cardiac Health!

“CALLING ALL CONTROL FREAKS!”

Hope Snider, Pastor, Christian World
Every step we take in life is full of responsibilities & choices making it seem that we are in control of everything. What would happen if we surrendered it all so we could live a life of inspiration & achievement. We will discuss what it means to really take control of your life to live in freedom!

“WHY SHOULD YOU GIVE A DERN?”

Volunteer opportunities & needs are all around us. Come explore more about how to make a difference, elevate yourself and pay it forward.

“YOU ARE SUPER WOMAN... BUT DO YOU REALLY WANT TO BE?”

Erin Davison, MBA, CEO Big Brothers Big Sisters SWLA
You don't have to do it ALL! Come hear from this fabulous presenter lessons learned & tips to help you empower others so you can "just breathe"!

“TIME IS TICKING – ARE YOU READY?”

Theresa Barnatt, Attorney
Alexis Deville, Hixon Family Service Sales Manager
Preparation is a must – don't get caught without a plan! At some point everyone needs to have those conversations about what happens when...being prepared is the best gift to give/receive!

SESSION II

10:10-11:00am



HHC2000
PLATINUM SPONSOR

“FOREVER YOUNG!”

Stephanie Morris, Director of Public Relations
This dynamic presenter will offer attendees tips and ideas to enhance your health & your life!

“THE WINNER INSIDE YOU – COME FIND IT!”

Mary Ringo, Author & Retired Pastor
Don't settle for less than what you are meant to do in life. This session will leave you inspired & ready to move to action!



West Calcasieu Cameron Hospital
PLATINUM SPONSOR

“EMPOWERING WOMEN: COMPREHENSIVE INSIGHTS ABOUT BREAST CANCER”

Uzma Naeem, MD, FACOG, Obstetrics & Gynecology
Join Dr. Uzma Naeem, a dedicated & experienced OBGYN physician, for an engaging & informative breast cancer awareness workshop. This session is designed to provide you with a deep understanding of breast cancer, its risk factors & the importance of early detection/prevention.

“LET’S CLEAR THE AIR”

Dr. Tashfeen Mahmood, Christus Ochsner SWLA
Come and check out this informative session that will focus on multi specialty approaches to lung cancer treatments, from screening to remission.

“THE BUZZ ABOUT MEDICAL WEIGHT LOSS”

Samantha Marceaux, APRN, FNP-C, Owner
Kristin Paige Harris, APRN, FNP-C
Access Urgent & Primary Care
GLP1s (Diabetes now weight loss/heart medicines) are all the talk of the town. Come learn the facts, the myths & the dangers of this hot topic medication.

SESSION III

1:30-2:20PM



Cox Law Firm
PLATINUM SPONSOR

“FINDING (AND USING) YOUR VOICE!”

Somer Brown, Attorney
This session will focus on helping women find their strong voices to advance themselves. Come learn from a pro on how to use your voice to make a change!

“PUTTING THE BRAKES ON HAIR LOSS”

Tammy Guillory, Hair Loss Solutions/Trichologist
Back by popular demand, with over 26 years of experience, our speaker will give tips on how to prevent and/or slow down the progression of hair loss.

“QUEENS OF CREDIT!”

Debra Lewis, Lending-First Federal Bank of Louisiana
Felicia Navarre, Program Coordinator, Project Build A Future
While cash is King, these Queens of Credit will discuss the good, the bad and the ugly when it comes to your credit score. Come learn what factors impact credit in today's world.

“GOTTA KEEP MOVING”

Liz Kingham, Owner, Pure Vita
Mobility is the fountain of youth! In this interactive workshop you will learn the principles of effective mobility to transform your lifestyle.

“MOM GUILT”

Amanda Cox, Realtor-Multi-Million Dollar Producer
CRS, RENE, SRES, SRS & ABR Latter & Blum | Compass
Come to this interactive session to lighten your guilt trip in life! Give yourself grace & strive to tie a knot when you are at the end of your rope! You are sure to walk away uplifted!

SESSION IV

2:30-3:30pm

“LINE DANCING CLASS”

Peggy Stollsteimer, Bayouland Ballroom
Don't be left behind on the Dance Floor at the next event! Come learn the newest moves & have fun getting your groove on.

“PICKLES ARE NO LONGER JUST A CONDIMENT!”

Mike Golson, Trainer-Trinity Baptist Church Center
Back by popular demand, come get an introductory lesson on the hottest game sweeping the country! Be careful of Pickle Ball – it's addictive!

“CULINARY MEDICINE”

Stephanie Stanfield, Med, RD, RN, RYT500, LDN
SOWELA Technical Community College
Using food as medicine. Come learn simple ways to incorporate food to boost your health & increase your energy!

“FLORAL ARRANGEMENTS: FROM STEM TO VASE”

Nirmala Patel, Designer-A Daisy A Day Flower & Gifts
There is a method to the madness! Come learn the fundamentals of floral design.

Legacy of Leadership

35 YEAR HISTORY

PRESIDENTS

1989 Penny Houston
 1990 Lisa Ferguson
 1991 Daphne Saxby Oliver
 1992 Wava Reigel
 1993 Dr. Harriet Green
 1994 Carole Blair
 1995 Anne Chitty
 1996 De Ann Derbonne
 1997 Beverly Gradney St. Mary
 1998 Sattaria "Tari" Dilks
 1999 Karen Barrington
 2000 Linda LeBert-Corbello
 2001 Carol Machado Henry
 2002 Cindy Morrissey
 2003 Betty Harlow Anderson
 2004 Karen Drewett
 2006 Betty Harlow Anderson
 2007 Melisa McMillian Adrian
 2008 Melisa McMillian Adrian
 2009 Pamela Stracener Golding
 2010 Angela Worley Pierson
 2011 Fran Clophus
 2012 Debra Lastrapes
 2013 Debbie Boudreaux
 2014 Sue Conn
 2015 Krystle Johnson
 2016 Krystle Johnson
 2017 Tammy Thibodeaux
 2018 Tammy Thibodeaux
 2019 Cynthia Tomlinson
 2020 Kathy Sonnier
 2021 Kathy Sonnier
 2022 Carol Henry
 2023 Velika Hurst-Trahan
 2024 Cynthia L. Roy

FALL CONFERENCE CHAIRPERSONS

1990 Lisa Ferguson
 1991 Wava Reigel
 1992 Dr. Harriet Green
 1993 Carole Blair
 1994 Anne Chitty
 1995 De Ann Derbonne
 1996 Beverly St. Mary
 1997 Sattaria Dilks

1998 Karen Barrington
 1999 Erica Toatley
 2000 Carol Henry
 2001 Cindy Morrissey
 2002 Debbie Acuff
 2003 Karen Drewett
 2004 Melisa McMillian Adrian
 2006 Melisa McMillian Adrian
 2007 Melonie Himel
 2008 Pamela Stracener Golding
 2009 Angela Guth
 2010 Fran Clophus
 2011 Debra Lastrapes
 2012 Debbie Boudreaux
 2013 Sue Conn
 2014 Krystle Johnson
 2015 Dena Everage
 2016 Tammy Thibodeaux
 2017 Selena Cisneros
 2018 Cynthia Tomlinson
 2019 Kathy Sonnier
 2020 Carol Henry
 2021 Carol Henry
 2022 Velika Hurst-Trahan
 2023 Cynthia L. Roy
 2024 Dorothy Leger

JACK V. DOLAND AWARD RECIPIENTS

1991 Joanna S. Viccellio
 1992 Willie L. Mount
 1993 Leona Clements
 1994 Blanche Michel
 1995 Rose Spencer
 1996 Angela Miller
 1997 Dr. Lajuana Lee
 1998 Dr. Nancy Shepard
 1999 Faye Barnhart
 2000 Evelyn Cloutman
 2001 Bertha Stoner
 2002 Rosalie "Poddy" Champeaux
 2003 Judge Patricia H. Minaldi
 2004 Koni Bridges
 2006 Anne Gillett Monlezun
 2007 Jennifer Jones
 2008 Ann Polak
 2009 Clarice Raichel

2010 Pearl Cole
 2011 Dr. Susan Jones
 2012 Jennie Finch Daigle
 2013 Christy Papania Jones
 2014 Ethel Precht
 2015 Stella B. Miller
 2016 Jeri Christ Landry
 2017 Judge Lilynn Cutrer
 2018 Dianne Frelot
 2019 DeWanna Tarver
 2021 Sister Miriam MacLean
 2022 Kelli Stawecki
 2023 Jacqueline J. Green

KEYNOTE SPEAKERS

1990 Devon O'Day
 1991 Dr. Ruth Westheimer
 1992 Judge Ellen Morphonios
 1993 Mary Landrieu
 1994 Mary Lou Retton
 1995 Ann Jillian
 1996 Cathy Lee Crosby
 1997 Trisha Hessinger
 1998 Bertrice Berry
 1999 Phyllis Yvonne Stickney
 2000 Morgan Fairchild
 2001 Kim Alexis
 2002 Peggy Fleming
 2003 Naomi Judd
 2004 Mariel Hemingway
 2006 Barbara Mandrell
 2007 Dixie Carter
 2008 Debbie Allen
 2009 Meredith Baxter
 2010 Jane Pauley
 2011 Vicki Lawrence
 2012 Joan Lunden
 2013 Leigh Anne Tuohy
 2014 Star Jones
 2015 Leeza Gibbons
 2016 Phylcia Rashad
 2017 Genevieve Gorder
 2018 Tamron Hall
 2019 Taya Kyle
 2021 Marilu Henner
 2022 Dr. Melva K. Williams
 2023 Korie Robertson
 2024 Judge Lynn Toler

REGISTRATION:

REGISTER IN ONE OF 3 EASY WAYS:

ONLINE: Register at www.womenscommissionswla.com.
 Registration cost - \$45.
 Deadline is Friday, October 11, 2024 at 11:59 p.m.

MAIL-IN: Complete this form, and mail with check/money order (payable to Women's Commission of SWLA, Inc.) to the address listed at the bottom of this form. Fees and deadlines listed below.
 Women's Commission of SWLA, Inc.
 P.O. Box 6712, Lake Charles, LA 70606
 Registration cost - \$45. Deadline is October 11, postmarked on or before.

ON-SITE: On-site registration is available at the Lake Charles Event Center Ticket Office beginning Monday, October 14th until Thursday, October 17th (Day of Conference). The cost of on-site registration is \$55 plus a \$4 service fee for a total of \$59 per person.

For additional registration information, email registration@womenscommissionswla.com.

Last Name _____ First Name _____

Business Name _____

Home Address _____

City _____ State _____ Zip _____

Daytime Phone _____ Alt./Cell Phone _____

Email: _____

How did you hear about the conference?

Commissioner Billboard Social Media Thrive TV Other

FEES AND DEADLINES: Credit card payments can only be accepted ONLINE or ON-SITE.

Online or Mail-in: \$45

(Online Registration ends at 11:59 on 10/11 & Mail-in must be Postmarked on/before Fri 10/11)

On-Site: \$59

Table of 8: \$500

Includes 8 conference passes and a reserved table at the luncheon

SPECIAL SERVICES: If you require special accommodations, please check below:

I will need handicap access I am hearing impaired/hard of hearing

Mail Completed form, with check or money order to:
Women's Commission of SWLA - Registration
 PO Box 6712, Lake Charles, LA 70606

PLEASE USE ONE FORM PER PERSON TO REGISTER.

For Committee Use Only: Postmark Date: _____

Check # _____ Amt: _____ or Money Order # _____ Amt: _____

MARKETPLACE APPLICATION:

Name of Business or Agency as it should appear on print materials: _____

Marketing Agency Name, if different than Business Name: _____

Items you will be displaying or selling: _____

Business Address (Street, City/State/Zip): _____

Contact Person: _____

Daytime Phone Number: _____

Website Address: _____

Email Address: _____

Table Registration and Fees - It is important that you review the Fall 2024 Conference MarketPlace Guidelines on website.	Price Per Table/Pass	TOTAL
Regular Registration - Starts July 1, 2024. Fee must be paid in full. (Space plus 2 vendor passes) Envelope must be postmarked by September 17, 2024.	\$225.00	
Late Registration - Fees must be paid in full (Space plus 2 vendor passes) Envelopes postmarked October 6, 2024.	\$250.00	
Additional Worker Pass	\$40	
I will provide my own table covering! (\$5.00 per white table cloth if we provide)	<input type="checkbox"/> YES <input type="checkbox"/> NO	
Total Payment Enclosed		

Name of Worker #1 _____

Worker #1 Email Address: _____

Name of Worker #2 _____

Worker #2 Email Address: _____

NOTE: Each vendor must furnish his or her own electrical extension cord(s) and equipment.

Floor Preference (cannot be guaranteed): _____

Additional Comments: _____

Regular Registration Postmark Deadline is September 17, 2024
 Payment and form may be submitted by check or money order.
 You must return this form with your check made payable to:
 Women's Commission of SWLA, Inc. - MarketPlace
 PO Box 6712, Lake Charles, LA 70606

Late Registration Postmark Deadline is October 6, 2024

Questions: Please email marketplace@womenscommissionswla.com

CANCELLATION POLICY: \$25.00 non-refundable fee. Balance may be refunded if canceled by September 20, 2024. No refunds will be granted on or after September 24, 2024.

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Aetna Better Health® of Louisiana



AdSource
Outdoor



Lake Charles
Memorial
Health System



CITGO®
FUELING GOOD®

DIAMOND SPONSORS

IMPERIAL HEALTH ♦ SHEARMAN FOUNDATION ♦ L'AUBERGE CASINO RESORT



REGISTER NOW AT WWW.WOMENSCOMMISSIONSWLA.COM