



March Membership Meeting

Developing Personal Assertiveness

Wednesday, March 18, 2026
Evansville Country Club
Networking begins at 11:30 am
Program begins at noon

In today's fast-paced professional world, assertiveness is an essential skill for building confidence, strengthening communication, and setting healthy boundaries. In this session, **Kathleen M. Lapekas, PHR, SHRM-CP**, President of Lapekas HR Consulting LLC, will guide participants through the fundamentals of personal assertiveness and why it matters now more than ever.

Attendees will explore practical strategies to communicate with clarity, advocate for themselves effectively, and navigate challenging workplace conversations with confidence. With updated insights and real-world examples, this session offers actionable tools participants can apply immediately in both professional and personal settings.

MENU:

Regular: Crispy Pollock with Tarter Sauce and French Fires
Gluten: House Salad with Chicken
Veggie: House Salad (no meat)
Dessert: Brownie

Welcome to our Non-Profits attending: Ark Crisis Children's Center, Albion, Aurora and Youth First.

Door Prize (for bringing a guest) donated by Girl Scouts
Membership Attendance Prize donated by: The Only Facial

[Register now for the March Membership Meeting](#)

Featured Advertiser

The Only Facial - Alyson Rider



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2026 Membership Meeting Dates

Feb 25
March 18*
April 15*
May 27

June 24
July 22
August 19*

September 23
October 28
November 18*
December 9*

- Not held the normal 4th week of the month

President's Letter



Welcome Spring!

March has arrived and with it brings Spring. The world begins to thaw, and light lingers a little longer each day. My daffodils have started to poke through, and I hear the birds singing in the morning. Spring is very near. Spring is nature's reminder that beginnings don't have to be loud to be powerful. Growth can be gentle. Momentum can start with a single shift. Transformation often begins the moment we decide to show up

differently.

So, here is your challenge for March - What is one small, meaningful change you can make this spring that will create a big impact by summer? This month we are welcoming Kathleen Lapekas. She will speak to us on Developing Personal Assertiveness.

I look forward to seeing all of you at our meeting on March 18th.

Warm Regards,

Michelle Smith

Michelle Smith
ANEW President 2026

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Advertisers for 2026

January

Featured Advertiser: Healthy Living Choices - Alohana Jackson
Monthly Advertiser: The Only Facial - Alyson Rider
Guest Door Prize:
Membership Attendance Prize: The Only Facial - Alyson Rider

February

Featured Advertiser: Missy Singer On Style

July

Featured Advertiser:
Monthly Advertiser:
Door Prize: Healthy Living Choices - Alohana Jackson
Membership Attendance Prize: The Only Facial - Alyson Rider

August

Featured Advertiser:
Monthly Advertiser: The Only Facial

Monthly Advertiser:

Door Prize: Missy Singer On Style

Membership Attendance Prize: The

Only Facial - Alyson Rider

March

Featured Advertiser: The Only Facial - Alyson Rider

Monthly Advertiser:

Door Prize: Girl Scout Cookies

Membership Attendance Prize: The

Only Facial - Alyson Rider

April

Featured Advertiser: Fusion Spa - Stacey Kerley

Monthly Advertiser:

Door Prize: Fusion Spa - Stacey Kerley

Membership Attendance Prize: The

Only Facial - Alyson Rider

May

Featured Advertiser: Becky Kasha

Monthly Advertiser:

Door Prize: Banterra Bank - MaNissa Coon

Membership Attendance Prize: The

Only Facial - Alyson Rider

June

Featured Advertiser:

Monthly Advertiser: Slade Print - Emily Manzo

Door Prize: Board Basket

Membership Attendance Prize: The

Only Facial - Alyson Rider

Door Prize: Missy Singer On-Style -

Missy Singer

Membership Attendance Prize: The

Only Facial - Alyson Rider

September

Featured Advertiser: Within Sight - Caron Leader

Monthly Advertiser: Slade Print - Emily Manzo

Door Prize: Kemper CPA

Membership Attendance Prize: The

Only Facial - Alyson Rider

October

Underwriter: Charles & Charles - Lindsay Charles

Door Prize: Charles & Charles - Lindsay Charles

Membership Attendance Prize: The

Only Facial - Alyson Rider

November

Featured Advertiser: Bison Financial - Tammy Schuler

Monthly Advertiser: Fusion Spa - Stacey Kerley

Door Prize: Affinity Insurance - Rhoda Mattingly

Membership Attendance Prize: The

Only Facial - Alyson Rider

December

Underwriter: Kemper CPA - Michelle Smith

Door Prize: Kemper CPA - Michelle Smith

Membership Attendance Prize: The

Only Facial - Alyson Rider

Member Highlight



Alohana Jackson Healthy Living Choices

A Skill Learned from a Mentor

One of the most valuable skills I learned came from my college mentor, who taught me the importance of

diplomacy and time management. This guidance has helped me navigate both personal and professional challenges with greater ease and efficiency.

My Career Path

My journey to my current profession was shaped by my past experiences. Due to health issues, I needed to make a significant change in my career. Finding holistic wellness became essential in addressing my needs and ultimately guided me to where I am today.

My Greatest Achievements

- **Personal:** I successfully overcame injuries from an auto accident that required me to use a walker and spend time in the hospital. Remarkably, I was able to recover within six weeks.
- **Professional:** My business has grown to become our primary source of income, allowing me to share ways for others to achieve better longevity and well-being.

Childhood Ambition

When I was a child, I dreamed of becoming a secretary when I grew up.

ANEW: Connection and Empowerment

ANEW membership has provided me with the opportunity to network with many professional women who are an excellent resource for a variety of needs. I also benefit from the many speakers who offer professional development for our members.

Maximize your Membership!

- When corresponding with ANEW, please use info@evansvilleanew.org for your email.
- The deadline for registering for all meetings is the Friday before the meeting at 2 pm. This allows time to calculate attendance and notify ECC with reservation numbers.
- Please join in on after-hours networking on the [ANEW Facebook](#) page.



A Network of Evansville Women | PO Box 3192 | Evansville, IN 47731 US

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