



**MAKE A LASTING
CONNECTION IN 2017!**

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Upcoming Meeting
Friday, April 7, 2017

Please join us for a wonderful networking experience!

Please RSVP by Wednesday, April 5th.
It is important that you let us know if you plan to attend.

You may RSVP via [e-mail](#) or [online](#).

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

To cancel, please send email to connectionsprofnet@gmail.com.

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

At the luncheon payments can be made by check or cash.
Payments may now also be made in advance via [PayPal](#).

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 am.

Meeting begins at 12:00 Noon.

Featured Speaker



Missy Rogers
Noble Plastics
Owner / Founder

Join us for our April 2017 meeting to hear Missy Roger's presentation about Work/Life Integration.

Missy Rogers is an LSU-educated Mechanical Engineer and owner of Noble Plastics, Inc. Raised in New Orleans in a larger German/Sicilian family, she and her husband Scott now live in Lafayette with their three children. Her early career at Texaco as a rotating equipment engineer developed knowledge of gas turbines and high-pressure gas compressors. Later assignments exposed her to special projects, failure analysis, and plant expansions. After locating in Lafayette and having a family, Missy and Scott founded Noble Plastics as a custom injection molder. In the course of 16 years, Noble Plastics has expanded beyond molding to include product design, engineering services, and robotic systems based on over 14 years of highly automated manufacturing.

President's Message



Dear Connections Ladies,

Do this. Don't do that. Do it this way. But don't do it that way. Women in business are bombarded with helpful advice on what the best way to get ahead in business may be. I read an article on this recently, but I have my own vision, so this is a compilation of both.

ABC's of Women in Business

A is for Self-Advocacy

One of the most beautiful things about women is that they are caretakers. Women can be tigers when it comes to championing the interest of those we know and love. But when it comes to self-advocacy, we often come up short. Self-advocacy is something that many women struggle with, including me, and how good you are at it can affect opportunity, advancement and personal growth.

Women (not to stereotype, but we are famous for this one) tend to put everyone else ahead of themselves. We often take care of the kids, family obligations, projects, and work long before we think of ourselves and ways to take care of their own needs, wants and goals. So when it comes to conveying our own talents at work, we often come up short. We know we are good at what we do, but we don't know how to say it without feeling self-conscious or come off looking aggressive. And, for that matter, why is it when a man is considered aggressive in the work place it is good and when a woman is described that way it is bad? So here is an idea... treat self-advocacy like a muscle. Build a training plan and routinely do "reps" until it no longer feels uncomfortable. Start by asking friends and colleagues what they think your strongest qualities are. It's amazing what others see in you that you don't recognize in yourself. Once you have your list talents and attributes, it's time to practice. Seriously. Stand in front of your mirror and practice what you will say in a certain situation that has you stumped. Are you seeing others move ahead of you at work? Stand up for yourself and assert your awesomeness!!

B is for "Make a Big Bet"

Do you have a "Big Bet" for either your personal or professional life? A "North Star" if you will, that guides the many decision that confront you every day? Decisions we make today can dramatically affect what happens down the road. The relationships you build, your professional affiliations, even how you spend your personal time all add up to significant investment. So the question is, to what end? If we are not careful in life, we can get "carried along" without stopping to check if our path is leading us closer to our life goals.

It turns out that most big bets involve risk-taking of some sort along the way. Some data suggests that women can have a tendency to be less risk tolerant than men, but depending on where and how it is applied is key. In our roles as "protectors" of our children and others, it's not just natural but indeed helpful to be mindful of risks. But as we shift to finding opportunities for advancement in life in professional careers and other contexts, risk taking becomes imperative to advancing our interests. It's important to know where you fall on the risk tolerance curve and to ask yourself in different contexts whether taking a measured risk may hold the key to vaulting you forward. Push yourself toward looking at all the positives that could come from the taking risks rather than all the negatives; be honest even about the risk of doing nothing. Believe it or not, doing

nothing can even set you back. As they say, a body in motion stays in motion; the same holds true for action at work.

C is for Community

What communities do you engage in? What paths do you follow? Women often wake up with much more on their “to do” list than our male counterparts. Women are the “doers”. While men really are taking on more responsibilities on the home front these days, it is still quite common for women to carry a disproportionate load. An unintended consequence of this imbalance is that women often don’t have the same free time to dedicate to networks and professional affiliations. It is certainly difficult to engage in valuable extracurricular activities such as holding a board seat, keeping up with trade news or casual get togethers with colleagues when you have kids at home too. I often say, I wish I had a wife at home to take care of things, it would make life so much easier. Also, I used to see my male counterparts going to golfing outings or hunting trips and getting the business. I knew I was not part of the boys club, and I knew that I missed out on many opportunities. So what communities can we join or what path can you follow that will lead you toward opportunity? First ask yourself, “Do I surround myself with positive people? Do I tend to hang with the “doers” in the group or those that sit back and wait for others to do the heavy lifting? Propel yourself forward with positivity. Joining organizations like Connections, other professional associations, community outreach projects or whatever interests you is part of building your own community. If you are interested in something, you will get involved. Getting involved means activity and that will move you forward. Taking the time to read and further your education is vital to staying relevant in today’s world too. Take a bold step and ask someone to be your mentor. Go to lunch with your friends... we all have to eat, so why not enjoy yourself. There really are countless ways to go about getting the business, we just may have to take a different path than we originally thought to get there. Maybe start with one action per week; before you know it, you will have a community that will lift you up. I realize that I have said much of this before to you all, but I cannot stress all of these actions enough in order to be a success.

It a wonderful thing being a woman. We have powerful qualities as a gender that are made even more powerful when championed together. And we should also call on one another to be all we can be individually – to self-advocate, to make a big bet and to build a community of support to lift us up faster and closer to our highest aspirations.

Career Achievement 2016



**Carol Trosclair
2016 Career
Achievement
Award Winner**

Petroleum Landman
Passionate Community Activist
Seasoned Grassroots Fundraiser

Carol is a selfless and giving woman with a heart for helping and the courage to put herself out there. Obstacles are merely challenges for Carol on her way to impacting her community for the better.

She has made a career in the oil and gas industry. In a field dominated by men, Carol has excelled as a Landman. She has been affectionately dubbed a Land-“Ma’am” with an impressive list of clients who have consistently kept her employed through the ups and downs of that tumultuous industry for more than 26 years.

Not afraid to rub elbows with the area’s best and brightest, her professional networks include: Independent Petroleum Association of America, American Association of Professional Landmen, Lafayette Association of Professional Landmen, Desk and Derrick, Women’s Energy Network, and Oilfield Christian Fellowship.

In 2016, she graduated from a 12-week Dale Carnegie course in Effective Communications and Human Relations. Always looking to learn and grow in her profession, Carol engaged in nightly Petroleum Land Management courses through the DOORS Program (Diversified Opportunities for Older and Returning Students) at the University of Louisiana at Lafayette and studied Social Work at Westmont and Hood Colleges in her younger years.

Carol loves connecting people! Because friendships mean the world to her, a women’s monthly “Coffee Clutch” was born 12 years ago, to provide an opportunity for women to make friends, share fellowship, and journey through life together. This “all for one and one for all” attitude of working to connect people has developed a life of its own. The monthly Coffee Clutches serve as a place where women who need a friend can find a room full of “musketeer friends!”

Carol has a rare level of compassion, kindness, optimism, and hope that abides the sheer irrational tragedy of an accidental loss of life, the cruel inversion of nature in which a mother outlives her son. That particular virtue abounds in Carol Trosclair, who lost her son (David) suddenly in 2010. With a 3.9 GPA, David was in the process of completing his senior year of study in Kinesiology at the top of his class

at ULL. Carol moved forward and spearheaded fundraising efforts for the David Trosclair Memorial Scholarship, which procures funds for students attending ULL's School of Kinesiology. She has lightened the financial burden for numerous students for more than six years, raising more than \$330,000 in scholarship funding. In addition to the above endowed and non-endowed scholarships which award 11 scholarships annually, Carol helped create Impact Acadiana, a 501c3 non-profit organization to significantly impact UL's School of Kinesiology and the Acadiana community. Since its inception in 2013, Impact Acadiana has invested over \$100,000 to offset college expenses for deserving Kinesiology students in David's memory. Student research projects and conference attendance have also been funded by Impact Acadiana, as well as Big Brothers and Big Sisters of Acadiana, Louisiana Open, Vermilion Chamber of Commerce, Abbeville Rotary Club, and the Ragin Cajun Athletic Celebration, to name a few. Impacting cancer through research is a very important commitment as well. Since 2013, Impact Acadiana has contributed the needed funding to endow five (5) new research grants through the Leukemia and Lymphoma Society. Additionally, numerous donated items generated tens of thousands of dollars for the St. Jude's Fleur de Lis Tennis Tournament as well as many other charitable causes. Since David's passing, Carol has had the strength to walk into businesses cold-calling for donations to the memorial scholarships named in honor of her son. It's fueled her insatiable and tireless work supporting UL's School of Kinesiology, her gentle but persistent advocacy on behalf of its students knowing that a little part of David lives on in the lives of those awarded his scholarships. This is where Carol's heart is.

Carol has made so many strides forward, that it has remained impossible for her peers to ignore her. Her most recent community awards include: this 2017 Connections Career Achievement Award, Women Who Mean Business Award (2015), and the Acadiana Community Hero Award (2015).

She can always be found where there are people gathering to better the community. Her community affiliations include: One Acadiana, Acadiana Women's Symphony League, Historic Preservation Alliance of Lafayette, Former President of the St. Martin Parish Republican Women's Club, and Co-Chair on the Education Committee for Desk and Derrick.

She also makes time for her daughter Kathryn Weaver. As one might imagine, her three granddaughters (*Davi, Audrey and Amelia*) and grandson (*Lincoln Daniel*) give Carol joy and delight as she embraces the next generation.

Business Spotlight



Relax...Massage not only feels great but also helps maintain a healthy body, has many emotional and mental benefits, aids in injury recovery and prevention, and boosts the body's natural immunity. The therapeutic effects of massage are cumulative, so the more often a person gets a massage, the better he or she will feel and the more quickly one's body will respond. From one session to the next, relaxation deepens as the chronic patterns of stress in the body are affected and released. These changes are readily felt in day-to-day life as well, which adds another dimension of reinforcement. If you are getting massage to address chronic muscular tension or recovery from a soft tissue injury, more than one session is usually needed, so be prepared to several sessions to achieve optimal health.

CARRIER ~~ stressaway is focused on providing high-quality service and customer satisfaction - we will do everything we can to meet your expectations.

March Luncheon



**Thank you Carol for sharing your experiences in your career and
your gratitude for receiving this great honor.
You are "The Bomb."
Thank you to everyone that attended and shared in this honor at
our March luncheon.**





Thank you to everyone that gave door prizes for the March meeting.

Jane Boudreaux - Mary Kay Cosmetics
Rose Moss - Mary Kay Cosmetics
Charlie Rette
Dolores Aucoin - Step N2 Health
Betty Saunier - Mary Kay Cosmetics
Jeannine Prather - Bookkeeping Services

Cynthia Dauphine - Shining Light Foundation
Rodlyn Cochran - Bizzuka
Pat Sonnier
Cynthia Comeaux - Xtra Hands
Rebecca Taylor - Acadiana Profile Magazine

Donating a door prize is a great way to advertise yourself and your business.

Upcoming Membership Vote



We will be doing a membership vote concerning our Membership Dues. They have not increased in some time and we are proposing an increase up to \$50/year.

This will allow us to continue with our scholarships and also help with additional networking events being held by the organization outside of our monthly meetings.

**MEMBERSHIP
DRIVE** 

As you all may know we have continued our Membership Drive. The member that brings in the most guests that become Connections Members will win a prize. The award will be a \$100 Gift Card!

**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 Anita Link and she will share on Connections Facebook page.

Send to: [Anita Link](#)

We are now accepting PayPal!



Connections is now taking online payments for our luncheons and membership dues. You can find the payment link for our luncheons on each event page. To become a member or to renew your membership online, click [here](#).



Spring 2017

Wardrobe Basics

checklist

Tops

- White Button Down
- White Cotton Blouse
- White Silky Blouse
- Black & White Tees Long Sleeve
- Black & White Tees Short Sleeve
- Black & White Camis
- 2 Printed or Solid Color Blouses
- 3 Style Pieces such as Jackets, Vests, or Cardigans
- Chambray Blouse

Pants

- Dark Wash Skinny Jeans
- Dark Wash Bootcut or Flared Jeans
- Black Ankle or Cigarette Trousers
- Black Leggings
- Black Cropped Pants
- Black Trousers, Wide Leg or Bootcut

Accessories

- Bright Scarf
- Chunky Statement Necklace
- Everyday Necklace (Gold or Silver)
- Everyday Bangle or cuff (Gold or Silver)
- Everyday Earrings
- Aviator or Classic Sunglasses
- Reversible Belt

Dresses & Skirts

- Little Black Dress
- Little White Dress
- Summer Dress or Maxi Dress
- One Skirt (Pencil or A-Line)

Outerwear & Bags

- Black or White 1-Button Blazer
- Black or Tan Trenchcoat
- Lightweight Jacket
- Leather Jacket (Moto)
- Denim Jacket
- Black, Brown or Beige Crossbody Bag
- Black, Brown or Beige Shoulder Bag
- Black, Metallic or Animal Print C

Shoes

- Black, Nude or Metallic Pointed Toe Flats
- Black or Nude Pumps
- Black, Nude or Metallic Sandals
- Black Boots or Booties
- Statement Shoes

Neutral Colors





HAPPY EASTER

We Wish Everyone a Joyful and
Happy Easter!

Mobile Marketing

Trends To Keep In Mind For 2017



We're facing a consumer behavior shift that has huge implications for how companies should reach and engage customers – especially on mobile.



now compared to a few years ago

65% of smartphone users have stopped in the middle of a conversation to look something up about what they just heard

We access information faster than ever before, and as a result we make more informed decisions... more quickly.



91%

Of smartphone users turn to their phone for ideas while doing a given task

65%

Of online users say they are looking up information online more now compared to a few years ago

82%

of smartphone users consult their phones while in a store deciding what to buy

29%

Of consumers report having made a purchase in their car



When we want to learn, find, do or buy something, we take immediate action – increasingly on our phones.



Driven to Give Event Impact Acadiana

Details:

Stop by Courtesy Lincoln on Saturday, April 8th and be entered to win \$5,000 plus other prizes for test driving or riding in a Lincoln! If 500 people give 20 minutes of their time to participate, Courtesy Lincoln will donate \$10,000 to Impact Acadiana - a community non-profit dedicated to helping local UL students pursue their career goals!

What: Test Drive a Lincoln (or Ride in a Lincoln)

When: April 8, 2017

Where: 4010 Ambassador Caffery Pkwy (by IHOP)

Time: 9am - 5pm

More: Questions? Contact Carol Trosclair
(337) 225-8155

carol8155@cox-internet.com



Faith House, a women's organization that we support, 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, car seats, fans, and suitcases.

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

Mark Your Calendar!

Future Connections' Meetings:

May 12th

June 9th

July 14th

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!!

2016 / 2017 Board Members

Connections Officers

Cynthia Beslin - President
Rebecca Taylor - President Elect
Eugenia Shedrick – Newsletter VP
Anita Link – Public Relations VP
Paige Beyt – Membership VP
Debra Billeaud – Treasurer
Lana Fontenot - Program VP
Deirdre Detraz – Board Member at Large
Pat Sonnier - Career Achievement
Joann Pugh - Scholarship Chairperson
Lisa David - Arrangements Chair

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 Paige Beyt, Membership Vice-President at pcbeyt@gmail.com.

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