



# Business and Professional Women/TN

*Steeped in Tradition—We are  
Building  
Progressing, and  
Working  
For the Future of BPW!!*



Volume 1, Issue 4

October 2012

Business and Professional Women of Tennessee

## The Achiever

**From the President;** I always leave, the Tennessee Economic Council on Women Summit, motivated and ready to conquer the world. Thankfully, the timing is just right for our BPW calendar because I usually get new ideas, become re-energized to create new strategies and optimistic about our future. This year was no exception.



As I sat listening to Lily Ledbetter relate her struggle to simply get what was coming to her, and to fight for all of us in the interest of fair treatment, I thought how could we not do everything in our power to see that what we do is important and to keep trying to build and grow. She did all this, by the way, while watching her husband suffer through chemo and eventually succumb to his cancer.

The messages of dealing with diversity, domestic violence, unequal pay, health care and the ramifications of all these things make it clear that we still have much to do. It is still our job to work on these issues, and how we get that done is not as important as what we accomplish. I know I probably sound like a broken record when I harp on the idea that I'm not as interested in how we do something as what we do. But if BPW/TN is to survive and grow into a powerful organization for women our focus needs to be helping women, not on the bylaws and rules that we have to live by.

Don't get me wrong, I have all the respect in the world for the bylaws and handbook. Since my degree is in Paralegal Studies, and my major was Political Science in college, I am well aware of the necessity of doing things the right way, under proper guidelines, and for the good of the organization. However, when it becomes the focus, rather than the guideline, it impedes progress. The result is what we've seen over the last couple of year – local clubs are dissolving, even though many are doing good things. They question what they are getting from the state to help them in their efforts, and the mission of BPW/TN is lost somewhere in there. Of course, being part of a larger group is a two-way street. We are required to help make our organization better, and we should expect to get the support that we need to carry out our mission. If your local needs help from us, we don't know if you don't tell us. By the same token, when we ask for support in our endeavors we would hope that the locals would support us too. Together we can grow and make BPW/TN strong!

*Terri Curran, President, 2012-2013*



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**The program focus for the month of November is Women Joining Forces**, one of the programs of BPW

Foundation. It has as a goal to learn what women veterans need and join others in seeking solutions. It has also created a mentoring program to allow woman veterans who have been civilians for a while the opportunity to mentor those just leaving the military. Which is one place where we can help easily and with really good benefits. By promoting the program in your area, you are enabling women veterans to connect with and help each other.

There are also flyers available on the BPW Foundation website to download, print, and distribute. I also sent a pdf file to our local newspaper and they printed it easily in the next edition. Never forget that we do have tools available to assist us in reaching our goals for BPW, especially when we participate in the national programs such as NBWW, Equal Pay Day, or Women Joining Forces. I hope everyone is making plans to attend Interim Board November 10th. We will be listening to a speaker about issues important to veterans.

Knowing what is important to a specific group can teach us how to explain what we are doing and how that benefits them.

Never forget that we have a precious commodity in BPW and that only by sharing it can it grow.

I look forward to seeing each of you soon.

**Tressy Hart**  
**1st Vice President**  
**BPW/TN**



**BPW Foundation  
 Challenges Businesses to Join  
 Deployment of Joining Forces  
 Women Veterans  
 Mentoring Campaign**



Business and Professional Women’s Foundation announced the **Joining Forces Women Veterans Mentoring Leadership Challenge Campaign** with a \$50,000 commitment to deploy the program. BPW Foundation CEO Deborah L. Frett announced the Challenge during the National Chamber Foundation’s 4<sup>th</sup> Annual Hiring Our Heroes awards event featuring First Lady Michelle Obama as the keynote speaker.

“Over the past year, BPW Foundation has been developing and evaluating the tools, outreach, and capacity to connect thousands of women veterans and military wives with employment and career mentors to help them navigate the challenging path to successful careers in the civilian workplace,”

Deborah L. Frett said. “Working with our partner the U.S. Chamber, our first year goal is to complete 10,000 mentoring relationships. But that is just a start and we are challenging all corporations and foundations to join with a financial commitment as we work towards a goal of 100,000 mentorships.”



## BPW during National Business Women's Week:

### Lawrence County BPW

celebrated National Business Women's Week by hosting a small business workshop. They had two speakers, one was a veteran of starting her own businesses with two successful ones under her belt and the other was a from the Small Business Administration. Both speakers talked about the nuts and bolts of starting a new business from creating a business plan to creating a budget to understanding how important it is to be organized and keep excellent records. Everyone who attended had a great time and learned a lot.

Tressy Hart

### JACKSON BPW



The ghost of Mary Butler speaks. — at Riverside Cemetery, Jackson, TN.

Visit Facebook for more photo's and information  
Jackson Business and Professional Women

## October 22 thru 26, 2012

We were able to work with our county Business and Economic Development Office and our Business Incubator Program, we have collaborated with a team of women business folks to offer this upcoming spring event –next year. We will have women vendors displaying products, conduct health screenings, sell merchandise and promote healthy practices – and we plan to have FUN! It's amazing what you can pull together, when you work together...

*This card was placed in the "goody bags" that were given out during National Business Women's Week and we will recognize our Women Business Leaders in Campbell County May 18th, 2013.*

SAVE THE DATE



**DATE: SATURDAY,  
MAY 18, 2013**

**TIME: 9:00 A.M.  
TO NOON**

**THE PAVILLY AT  
COVE LAKE STATE PARK**

**CAMPBELL  
COUNTY  
WOMEN'S  
HEALTH  
'AFFAIR'**

SPONSORED BY  
COMMUNITY HEALTH  
OF EAST TENNESSEE  
FAMILY SERVICES  
PROGRAM AND  
LAFOLLETTE  
BUSINESS AND  
PROFESSIONAL  
WOMEN




OCTOBER 22, 2012  
 NINTH ANNUAL ECONOMIC SUMMIT FOR WOMEN  
 Nashville Airport Marriott

The 2012 Economic Summit for Women kicked off National Business Women's Week, on Monday October 22, 2012. Several members from BPWTN were able to attend the event.

# CHARTING THE COURSE

Featuring these Special Guest Speakers & more!



*Laurel Bellows*  
 ABA  
 President



*Lilly Ledbetter*  
 Author &  
 Advocate



*Deb Sofield*  
 Executive  
 Speech Coach

# To Economic Equality



The Business & Professional Women of Tennessee were one of the many Exhibitor Partners at the 2012 Summit



*Karen Camper*



*Dena Wise*



*Beverly Watts*



*Lynn Yeakel*



*William Arth*



*Pat Shea*



*Mary Ella Payne*



*Phyllis Qualls-Brooks*

*Grace and Grit: My Fight for Equal Pay and Fairness at Goodyear and Beyond*



Special Guest Lilly Ledbetter speaking to the summit guest and signing her latest book



**BUSINESS AND PROFESSIONAL WOMEN OF TENNESSEE  
INTERIM BOARD OF DIRECTORS MEETING NOVEMBER 9 & 10, 2012**



Holiday Inn Express & Suites  
565 S. Mt. Juliet Road  
Mt. Juliet, TN 37122  
(615) 553-5200



Mail registration to: Berdena O'Neal  
362 Morris Drive  
Ringgold, GA 30736  
(706) 891-0490  
bhgeorgia@att.net

Name: \_\_\_\_\_ Local Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City, State & Zip: \_\_\_\_\_

E-mail : \_\_\_\_\_ Phone Number: (\_\_\_\_) \_\_\_\_\_

I am a 1st TIMER to a BPW/TN Interim Board

\$25.00 Registration Fee, on or before 11/05/12  
 \$30.00 Registration Fee, Postmarked 11/06/12 or after

Registration fee includes lunch on Saturday, 11/10/12

**(NOTE: State Officers, Regional Directors, Parliamentarian,  
Standing Committee Chairs, and Immediate Past State President:  
Please submit registration form. No payment is due.)**

**(District Directors—Do not pay registration fee)**

Pease place an **X** beside the primary  
office for which registering. Mark all  
others which apply with a check mark

**I AM REGISTERING AS:**

- State Officer
- Regional Director
- District Director
- Standing Committee Chair
- Immediate Past State President
- Local Organization President
- Local Organization Representative
- By-Laws Chair
- Parliamentarian
- Special Committee Chair
- Past State President
- Member of Local
- Student Member of Local
- Member-at-Large
- Guest

**Please make checks payable to: BPW/TN Interim Board**

Dietary Restrictions: If you any special health-related dietary needs,  
please elaborate:

**Room Reservations at the Holiday Inn Express & Suites in Mt. Juliet, TN**

A block of rooms has been reserved for BPW at Holiday Inn Express & Suite for Friday night,  
November 9, 2012. The rate for rooms from the BPW block is \$89 = 14.25% taxes for a total of \$101.68.  
Complimentary hot breakfast included. Reservation cut-off date October 20, 2012. Requests after the cut-off date  
are subject to availability and rates higher than the group rate may apply. (In any case, be sure to identify your-  
self as a BPW meeting attendee.)

Please be sure to identify any special needs you may have at the time of reservation.



*Keep the following BPW members  
in your Thoughts and Prayers:  
They need our support*

**Karen Cradic-Nowell—Rogersville**  
**Brenda Risner—Lawrence County**  
**Phyllis Clingner—LaFollette**  
**Joy Turner— Member At Large**  
**Joyce Jones—Milan**

### You can Make a Difference

Despite the significant funds we've raised toward research and education, women are still dying from heart disease at the rate of one per minute. Along with our contributors and sponsors, we are committed to work with our lawmakers, the healthcare community, and the millions of women who have been personally touched by this disease. Make it your mission to fight heart disease in women today. Whether you contribute \$25 or \$2,500, you can help save women's lives.

[www.goredforwomen.org](http://www.goredforwomen.org)



## FOR YOUR INFORMATION:

### BPW Interim Board

**\*\*Celebrate Veteran's Day on Saturday, November 10<sup>th</sup> in Mt. Juliet, TN.**  
President Terri has a speaker from the VA Hospital in Murfreesboro to discuss issues of women veterans.  
In the afternoon, group discussions will set all our minds to work on some of the issues facing BPW/TN today

**\*\*Wear red, white, and blue to the meeting.**

A prize will be given for the most patriotic ensemble. Be creative. The competition will be stiff.

**\*\*A Goodie auction is planned as our fundraiser. Please make your family's favorite treat and bring it to us to sell. The most beautiful items will be sold in a live auction so make your presentation a priority.**

**\*\*The business meeting will take place in the morning and President Terri has mandated that it be fast and efficient, leaving the afternoon for our speaker and the group discussions. This means that you will have something to take home to your local organizations— information and a homemade goody!**

**\*\*Lunch will be soup, sandwiches, and something gooey for dessert.**



**Business and  
Professional  
Women/TN**



## Easy Pumpkin Cookie Recipe

Makes 2 dozen Cookies

1(14oz) can of Pure Pumpkin  
2 Eggs  
1/2 teaspoon Vanilla extract  
1/2 cup applesauce  
1 teaspoon Cinnamon  
1 box spice cake mix  
1/2 teaspoon ground nutmeg  
1/4 teaspoon ground cloves

Directions:

Preheat oven to 350 degrees F (175 degrees C). Lightly grease two baking sheets.

Beat the pumpkin, eggs, applesauce, and vanilla together in a large mixing bowl. Stir in the cake mix, cinnamon, nutmeg, and cloves until well blended and creamy. Drop by spoonfuls on prepared baking sheets.

Bake in preheated oven until tops are firm when lightly touched, 8 to 10 minutes. Cool on racks.

These cookies are made from a cake mix, they are very moist and full of flavor.

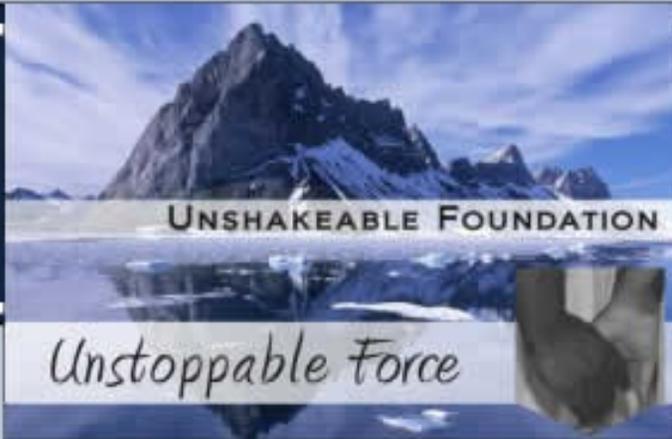
Optional : Garnish with a Hershey's Kiss and sprinkle with crystal sugar.



Women Veterans  
Coordinator  
**Julie Cyr**  
Tennessee Department  
of Veterans Affairs  
312 Rosa L. Parks Ave.  
Nashville, TN 37243  
615-741-4951  
[Julie.cyr@tn.gov](mailto:Julie.cyr@tn.gov)



**Summit**  
**April 13-14, 2013**  
**Mark your calendar**



*Save The Date*

April 13-14, 2013  
Radisson Hotel  
at the Opryland  
2401 Music Valley Drive  
Nashville, TN 37214  
To reserve your room call:  
1 (800) 333-3333

or online at [www.radisson.com/twvs2013](http://www.radisson.com/twvs2013)

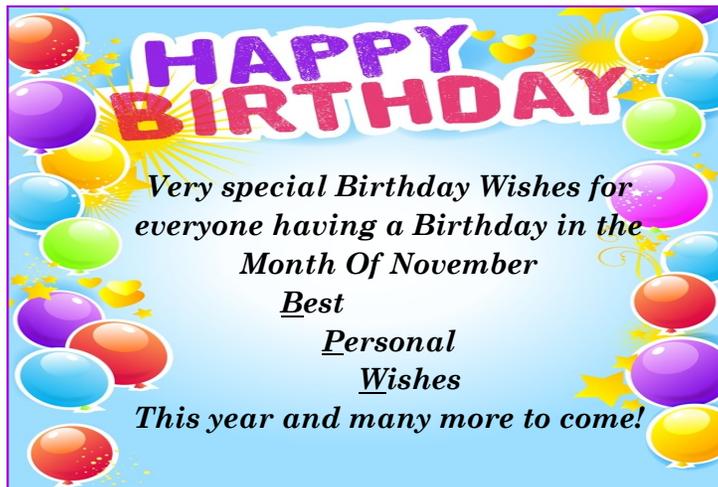
*Must mention  
"Tennessee Women Veterans Summit"  
to get the group rate*

Second Annual  
**W**omen  
Veterans  
Summit  
2013

Registration begins on January 3, 2013

## 2012 BPWTN UpComing Events

November 9	IB Executive Committee Meeting
November 10	Interim Board of Directors, Holiday Inn Express, Mt. Juliet
November 22	Have a Happy Thanksgiving
November 25	Deadline for Newsletter submissions
December 25	Have a Merry Christmas
December 25	Deadline for Newsletter submissions
January 1	Have a Happy New Year
January 25	Deadline for Newsletter submissions



Business and  
Professional  
Women's  
Foundation

Daryl Snyder, CEO, [Qjeez](#)

**Thought for the Month:**  
 "How do you know if you are an entrepreneur? It starts with realizing a passion and then making the decision to chase it. You never give up even if everyone believes what you are doing is wrong!"



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 Building  
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 Working  
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 Women of Tennessee  
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 Suite#108-323  
 Nashville, TN 37204