



Business and Professional Women/TN

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



Volume 1, Issue 10

March 2013

Business and Professional Women of Tennessee

The Achiever



From the President : I'm not sure about the rest of you, but for me March always seems to be busier than other months. Maybe it's because I've had a couple months of fewer activities than normal so I notice it more. Because it's Women's History Month, BPW Cumberland Co. has always chosen to do one of our main events – either the Women's Forum or our own version of Individual Development so March has always been a little hectic for us.

At the state level, March means Region meetings, and these meetings are the beginning of our already busy end-of-year preparation for convention. It's a time to learn more about convention, and this year, it will give us an opportunity to have our first look at the new and, hopefully, improved bylaws and hand-book. Our committee made up of Bylaws chair Charlotte Buchanan, Ann Hiegel and Beth Bates has spent many hours reviewing, discussing, and updating them. We hope it will help make BPW/TN an even more workable organization. Copies will be emailed or snail mailed to everyone very soon, so the whole organization will have a chance to review them. If you aren't able to be at the Region meetings, please send your questions or suggestions beforehand. There will also be an opportunity for discussion at the convention, but it will be separate from the business meeting and won't be the focus of the convention.

Coming up on March 20 is our Annual Day On The Hill event. At the beginning of the year, our DOH chair, Zulfat Suara, asked to increase our presence at this annual event by hosting a legislative breakfast, to which our legislators will be invited. Training for first timers will be included so you don't need to feel intimidated about not knowing what to do. A picture with the Governor is also in the plans. Please check out Zee's information in another area of this Achiever.

Speaking of the convention, you will definitely want to be there this year. With two dynamic speakers (Many Bears Grinder and Jennifer Rawls), workshops of interest to both members and non-members, the addition of a pre-conference fun tour, and a community service-type project there will be something for everyone this year. We plan to reach out and invite non-members this year, with an incentive for joining if they do so at convention. We hope the workshops will be the hook to reel them in.

BPW Cumberland Co. is helping the TN Economic Council on Women's Domestic Violence and Human Trafficking hearing locally and is only one of the hearings that are being held around the state. We hope other clubs will get on board and assist when the hearings are held in their area. For more information about where they will be held, and the dates, please check out the TECW website. Our partnership with TECW is continuing to reap positive attention and hopefully benefits for our organization.

Obviously, this is just a small list of what is going on around the state with BPW. Local clubs are doing good things, large and small. I've always felt that if the state program doesn't work for you, it's OK to do what does. At a recent meeting of business women in Crossville, I was told that there are lots of other business women's networking groups around, but only BPW works on women's issues. We need to remember how important we are, and try to do what is necessary to make sure our work continues. In an organization of powerful women, it's easy to let differences interfere with the goal, but we must never lose sight of our mission.



Terri Curran, President, 2012-2013

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2013 Spring Region Meeting Information:

Region III March 9th

You are cordially invited to the Region III hybrid meeting to be held Saturday, March 9.

Registration and light breakfast begins at 9:30 am CT at 210 West Main Street Jackson, TN, the office of West Tennessee Legal Services, employer of the director. Those who cannot attend in person please dial in at 10 CT with 1 877 594 8353; participant code 62279178.

The call is free.

In person attendance is also free, but donations to defray the expense of the official representative will be accepted; after the meeting we will offer the opportunity for a Dutch treat lunch. If you would like "handout materials" in advance of the meeting, call (731 426 1313) or e-mail me at batesb@aol.com; or secretary treasurer Carol Turpen at (731 677- 4102) cgturpen@rockett.net

We plan to hear from area locals about their activities, as well as state officers and committee chairs about our upcoming events. Keesha Klinck, our YC ALT finalist from Adamsville has been invited; her attendance is not confirmed at this point. Near the conclusion ID trainer Mary Jo Middlebrooks will teach the Business Etiquette module of the Career Plus/ID course.

Officers and committee chairs who would like information shared are respectfully requested to submit materials to me by March 1st and / or to notify me if they want a spot on the agenda.

Hope to see or hear from you all .

**Beth Bates,
BPWTN Region III Director.**

Region II March 16th

You are cordially invited to the Region II meeting to be held Saturday, March 16.

AT THE GALLATIN ELECTRIC
COMPANY ON JONES ST.
GALLATIN, TN

Registration from 9:30-10:00

\$10.00

**Wear your
SOMETHING GREEN**

(you don't want to get pinched)
and most important bring along
some ideas to share.

Items to be discussed:

~~~ ideas on getting our  
organization growing

~~~How to get qualified people  
to run for office

~~~State convention

RSVP by March 13th to Patricia Walker at [Kara7072@aol.com](mailto:Kara7072@aol.com) or send to 1011 Lakeshore Drive, Gallatin, TN 37066 or Joyce Brokaw at [hoosierbanker@comcast.net](mailto:hoosierbanker@comcast.net)

*Region II members attention:  
We will need someone to take  
on the duties for 2013-14  
Region II Director as this is my  
LAST YEAR! This is not a  
difficult position and can be a  
"stepping stone" to move up the  
ladder so to speak.*

**Joyce Brokaw,  
BPWTN Region II Director.**

**Region I March 23rd**

### You are cordially invited to the Region I meeting to be held Saturday, March 23.

**“YOU'RE A STAR”  
CELEBRATION**

Registration at  
9:30 a.m.

Meeting from  
10:00 a.m. to  
1:30 p.m.

Conference Room  
at  
Knox Housing  
Partnership  
Winona Ave.,  
Knoxville,  
TN



**Phyllis Clingner,  
BPWTN Region I Director.**

# March BIRTHDAYS

- **March 1, 1978** - Women's History Week is first observed in Sonoma County, California
- **March 1, 1987** - A Congressional resolution designating March as Women's History Month is passed
- **March 4, 1917** - Jeannette Rankin (R-MT) took her seat as the first female member of Congress
- **March 8** - International Women's Day; its origins trace back to protests in US and Europe to honor and fight for the political rights for working women
- **March 11, 1993** - Janet Reno is [confirmed](#) as the first woman U.S. Attorney General
- **March 12, 1912** - Juliette Gordon Low assembled 18 girls together in Savannah, Georgia, for the first-ever Girl Scout meeting
- **March 13, 1986** - Susan Butcher won the first of 3 straight and 4 total Iditarod Trail Sled Dog Races in Alaska
- **March 17, 1910** - Camp Fire Girls is established as the first American interracial, non-sectarian organization for girls
- **March 20, 1852** - Harriet Beecher Stowe's novel, "Uncle Tom's Cabin," is published and becomes the best-selling book of the 19 th century
- **March 21, 1986** - Debi Thomas becomes first African American woman to win the World Figure Skating Championship
- **March 23, 1917** - Virginia Woolf establishes the Hogarth Press with her husband, Leonard Woolf
- **Mar 31, 1888** - The National Council of Women of the U.S. is organized by Susan B. Anthony, Clara Barton, Julia Ward Howe, and Sojourner Truth, among others; it is the oldest non-sectarian women's organization in U.S.
- **Mar 31, 1776** - Abigail Adams writes to her husband John who is helping to frame the Declaration of Independence: "Remember the ladies..."

## March Highlights in US Women's History

- **March 3, 1962** - Jackie Joyner-Kersey, considered the world's greatest female athlete; holds the record in the long jump (1988) and the heptathlon (1986); winner of 3 gold, 1 silver, and 2 bronze medals in 4 Olympic games
- **March 5, 1931** - Geraldyn (Jerrie) Cobb, record-setting aviator; first woman to pass qualifying exams for astronaut training, in 1959, but not allowed to train because of her gender
- **March 7, 1938** - Janet Guthrie, pioneering woman auto racer; first woman to compete in Indianapolis 500 (1977) and Daytona 500 (1977)
- **March 9, 1928 (1987)** - Graciela Olivarez, Chicana activist; first woman and Latina law graduate from Notre Dame Law School; one of first two women on the board of Mexican American Legal Defense and [Education Fund](#) (MALDEF)
- **March 15, 1933** - Ruth Bader Ginsburg, second female U.S. Supreme Court justice (1993)
- **March 18, 1964** - Bonnie Blair, speed skater; one of the most [successful](#) Winter Olympian in U.S. history and 5 time gold medalist
- **March 23, 1857 (1915)** - Fannie Farmer, authored famous cookbook, "The Boston Cooking-School Cookbook", and included specific ingredient measurements for the first time which would become standardized cooking measurements
- **March 23, 1924 (1980)** - Bette Nesmith Graham, invented Liquid Paper correction fluid which became an [office staple](#); created 2 foundations to support women's business and art
- **March 24, 1826 (1898)** - Matilda Joselyn Gage, suffragist, women's rights and Native American rights activist, historian, founding member of the National Woman Suffrage Association
- **March 24, 1912** - Dorothy Height, served over 40 years as President of the National Council of Negro Women
- **March 25, 1934** - Gloria Steinem, women's rights activist and journalist; founding editor of Ms. Magazine; helped found National Women's Political Caucus, the Women's Action Alliance, and the Coalition of Labor Union Women
- **March 26, 1930** - Sandra Day O'Connor, first woman U.S. Supreme Court Justice (1981)
- **March 27, 1924 (1990)** - Sarah Vaughan, world renown jazz singer and pianist known as the "Divine One"
- **March 31, 1889 (1975)** - Muriel Wright, Choctaw Indian, teacher, historian, author, and editor



# President Curran travels across the state.

At a recent visit to the Hardeman Co. BPW club, PSP Zulfat Suara and I were discussing the coming centennial of Women's Suffrage. We had a brainstorm! Since BPW's main themes are Equal Pay and Legislation, we decided this is something that BPW/TN needs to celebrate. We still have years to do so, but we felt that if we start planning now, we can do something really meaningful and impressive.

I've discussed this with President-Elect Jacque and she is already on the board for the Women's Suffrage Monument, so we already have a connection established. I would like to get the ball rolling by forming a committee of interested ladies in our organization who would like to start working on our long-term planning for a truly impressive celebration of this benchmark in our history. If you are interested in being a part of this group, please contact me. I don't anticipate anything will happen until next year, and then it would only be preliminary brainstorming, but the sooner we start the better the plans.

President Terri Curran.



President Curran also visited Greater Nashville BPW on a visit to the Renewal House to deliver Valentines and Goodie Bags to its 41 program participants.



L-R  
Pamela Atkins  
Sharon Taylor-Carrillo  
Ann Lay

Pres. Curran also joined us for dinner and discussion about BPW. President Curran took the photo. Thank you.



## Annual Yellow Roses Luncheon



The Tennessee Women's Political Caucus  
in partnership with the  
Tennessee Economic Council on Women  
cordially invite you to **The Fifth Annual Yellow Roses Luncheon**  
honoring former Senator Beverly Marrero,  
well-known for her efforts to promote women in Tennessee

**Thursday, March 21, 2013 11:30 a.m. - 1:00 p.m.**

Waller, Lansden, Dortch & Davis, LLP.  
511 Union Street, Suite 2700 Nashville, TN 37219  
Visit [tennesseewpc.com](http://tennesseewpc.com) for more information



# **BPWTN 2013 Policy and Action Day on the Hill**

## **March 20, 2013**

You are invited to join members from across the state as well as other women activists across the state for a Policy and Action Day on the Hill. It does not matter whether you have been coming for several years or this is your first. Whether you are a legislative enthusiast or a beginner, consider this your opportunity to be a part of the process that will help shape our state policy.

### **Required Action Items before the Day**

Email me at [zsuaara@gmail.com](mailto:zsuaara@gmail.com) to let me know if you are attending. This will give us a headcount and assist us in pairing mentor/mentee

Do you plan to drive or ride the bus- To make it easy for our members; BPW will charter 2 buses- one from east and the other from west Tennessee. Information for bus riders will be sent later

If you do not know who your legislators are, find out at <http://www.legislature.state.tn.us/>

Call your legislators office and make an appointment – Tell them you are with BPW and that you would like to set an appointment for our members to meet and discuss some of the current bills on March 20. There will be 2-3 members at each meeting. Please coordinate to ensure that ONLY ONE APPOINTMENT IS MADE FOR MEMBERS WITH THE SAME LEGISLATORS

### **Day on the Hill Planned Activities**

BPW Day on the Hill Breakfast. Location: [Waller Lansden Dortch & Davis, LLP](#) located at 511 Union St, Nashville TN 37219. The office is on the 24<sup>th</sup> Floor. There is parking under the building. Breakfast will be at 7:30am. The breakfast is free

Orientation- Information packets will be distributed. Discussion on the legislative process. Mentor/Mentee partnering for new participants

Visit with legislators

Women Political Collaborative Luncheon at Double Tree Hotel- more information on cost to follow

More visits with legislators

Photo with Governor Bill Haslam

Hope to see as many of you there. Wear “Red”. The legislative plaza is usually full with people in March lobbying for different causes. Seeing a sea of Red is what sets us apart. It does not have to be a full outfit, having anything red on you will suffice

If you have any questions, please call or email me at 731-658-6808 or [zsuaara@gmail.com](mailto:zsuaara@gmail.com)

### ***Zulfat Suara* Chair 2013 Day on the Hill**

*"Politics ought to be the part-time profession of every citizen who would protect the rights and privileges of free people and who would preserve what is good and fruitful in our national heritage" -[Dwight D. Eisenhower](#)*

### ***Need Career Enhancement, personal and professional development? One More Session [March 23, 2013](#)***

Jackson Area Business and Professional Women Present:

## **Career Plus/Individual Development Sessions**

West Tennessee Legal Services, Inc., 210 West Main Street Jackson, TN

### **Questions? call Beth Bates 731 426-1313**

**Schedule:** 8:00-8:30 Registration, Continental Breakfast, Networking

8:30-12:00 4 Modules (with breaks)

Lunch provided: 12:00-1:00

1:00-4:00 3 Modules or 4 Modules

#### **CAREER PLUS/INDIVIDUAL DEVELOPMENT SESSIONS**

The Individual Development Program (ID) is BPW's seminar series for personal and professional leadership development. The program assists women in meeting their personal and professional goals, as well as their goals for community action and change.

### ***Necessary tools to jump start your career and your life:***

\*\*Creating presentations

\*\*Speaking in Public

\*\*Interviewing tips and techniques

\*\*Running meetings

\*\*Business etiquette

Grassroots Organizing

\*\*Media relations and much more

\*\*Networking

\*\*Negotiating skills

\*\*Leadership skills

\*\*Lobbying and

### ***Second Session***

Best in the Class (Be the Leader You Want to Be)

Get into It and Out of It! (Running a Meeting)

Business Etiquette

Right to write! (Your Civic Role)

Reach for the Stars! (Develop your Goals)

Memories made! (Media Relations)

I Know You, But (Virtual teams)



# CALL TO 2013 STATE CONVENTION



By the authority vested in me as president, I hereby call you to the 94th annual convention of the Business & Professional Women of Tennessee, Inc. (BPW/TN) to be held at the Doubletree Hotel in Murfreesboro, Tennessee on June 7 & 8, 2013. Susan Jakoblew is serving as Convention Chair.

Among the items of business to be considered are:

- Reports and recommendations from state officers, committee chairs, regional directors, and local organization presidents
- Election of officers for the ensuing year
- Discussion and adoption of Tennessee bylaws
- Discussion of matters of interest and policy of the Tennessee BPW/TN.
- Any and all business growing out of the above stated items, or resulting from actions of the board of directors, or falling within the jurisdiction of this body.

The executive committee composed of state officers and regional directors is called to meet at 7 p.m. on Thursday, June 6, 2013.

The meeting of the board of directors composed of the executive committee, district directors, standing committee chairs, immediate past state president, parliamentarian, bylaws chair, and local organization presidents is called to meet at 9:30 a.m. on Friday, June 7, 2013.

The meeting of the board of directors is open to all members who wish to attend, and any member has the privilege of discussion; however, voting is limited to members of the board.

The location of the various meetings at the Doubletree Hotel will be posted at the registration table and on the hotel internal display boards.

Recommendations of state officers and chairs should be presented to the president in writing not later than noon on Friday, June 7, 2013.

Eligibility to vote for officers:

All voting delegates must be registered and have paid the full registration fee prior to the start of the second business meeting on Saturday, June 8 at 9:30 a.m.

No one registering after the opening of the second business meeting or paying the one-day registration fee only will be permitted to vote in the election of new state officers.

**Terri Curran**

**State President**

**LeeAnn Gaddis**

**State Secretary**



BPWTN—BPWTN—BPWTN—BPWTN—BPWTN—BPWTN—BPWTN—BPWTN—BPWTN—BPWTN—BPWTN—BPWTN—BPWTN —

## CONVENTION REQUEST

In support of BPW /TN and in an effort to offset some of our convention expenses, each local is requested to commit to two pages of ads for our Convention Program. Complete details will be available at the upcoming Region meetings.

Ads range in price from \$25 for a business card size, \$35 for 1/4 page, \$50 for 1/2 page and a full page is only \$100!

Program ads can be used to ...

- Promote your business or employer
- Recognize a mentor who has had an impact on your career
- Acknowledge the key leadership of your local
- Share kudos for a job well done
- Remember in tribute a friend or member who has passed on
- Salute the outgoing or incoming officers of your local
- Give a pat on the back to an effective Legislator—  
local, county, state or federal official



ALSO: Happy to report that we will have vendor space available at convention, albeit limited. Wish to recommend someone or reserve a space for your own endeavor? Contact Susan Jakoblew at [sjakoblew@yahoo.com](mailto:sjakoblew@yahoo.com) or 615-519-7498 today.



## FOR YOUR INFORMATION:



Business and  
Professional  
Women/TN

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

**Pearl Williams—Rockwood**  
**Frankie Hawk-Rockwood**  
**Miguel Carrillo—Greater Nashville**



*Theme for National  
Women's History Month March 2013  
Women Inspiring Innovation  
Through Imagination:  
Celebrating Women in Science,  
Technology, Engineering and Mathematics*



*Lynn Spires' sister  
has passed away.  
Please keep Lynn  
and her family in  
your thoughts  
and prayers*

## **What is Equal Pay Day?**

Every year in April, Business and Professional Women's organizations around the U.S. recognize a national day of action promoting fair pay known as **Equal Pay Day**. Equal Pay Day is celebrated in April because April symbolizes the month when women's wages catch up to men's wages from the previous year. Equal Pay Day 2013 will be held on

**Tuesday April, 9<sup>th</sup>.**

On Equal Pay Day, BPW members and working women advocates around the country mobilize their communities by holding press conferences, signing proclamations, hosting events, and meeting with policymakers to push for stronger state and federal equal pay laws.

Information for locals will be provided at the Region meetings.

Pamela Atkins, Equal Pay Day Chair.

**Wear RED on  
Equal Pay Day  
to symbolize how far women  
and minorities are "in the  
red" with their pay!**

UNSHAKEABLE FOUNDATION = UNSTOPPABLE FORCE

Second Annual  
**Women**  
Veterans  
Summit  
2013

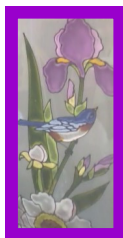
**Mark your calendar and  
make plans to attend**

**April 13-14, 2013**  
The Inn at Opryland  
2401 Music Valley Drive  
Nashville, TN 37214

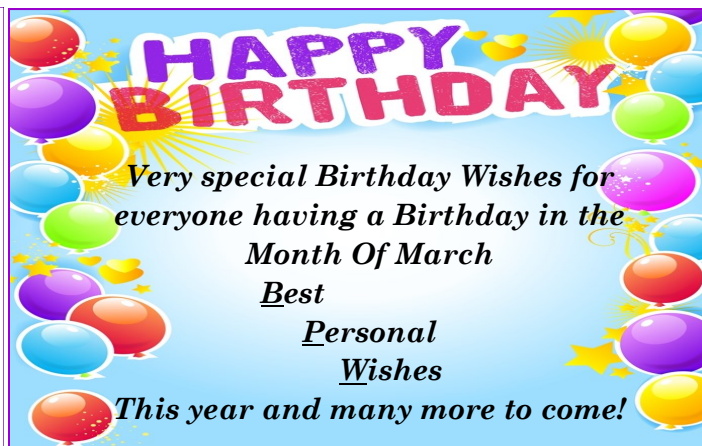
*Reserve your room, register for  
the event and nominate "Woman  
Veteran of the Year"  
Online NOW*

## 2012-13 BPW/TN UpComing Events

|          |                                                                         |
|----------|-------------------------------------------------------------------------|
| March    | Women's History Month                                                   |
| March 8  | International Women's Day                                               |
| March 9  | Region III Meeting                                                      |
| March 16 | Region II Meeting                                                       |
| March 20 | Day on the Hill                                                         |
| March 23 | Region I Meeting                                                        |
| March 25 | Deadline for Newsletter submissions                                     |
| April 5  | Deadline for Nominations for State Office                               |
| April 9  | Equal Pay Day                                                           |
| April 25 | Deadline for Newsletter submissions                                     |
| April 30 | Deadline for Award Entries                                              |
| May 15   | Deadline for ID Speak Off                                               |
| May 23   | Deadline for Pres. Reports to be sent to State President                |
| May 23   | Deadline for Post Convention Reports to be sent to the President Elect. |
| May 25   | Deadline for Newsletter submissions                                     |
| June 6-9 | State Convention                                                        |



**Business and  
Professional  
Women**



### RECIPE FOR SWEET POTATO FRIES (from Vickie Watts-Rockwood President)

Make 6 servings

6 medium sweet potatoes rinsed and scrubbed cut into 1/4 inch thick sticks

2 tablespoons extra virgin olive oil or canola oil

1 tablespoon a chili powder or ground paprika

PREHEAT oven to 450 degrees. Place sweet potatoes in a large zip lock bag and add oil and chili powder (or paprika). Toss to coat. Divide sweet potatoes between two baking sheets in a single layer, leaving enough space in between to flip. Season with salt and freshly ground black pepper.

BAKE for 30 minutes flipping the potatoes midway through the cooking time or when each side has reached the crispness desired. May serve immediately with desired dressing.

This recipe can be found with servings info at the Blue Cross Blue Shield site as one of their heart healthy recipes

*Thought for the Month:*



Never again clutter your days or nights with so many menial and unimportant things that you have no time to accept a real challenge when it comes along. This applies to play as well as work. A day merely survived is no cause for celebration. You are not here to fritter away your precious hours when you have the ability to accomplish so much by making a slight change in your routine. No more busy work. No more hiding from success. Leave time, leave space, to grow. Now. Now! Not tomorrow!

*Og Mandino*

Business and Professional  
Women of Tennessee  
718 Thompson Lane  
Suite#108-323  
Nashville, TN 37204

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

