

# Tennessee Achiever

Take note!

Day on the Hill

**Convention Registration** 

Two new scholarships

Honor your veterans

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Volume 1, Issue 13

January 2014

# Dr. Verna Ruffin: 'Great opportunity'

By Jacque Hillman BPW/TN President

Dr. Verna Ruffin, the new superintendent of Jackson-Madison County School system, recently joined Jackson Area BPW.

As a new member, we wanted to get to know her better and to know why she chose BPW.

Q. You've recently joined Jackson Area Business and Professional Women. What are your expectations of this local organization?

A. I first attended Jackson Area Business and Professional Women as an invited speaker. After reading more about this group of professionals, I wanted to be a part of their work and commitment to Professional Women in and outside of Jackson. It's a great opportunity to network and

See page 3



Jackson Area BPW member Dr. Verna Ruffin will speak at February's First Friday Forum presented by the Jackson Downtown Development Corporation and First United Methodist Church, on Feb. 7, 2014, noon to 1 p.m. Lunch is \$7.00. Contact JDDC: (731) 427-7573.

# Meet new member Dr. Kim Holden

I am a native of Christiana, Tenn. Christiana is a small, rural community outside of Murfreesboro, approximately 45 minutes southeast of Nashville, the Country Music Capital.

I began my education journey at the University of Tennessee, Knoxville, and obtained a Bachelor of Science degree in Public Health, then continued on to obtain a Master of Public Health in Epidemiology from the University of Alabama at Birmingham.

After obtaining these degrees, I decided to complete my nursing degree from Belmont University in Nashville with a Bachelor of Science in Nursing. Because education was in my blood, I returned to school as a summer cohort student in 2005 at Barry University

in Miami, Florida where I received my PhD in Nursing in July 2011.





Dr. Kim Holden

Informed Voters Project

#### Scholarship Winner?

"We have so many veterans who need our help." Ret. Navy Cdr. Debbie O'Bryant, State Women Veterans Mentor

#### Meet members!



Zulfat Suara, lst Vice-President, Hardeman Co. BPW (Legislation) Issues Management

# Seeking women veterans to win

BPW/TN has established a statewide scholarship for women veterans for \$500.



Each local is invited to contribute to the total amount. Jackson Area Business and Professional Women, Lawrence County BPW and Hardeman Co. have already made their contributions.

Who would you like to have apply?

What are the qualifications besides an essay?

An applicant must submit a written statement explaining her desire to continue professional development through continued education and pursuit of a degree.

Please provide a transcript of current college grades or most recent semester showing that you are in good standing with the post-secondary institution. If the veteran has not attended college, a high school transcript will suffice.

Get a recommendation from a professor in the chosen major and from a financial officer of the secondary institution, or if returning to school after hiatus, may provide recommendation from employer or from military officer under whom this candidate has served.

A copy of your DD214 from the military showing honorable discharge is required.

Contact: LeeAnn Gaddis, BPW/TN vice-president, lee-ann4002@yahoo.com.

Ret. Navy Cmdr. Debbie O'Bryant, state veterans' chair, daobryant@gmail.com.

# Zulfat Suara leads the way in legislative action

the Hill Chair. As presi-

Zulfat is a Certified Public Accountant and is the owner of Advance Business Consultants, CPA.

Since joining BPW in 2002, she has served the organization in several capacities which includes serving as state president from August 2009 till June 2011. She is the only president in the organization's 90-year history to serve two consecutive terms.

She also served as Hardeman County President from 2004-2006, District Director, Membership Chair, Legislation Chair and Day on dent of Hardeman county BPW, she helped revitalize the local club and grow its membership. In 2003, Zulfat started the Hardeman County branch of Junior Achievement, a K-12 program that teaches children to be fiscally responsible. Since inception, the program has benefitted thousands of children in six different Hardeman County schools. Other board or committees which she has served on include

Abused Women and Children, The Hardeman County Joint Economic Development Council, the Tennessee Immigrant and Refugee Rights Coalition and currently serve as the chair of the American Muslim Advisory Council. In 2010, she was honored by the Jackson Sun and the Jackson BPW as one of 20 Most Influential Women in West Tennessee for her community involvement. Zulfat is married to her wonderful husband of 23 years, and they are blessed with five children.

Interested in joining Business and Professional Women of Tennessee Inc.? Find out more at bpwtn.org.

the Hardeman County

Carl Perkins Center for

#### Future Female Leaders sought

# Apply and win a scholarship!

Young women today are busier than ever! Our 2013 winners Kellum Everett and Keesha Klinck can attest to that. Like many of us, they have worked full or part time jobs, raised families, and become community leaders all while devoting time to improve their skills and education. And like many of us, they can be strapped for cash. So a little extra money goes a long way.

The Aspiring Leaders of Tomorrow is a program to recognize the skills and support the career development of Tennessee's future female leaders. The program is open to any female resident of Tennessee meeting the program criteria. The grand prize winner receives a \$500 textbook scholarship, with

the runner-up receiving a \$300 applicable to textbook purchase.

We are looking for a few good candidates!

How can you help? That's right... Spread the word! Someone out there knows a young woman who could use money to continue their education. The application deadline is **FEB. 15**, **2014**. Details for the program and the application can be found at <a href="http://www.bpwtn.org/aspiring-leaders-of-tomorrow.html">http://www.bpwtn.org/aspiring-leaders-of-tomorrow.html</a>.

Let's make 2014 a great year for getting more women involved with BPW of Tennessee.

Questions? Contact Susan Jakoblew, ALT Chair at sjakoblew@yaho o.com, or phone (615) 519-7498.

## Ruffin

#### Continued from page I

support the mission on behalf of professional women in the world. I believe in "Working to achieve workplace equity for all women through advocacy, education, and information" and this organization makes this possible

Q. As superintendent, you know that state legislation affects many aspects of your career. What points in the Business and Professional Women of Tennessee legislative platform hold particular interest for you? (A copy of the legislative platform is attached.)

A. Yes, I am constantly aware of how state legislation affects many aspects of women in careers. I am actually leaving this evening to participate in the TOSS Legislative Conference in Nashville. Several areas are quite passionate to me however, Civil Rights and Policy Items are

particularly of interest at this time.

Q. In your position, you understand the importance of broadband connectivity and up-to-date information technology for school systems, teachers and students. How do you think Jackson, Madison County, Tenn. ranks in terms of providing this in comparison to your past school locations.

A. I think that JMCSS has challenges in both funding and articulating a shared vision for the importance and implementation of technology district-wide. While other districts that I have worked with have made provisions to move this forward via a bond issue or by designating funds to move this agenda, IMCSS still has much work to do. I am hopeful that we will move this agenda forward with a clearly articulated plan, however, it will take the voice of an entire community to move this forward. We will need to view technology

as a necessary tool instead of a one-time purchase. It's simply the way we provide a necessary tool for children to acquire 21st Century skills and cannot be ignored.

Q. You know well the importance of a good education in setting a young woman on a progressive course to a stable life and career. What words of advice would you give a high school senior contemplating college and/or joining the workforce?

A. I would advise any young woman to create an action plan for accomplishing her goals. Whether attending college or joining the workforce. I would advise her to create a multi-step approach to achieving her goals, reevaluate regularly and once she achieves one goal, create more. I would advise her to read many books—non -fiction and fiction, and even contemplate writing one herself. Writing is a necessary skill that all young women must

acquire. I would tell her to write, write, write and to have someone critique her writing until she feels comfortable writing as a form of expression and communication. I would tell her to connect with a mentor, someone who cares enough to challenge her beyond herself. Too often I see young women who limit their destiny by dreaming too small. Think, dream, plan and achieve.

Q. What do you believe are the best career choices today for women?

A. I don't believe there is a best career choice for today's woman. I think today's woman should create her own destiny and gender should not limit her. Just plan and do not let anyone tell you that it cannot be done!

Q. iF you had been anything else in your life besides a school superintendent, what alternative career would you have chosen?

A. I definitely believe I am in the right profession. When I began as a band director, I never dreamed of being anything else. But then I dreamed and it became true—with action steps, great mentors and a plan. I am living my dream right now Continued on page 5



**Tressy Hart** President-elect

"Please let me know if you are interested in serving on any committee or want to join the leadership team."

# Leaders get people to follow their lead abeth Cady Stanton, there is

By Tressy Hart President-elect

"Ultimately a genuine leader is not a searcher for consensus, but a molder of consensus." ~~ Martin Luther King, Jr.

Leadership is defined in Webster's as a person who guides or directs a group AND the ability to lead which might make most people think that it is the position that dictates who is the leader. That is not true and hasn't been since the Garden of Eden. A leader is the one who can get people to follow. This means that leaders tend to be charismatic and eloquent, able to inspire and excite people.

When asked to name a famous person from history, we tend to think of those people first. However, there are literally thousands of people who are not known to the annals of history, but played just as pivotal a role in the history of our country. For every Eliz-

a Paulina Kellogg Wright Davis or an Abby Kelley Foster -- women who may not have been eloquent or charismatic, but who still made a difference. These people were put into a position of leadership simply because they were willing to do the job. Sometimes being willing is more important in the long run.

Not every person wants to be in the limelight, but that doesn't mean they are any less important or that they have nothing to say in making the organization work.

Now the really hard part of being a leader and doing it the right way means listening to what the people want, knowing what the organization and people need, and finding a way to mesh the two so that the people are happy and the organization grows. It is time for you to speak up and take an active role in this organization.

What do you think is our most important goal for the upcoming year?

Do we want to focus our efforts on military veteran's affairs, green jobs, or is there a new idea that someone is thinking about, but isn't sure whether they should mention it. BPW is a woman's organization; there is so much that we can do and want to do and enjoy doing. Perhaps though, it is time to pick something to focus our energy and attention on for the next year.

I need your help to decide what we need to be working on first, and if we need to be spreading our talents on several things or is it time to focus all energy on one specific thing.

Please email me at lawco.bpw@gmail.com anytime. I hope to hear from each and every one of you! Please let me know if you are interested in serving on any committee or want to join the leadership team.

Many hands make light work, and there is work to be done. Enough talking let's do!



Carol Turpen, **Treasurer** 

#### Budgets: The devil's in the details, so we're careful

#### By Carol Turpen **Treasurer**

We are half-way through the year with still a lot of planning head.

Financial reports have been sent out for information purposes only and tax forms accordingly.

As the 2014 BPWTN State Convention registration chair, I have set fast-paced priorities for producing forms for implementation,

and we are moving right along pace and moving right along.

Membership information, as received, has been forwarded to the proper people. The general operations of the organization have been properly handled as information has been received.

I look forward to the upcoming events schedule and getting to see each of

you. We have much planning for the future endeavors of BPWTN with other women's organizations, as well as helping our women veterans returning home.

If you have any concerns at all, I welcome your questions and will be glad to answer them as quickly as I can.

Please contact me at treasurer@bpwtn.org.

# **Faces and Places**

#### BPW members at work



Left to Right: Jane Tavernier, Diane Morey, Lee Ann Gaddis (CCBPW President), Tiffany Daughtery (Warriors to Work Specialist), Terri Curran, Irene Blackburn, Pam Harris. Business and Professional Women of Cumberland County in partnership with Young Marines hosted an "Informational Resource Night for Veterans" at the Cumberland County Community Complex on Nov. 21, 2013.

DED ROJ

Lee Ann Gaddis (CCBPW President), Tiffany Daughtery (Warriors to Work Specialist).

More photos online in the photo gallery at bpwtn.org

BPW/TN president and EDC board member Jacque Hillman, third at table, listens to Phillip Pickens pitch his new business at the Entrepreneur Development Center in downtown Jackson. Other judges wereTed Nelson, Chairman of ThermaMasters LLC, and Sidney Wilson, Managing Director at Doxicom Global.



#### Ruffin

#### Continued from page 3

Q. What is your method of achieving work/life balance?
A. I probably could not speak to the balance. I am passionately in love with my career often at the expense of "having a life" and find it quite difficult to achieve a balance. I enjoy my family and friends,

love to entertain, read and dance. When deeply engrossed in my work, which is daily, I most frequently just work.

**Q.** What do you believe is the answer to violence in schools?

A. I absolutely do not profess to have an answer for this one because I don't believe the issue is violence in schools but rather violence as a part of some misguided value system. It affects us in all areas—schools, workplace, shopping, housing, community, church—it is so wide-spread that one cannot view it as violence in school but as a national violence problem.

Q. What's the most recent book you have read?

A. Sycamore Row by John Grisham.

Q. Please list three people who are alive today, besides close family and best friends, you would want to have at your final dinner party.

A. I chose not to think of my final dinner party on this earth. I am having a party now and hope all the right people are already present!



Martha Ervin, Webmaster, Financial Chair

"As we finalize
details such as hotel,
speakers, fun trips,
and agendas, you
will see more activity
on the web page."

#### BPW/TN Legislative Platform Preamble

The Equal Rights
Amendment, as authored by Alice Paul, shall stand first, foremost, and above all other items which may appear on the platform of this Federation until equal, legal rights for women and men become guaranteed in the United States Constitution, because all statutory law derives there from.

# The Equal Rights Amendment

Equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex.

# Web page is always changing, growing

Just like life, websites are always changing!

In the past quarter, we had several online information requests for membership information. In years past, these requests were the result of a phrase like "For more information contact...." and an email or snail mail address. In the fast paced world we live in, people want instant gratification. Therefore, an online information request form was added to satisfy the quest for knowledge!

How does the process work? Glad you asked! The form goes to an email box the webmaster monitors. All requests are then forwarded to the appropriate local president

and/or membership chair.

In addition, the email address from the requestor is added to our email marketing list so the individual will receive additional communications from the BPW/TN like the Achiever and other event notifications of interest to our members.

The annual convention page was updated with minimal information. As we finalize details such as hotel, speakers, fun trips, and agendas, you will see more activity on the web page. So visit often to keep up with what's movin' and shakin' for convention.

#### Coming updates include:

Regional Meeting page –

- dates, time & location
- Day on the Hill logistics, bill information
- Newsletters Achiever and locals

#### Requests:

Please have your local president and/or a member of the local review your local organization information at <a href="http://www.bpwtn.org/local-organizations.html">http://www.bpwtn.org/local-organizations.html</a>. If there are any errors or corrections required, send them to <a href="https://webmas.ter@bpwtn.org">webmas.ter@bpwtn.org</a>.

 Get noticed! Send your local event information to the webmaster for posting on the calendar.

# Spotlight on members

**Linda Warren Seely:** Jackson Area Business & Professional Women would like to congratulate member Linda Seely on her award from the Association of Women Attorneys.

Linda received the organization's Marion Griffin-Frances Loring Award for outstanding achievement in the legal profession. Linda is the director of Pro Bono Projects and Campaign for Equal Justice for Memphis Area Legal Services.

Congratulations to Linda on a very well deserved honor.



Justice Holder is at left and Linda Seely at right.



# Region meeting dates

**Region II:** March 15. Join us for the Annual SOUPer Saturday in Gallatin. 10 a.m. to 2 p.m. Flyer to be posted at bpwtn.org

**Region III:** March 29. First South, Thomsen Farms location, Jackson. 10 a.m.

Region I: Contact Terri Curran at curranterer45@yahoo.com

# Focus on women's issues

# Jackson Area Business & Professional

#### Women

The next regular business meeting is Monday, Feb. 3, 2014, at 5:30 p.m., at Baudo's Restaurant, 559 Wiley Parker Road, Jackson, TN. Network and have dinner from 5:15 to 6 p.m. At 6 p.m., Dawn Weber, manager of community relations for BlueCross/BlueShield of Tennessee will speak. The business meeting will begin at 6:30 p.m. Please plan to attend the meeting and bring a friend. In other news:

- Career Plus/Individual Development Sessions: The Jackson Area BPW will present the Career Plus/Individual Development Sessions on Feb. 22, 2014 and March 22, 2014. West Tennessee Legal Services, Inc., 210 West Main St., Jackson, Tenn. Registration Fee: \$40 per day session; \$60 for both sessions. Contact Beth Bates at batesb@aol.com.
- Welcome to new members: Amy Dietrich, Dr. Verna Ruffin, Lynn Menendez (2013 Woman of Achievement), Daryl Chanthusus, Elaine Christian, Mary Reed, Kara Melton, Beth Reitzammer.
- Sterling Awards 2014 April 8, 2014: JABPW seeks nominations for the 2014 Sterling Awards: 20 Most Influential Women in West Tennessee. To receive a nomination form, email Mary Jo Middle-brooks at MMiddl9469@aol.com, or Jacque Hillman at hillmanjacque@yahoo.com. Deadline to enter is noon, Friday, Feb. 21, 2014. This award is given in partnership with JABPW and The Jackson Sun and covers 13 counties in West Tennessee, except Shelby County.

#### Rockwood BPW

Rockwood BPW will meet Feb. 18 at Victorian Square with the featured topic of BPW Issues/ Women's Health. Deadline for reservations is 10 a.m. Monday, the week preceding the meeting. President Mary Ann Owings posts to the Facebook page for Rockwood BPW.

Please "like" their page:

https://www.facebook.com/RockwoodBPW

#### Cumberland Co. BPW

The March 20 meeting of Cumberland Co. BPW will be held at 5:30 p.m. CBI at Roane State Community College in Crossville TN. Vickie Lynn Bilbrey, Volunteer Services Manager at Gentiva Hospice, will speak about Hospice and volunteering with Hospice.

#### Lawrenceburg Co. BPW

Lawrenceburg BPW meets on the third Tuesday each month at 6:30 pm in the Scout Cabin on Waterloo St in Lawrenceburg. At the February meeting, the speaker will be Dr. Glenn Hudson, associate professor in the Science, Technology & Math Division at Columbia State.

He will discuss how Lawrence County can help support the STEM GiRLS (Girls Really Love Science) program they will be having next spring at the Columbia State campus.

#### National Wear Red Day Feb. 7

On Friday, Feb. 7, millions of women & men across the country will wear red in support of National Wear Red Day. Started 10 years ago by the American Heart Association, National Wear Red Day is an annual event to raise awareness of the No. I killer of women. Heart disease kills more women than all forms of cancer combined, taking the life of one in three women each year, but studies have shown that only one in five women believes heart disease is her greatest health threat.

By wearing red on National Wear Red Day, we speak out against this silent killer and raise awareness for prevention and treatment. Wearing red is a fun and easy way to spread the news!

Visit www.goredforwomen.org/ wearredday to learn more.

# 2014 Policy and Action Day on the Hill

# Please join us on Wednesday, February 26

BPW Day on the Hill Activities will begin at 7:30 a.m. At Waller, Lansden, Dortch & Davis, LLP 511 Union St., Nashville TN 37219

The Waller Lansden office is on the 27th floor
Parking available under the building
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's Political Collaborative of TN Luncheon More visits with legislators Photo with Gov. Bill Haslam

We hope many of you can attend, and we are asking everyone to wear red.

The legislative plaza will be full of people lobbying for different causes. Seeing a sea of red will tell us apart. It does not have to be a full outfit; having anything red on will suffice.

If you have any questions, please call or email: Zulfat Suara, 2014 Day on the Hill Chair, at 731-658-6808 and legislation@bpwtn.org

In partnership with the Tennessee Women Political Caucus, Women's Political Collaborative of Tennessee, Advocates for Women's & Kid's Equality, Tennessee Coalition to End Domestic & Sexual Violence, Memphis Area Women Council and Contracts for Women, Inc.

# Honor your veterans!

BPWTN Convention in Jackson offers you a unique and affordable way to honor a veteran.

For only \$20 you can purchase a Flag Day ad for the convention program. There will be twelve Flag Day ads per page. The ads will be approximately business card size. Please provide the following along with a check:

- Name:
- Branch of Service: (ex. U.S. Navy)

- Approximate Dates of service or war|conflict era:
- Example: Vietnam War



The check and information must be submitted by May 20, 2014 to Carol Turpen, 622 Lanier Road, Alamo, TN 38001.

Please remember that you can also honor a veteran with a half page black and white ad for \$100 or a full page color ad for \$250.

# Sample business card sized ad for \$20

#### In honor of Jesse Carl Hillman

United States Army
Medic, assigned to 25th Infantry
Korean War
By Jesse Hillman

A full page color ad is \$250 and size 7.25 wide X 9.5.

Sample half page \$100 black and white ad 4.5 X 7.25





Recommended Sept. 23, 2013 for Medical Surgical Clinical Specialty Leader.

In honor of Navy Cdr. Cathy

Lovelace
Combat nurse

Served in the NATO
Role 3 Trauma Hospital,
Kandahar, Afghanistan
Trauma Hospital,
Landstuhl, Germany
Medical surgery nurse on board
the USNS Comfort medical
support to patients in
Port-au-Prince, Haiti and the
Dominican Republic.

By Ret. Navy Cdr. Debbie O'Bryant

## **Dear BPW Convention Sponsors:**

As president of Business and Professional Women of Tennessee Inc., I decided, along with my outstanding team of BPW officers and members, that our June 13-15 state convention in Jackson, Tenn. would be redesigned, offering not just business sessions for our regular state delegates, but training and help for women veterans.

We want 200 women veterans in West Tennessee to attend and receive information about education benefits from our colleges and universities; nine business training sessions to strengthen resumes; help understanding their benefits.

We have outstanding speakers:

Navy Commander Cathy Lovelace, APRN, MSN, and Oklahoma University College of Nursing professor, tours in Afghanistan and Germany as a combat nurse.

Award-winning author Lillie Leonardi, retired, Federal Bureau of Investigation, Pittsburgh Division. In her book, *In the Shadow of a Badge*, Lillie shares what she witnessed at the Flight 93 crash site on 9/11. Winner, American Authors' Association Award 2013.

As a former military wife of a decorated Vietnam veteran, I am disturbed that nearly one out of five women who served in the military at home or abroad in Iraq or Afghanistan is now without a job, BLS statistics show. The jobless rate for male veterans has declined,

but the rate for women has not changed. As more are discharged, the numbers are rising. These women need job training, resume building and mentors. I am now a national mentor through BPW Foundation USA. You can find out more about Joining Forces Mentoring Plus at <a href="http://bpwfoundation.org">http://bpwfoundation.org</a>. Newman's Own Foundation just awarded \$35,000 to

BPW Foundation for helping women veterans. In Tennessee, we need your help.
As a sponsor, you can help women return to college and/or receive job training skills in Tennessee:

- Iris. \$5,000. Benefits include: online publicity at BPW Foundation USA. Opportunity to speak (5 minutes) at opening luncheon and to receive Women Veterans' Mentor Award. 8 luncheon tickets. 30 visitors' passes. Online ads at bpwtn.org begin January 2014 and run through July 2014.
- Platinum. \$2,500. Online at bpwtn.org starting March 2014-June 2014. Extra handout in all packets. Listing in article for BPW Foundation USA. Will be introduced at Saturday luncheon.
  - Gold. \$1,500. Silver. \$750. Bronze. \$500.

You will find the full explanation of benefits, including number of passes at each level in the **brochure online at bpwtn.org.** 

If you have any questions, please contact me at president@bpwtn.org.

Warmest regards, Jacque Hillman President, Business and Professional Women of Tennessee Inc. 2013-2014

# **CONVENTION REGISTRATION FORM**

#### BUSINESS AND PROFESSIONAL WOMEN OF TENNESSEE, INC. (BPW/TN) **2014 State Convention** June 12 - 15, 2014

Double Tree by Hilton Hotel Jackson

1770 Highway 45 Bypass Jackson, TN. 38305

Telephone: 1-731-664-6900 FAX: 1-731-668-0474

Convention Chair: Beth Bates Email: batesb@aol.com. Phone: 731-426-1313 (WK)

Mail registration to:

Registration Chair: Carol Turpen

622 Lanier Road Alamo, TN. 38001 Phone: (H) 731-677-4102

Email: cgturpen@crockettnet.com

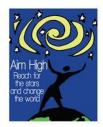
Make checks payable to: BPW/TN Convention

Name:	I-	Home Phone:	
Address:	C	Office Phone:	
City: St Local Organization:			I AM REGISTERING AS:  State Officer Regional Director District Director
Email:			Standing Committee Chair Special Committee Chair
First-timer to attend a BPW/TN Convention:			Parliamentarian Past State President
Please check the functions you plan to attend Before	: re 6/01/2014	After 6/01/2014	Young Careerist-ALT ID Participant Local President (2013-14)
Registration Fee	\$50.00	\$55.00	
Friday Luncheon	\$25.00	\$35.00	Local President's Representative
Saturday Installation Luncheon	\$25.00	\$35.00	Local Delegate [MOL or SOL] Local Member Member-at-Large
TOTAL Amount Enclosed	\$100.00	\$125.00	Member-at-Large (1 Day)
Visitor Pass only (Fri. & SatConvention) One Day Registration Friday Lunch only	\$ 15.00 \$ 15.00 \$ 40.00	\$15.00 \$40.00	Visitor Guest
Saturday Lunch only \$40.00 \$40			Please place an X beside the primary office for which you are registering; use check marks for dele- gates, members, visitors and guests.
TOTAL AMOUNT Enclosed	\$	\$	
State Officers, Regional Directors, Standing Commonly  Dietary Restriction: If you have dietary re			

Events registration (Discovery Park, Century Farm and the Comedy Club): online at bpwtn.org and in the next Achiever.

#### ROOM RESERVATIONS: HEADQUARTERS HOTEL

A block of rooms has been reserved for BPW at the DOUBLE TREE BY HILTON HOTEL in Jackson, TN., 38305 for June 12 - 15, 2014. Cut-off date for reservations is May 27, 2014. The rate for rooms reserved prior to May 27, 2014 is \$99.99 plus tax for single or double occupancy. Room requests after the cut-off date are subject to availability, and rates higher than the group rate may apply. For reservations, please call the DOUBLE TREE BY HILTON HOTEL (731-664-6900) in-house reservations listed above and identify yourself as a member of Business and Professional Women of Tennessee, Inc. (BPW/TN). All reservation requests must be accompanied by the first night's deposit via a major credit card or check. The deposit is refundable up to 48 hours prior to check-in time.





Business and Professional Women of Tennessee Inc.

#### Welcome to West Tennessee!



Fun trip on Thursday, June 12, 2014: Discovery Park of America, Union City.

# "Aim High" State Convention

June 13-14, 2014. Doubletree Hotel, Jackson, Tenn. President: Jacque Hillman, Jackson, Tenn.

#### What do women want?

Not better pantyhose and lipstick!

#### What do women REALLY want?

Better jobs, higher salaries, great day care, more education, affordable healthcare and jobs, jobs, jobs!

# What will BPW/TN offer?



Visit Old Country Store.

**Enjoy fine** wine, great music, and a night under the



stars at Century Farm Winery.

- Dynamic speakers
- Continuing education sessions: Regional colleges, universities, technology centers.
- **Business sessions:** Salary negotiation. Nailing the interview. Social media. Networking, Lean Manufacturing, Economic Development, Legislation and Your Business. Veterans Benefits for Veterans and Employers. Dealing with Multi-Generations in a Business Environment. Certificates of completion awarded to attendees.
- Resources for women veterans: Meet mentors, employers. Discover your veterans' benefits!
- Fun Zone: The Art of Living, TableEscapes, The Perfect 'Cures! From our vendors in the arts, floral design, accessorizing and beautifying.

### Sponsorships

- Iris. \$5,000. Banner at registration table. 30 visitors passes. Exhibitor's table. Double page color ad in program. All media. Opportunity to speak (5 minutes) at opening luncheon.
- Platinum. \$2,500. 20 visitors' passes. Exhibitor's table, full page color ad in program. Media.
- Gold. \$1,500. 15 visitors' passes. Table. Full page color ad. Media.
- Silver. \$750. 10 passes, Full page color ad.
- Bronze. \$500. 5 passes. Full page color ad.
- Partner: \$100 full page ad black and white.
- Program full color ad: \$250. Flag Day ads

More information: Email Wanda Stanfill at fundraising@bpwtn.org, stanfill17@aeneas.net, or call 731-693-8359 or 731-423-2234.

honoring veterans: \$20 per veteran, 12 per page.

# Hardeman Co. studies women's health

#### By Carolyn Beverly Hardeman Co. President

Hardeman County BPW started off the 2014 year with learning more on obtaining and maintaining a healthier lifestyle.

During the January 9 meeting, they had the pleasure of having Mrs. Laura Marie Hornsby as their guest. Laura is a health coach and teacher with America's 10 City Challenge. They teach participants to stop "dieting" and create a healthier lifestyle.

Laura said that in 2008 she was 70 lbs overweight, depressed, and Experienced a health crisis that was resolved by learning which foods cause her body inflammation and choosing instead the foods that were healthy for her. According to Laura, "within one week, I saw my body begin to selfheal - I lost 5 lbs, my acne began to clear up, and I became more mentally clear and intuitive. I became convinced that eating the right foods for your body and eliminating toxic foods has a definite impact on physical, mental & emotional health."

In 2009, Laura became a trained health coach for food sensitivities and began consulting with people on what healthy eating looks like for them and coaching them to Integrate healthy eating into their lives.

In 2013, she joined the ATCC team of coaches because they were aligned with what she began to learn through her own coaching practice about community support and collaboration being necessary for getting healthy long-term.

Laura and her husband, Steve Hornsby currently reside in Hardeman County. She can be reached at LauraMariaHornsby@gmail.com (615) 618-6515.

Hardeman County BPW meets every 2nd Thursday at the Bolivar Library for a brown bag lunch meeting.

The topic for Hardeman BPW Feb. 13, 2014 meeting will be Heart Health for RED month.



Carolyn Beverly Foundation Chair

The speaker for March 13 will be Mrs. Essie Walker from Hardeman County Adult Education to inform us of the differences between the new HiSET (High School Equivalency Test) and the current GED (General Educational Development).

# Thoughts on 'No More'

By Immediate Past President Terri Curran

I've been in Nashville helping my daughter following her foot surgery, so I have had a little more TV time than I usually do.

We were watching the Katie Couric show and Mariska Hargitay was the guest. She was discussing a movement that many are starting to promote called "No More", a promotion by the Joyful Heart Foundation.



Terri Curran

It fits right in with the Violence Against Womenhearings we had in Tennessee, and I was thinking it would be a good thing to put a link on our website indicating we support this movement. You can check it out online and find out more.

Since I was involved in a rape crisis/domestic violence organization in California for 20+ years, as both a volunteer and board president, this is a subject near to my heart, and it makes me sad that we haven't come any further with dealing with these issues than we have.

LeeAnn Gaddis, Kaye Blakely and I attended three of the hearings here in Eastern Tennessee and, as you may have discovered at the Tennessee Economic Council on Women Summit, statistics are startling. The purpose of "No More" is to raise awareness, and I think we, as a women's organization, should help do that.

I hope we'll give this some serious consideration.

# Informed Voters Project

#### By State President Jacque Hillman

When primaries arrive in May, we will be making serious voting decisions about our indees

It is important that voters understand their role in ensuring fairness and justice for all who enter the legal system.

For that reason, when I was contacted to serve on the task force for the Informed Voters
— Fair Judges Project launched in Tennessee, I was glad to

This groundbreaking civics education campaign led by the National Association of Women Judges (NAWJ) addresses what organizers see as a growing gap in civic literacy in our nation.

I learned civics from my elementary school principal, a former state legislator, and he was tough — and good.

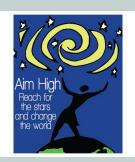
But today's students haven't had the benefit of Principal Givens

This voter information campaign has debuted with video titled "Fair and Free", a film featuring former U.S. Supreme Court Justice Sandra Day O'Connor.

"In America, courts exist to protect people, resolve disputes and ensure fairness and justice for those who enter the legal system," Justice O'Connor explains in the video. "When voters support candidates based solely on the popularity of their past decisions, or how they might decide cases in the future, they create an atmosphere that undermines fairness, equality and impartiality."

The Informed Voters— Fair Judges' project is a non-partisan voter education project created to increase public awareness about the judicial system, to inform voters that politics and special interest attacks have no place in the courts, and to give voters the tools they need to exercise an informed vote in favor of fair and impartial courts.

To learn more, visit ivp.nawj.org



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Business and Professional Women are Joining Forces for Women Veterans® across the country. We are working to provide support and resources to women veterans and their families as they return to their civilian lives, including providing including providing mentoring relationships for more than 1,000 women veterans and military spouses. http://bpwfoundation.org/ index.php/issues/ women\_veterans

# We can truly say we are not boring

Last week I talked with my accountant — tax time, you know — and she said, "Well, I can sure say you're not boring!" She wished for me another 30 years to do all I have planned. I'd like that, too!

You will find plenty of non-boring good in the pages of the Spring 2014 Achiever. Just read about the accomplishments of Dr. Verna Ruffin, Dr. Kim Holden, Linda Seely and Zulfat Suara.

We have a treasure chest of members who have so much going on we are proud they

share some of their time for BPW/TN.

It's a blessing, too, that we have such diverse opinions on how to make the world run better! No nodding Bobbleheads exist in our group!

Because we are smart, hard-working women, others have taken notice.

Eight women have approached us through the website about the Nashville area.

I'm excited that someone in Chattanooga wants to know more about BPW. JABPW has eight new



Jacque Hillman, President

members and four guests coming to the Feb. 3 meeting. Cumberland Co. has new members. Our membership rolls have added 20 statewide.

We are growing! And you are the reason!

# Holden

Continued from page I

I went to work, straight out of nursing school, at St. Thomas Hospital in Nashville, on a diabetic and renal floor transferring to a cardiac arrhythmia unit. I left the hospital and worked various roles from occupational health nursing to being a program coordinator for a rural interdisciplinary grant at Meharry Medical College in Nashville. I have worked in and out of home health nursing for 15 years. I returned to the VA Medical Center in Murfreesboro as a staff nurse on a general medical-surgical floor. I recently left the VA where I was the Women Veterans Program Manager overseeing the women's health program at my facility.

I have only recently joined Tennessee Technological University as an Instructor of Nursing. I also have recently begun working for Guardian Hospice. I also own a holistic health coaching business where I help people who are ready for a change to make this change in a holistic way. As I stated I am from

rural farming community. I was reared on a farm and continue to live on the farm where my father grew up. My mom lives next door and continues to raise cattle.

My sister, brother-inlaw, and two nephews live very close. I am busy being an aunt to them since they are busy with 4-H, cattle shows, and various other activities. I love living on a farm.

I have two Boxers who are my babies. My hobbies include cooking, my dogs, reading, and whatever else my nephews get me in to.