

# BPW/TN JANUARY ACHIEVER



Issue 7 January 2015



*Be Transformed By BPW*  
**2014-2015**

## Inside this January 2015 Issue:

- Page 1 From the President
- Page 2 Mentoring info
- Page 3 Mentor info
- Page 4 Collect & its history
- Page 5 Emblem and information
- Page 6 Nomination for State Office Info
- Page 7 Candidates Official Data form
- Page 8 Wear Red Day Info.
- Page 9 January is.....
- Page 10 Thought for the Month & Important Info

Business and  
 Professional  
Women/TN 



HAPPY NEW YEAR

We have spent most of the last year talking about what mentoring is not. Now it is time to really get into what mentoring is. There are several facets to a good mentoring relationship and the most important is that the two people involved must respect each other. The mentee needs to respect the experience, ideas, and wisdom of the mentor. The mentor needs to respect the creativity, fresh perspective, and individuality of the mentee. If there is mutual respect, then both parties will benefit from the partnership and our organization as a whole will benefit and grow. In order to move to the next phase of mentoring within BPW, we need people to volunteer as mentors. This will mean putting your name, resume, and picture on the website to allow potential mentees to see what we have to offer. Not all of us are suited to be a mentor and some of us have the ability to mentor several at the same time.

The skills a good mentor has includes (*but is in no way limited to*):

- o set high expectations of performance
- o offer challenging ideas
- o help build self-confidence
- o encourage professional behavior
- o offer friendship
- o listen
- o confront negative behaviors and attitudes
- o teach by example
- o trigger self-awareness
- o share knowledge
- o offer encouragement

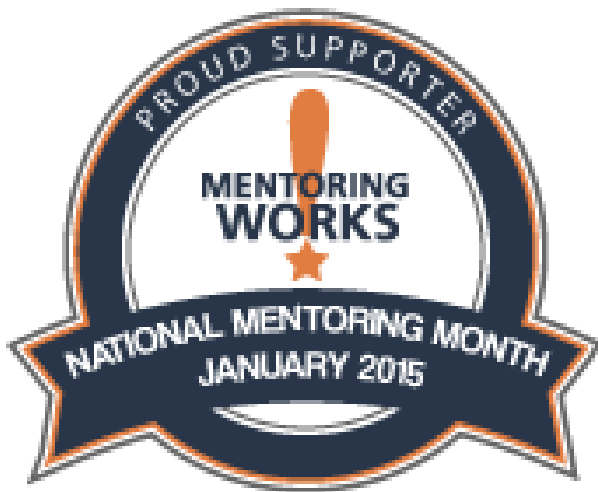
Think about what you have to offer and, if you are willing to be an official BPW mentor, then send in your resume and picture to Jacque. I hope each of you will seriously consider this as we need people from a variety of backgrounds to truly show the uniqueness of BPW. Time to take the next step in our rebirth process - are you ready to be **transformed?**

*Tressy Hart,*  
**BPWTN President**



## WHAT IS MENTORING?

It's a way to form a relationship with women to accomplish shared goals – to make a connection between mentor and the mentee to help prepare them for success in the organization. Our MISSION, To mentor women for life-long success, through Advocacy and Education is very powerful. We provide Information and establish a bond of support. Our GOAL is to help prepare mentees to succeed in business, their professions and BPW. Our PRIORITIES are to provide business and professional role models to increase opportunities for career development through BPW. We must become creative in the way we mentor and retain members.



- **January 8, 2015:**  
**“I Am a Mentor Day”**

- **January 15, 2015:**  
**“Thank your Mentor Day”**

- **January 19, 2015:**  
**Martin Luther king Jr. Day of Service**

- **January 28-30, 2015:**  
**National Mentoring Summit**

## **Mentoring Award**

**The Kay Culbertson Mentoring Award will be awarded to the person chosen to receive the award for mentoring for the year.**

### **Qualifications for the Mentoring Award**

- 1. Nominee must be a BPW member for at least three years and be in good standing.**
- 2. Nominator must complete the nomination form and essay about her mentor and return it to the Mentoring Committee postmarked by April 30.**

**A MENTOR IS .....** a role model who recognizes the need and cares about women; a wise and trusted sister, advisor, counselor, teacher, or success coach.

Women are SHERoes. Women SHARE their expertise to guide women entering the workforce. They HELP women translate their skills and experiences to begin successful careers and they EMPOWER women to confront the challenges of training for jobs, finding jobs and keeping jobs.

#### IMPORTANT ROLES FOR THE MENTOR:

- ☐ INSPIRE (BE A ROLE MODEL)
- ☐ HELP THE MENTEE MANAGE RISK AND ASSESS OUTCOMES
- ☐ OPEN DOORS FOR MENTEES
- ☐ HELP THE MENTEE FEEL CLOSELY IDENTIFIED WITH HER PROFESSIONAL ENVIRONMENT
- ☐ HELP THE MENTEE THROUGH DIFFICULT SITUATIONS
- ☐ BUILD SELF CONFIDENCE OF THE MENTEE
- ☐ ESTABLISH CLEAR, OPEN, TWO WAY COMMUNICATION
- ☐ COMPENSATE FOR THE MENTEE'S LACK OF EXPERIENCE AND SKILLS
- ☐ BE A SOURCE OF INFORMATION AND ENCOURAGEMENT
- ☐ PROVIDE CAREER GUIDANCE
- ☐ HELP DEVELOP CREATIVE AND INDEPENDENT THINKING

***"Mentoring is to support and encourage people to manage their own learning in order that they may maximize their potential, develop their skills, improve their performance and become the person they want to be."*** Eric Par sloe

men · tor

*verb*

'men, tôr, 'men, tər/□

gerund or present participle: **mentoring**

advise or train (someone, especially a younger colleague).



## **BPW/TN Mission Statement**

The mission of BPW/TN shall be to achieve equity for all women in the workplace through advocacy, education, and information.



## **The Collect**

Keep us, O God, from pettiness; let us be large in thought, in word, in deed.

Let us be done with fault-finding and leave off self-seeking.

May we put away all pretense and meet each other face to face, without self-pity and without prejudice

May we never be hasty in judgment and always generous.

Let us take time for all things, make us grow calm, serene, gentle.

Teach us to put into action our better impulses, straightforward and unafraid.

Grant that we may realize it is the little things that create differences,  
that in the big things of life we are at one.

And may we strive to touch and to know the great common  
human heart of us all, and O Lord God, let us forget not to be kind!

. . . Mary Stewart

## **History of the Collect**

Mary Stewart wrote the collect in 1904 as a member of the Fortnightly Clubs, the forerunner of the Longmont, Colorado BPW Club. The collect was written as a prayer to instill a sense of unity among women working together with wide interests and important goals.

Mary Stewart worked for women's suffrage nationally and attended the meeting in St. Louis in 1919 at which the national federation was launched. She was elected its first corresponding secretary and thereafter took an active part in the growth of the young organization by service as chairman or member of a number of national committees.

The collect was reprinted in many forms around the world. Miss Stewart, who until 1910 signed the collect with her pen name, "Mary Stuart," remained involved in BPW until her death in 1943.

## **How to wear you BPW Pin:**

The pin is worn in a vertical position over the heart (left side), with NO pin above it (except the United States flag).

The proper placement of the pin over the heart can be determined by placing the thumb of the right hand at the base of the neck and fanning out the fingers of the right hand to a place over the heart. The pin is worn approximately where the little finger of the right hand rests.

## **The Emblem**

In 1920, at the St. Paul National Convention, with Gail Laughlin as president, a committee was appointed to select an emblem typifying the emergence of women in the business world, with vision and courage for unlimited possibilities and growth in an organization of business and professional women. This committee was composed of Fern Bauersfeld of Kansas, Nina B. Price of New York, and Georgia Emery of Michigan.

In February 1921, under the leadership of Lena Lake Forrest, second national president, the committee selected from a number of designs the one in use until July 2009.

## **Emblem Symbols**

The emblem of BPW/TN [and formerly of BPW/USA] consists of the following symbols:

**Nike**—The Winged Victory of Samothrace; symbol of strength, progress, freedom, triumph, facing squarely the winds and waves of prejudice and other limitations.

**Torch**—symbol of light, wisdom, principle, and leadership.

**Wand**—winged staff of Mercury; herald of a new day for women and symbol of opportunity, equality, cooperation, healing, harmony, and power.

**Ship of Commerce**—symbol of activity and growth, economic independence, and adventures in friendship.

**Scroll**—symbol of achievement; typifies our faith, ideals and accomplishments, while denoting our obligation to the future.

These symbols are within the **Golden Circle**. The circle, representing the globe, signifies unbroken harmony and endless friendship. The components of the completed circle are illumination, vigor, tranquility, development, and victory.



## **Emblem Pins**

An emblem pin may be worn by any local organization member. Local Organization presidents wear the emblem pin with gavel guard attached and, at the end of the presidency, the gavel guard is replaced by a bar guard bearing the inscription “past president.”

The state president’s pin has TENNESSEE inscribed across the bottom of the pin, with gavel guard attached. At the close of term as state president, the gavel guard is replaced by a bar guard inscribed “past president.”

The customary way to wear an emblem pin is about six inches below the left shoulder. Any emblem item, including pins, guards, scrolls, and other jewelry may be purchased through the official supplier. The foundation pins may also be purchased from the same source.

**Emblem Benediction**—May be sung to the tune of “*Blest Be the Tie That Binds*”

This emblem binds us all

In one great sisterhood

It bids us heed our conscience call

For nobler womanhood.

God guide us when we wear

This emblem o’er our heart,

And keep us true and always fair

God bless us as we part.

# Nominations for State Office

Early in January each local organization and other BPW/TN members will be receiving information on candidates for office for the 2015-2016 BPW/TN year. Each Local Organization member seeking office must be endorsed by her local organization and complete the form correctly. Members at Large who wish to run for state office may obtain a Data Form for Members at Large from the nominations committee. [Members at Large are not eligible for the offices of Regional Director or District Director.] Members at Large who wish to be a candidate for state office should send their forms to the committee chair, Ann Hiegel. Forms are also posted on the website *www.bpwttn.org*. Forms in duplicate, and pictures for candidates for state office and regional director must be returned to the nominating committee chair or committee member *no later than April 6, 2015*. All candidates for state office or regional director must have been a member of BPW/TN for at least two years as of the convention at which they are candidates. Candidates for line officers, President-elect and 1<sup>st</sup> or 2<sup>nd</sup> Vice President, must have served as president of a local organization, current or past, in Tennessee. [Bylaws, Article XII].

Completed Candidate Data Forms should be returned to the nominating committee member in each region:

**Region I:**

Ann Hiegel  
312 E. Molyneux Ave.  
Rockwood, TN 37854  
865-354-0427  
hiegelma@comcast.net

**Region II:**

Bonita Dearmond  
1067 Brewer Rd.  
Ethridge, TN 38456  
931-629-1198  
bdearmond3@peoplepc.com

**Region III:**

Susan Sumner  
20 Majestic Oak Cove  
Humboldt, TN 38343  
731-394-2125  
susan2061@bellsouth.net

It is important for the continuation of BPW/TN that qualified members take advantage of the opportunity to share their leadership skills by participating in the state organization. Please encourage all members.

**2015**

**2016**

***President Elect  
1st Vice President  
2nd Vice President  
Secretary  
Treasurer  
Region 1 Director  
Region 2 Director  
Region 3 Director***



**BUSINESS AND PROFESSIONAL WOMEN OF TENNESSEE, INC. (BPW/TN)**

**OFFICIAL DATA FORM FOR CANDIDATES FOR OFFICE**

The \_\_\_\_\_ Business and Professional Women's Local Organization of \_\_\_\_\_, Tennessee, presents \_\_\_\_\_ as a candidate for the office of \_\_\_\_\_ of the Business and Professional Women of Tennessee, Inc. (BPW/TN). She has been endorsed for such office by this local organization. Present business or profession \_\_\_\_\_ Current BPW office, if any \_\_\_\_\_ Previous State Service \_\_\_\_\_

Qualifications for Office \_\_\_\_\_

Date and local organization which you served as president \_\_\_\_\_

**LOCAL ORGANIZATION PRESIDENT LOCAL ORGANIZATION SECRETARY**

Date \_\_\_\_\_ Region \_\_\_\_\_ District \_\_\_\_\_

**Consent to Serve**

The duties of an elected officer for regional director of the state organization include attendance at executive committee meetings, state board meetings, planning meetings, regional meetings, and state conventions.

The duties of district director include conducting district meetings, attendance at meetings of the state board of directors, state convention, and regional meetings.

I have carefully studied the requirements for office for which I am a candidate. Neither my job nor my membership in any other organization in any way prevent my support of the organization's objectives and policies, including active support of our state legislative platform.

The \_\_\_\_\_ Business and Professional Women's Local Organization has my permission to submit my name as a candidate for the office of \_\_\_\_\_ of the Business and Professional Women of Tennessee, Inc. (BPW/TN).

I agree to serve as \_\_\_\_\_, if elected. I am able to give the required time to the duties of such office and there is nothing in my health or personal affairs to prevent my serving.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 20 \_\_\_\_.

Return form in duplicate to: Nominations Chair.

[Candidates for Executive Committee offices also submit photo. Attach bio and photo for publication.]

Candidate \_\_\_\_\_

Address \_\_\_\_\_



## Mark the Date: February 6th and remember to wear **RED** !!!

### A Decade of Success

Since the first National Wear Red Day in 2003, we've made tremendous strides in the fight against heart disease in women. Through research and education to healthy lifestyle changes, we're proud that:

- 34% fewer women now die from heart disease, saving 330 lives every day.
- More women are taking ownership of their health by developing healthy lifestyles:
  - 37% are losing weight
  - 43% are checking their cholesterol
  - more than 50% exercise more
  - 60% have improved their diets
  - 33% have developed heart health plans with their doctor.
- Awareness is up. 23% more Americans now realize heart disease is the #1 killer of women.
- Awareness among minorities is up, doubling among Hispanic women & tripling among African American women.
- 15% have quit smoking, and high cholesterol has declined by 18%
- More communities have joined the fight. Registration in Go Red For Women is now more than 1.75 million. More than 25 million Red Dress Pins have been worn to support the cause. More than 185 cities host GRFW events and luncheons. And more than 2,000 landmarks light up in red on National Wear Red Day.
- Legislative efforts are making a difference. Women no longer pay higher premiums than men for health coverage. And 20 states have programs for low-income women to get screenings for heart disease and strokes through the Centers for Disease Control and Prevention's WISEWOMAN.
- More gender-specific guidelines have been developed, because women's symptoms and responses to medication differ from men's.
- Gender-specific medical research is up. The FDA now requires clinical trial results be reported by gender. Gender-specific inequalities have been identified, ensuring women receive the same level of heart treatment as men.



Heart disease is the

**No. 1 killer of women** in the United States, claiming more lives than all forms of cancer combined. For more than 10 years, the American Heart Association has sponsored National Wear Red Day® to raise awareness in the fight against heart disease in women.

Celebrate National Wear Red Day with Go Red For Women on Friday, Feb. 6, 2015 to help fight women's No. 1 killer—heart disease.

Join the movement nationwide and learn how you can honor women like you on this important day in the information below.

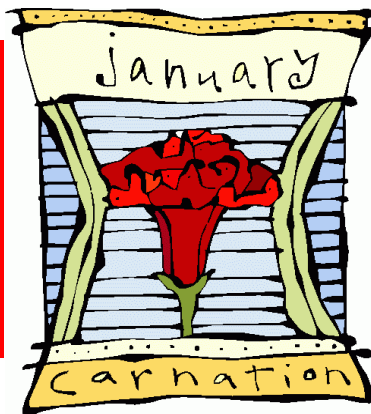


<http://www.goredforwomen.org>



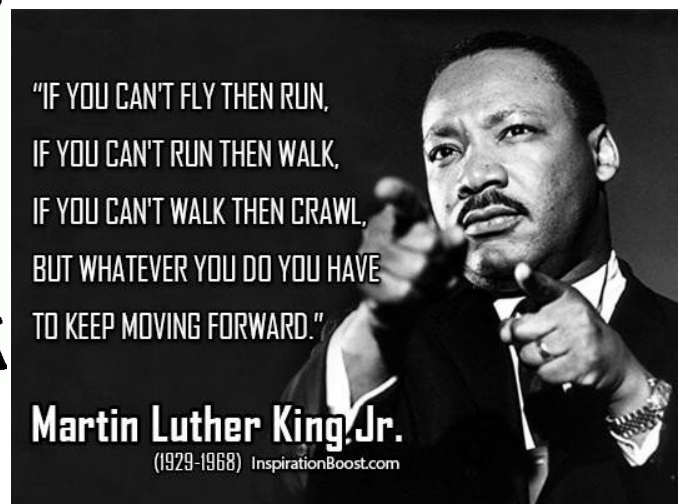
# It Happened in.....JANUARY

- ☐ January 3, 1949 – Margaret Chase Smith (R-Maine) starts her tenure in the Senate, where she stays in office until 1973, became the first woman to serve in both the House and Senate as she previously served in the House (R-Maine, 1940-49)
- ☐ January 5, 1925 – Nellie Tayloe Ross is inaugurated as the first woman Governor in U.S. history (Governor of Wyoming)
- ☐ January 7, 1896 – Fanny Farmer's first cookbook is published in which she standardized cooking measurements
- ☐ January 7, 1955 – Marian Anderson is the first African American woman to sing at the Metropolitan Opera
- ☐ January 8, 1977 – Pauli Murray is ordained as the first female African American Episcopal priest
- ☐ January 11, 1935 – Amelia Earhart makes the first solo flight from Hawaii to North America
- ☐ January 12, 1932 – Hattie Wyatt Caraway (D-Arkansas) is the first woman elected to the U.S. Senate, becomes the first woman to chair a Senate Committee and the first to serve as the Senate's presiding officer
- ☐ January 25, 1980 – Mary Decker became the first woman to run a mile under 4 1/2 minutes, running it at 4:17.55
- ☐ January 29, 1926 – Violette Neatly Anderson is the first black woman to practice law before the U.S. Supreme Court



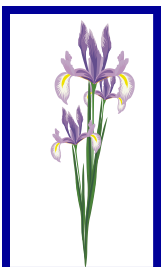
January is :

**National Mentoring Month**  
**National Glaucoma Awareness**  
**Cervical Health Awareness Month**  
**National Blood Donor Month**  
**Birth Defects Prevention Month**  
**National Bath Safety Month**  
**National Braille Literacy Month**  
**National Hobby Month**  
**National Oatmeal Month**  
**National Soup Month**



- Jan 8, 2015: "I Am a Mentor Day"
- Jan 15, 2015: "Thank your Mentor Day"
- Jan 19, 2015: M L King Jr. Day of Service
- Jan 28-30, 2015: National Mentoring Summit

## JANUARY



**NOTE:** *Deadline to submit material for Achiever is the 25th of each month.*

**Send to :SharonLyrae@aol.com**

*Articles received after the 25th will be in the next months issue.*

### ***Thought for the Month:***

*The past should be left in the past or it can steal your future. Live life for what tomorrow can bring and not what yesterday has taken away. Every day is a gift.*

### **Upcoming Monthly Highlights**

**February** Foundation Month & Black History Month

**March** Day On the Hill, Region Meetings, Women's History Month & Equal Pay Day

**April** Equal Pay Day , Award Submission Guidelines, State Reports Due, State Convention

**May** 2015 State Convention



Be Transformed By BPW



718 Thompson Lane,  
Suite#108-323  
Nashville, TN 37204

**Business and Professional  
Women of Tennessee**