



Business and Professional Women/TN

Volume 1
Issue 4



October

Business and Professional Women of Tennessee



The Achiever



President's Message:

The Objectives of Business & Professional Women of Tennessee are:

- To elevate the standards for women in business and in the professions;
- To promote the interests of business and professional women;
- To bring about a spirit of cooperation among business and professional women;
- To extend opportunities to business and professional women through education along lines of industrial, scientific and vocational activities.

Please note the efforts of BPW/TN to promote the interests of business and professional women at a September legislative forum. Legislation Chair, Zulfat Suara describes her experience in this Achiever. She spoke on a panel that also other featured women's groups so she worked to bring about a spirit of co-operation. Wanda Stanfill, First Vice President of Jackson Area BPW, also promoted a spirit of co-operation by speaking to the Women Veterans of America at their national convention in Southaven Mississippi on September 17, 2016.

Ruby Kirby, President of Hardeman County BPW and I have worked toward the fourth objective. On September 14, 2016, we met with the CEO of West TN Healthcare Foundation. That Foundation

is a, 501 (c) (3) umbrella for several small non-profits in this area. We learned that we could establish a fund under their umbrella that would provide the benefits of a 501 (c) (3) organization without the \$400 to \$800 origination fee now charged by Internal Revenue. The umbrella would also provide for the annual reporting. We could also avoid writing another set of bylaws! There is no minimum deposit. The fees for operations are a half cent per dollar invested. We, as an organization, can name three people to designate how the money is to be spent. The umbrella organization is jealous of its good standing with the IRS so we could not buy lottery tickets. The proposed purpose of the fund would be to promote equity in the workplace and to provide scholarships. I propose that we start small and invest the \$500 already budgeted for the Aspiring Leaders of America scholarship. I will ask the Board to vote on establishing this fund at Interim Board.

Please join us for Interim Board on Nov. 5, 2016. Kim Holleman and representatives of Thistle Farms will speak. The latter will have products to sell. The room block expires on October 14, 2016 so please make your reservations. Registration begins at 10 for a more comfortable commute.



Beth Bates
2016-17 BPW TN
President

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2016 BPWTN Interim Board



Speaker regarding

“Women Serving on Corporate Boards”

Kim
Holleman



As an Assurance Partner at EY, Kim is dedicated to proactive client service as well as keenly focused on audit quality and efficiency. Kim has twenty one years of experience serving SEC registrants and multi-location clients. Her clients have ranged from development stage to Fortune 500 and include family, private, private equity, venture capital and public ownership. Kim has served as a leader in the audit methodology practice group which focuses on maintaining an efficient and effective audit methodology. She has served as the Southeast Region leader of the Professional Women's Network as well as the Tennessee Strategic Growth Market Leader. Kim currently serves as coordinating partner for Nashville alumni relations activities. Kim has a Master of Science and Bachelor of Business Administration in Accounting from Middle TN State University (MTSU). Kim serves as the firm's lead recruiter for MTSU as well as a member of MTSU's Accounting Advisor Board, including serving as the board's chair in 2015-2016. Kim is a Member of the Tennessee Society of CPAs and the AICPA. She is an active supporter of the United Way and the American Heart Association. Kim is on the board of CABLE Nashville, serving as the chair for Women on Corporate Boards and an instructor and organizer for the CABLE Corporate Board Academy.

Thistle Farms Aims To Help Even More Women With National Whole Foods Deal

By NATASHA SENJANOVIC • SEP 21, 2016

Thistle Farms, a prominent Nashville nonprofit that sells products made by survivors of prostitution and human trafficking, has signed a national distribution deal with Whole Foods. It is the company's biggest expansion to date.

Two decades ago, a handful of women began crafting candles in a church basement. Today, Thistle Farms' body and home goods pull in annual revenues of more than 2 million dollars, which now requires some automation on the production line.

There's already a machine to pour wax into jars, and another that wraps boxes to be shipped around the country.

In preparation for the Whole Foods rollout in November, the women made 30,000 of their signature candles in six weeks. Last year, they made 50,000 in the entire year.

Which means they're also outgrowing their manufacturing space on Charlotte Pike. CEO Hal Cato walked me through a newly acquired facility— ten times larger than the current one.

“Right now it's just a big empty warehouse,” he says. “But by next February this will be where all of our products that are shipped nationwide are sold, packaged and picked.”

Ramping up will require more help. Cato hopes to one day even begin hiring from other recovery programs, and not just their own, called Magdalene. But for now, they're mostly expanding shifts, providing even more work for women like Brenda Wilson. A recent graduate of the two-year program, she went from making lip balms to senior shipping specialist.

Wilson, who co-workers say is known for the motto “**dreamwork is teamwork**,” is excited. “*There's opportunity for us to grow with our company and grow within ourselves.*”

This expansion into Whole Foods in the US and Canada coincides with the company's 20th anniversary next year, which they'll celebrate by renovating the Thistle Stop Café. In April they'll also unveil a new logo, more prominently focused on their message, “**Love Heals.**”

With all these changes in the works, Cato aims to quadruple Thistle Farms' current revenues — in two or three years.



Business and
Professional
Women/TN



**BUSINESS AND PROFESSIONAL WOMEN OF TENNESSEE, INC. (BPW/TN)
INTERIM BOARD OF DIRECTORS MEETING
November 5, 2016**

Holiday Inn Express & Suites
565 South Mt. Juliet Road
Mt. Juliet, TN 37122
615-553-5200 X420

Mail or email registrations to:
Tresa Newton
259 Heritage Drive
Ringgold, GA 30736
Phone: (706) 965-7565 TLNewton@catt.com

Make checks payable to: BPW/TN Interim Board.

Name: _____ Home Phone _____
Address: _____ Office Phone _____
City: _____ State: _____ Zip: _____
Local Organization: _____ Member--at-Large _____
E-Mail: _____

I AM REGISTERING AS:

I am a first-timer to a BPW/TN Interim Board _____

Please check the functions you plan to attend:

| | Before 10/28/16 | After 10/28/16 |
|------------------|------------------------|-----------------------|
| Registration Fee | \$25.00 _____ | \$30.00 _____ |
| Saturday Lunch | \$20.00 _____ | \$25.00 _____ |
| Total | \$ _____ | \$ _____ |

**State Officers, Regional Directors, Standing Committee Chairs,
Parliamentarian, Immediate Past State President
SEND CHECK FOR NON-EXEMPT EVENTS ONLY**

Voting:

____ State Officer
____ Regional Director
____ Standing Committee Chair
____ Immed. Past State President
____ LO President/Representative
____ Governance Chair

Non-Voting:

____ Parliamentarian
____ Special Committee Chair
____ Past State President
____ Member [MOL or SOL]
____ Member at Large
____ Guest

Directions to Holiday Inn Express & Suites, Mt Juliet

**The hotel is located 19 miles from Downtown Nashville.
The Mt. Juliet hotel is just quick 10 miles away from the Nashville Airport.
Off I-40. Exit 226-A.
You will be on South Mt Juliet Road, the hotel is on the left.
(If you get to McDonalds, you just passed it)**

**Registration opens 10:00 a.m. CST
Meeting begins at 10:30 a.m. CST**

The "cut-off" date for accepting hotel reservations into this room block is 10/14/2016

National Business Women's Week Events

Jackson Area BPW 2016 WOMAN OF ACHIEVEMENT

In conjunction with National Business Women's Week, October 17-21, the Jackson Area Business and Professional Women (BPW) is seeking nominations for their 2016 Woman of Achievement. The Woman of Achievement will be recognized at the BPW Brown Bag Lunches held during National Business Women's Week at the Jackson-Madison County Library. The deadline for entry is noon Wednesday, October 5, 2016.

The Woman of Achievement is chosen by the following criteria:

1. Woman working and/or living in west Tennessee, excluding Shelby County
2. Woman who has achieved distinction in her field
3. Woman who has served as a role model and/or mentor for other working women
4. Woman who embodies the BPW motto: "Women Helping Women", especially in the work force.

For nomination forms or for more information, contact:

BPW Woman of Achievement
c/o Middlebrooks & Gray, PA
PO Box 1985
Jackson TN 38302



**Celebrating
95 years of
BPW In
Rockwood**

95^{YEAR} ANNIVERSARY

YOU AND A GUEST ARE CORDIALLY INVITED TO JOIN


ROCKWOOD BPW

TO CELEBRATE THEIR 95 YEAR ANNIVERSARY

TUESDAY, OCTOBER 18TH ✦ 6-8PM

Dinner + Program of Women's History and Our History Provided

Victorian Square
241 S. Chamberlain Ave.
Rockwood, TN 37854



RSVP BY OCTOBER 7th
Lee Ann Gaddis, Chair
865-250-8149 or
leeann4002@yahoo.com

1921-2016

This month during NBWW Rockwood will be celebrating their 95th Anniversary. So much history can be tied into this event. For this event the chair will be, Lee Ann Gaddis. Her committee will be all the members of Rockwood BPW Executive Committee. Invitations have been sent by email, social media, and snail mail. We encourage all to come and attend this ONE-OF-A-KIND Event.

The program will be on the comparative history of 1921 and 2016 for Women in America. Also a timeline history of BPW and Rockwood BPW from 1921-2016. We stand on an apex for our future endeavors. Please join us for such a Magnificent night of Celebrating.

Please RSVP Lee Ann Gaddis by October 7, 2016 (contact info provided on invitation, facebook and on the state website).

October Happenings

VANDERBILT UNIVERSITY



October 11,
2016

FRIST CENTER AUDITORIUM

919 Broadway, Nashville, TN 37203

Doors open at 11:30 a.m.

Lunch served at 11:30 a.m.

Program from noon to 1:00 p.m.

FREE with advance registration; LUNCH AND GALLERY ADMISSION INCLUDED. To respond, call 322-8585 or [REGISTER ONLINE](#). You must register to receive a complimentary lunch. Box lunches will be provided for the first 250 people to respond.



A Community Lunchtime Program

Exploring Your World Through Three Exhibitions

Featured Exhibition:

"Women, Art, and Social Change: The Newcomb Pottery Enterprise"

In partnership with The Frist Center for the Visual Arts, Vanderbilt University presents "*Food for Thought: Exploring Your World Through Three Cultural Moments*," a three-part series of lunchtime conversations presented by Vanderbilt professors, Frist Center curators, and other members of the Nashville community.

This fall/winter, the Frist Center will present three very different exhibitions that shed light on the values and aesthetics of their respective cultural moments. From turn-of-the-century American craft and social justice, to elite Japanese warrior society, to a contemporary meditation on music, time, and place, the exhibitions *Women, Art, and Social Change: The Newcomb Pottery Enterprise*, *Samurai: The Way of the Warrior*, and *Ragnar Kjartansson*. The Visitors offer many lenses through which to see your world in a new way. Visit fristcenter.org for more information about these programs.

FREE with advance registration; LUNCH AND GALLERY ADMISSION INCLUDED. You must register to receive a complimentary lunch. Box lunches will be provided for the first 250 people to respond.

Jackson Downtown Ghosts A-Walking Tour

Friday, October 28, 2016

**Take a walk with the legends, spirits,
And haunts of downtown Jackson, TN**

**Dinner and Tour \$40.00 or Tour only \$25.00
Call 731-423-2234 by Monday, October 24th for tickets.**

**Proceeds benefit the Jackson Area Business Women
Scholarships for Women Returning to College**

Jackson Downtown Ghosts A-Walking Tour will begin at 5:30 p.m. at Riverside Cemetery
6:00 p.m. Dinner at the Baker's Rack, 7:00 p.m. St. Luke's Episcopal Church
7:30 p.m. The New Southern, The Pythian Building, and TLM



SEPTEMBER IN REVIEW



What's at Stake for Women and Children in This Election?



On Thursday **September 8th** panelists discussed issues in this election facing women and children. The event was organized by AAUW- Murfreesboro branch and co-sponsored by several organizations including BPW, AWAKE, WPC and several others. Panelists not only looked at the issues but also explored the opportunities we have to make a difference in policy—both here at home and across the nation.



Zulfat Suara:

I was honored to represent Business and Professional Women of Tennessee on this panel organized by AAUW Thursday night at MTSU. There is a lot at stake for women and children during this election- pay equity, health care, sex trafficking, domestic violence, paid family leave, minimum wage to name a few.

When I joined BPW, I was shocked to learn women were making less than men. Almost 20 years later, thousands of payday candies, proclamations from city and county mayors, trips to DC and Nashville, the pin had barely moved. It's worse for African American women and other minorities. Something ain't right.

As electorate, we must vote for people that care about these issues. We must also hold our elected officials accountable when they do not perform. We can we should run for office. .

My favorite quote these days is "if you are not at the table, you are on the menu" Issues facing women and children will not go away until we elect those that care about these issues. So please, please, and please vote wisely this election.



Beth Bates and Jackie Utley attended the TSDAR annual bell ringing at the Liberty Bell replica at the Tennessee State Capitol to commemorate Constitution Week.

Hello October

I believe
this
beautiful
month
will bring
us more
love,
happiness,
good health,
prosperity
and blessings.

Our Blessing

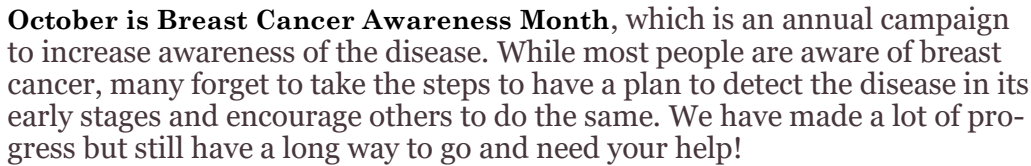
The 2016 Women Veterans' National Convention was held Saturday, Sept. 17th. Photo below of Jackie Pair and Wanda Stanfill . Wanda is the First VP of JABPW.



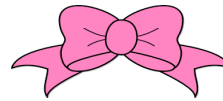
OCTOBER 7th—9th
Henry Horton State Park—
4209 Nashville Hwy, Chapel Hill, TN

The third annual Women Veterans Fall Gathering is the primary fund raiser for the Temporary Quarters (sponsored by WVA Chapter 45) for Women Veterans who need temporary housing. The program is "Our Sisters' Nest". The Golf Tournament is the fund-raising portion of the event. The registration fee covers Friday Nite Reunion Nite, the afternoon music festival, and the grill out. On Sunday morning, there will be a Commander's Breakfast for women veterans only, followed by an afternoon of kayaking on the Duck River. Visit www.wva45.weebly.com to register.





Signs and symptoms of breast cancer:



Knowing how your breasts normally look and feel is an important part of keeping up with your breast health. Finding breast cancer as early as possible gives you a better chance of successful treatment. But knowing what to look for does not take the place of having regular **mammograms and other screening tests**. Screening tests can help find breast cancer in its early stages, even before any symptoms appear.

The most common symptom of breast cancer is a new lump or mass. A painless, hard mass that has irregular edges is more likely to be cancerous, but breast cancers can be tender, soft, or rounded. They can even be painful. For this reason, it is important to have any new breast mass or lump or breast change checked by a health care professional experienced in diagnosing breast diseases.

Other possible symptoms of breast cancer include:

- Swelling of all or part of a breast (even if no distinct lump is felt)
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness, or thickening of the nipple or breast skin
- Nipple discharge (other than breast milk)



Sometimes a breast cancer can spread to lymph nodes under the arm or around the collar bone and cause a lump or swelling there, even before the original tumor in the breast tissue is large enough to be felt. Swollen lymph nodes should also be reported to your doctor.

Although any of these symptoms can be caused by things other than breast cancer, if you have them, they should be reported to your doctor so that he or she can find the cause.

Because mammograms do not find every breast cancer, it is important for you to be aware of changes in your breasts and to know the signs and symptoms of breast cancer.

2016-2017 BPW TN Roster

STATE OFFICERS & REGIONAL DIRECTORS

| | |
|---------------|------------------------|
| President | Beth Bates |
| 1st Vice Pres | Martha Ervin |
| 2nd Vice Pres | Jacque Hillman |
| Secretary | Robin McKamey |
| Treasurer | Ann Hiegel |
| Region I | Treasa Newton |
| Region II | Sharon Taylor-Carrillo |
| Region III | Carol Turpen |

STANDING COMMITTEE CHAIRS

| | |
|-------------------|--------------------|
| Finance Chair | Brenda S. Risner |
| Issues Mgmt Chair | Martha Ervin |
| Membership | Jacque Hillman |
| Governance* | Charlotte Buchanan |
| Immediate PSP* | Lee Ann Gaddis |

SUB-COMMITTEE CHAIRS

| | |
|------------------------|------------------------|
| Legislation | Zulfat Suara |
| Foundation | Geraldine Wallick |
| Individual Development | |
| Day on the Hill | Zulfat Suara |
| Equal Pay Day | Sharon Taylor-Carrillo |
| Aspiring Leaders (YC) | Sheree Schneider |
| Mentoring | Sharon Taylor-Carrillo |

SPECIAL COMMITTEES, APPOINTMENTS, TASK FORCES

| | |
|-----------------------------|------------------------|
| Parliamentarian | Lee Ann Gaddis |
| Publication Editor | Sharon Taylor-Carrillo |
| Historian | Carol Turpen |
| Custodian Financial Records | Beth Bates |
| Volunteer Attorney | Mary Jo Middlebrooks |
| 2016 Interim Board Chair | Charlotte Buchanan |
| 2016 IB Registration Chair | Treasa Newton |
| 2017 Convention Chair | |
| 2017 Conv. Registration Ch. | |
| Webmaster | Martha Ervin |

BPW TN Local Organizations:

Region I

Chattanooga Business Women

Elizabethton

LaFollette

Rockwood

Rogersville

Region II

Lawrence County

Music City (Nashville)

Region III

Hardeman County

Jackson Area

Paris

Memphis Area

BPW/TN 2016 Calendar

October 17-21 National Business Women's Week

October 20 Deadline for LOs to submit candidates for Nominating Committee to Pres (15 days prior)

October 20 Deadline for Presidents & Committee Reports for IB (to President)

October 25 Achiever Submission Deadline

November 4 IB Executive Committee Meeting

November 5 Interim Board of Directors Meeting

November 25 Achiever Submission Deadline

December 25 Achiever Submission Deadline

December 31 New Years Eve



NOTE: Please submit articles for the Achiever to

Email: SharonLyrae@aol.com

October is....

October Women's History Events:

October 3, 1904 - Mary McLeod Bethune opens her first school for African-American students in Daytona Beach, FL

October 4, 1976 - Barbara Walters becomes the first woman co-anchor of the evening news (at ABC)

October 4, 1993 - Ruth Bader Ginsburg joins the U.S. Supreme Court as its second woman Justice

October 8, 1993 - Toni Morrison becomes the first African American woman to win the Nobel Prize for Literature

October 10, 1983 - Dr. Barbara McClintock receives the Nobel Prize for Medicine for her discovery in genetics about mobile genetic elements

October 11, 1984 - Dr. Kathryn D. Sullivan is the first U.S. woman astronaut to "walk" in space during Challenger flight

October 15, 1948 - Dr. Frances L. Willoughby is the first woman doctor in the regular U.S. Navy

October 16, 1916 - Margaret Sanger opens the U.S.'s first birth control clinic in Brooklyn, New York

October 23, 1910 - Blanche Stuart Scott is the first American woman pilot to make a public flight

October 24, 1956 - Reverend Margaret Towner is the first woman ordained a minister in the Presbyterian Church

October 28, 1958 - Mary Roebling is the first woman director of a stock exchange (American Stock Exchange)

Adopt a Shelter Dog Month

American Pharmacist Month

Breast Cancer Awareness Month

Clergy Appreciation Month

Computer Learning Month

Cookie Month

Domestic Violence Awareness Month

Eye Safety & Injury Prevention Month

Eat Country Ham Month

International Drum Month

Lupus Awareness Month

National Diabetes Month

National Apple Month

National Physical Therapy Month


National Pizza Month

National Vegetarian Month

National Seafood Month

National Business Women's Week Oct. 16-22





Business and
Professional
Women/TN

BPW/TN
2817 West End Ave.
Suite 126-122
Nashville, TN 37203