



# Business and Professional Women/TN

Volume 2,  
Issue 8

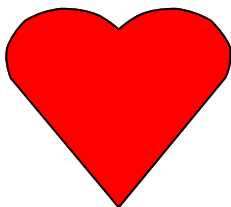


February 2018

Business and Professional Women of Tennessee



## The Achiever



In 2003, the American Heart Association and the National Heart, Lung and Blood Institute took action against a disease that was claiming the lives of nearly 500,000 American women each year – a disease that women weren't paying attention to. A disease they truly believed, and many still believe to this day, affects more men than women.

Stemming from that action, National Wear Red Day was born. It's held on the first Friday in February every year to raise awareness about heart disease being the No. 1 killer of women.

This coming National Wear Red Day, Feb. 2, 2018, will mark 15 years since the initial National Wear Red Day, which was first observed to bring national attention to the fact that heart disease is the #1 killer of women, and to raise awareness of women's heart health. And looking back on all we've accomplished, we've really made tremendous strides. They include:

- Nearly 90% of women have made at least one healthy behavior change.
- More than one-third of women has lost weight.
- More than 50% of women have increased their exercise.

- 6 out of 10 women have changed their diets.
- More than 40% of women have checked their cholesterol levels.
- One third of women has talked with their doctors about developing heart health plans.
- Today, nearly 300 fewer women die from heart disease and stroke each day.
- Death in women has decreased by more than 30 percent over the past 10 years.

But despite our progress, more work is crucial. 1 in 3 women die of heart disease and stroke each year. But what's more powerful? Millions of mothers, sisters, daughters and friends making a change.

Funds raised by Go Red support educational programs to increase women's awareness about their risk for heart disease and stroke as well as critical research to discover scientific knowledge about cardiovascular health.

Go Red appreciates all of your support. We wouldn't be where we are without you. But we have more to accomplish.

### Inside this February Issue:

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# Business and Professional Women of TN <sup>2</sup>



Carol, Tressy, Treasa, Robin, Sharon, Zulfat, Ann, Michelle, Beth

***The 2017-18 TEAM BPW***  
***President -Sharon Taylor-Carrillo***

***1st Vice President –Zulfat Suara***

***2nd Vice President—Robin McKamey***

***Secretary - Michelle White***

***Treasurer –Ann Hiegel***

***Region I Director—Tresa Newton***

***Region II Director — Tressy Hart***

***Region III Director—Carol Turpen***

***Parliamentarian –Beth Bates***

The Business and Professional Women of Tennessee (BPW/TN) is a statewide organization promoting equity for all women in the workplace through advocacy, education and information.

We are a powerful network of workingwomen seeking to advance career goals, earn higher salaries, build stronger businesses, and achieve pay equity and equal opportunities.

As all women gain earning and spending power, they aid in reshaping U.S. consumer trends.

And BPW/TN members are on the leading edge of that trend.

BPW/TN means business for you!

## WHAT BPW/TN CAN DO FOR YOU

- Political Awareness & Community Involvement - Participate in a wide range of activities and grassroots efforts to raise awareness of issues affecting working women at local, state, and national levels.
  - Personal & Professional Development - Attend workshops and programs designed to enhance professional skills and leadership abilities, such as Individual Development and Young Careerist/Aspiring Leaders.
  - Scholarships - Assist women through scholarships to further formal education.
  - Members-Only Benefits -Enjoy access to insurance programs, discounts on publications, travel credit card programs, Career Track training seminars, and more.
  - A Network of Motivated Women - Connect with other motivated working women, network professionally, share contacts and exchange information to enhance your business and professional development.
- To elevate the standards for women in business and professions.
  - To promote the interests of business and professional women.
  - To bring about a spirit of cooperation among business and professional women of the United States.
  - To extend opportunities to business and professional women through education along lines of industrial, scientific, and vocational activities.



### Individual Development

If you would like more information on the ID program or if you have any questions please contact chair- Deborah Brasfield  
phone: (731) 403-0002  
email: onthesquaregandg@aol.com

### Aspiring Leaders of Tomorrow

If you would like more information on the ALT program or have any questions please contact chair— Sheree Schneider  
phone: 423-489-9731  
email: AspiringLeader@bpwtn.org

# FEBRUARY IS BPW FOUNDATION MONTH

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The Business and Professional Women's Foundation was formally organized in February 1956 by the National Federation of Business and Professional Women's Clubs and was hailed as the first exempt Foundation and research center devoted exclusively to the interests and advancement of workingwomen. BPW Foundation was incorporated under the laws of the District of Columbia on February 27, 1956. BPW Foundation was granted a tentative exemption under 501(c)(3) from the Internal Revenue Service and would be entitled to permanent exemption by operating in accordance with the representation in the application.

The Spencer House at 2012 Massachusetts Avenue, NW, Washington, DC, was purchased by BPW Foundation for \$150,000 for National Headquarters. The Lena Lake Forrest Fellowship Fund of the National Federation, **whose purposes were to "promote research in problems which are important to the business and professional woman and to encourage graduate study in fields of work in which the Federation would like to enlarge the activities of women," was turned over to the Foundation for administration. The first BPW Foundation grant** from the Lena Lake Forrest Fellowship Fund was awarded to Dr. Margaret Cussler for research on The Woman Executive and for the publication of a book by that title. BPW Foundation has focused on making strides with gender biasness throughout the decades, the Earnings Gap was an article published describing the role that women share in occupational settings.

BPW Foundation is working to transform the workplace by making it more diverse, flexible and family-friendly. Your involvement and generous support of BPW Foundation, provide the opportunity to show your commitment to working women and their families. Working together we will make positive changes in our workplaces that support today's businesses and their workforces.

**Become a donor** As a BPW Foundation donor, you will have access to resources to become an effective advocate for successful workplaces. In addition, you have the opportunity to become an integral part of a grassroots movement. Use our grassroots tools and Advocacy Center to impact both national policy and policies that directly affect your community.

The current economy has forced employers and employees to make changes and difficult choices, but, with your support, BPW Foundation is confident that we will collaborate to meet the needs and goals of the work place. Now, more than ever, the organization relies on individuals like you to support our mission from both a grassroots and a donor perspective.

To donate and/or sign up for advocate toolkits, please email: [foundation@bpwfoundation.org](mailto:foundation@bpwfoundation.org).

Please consider making a donation to the  
**Tennessee Business and Professional Women's  
Education and Scholarship Fund.**

Donations are tax deductible and can be made online at  
[www.wth.org/foundation](http://www.wth.org/foundation).

*Tip: in the alphabetical list of funds in the pull down menu it is listed under T. Donations can be made in honor or in memory of someone.*



# BPWTN Building Powerful Women

Upcoming Events

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## 2018 State Calendar of Events

February 1, 2018 Achiever mailing date  
February 20, 2018 *Achiever Submission Deadline*

March 1, 2018 Achiever Mailing date  
March 3, 2018 Region I Meeting, Johnson City  
March 10, 2018 Region II Meeting, Lawrenceburg  
March 14, 2018 Day on the Hill  
March 20, 2018 *Achiever Submission Deadline*  
March 31, 2018 Region III Meeting, Jackson

April 10, 2018 Achiever mailing date  
April 10, 2018 Equal Pay Day  
April 16, 2018 Deadline for Qualifying for State Officer and Regional Director  
April 20, 2018 *Achiever Submission Deadline*  
April 30, 2018 Membership Dues & Foundation Contribution Deadline

May 10, 2018 Last Achiever mailing date  
May 15, 2018 Deadline for Foundation contribution Report to the Foundation Chair.  
May 15, 2018 Deadline for Presidents report( to State President, IM, Leg & Memb. Chairs) for Convention

June 15, 2018 Pre-Convention EC Meeting  
June 15, 2018 Pre-Convention BOD Meeting  
June 16, 2018 BPW/TN Convention  
June 16, 2018 Post-Convention BOD Meeting

## 2018 DAY ON THE HILL

Wednesday, March 14, at 7:30 AM - 3 PM  
Legislative Plaza— 301 6th Avenue North, Nashville, TN

### Day on the Hill Planned Activities:

#### • BPW Day on the Hill Breakfast.

The Breakfast is sponsored by the Business and Professional Women of TN

Location: Waller Lansden Dortch & Davis, LLP located at 511 Union St, Nashville TN 37219.

The office is on the 27th 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's Political Collaborative of TN Luncheon at 12 noon with special guest

Tarana Burke



**For more information, contact BPW Day on the Hill chair Zulfat Suara at [zsuaara@gmail.com](mailto:zsuaara@gmail.com)**



*Special guest speaker*  
**Tarana Burke**

## Don't forget to wear RED !

**Tarana's powerful, poignant story—as creator of the international movement, #metoo—will move, uplift, and inspire you. Her movement also lead to the “Silence Breakers” being named the 2017 TIME'S Person of the Year.**



## EQUAL PAY DAY

April 10th



### **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

Stay up to date of BPW TN Happenings by visiting our website [www.bpwn.org](http://www.bpwn.org) or our Facebook Page Business and Professional Women of Tennessee

This is the Tentative Schedule we are considering for the 2018 BPWTN Convention Schedule of Events:

### Friday

June 15, 11-2 Pre-Convention EC Meeting & Lunch  
June 15, 3pm Pre-Convention BOD Meeting  
June 15 5pm Convention Opening Session  
June 15, 7pm Dinner & Awards Banquet & Auction

### Saturday

June 16, Convention Continued  
June 16, Luncheon  
June 16, Installation of New Officers  
June 16, Post-Convention BOD Meeting

*Rationale: This would allow us to use our time wisely. With the opening session on Friday at 5pm it allows members to not take an entire day or two off from work and we would be able to finish all the 2017-18 reports and issues then close the year with an awards banquet. Then Saturday would be for the 2018-19 year items.*



## Mark your Calendar for the BPW TN Spring Region Meetings <sup>5</sup>



Region I — March 3rd in Johnson City,  
State Rep—1st Vice.Pres. Zulfat Suara

Region II—March 10th in Lawrenceburg,  
State Rep—2nd Vice Pres. Robin McKamey

Region III—(*Tentative Date*) March 31st in Jackson,  
State Rep— President Sharon Taylor-Carrillo



### **Region I— March 3rd Johnson City**

**11am to 2pm at the Doubletree by Hilton  
in Johnson City, TN**

**Learn about Sex Trafficking in Tennessee  
from an Expert, TBI Jamesena Walker**



**Cost:\$10.00 includes lunch**

**(Turkey or Ham Croissant with Potato Soup, cookie and a drink)**

**Register by Feb 16th : call, text or email Robin McKamey  
423-957-0243 robin.mckamey@ecschoools.net**

### **Region II— March 10th Lawrenceburg**

**SATURDAY , MARCH 10TH 10 AM - 2 PM SCOUT CABIN L'BURG**

Ashley Massey is a vocal advocate for women. President of both the Women's and Gender Studies Association and the American Association of University Women at UNA. Additionally, she owns the jewelry line The Gypsy Fawn which is sold online and in 15 retailers and counting nationwide. Her blog Feminist Farmer in Tennessee discusses her experiences of being a nontraditional farmer, student, business owner, and advocate. She is also the current secretary for the Lawrence County Democratic Party. She spends her free time volunteering for various women's nonprofit organizations in Alabama and Tennessee.



**Ashley  
Massey**

**LAWCO.BPW@ GMAIL.COM TO REGISTER IN ADVANCE OR  
REGISTER @ DOOR BETWEEN 10:00 and 10:30**

**COST: \$10.00 includes Lunch**

The BPW TN Region III Spring Meeting Details will be in  
the March Achiever ~~ Region III Director Carol Turpen

## January 20, 2018, was the anniversary of the Women's March. Women's March 2.0: Power Together TN in Nashville,

### What is the 2.0 part of Women's March 2.0?

We knew that marching would be not enough to kick us off for 2018, which is midterm election year and a time to transform our anger into something more *powerful, transcendent and sustainable*. Thousands will choose to attend the conference for an entire day of activism, and thousands more will join us for the march and rally for free.

Conference topics included:

- **Activism** - The role of creativity in social justice; artistic voice = activist voice; using music, dance, theater, film, visual and performance arts for civic engagement
- **Faith and Spirituality** - Dealing with trauma; spiritual and moral life of progressives; self-care to stave off burnout; people of faith; values and politics
- **Grassroots Organizing** - Skills-building; understanding and managing power; direct action; ensuring safety and security at demonstrations
- **Youth** - Leadership development; connecting campuses throughout the state
- **Legislative Skills and Issues** - How bills become law;

how to lobby; dealing with legislators; specific issues impacting women, communities of color, youth LGBTQ+, individuals with disabilities, indigenous communities, the earth and our environment etc...

- **Understanding Elections** - Voter registration; how to become a candidate; Get Out The Vote

From Resistance to Persistence!

Last January, over 20,000 people marched in our state's capital, with an estimated 15,000 Tennesseans marching in Knoxville, Memphis, Chattanooga and Jonesborough and DC. This was an important moment of unity, but we know that uniting is just the beginning. There is great work to be done and we must organize our efforts to effect change.

Most importantly, Tennesseans from all walks of life will gather to connect and support one another, to demonstrate that we are not alone as we face a barrage of political assaults on our communities. We aim to foster a sense of belonging, create a space for learning, and kickoff 2018 with sustained meaningful action.

This year over 15,000 people marched in the Power Together Women's March on Nashville TN.

BPW TN sponsored a table at the morning conference.

Sharon Taylor-Carrillo manned the BPW Table giving out information about BPW. Beth Bates and Zulfat Suara were presenters at the conference.

We were able to meet old friends and make new ones.

It was good to see past BPW member Sandra Bennett along with State Senate Candidate Brenda Gilmore and even Sara Beth Meyers founder of AWAKE.





# Tips to Prevent Phishing Attacks

As part of my annual corporate compliance training, I listen to company supplied videos on keeping our computer systems safe. The philosophy is as employees we are the first line of defense in the overall health and safety of our systems. As an individual with multiple email accounts and someone who does a lot of internet research, I'm the first line defense for my home computer.

But what does it really mean to be the first line defender? Picture yourself as Wonder Woman protecting your defenseless computer. Oh yeah you have that virus protection software or the computer everyone says can't be hacked. But there is always some smart young individual out there whose passion is to "break the unbreakable"!

As a defender what can you do?

## Use Caution with Email or Internet Sites

Individuals and organization are constantly being attacked by hackers and cybercriminals trying to either harm computers or steal information (e.g., SSN for identity theft, birthdate to open accounts).

Here are some Dos and Don'ts to keep in mind.

### Do Not:

- Open emails you are not expecting. These can be phishing emails asking for information to steal your identity or to download harmful viruses on your computer.
- Click on a link in an email, on a website or social media unless you trust the source.
- Visit unfamiliar or unsafe internet sites as they can be infected with viruses.

### Do

- Be suspicious of emails requesting money or personal data such as login information, SSNs, birthdate, security questions. Even from friends or associates as they could be victims of a hacking.
- Notify your email provider when you receive emails that look like they are requesting personal information related to login accounts or identity. Every email provider is unique, so you may have to search the help for more information on the email providers reporting process.

## Beneficial Resources:

The YouTube "This is what happens when you reply to spam email" by James Veitch gives an interesting perspective on dealing with a spam email. It's not worth the time to try this tactic, but the YouTube is worth viewing! [https://youtu.be/\\_QdPW8JrYzQ](https://youtu.be/_QdPW8JrYzQ)

Google's process at <https://support.google.com/mail/contact/abuse> provides a great example of the information the email provider is looking for.

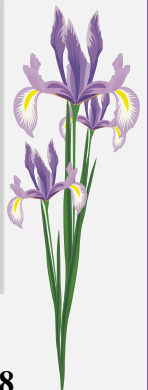
The Federal Trade Commission website at <https://www.consumer.ftc.gov/articles/0003-phishing> contains valuable information on phishing and reporting.



**Be inspired**  
**Be powerful**  
**Be BPW**



**Sharon**  
**Taylor-Carrillo**  
**BPW/TN 2017-18**  
**State President**







## Business and Professional Women of Tennessee Inc.



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### 2018 State Convention Sponsorship Form

Name: \_\_\_\_\_  
 Business \_\_\_\_\_  
 Address \_\_\_\_\_  
 Contact Person \_\_\_\_\_  
 E-mail \_\_\_\_\_ Phone \_\_\_\_\_

#### Sponsorship Levels

**Gold \$500.** Three luncheon tickets. Exhibitor's table. Full page color ad, inside convention magazine. Value \$250. 7.50 X 10. TV, radio, print media. Online: bpwtn.org May-June 2018.

**Silver \$250.** Two luncheon tickets. Half page color ad. Value \$100. 7.5 X 10 inches. TV, radio, print media. Online: bpwtn.org May-June 2018.

**Bronze \$100.** One luncheon ticket. Half page black and white ad. Value \$50. 7.5 X 4.75. Online: bpwtn.org May-June 2018

**Advertising in Convention Magazine: All photos must be 300 dpi.**

#### Full pages (color):

Back page: \$300. Color. 7.5" wide X 10" tall.

Inside front or back page: \$250. 7.5" wide X 10" tall.

Inside color pages: \$200 7.5" wide X 10" tall

Half pages (color): \$100 7.5" wide X 4.75" tall.

Quarter page (color): \$50. 3.25 inches wide X 4.75 inches tall

#### B&W ad pages:

Full page, \$100. Half page, \$50. Quarter page: \$25. Same sizes as color.

AD copy for inclusion in Convention Program.

Send to SharonLyrae@Yahoo.com by May 1, 2018.

Payment must be received no later than Monday, May 1, 2018.

Signed: \_\_\_\_\_

Print name: \_\_\_\_\_

Date: \_\_\_\_\_

Make checks payable to **BPWTN Convention** and mail to:

**Ann Hiegel, P.O. Box 534, Rockwood, TN 37854**

## Nominations for State Office

In January each local organization and other BPW/TN members will be receiving information on candidates for office for the 2018-2019 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 nominating committee chair. [Members at Large are not eligible for the offices of Regional Director.] Members at Large who wish to be a candidate for state office should send their forms to the committee chair, Tressy Hart. Forms are also posted on the website [www.bpwtn.org](http://www.bpwtn.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 16, 2018*. Please send digital copies of pictures. 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, President-elect and 1<sup>st</sup> & 2<sup>nd</sup> Vice President, must have served as president of a local organization, current or past, in Tennessee. [Bylaws, Article XII].

As there is no president-elect this year, the nominating committee will be accepting nominations for president for 2018-2019. The same procedures will be followed as for other state officers.

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

#### Region I:

Charlotte Buchanan

7005 Lenox Village Drive, #C6

Nashville, TN 37211

rbuch49381@aol.com

#### Region II:

Tressy Hart

132 Warner Hollow Road

Minor Hill, TN 38464

tressy.hart@gmail.com

#### Region III:

Gail Horner

141 W. Church St., Apt 2

Alamo, TN 38001

gailhorner67@gmail.com

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 to consider serving in state position.



**BUSINESS AND PROFESSIONAL WOMEN OF TENNESSEE, INC. (BPW/TN)  
OFFICIAL DATA FORM FOR CANDIDATES FOR OFFICE**



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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.

Current BPW office, if any \_\_\_\_\_

Previous State Service \_\_\_\_\_

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

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

Number of years membership in a Tennessee BPW organization \_\_\_\_\_

\_\_\_\_\_  
LOCAL ORGANIZATION PRESIDENT

\_\_\_\_\_  
LOCAL ORGANIZATION SECRETARY

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

**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.

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 Committee Member.

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

Candidate \_\_\_\_\_

Address \_\_\_\_\_

Place of employment: Name & Address \_\_\_\_\_

Phones: (H) \_\_\_\_\_ (B) \_\_\_\_\_ (FAX) \_\_\_\_\_

Cellphone: \_\_\_\_\_ E-mail: \_\_\_\_\_

**February Highlights in US Women's History:**

Feb 1, 1978 - First postage stamp to honor a black woman, Harriet Tubman, issued in Washington, DC

Feb 4, 1987 - First National Women in Sports Day is celebrated by Presidential Proclamation

Feb. 12 1869 - the Utah Territory passes a law allowing women to vote

Feb 15, 1921 - The Suffrage Monument, depicting Susan B. Anthony, Elizabeth Cady Stanton, and Lucretia Mott, and carved by Adelaide Johnson, is dedicated at the U.S. Capitol

Feb 15, 1953 - Tenley Albright is the first American woman to win the World Figure Skating championship

Feb 17, 1870 - Esther Hobart Morris became the first American woman Justice of the Peace

Feb 24, 1912 - Henrietta Szold founds Hadassah, the largest Jewish organization in American history, focusing on healthcare and education in the Israel and the US

Feb 24, 1967 - Jocelyn Bell Burnell makes the first discovery of a pulsar, a rapidly rotating neutron star

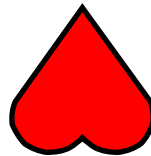
Feb 25 1986 - Corazon Aquino sworn in as the first woman President of the Philippines

Feb 27, 1922 - US Supreme Court upholds the 19th Amendment to the Constitution which guarantees women the right to vote.

BPW Foundation Month



Heart Month



**be inspired  
be powerful  
be BPW.**

**February**

**Business and Professional  
Women of Tennessee  
2817 West End Ave.  
Suite 126122  
Nashville, TN 37203**

**BPWTN.org**