

# BPWTN ACHIEVER

**January 2022 Volume 6 Issue 6**

# Business and Professional Women of Tennessee

*January is the first month of the new year, with new beginnings and aspirations. January 2022 will surely be an amazing one for all of you where you will make new goals and try and be positive for the rest of the year.*

*January is the first chapter of the twelve months and you should start it with positive resolutions, inspiration and great energy. So bid goodbye December #HelloJan.*



# 2022



## Inside this Issue:

Cover	HELLO 2022	Page 6	January
Page 2	Martha's Message	Page 7	Wear <b>RED</b> Day
Page 3	TedTalk	Page 8	Fundraiser
Page 4	Word Search	Page 9	Up Coming Meetings
Page 5	Stay Busy this Winter	Page 10	Important Dates

**A Publication of the Tennessee Business and Professional Women**



## **Martha's Message**

***Happy New Year! I hope everyone had a wonderful holiday season.***

***With each new year comes new hopes, dreams and opportunities to improve our lives.***

***2021 was filled with a lot of uncertainty as we navigated the pandemic and learned new skills for gathering, meeting and sharing information.***

***Resolutions are typically something people do in January to jump start their new year. The top two are losing weight or joining a gym since most people have indulged in the last two months at holiday gatherings. But before making any major change resolutions, take a step back and evaluate the reasons for the resolution and create a solid plan for going forward. The BPW/TN executive team is working on our plans for the organization this coming year. As a reminder, the November Interim Board of Directors meeting was recessed and reconvenes on February 24, 2022 at 6pm CST/ 7pm EST.***

***The recess was due to the uncertainty of future in person meetings within Tennessee. We need input from members on this topic at agenda items involve registration fees and site selections for events. As a member your input is very valuable and appreciated.***

***Martha Ervin***

***For more information visit***

***BPWTN.org***

***also***

***Check us out on Facebook***

***Business and  
Professional Women  
of Tennessee***

Link is <https://www.facebook.com/>



Letter  
from the  
Editor

Hope everyone is enjoying receiving the Achiever Monthly. It is a great way to keep up with BPW activities and see what is going on across the state. Remember to send any articles and photos that you would like to have included in the Achiever to the following email address:

**publication@bpwtn.org** Please send on or before the 20th of any given month to be included in the next months Achiever Issue.

If any local President has not been featured in the Achiever, please submit a head-shot & a short bio.

If you have any questions, please contact me via email or text any time. Thanks Sharon Taylor-Carrillo  
Past State President 2007-08, 2017-18  
Achiever Editor 2021-2022  
615-319-6531



## *Dangerous Times call for dangerous women - Pat Mitchell*



Pat Mitchell has nothing left to prove and much less to lose -- she's become a "dangerous woman." Not dangerous as in feared, she says, but fearless: a force to be reckoned with. In this powerful call to action, Mitchell invites all women, men and allies to join her in embracing the risks necessary to create a world where safety, respect and truth burn brighter than the darkness of our current times.

At every step of her career, Pat Mitchell has broken new ground for women, leveraging the power of media as a journalist, an Emmy award-winning and Oscar-nominated producer to tell women's stories and increase the representation of women onscreen and off. Transitioning to an executive role, she became the president of CNN Productions and the first woman president and CEO of PBS and the Paley Center for Media. Today, her commitment to connect and strengthen a global community of women leaders continues as a conference curator, advisor and mentor.

### **TedTalk Link**

[https://www.ted.com/talks/pat\\_mitchell\\_dangerous\\_times\\_call\\_for\\_dangerous\\_women?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/pat_mitchell_dangerous_times_call_for_dangerous_women?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

## *What female military leadership can teach us about overcoming self-doubt – Whitney Pennington Rodgers interviews Chief Master Sergeant JoAnne S. Bass*

What challenges arise for women climbing the ranks in leadership, and what can they do to overcome them? TED's current affairs curator Whitney Pennington Rodgers sits down with Chief Master Sergeant JoAnne S. Bass, the first woman in history to serve as the highest-ranking non-commissioned member of a US military service, for a look inside the Air Force and how she got to where she is today.

### **TedTalk Link**

[https://www.ted.com/talks/joanne\\_s\\_bass\\_what\\_female\\_military\\_leadership\\_can\\_teach\\_us\\_about\\_overcoming\\_self\\_doubt?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/joanne_s_bass_what_female_military_leadership_can_teach_us_about_overcoming_self_doubt?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)



## *The career advice you probably didn't get by Susan Colantuono*

You're doing everything right at work, taking all the right advice, but you're just not moving up. Why? Susan Colantuono shares a simple, surprising piece of advice you might not have heard before quite so plainly. This talk, while aimed at an audience of women, has universal takeaways – for men and women, new grads and midcareer workers.

### **TedTalk Link**

[https://www.ted.com/talks/susan\\_colantuono\\_the\\_career\\_advice\\_you\\_probably\\_didn\\_t\\_get?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/susan_colantuono_the_career_advice_you_probably_didn_t_get?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)



# WINTER WORD SEARCH



E	T	C	G	B	W	T	B	X	E	S	S	Y	H	I
T	N	A	H	Q	L	W	I	K	Q	E	N	T	O	J
A	Y	E	H	I	I	I	A	U	V	F	O	S	L	T
L	W	C	Z	N	L	L	Z	O	S	W	W	O	I	S
O	I	W	T	O	F	L	L	Z	I	W	G	R	D	E
C	I	E	M	W	R	G	Y	P	A	H	O	F	A	W
O	R	D	O	W	T	F	W	I	B	R	F	N	Y	O
H	S	N	E	E	R	T	E	N	I	P	D	J	S	S
C	S	C	T	M	I	T	T	E	N	S	Y	A	N	N
T	E	P	A	E	L	C	I	C	I	F	K	O	A	G
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C	P	Y	I	J	U	U	L	S	U	Q	S	I	Y	G

## WORDS TO FIND:

BLIZZARD	BOOTS	CHILLY
COLD	FIREPLACE	FROSTY
FROZEN	GIVING	GLOVES
HAT	HOLIDAYS	HOTCHOCOLATE
ICE	ICESKATE	ICICLE
MITTENS	PINETREE	SCARF
SNOW	SNOWBALL	SNOWFLAKE
SNOWMAN	SNOWSUIT	WIND
WINTER		



# 21 Ways To Stay Busy This Winter

By [Kirsten Nunez](#)

When we were children, getting cooped up during the winter usually meant hours of playtime. These days, it's all about thinking of adult winter activities to help pass the time. Of course, I'm sure we all have a list of boring errands that we need to do. But who says we can't have some downtime? We totally deserve to get in on the fun.

Despite all of the responsibilities that comes with adulting, "playtime" is so much more exciting. There are significantly less rules than when we were children. Want to browse DIY books until midnight? You can. Feeling like eating a snack for a meal? Go for it. You can make anything happen.

Personally, I love the downtime that comes with hiding out during the winter months. It's the best time to just take it slow, [organize my life](#), and practice some of my favorite hobbies. Plus, there's nothing quite like curling up with a [new book](#) and a cup of hot tea. Part of me wishes I could do this all year round.

With the right mindset and inspiration, you can make winter hibernation awesome. Here are 21 ideas to get you started!

1. Try A New Hot Drink Recipe
2. Plan A Road Trip
3. Start A Vacation Fund
4. Plan A Brunch
5. Spike Hot Chocolate
6. Spike Coffee
7. Redecorate Your Space
8. Clean out Your Wardrobe
9. Dye Your Clothes
10. Update Your Jackets
11. Try A New Beauty Routine
12. Give Yourself A Manicure
13. Clear Your Browser's Bookmarks
14. Make A Scrapbook
15. Volunteer From Home
16. Learn How To Crochet
17. Discover New Hiking Spots
18. Make A Winter Salad
19. Make A Candy Cane Treat
20. Call A Friend
21. Meditate



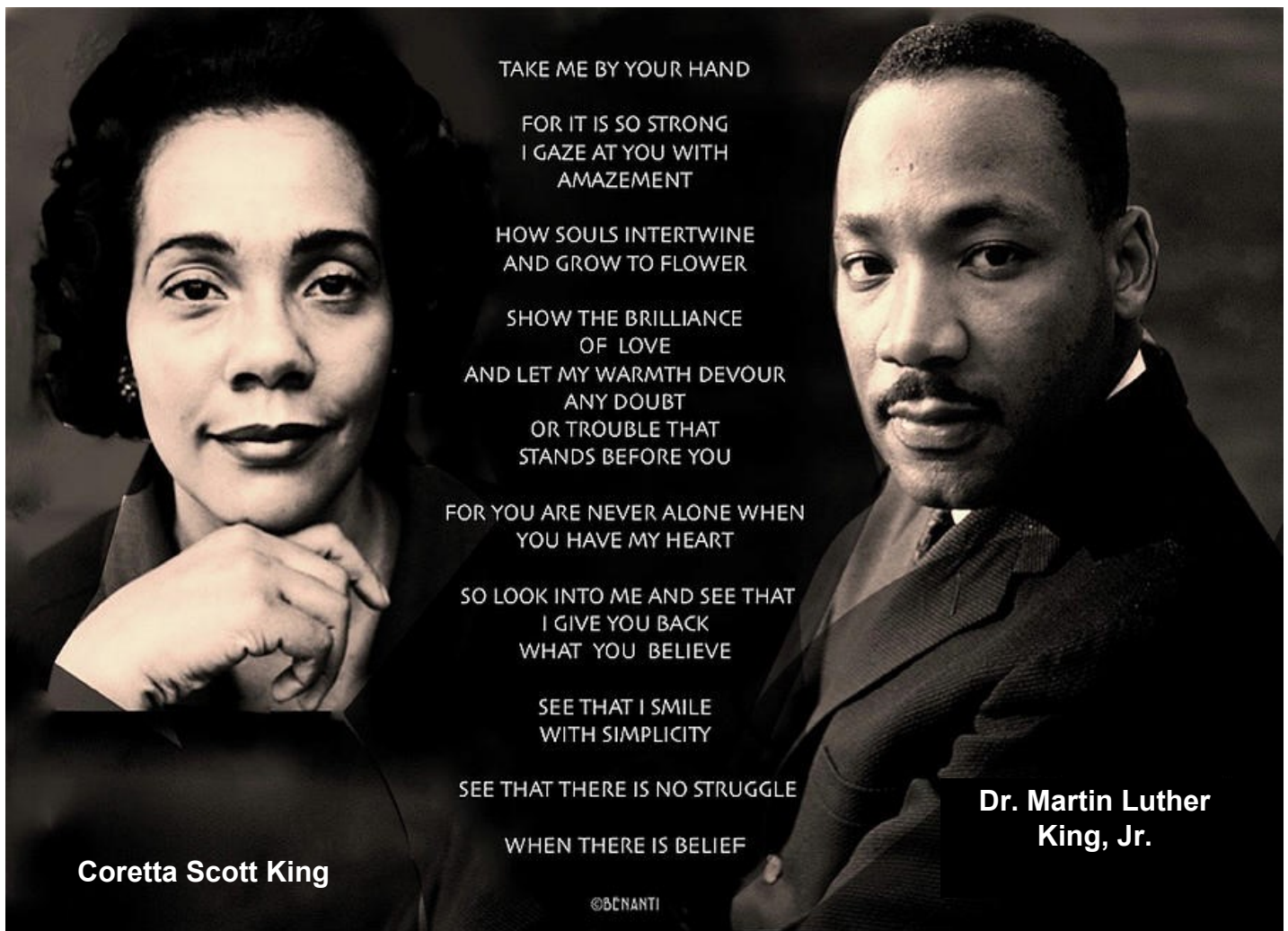
# January 2022 .....

## Martin Luther King Day January 17th , 2022

Observed and Celebrated: The third Monday in January.

Born on January 15, 1929, Martin Luther King Jr. grew to become one of the greatest Social Activists the world has ever known. At 35, he became the youngest person to win the Nobel Peace prize. He was assassinated on April 4, 1968 while making a speech from the balcony of his hotel room in Memphis, Tennessee. His birthday became a National Holiday by an act of Congress in 1983. Many consider it a day to serve your community.

**Quote for Today:** *"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in times of challenge and controversy."* - - **Martin Luther King Jr.**





# January Women's Moments in History

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 Bath Safety Month  
 National Blood Donor Month  
 National Braille Literacy Month  
 National Hobby Month Hot Tea Month  
 National Oatmeal Month  
 National Soup Month  
 National Mentoring Month

## Week Celebrations:

2nd Week Letter Writing Week



## January:

*Birthstone*—Garnet  
*Flowers*—Carnation & Snowdrop  
*Bird*—The Owl  
*Vegetables*— Broccoli, Cabbage, Spinach & Lettuce, Asparagus , Sweet potatoes  
*Fruits*—Tomatoes & Strawberries

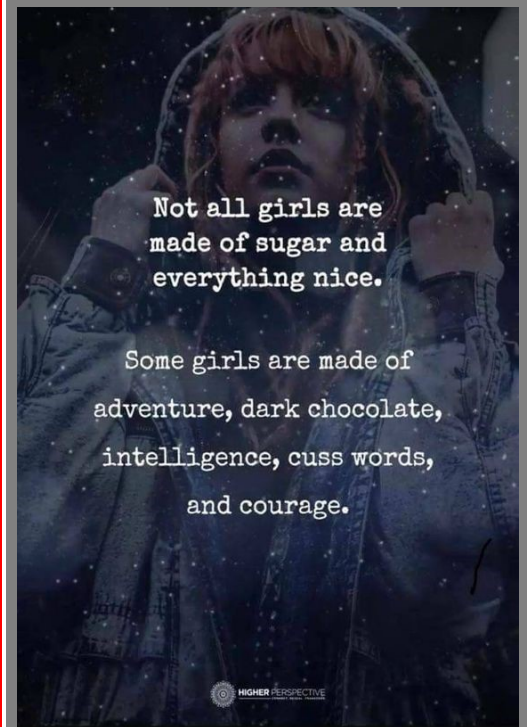
## National Wear Red Day

Show their support for the awareness of heart disease. Get prepared and find your RED attire.

Go Red For Women®.

National Wear Red Day

Friday,  
 February 4,  
 2022



# RADA CUTLERY



## East Region Fundraiser

FALL 2021-SPRING 2022

### East Region Fundraiser

THIS YEAR EAST REGION WILL BE HOSTING A FUNDRAISER WITH RADA TO OFFER MORE TO OUR MEMBERS. BY HOSTING THIS FUNDRAISER IT ALLOWS MEMBERS FROM NOT ONLY EAST REGION BUT THE WEST TO EARN A FREE TICKET AND LUNCH AT THE SPRING EAST REGION MEETING.

FOR EVERY \$100 OF PRODUCT SOLD RADA GIVES BACK \$40 TO THE ORGANIZATION, SO TO KEEP UP WITH HOW MANY TICKETS A LOCAL HAS EARNED EACH OF THE EAST REGION LOCALS HAVE BEEN SET UP WITH A SPECIALIZED LINK TO ALLOW US TO SEE HOW MUCH MONEY IS BROUGHT IN BY SALES USING THEIR LINK. LINKS CAN ALSO BE MADE FOR WEST REGION LOCALS OR MEMBERS AT LARGE WHO WISH TO EARN A TICKET. IF YOU WOULD SIMPLY LIKE TO SUPPORT THE FUNDRAISER YOU CAN USE ANY OF THE EAST REGIONAL LOCALS LINKS.

### Members of Locals

- ORDER USING YOUR LOCAL LINK.
- FOR EVERY \$100 OF SOLD PRODUCT, THAT LOCAL WILL EARN 1 TICKET TO OUR SPRING REGION MEETING. THE TICKET WILL COVER YOUR REGISTRATION AND LUNCH.

### Members at Large

- A PERSONAL LINK CAN BE SET UP FOR YOU BY CONTACTING AMBER FARLEY OR YOU CAN USE ANY LOCAL'S LINK.
- THE SAME INCENTIVE WILL APPLY TO MAL AS MOL. FOR EVERY \$100 SOLD IN PRODUCT, 1 TICKET WILL BE EARNED TO ATTEND THE SPRING REGIONAL MEETING.

### Qualifying Deadlines & Incentives

- OCTOBER 1ST, 2021 - DEADLINE TO SET UP INDIVIDUAL SITES FOR MAL OR SITES FOR WEST REGION LOCALS.
- DECEMBER 1ST, 2021 - EVERY BPW/TN MEMBER WHO PLACES AN ORDER BY DECEMBER 31ST WILL BE ENTERED TO A GIVEAWAY WHICH WILL BE AWARDED AT THE REGION I MEETING.
- JANUARY 1ST, 2022 - LOCALS / MEMBERS WHO RAISE \$500 BY JANUARY 1ST, WILL WIN ENTRY INTO A GIVEAWAY WHICH WILL BE AWARDED AT THE REGION I MEETING.
- FEBRUARY 1ST, 2022 - THE CUTOFF FOR EARNING TICKETS TO THE SPRING 2021 MEETING WILL BE FEBRUARY 1ST..





## Up Coming Meetings

Interim Board of Directors Meeting–Reconvene	Thursday , February 24th, 2022 , at 6:00PM Central time <b>Zoom Call Details on page 10</b>
One-On-One Meetings	Local Presidents and Regional Directors will be able to set up one on one meetings with Membership Chair, Amber Farley, to discuss individual membership ideas for their local.  Meetings will be available to be scheduled using the Calendly link: <a href="https://calendly.com/amberfarley-bpw">https://calendly.com/amberfarley-bpw</a>

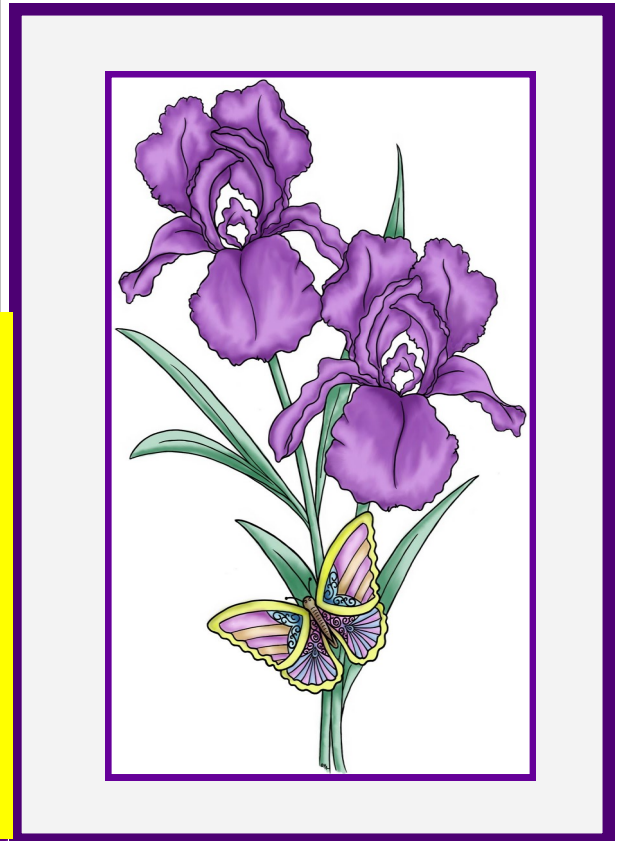
## TN Local Organizations

BPW/TN

Chattanooga Business Women	
	LaFollette BPW
Elizabethton BPW	
	Memphis Area BPW
Hardeman County BPW	
	Paris BPW
Jackson BPW	
	Rockwood BPW
Lawrence County BPW	
	Rogersville BPW



Business and  
Professional  
Women/TN



## Additional Resources:

Website [www.bpwtn.org](http://www.bpwtn.org)  
 BPW/TN FaceBook Page <https://www.facebook.com/BPWTN>  
 BPW/TN Group <https://www.facebook.com/groups/24944966583>

# **BPWTN 2022 Calendar of Events**

1/05/2022	Achiever Published Online and Mailed to Subscribers
1/20/2022	Deadline for submission of material for the Achiever
2/05/2022	Achiever Published Online and Mailed to Subscribers
2/20/2022	Deadline for submission of material for the Achiever
2/24/2022	Interim Board of Directors Meeting - Reconvene
3/31/2022	Women's History Month
TBD	Equal Pay Day
TBD	Combined Spring Regional Meeting - Online
TBD	Day on the Hill Recognition
TBD	Virtual Walk/Run for Education - Fundraising Event -
3/05/2022	Achiever Published Online and Mailed to Subscribers
3/20/2022	Deadline for submission of material for the Achiever
4/01/2022	Combined Spring Regional Meeting - Online
4/05/2022	Achiever Published Online and Mailed to Subscribers
4/20/2022	Deadline for submission of material for the Achiever
4/30/2022	ALT-YC Scholarship Entry Deadline
4/30/2022	Annual Membership Dues Payment Deadline - For Membership Awards Consideration
TBD	Convention Reports Due
5/05/2022	Achiever Published Online and Mailed to Subscribers
5/20/2022	Deadline for submission of material for the Achiever
TBD	Convention Meeting(s)

## **Interim Board of Directors Meeting – Reconvene**

Topic: Interim Board of Directors Meeting - Reconvene

Time: Feb 24, 2022 06:00 PM Central Time (US and Canada)



**Interim Board of Directors  
Meeting to Reconvene on  
February 24th**

Join Zoom Meeting by Computer

[https://us06web.zoom.us/j/89694011198?](https://us06web.zoom.us/j/89694011198?pwd=aHJvK0lNdlNNaHpIQjl4NnNkTTFWdz09)

[pwd=aHJvK0lNdlNNaHpIQjl4NnNkTTFWdz09](https://us06web.zoom.us/j/89694011198?pwd=aHJvK0lNdlNNaHpIQjl4NnNkTTFWdz09)

Meeting ID: 896 9401 1198

Passcode: 690876

One tap mobile

+13126266799,,89694011198#,,,,\*690876# US (Chicago)

+19292056099,,89694011198#,,,,\*690876# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

Meeting ID: 896 9401 1198

Passcode: 690876