

BPWTN ACHIEVER

February 2022 Volume 6 Issue 7

Business and Professional Women of Tennessee

National Wear **Red** Day

Friday, February 4, 2022



Show your support for the
awareness of heart disease.

Get prepared and
find your **RED** attire.

Go Red For Women®.

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A Publication of the Business and Professional Women of Tennessee



Martha's Message

In February we have Valentine's Day, Healthy Heart Month and National Wear Red Day all of which are matters of the heart. While searching for that perfect Valentine gift or card, consider being that perfect gift by taking care of your own health and heart.

The Go Red for Women event is the first Friday of February which falls on the 4th in 2022. The event was started in 2004 and was designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally.

On Friday February 4th, I encourage you to wear red in support of heart health for all women across the world. Take a picture in your red and post it on our BPW/TN Facebook page. It doesn't matter if you are with others or at home. Just show your support.

As a child of a mother who had heart disease and didn't know the signs of it, I encourage you to visit the American Heart Association's website and learn more about the signs of heart disease and stroke. They have numerous videos and helpful documentation.

Additionally, in February, the Interim Board of Directors meeting will reconvene. Meeting information can be found under Upcoming Meetings later in this newsletter.

We have also included an online survey that I encourage you to complete. The objective is to get feedback on meeting logistics during this pandemic situation as well as topics. If you do not want to use the online option for the survey, a hardcopy is included for you to complete and forward to the Parliamentarian, Lee Ann Gaddis.

I wish everyone a Happy Valentine's Day! Stay safe and healthy!

For more information visit

BPWTN.org

also

Check us out on Facebook

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

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



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



BPW/TN Survey

The site selection for the annual meeting was postponed until February to give the executive committee time to gather information from the members on how they would like to attend the meeting.

Below is a survey to gather your feedback.

Your opinion is valuable to us and we appreciate the few minutes you spend on sharing it with us.

Online at: https://forms.gle/skoKLpEdSWJ26ZCM8	By Mail, send to: Lee Ann Gaddis, Parliamentarian 1258 Joiner Hollow Rd. Rockwood, TN 37854
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Survey submission options:

1. Do you feel comfortable attending an in person meeting? (Circle one)
 No
 Yes
2. What is your meeting preference? (Circle one)
 In Person (meeting held at a Nashville area hotel)
 Online (meeting held by Zoom)
 Hybrid (meeting held at a Nashville area hotel for in person and a Zoom meeting for online)
3. If selecting In Person, what meeting schedule would you prefer? (Circle one)
 Meeting, Workshop, Recreation
 Meeting only
 Workshop only
 Recreation only
 Other: _____
4. If selecting Hybrid, would you...(Circle one)
 Attend in person
 Attend online
5. Would you participate in a paid online conference? (Circle one)
 No
 Yes
6. If yes to "you would participate in a paid online conference", what meeting schedule would you like? (Circle one)
 Meeting and Workshops
 Meeting only
 Workshop only
 Other: _____
7. In the space below, please provide a list of workshop topics you are interested in:

8. In the space below, please suggest speakers you are interested in & provide contact information for them.

BUSINESS AND PROFESSIONAL WOMEN OF TN MENTOR AWARD

NOMINATION FORM

DEADLINE for submission is April 30th

NOMINEE:

Name: _____

Address: _____

City & Zip: _____

Contact Information preference:

Cell _____ HM _____ Bus _____

NOMINATOR:

Name _____

Address _____ City & Zip _____

Contact Information preference:

Cell _____ HM _____ Bus _____

Local Organization _____ Region _____ Year Joined BPW _____

Eligibility

Member must have been in BPW for at least three years and must be in good standing with the organization.

INSTRUCTIONS: on a separate sheet of paper, please type (Double-Spaced) your responses to the following questions.
Do not use the name of the Nominee in the answers; simply refer to the Nominee as "She or He."

What is the Nominee's BPW history? What offices have *she/he* held?

How have *she/he* helped BPW local organizations?

How has *she/he* helped you? What have you learned from *her/him*?

How are you a better and/or more successful person because of *her/him*?

How has *she/he* helped other working women?

Why do you believe *she/he* deserves the "BPW/TN Mentor" award?

In a summary paragraph, you may make other comments about the Nominee.

Forward the nomination form, along with the information requested above to:



Business and
Professional
Women/TN

Chair

Carol Turpen

622 Lanier Road, Alamo, TN. 38001

HP: 731-677-4102 cgturpen84@gmail.com

Aspiring Leaders of Tomorrow/YC Application Form



Name	_____	Date of Birth	_____
Address	_____	City	_____
State	_____	Zip Code	_____
Home/Cell Phone	_____	Other Phone	_____
E-Mail	_____	Fax	_____
Student ID	_____		
Currently enrolled at (name of school): _____			

Scholarship Awards		
\$400	\$200	\$100

PREREQUISITES – Please check the following:

Female --- age 35 or younger

High school graduate or completed GED

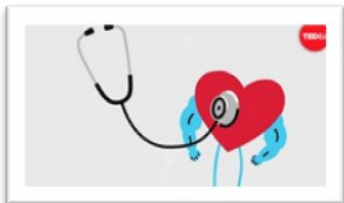
Enrolled in a post-secondary institution of higher learning such as an accredited 4-year college, community college, technical school or a recognized apprenticeship program

SUBMIT: Completed Registration Form Application fee of \$25 (includes one-year student membership in BPW/TN) 400 - 500-word essay, typed, single spaced, on ONE of the topics listed below:

1. Pay Equity - on average, for every \$1 earned by a man, working women earn only 82 cents. Comment. How can this disparity be addressed?
2. The United Nations has declared March 8th as International Women's Day. Considering all the girls who are being denied educations, the many women being treated as property, the millions of oppressed women around the world - what can American women do to promote the equality of women worldwide?
3. What are today's "Women's Issues"? What are some steps that would help address and correct them?

Deadline for submission - April 30, 2022

Mail completed registration form, hard copy of essay and payment (made out to): BPW/TN. May be mailed to one of the below listed: Lee Ann Gaddis, 1259 Joiner Hollow Road, Rockwood, TN 37854 or Beth Bates, 35 Walnut Grove Cove, Jackson, TN 38305; Questions: e mail Beth Bates, batesb@aol.com



What happens during a heart attack? With Krishna Sudhir

Approximately seven million people around the world die from heart attacks every year. And cardiovascular disease, which causes heart attacks and other problems like strokes, is the world's leading killer. So what causes a heart attack? Krishna Sudhir examines the leading causes and treatments of this deadly disease. [Directed by Chadwick Whiteh...

TedTalk Link

https://www.ted.com/talks/krishna_sudhir_what_happens_during_a_heart_attack?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare



How gratitude rewires your brain with Christina Costa

When a psychologist who studies well-being ends up with a brain tumor, what happens when she puts her own research into practice? Christina Costa goes beyond the "fight" narrative of cancer or any formidable personal journey to highlight the brain benefits of an empowering alternative to fostering resilience in the face of unexpected challenges: gratitude.

Christina Costa teaches psychology to undergraduate and high school students and studies well-being and resilience. She is most passionate about inclusive learning in higher education. In 2020, she was diagnosed with a brain tumor in the right hemisphere of her brain. As a neuro divergent educator, she hopes to inspire others to celebrate neurodiversity and give hop to other brain tumor patients.

TedTalk Link https://www.ted.com/talks/christina_costa_how_gratitude_rewires_your_brain?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare



How comic strips create better health care with Sam Hester

Comics creator Sam Hester is part of a growing movement within health care: graphic medicine. In short, literally drawing attention to a patient's needs and goals with pictures to foster better and more accessible care-taking. Hester shares how illustrating small details of her mother's medical story as she struggled with mysterious symptoms alongside her Parkinson's and dementia led to more empathy, understanding, communication and peace of mind.

TedTalk Link

https://www.ted.com/talks/sam_hester_how_comic_strips_create_better_health_care?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare



“April 12th” Equal Pay Day 2022

Equal Pay Day is an observance day which was started to raise public awareness of the pay gap between men and women. This day isn't celebrated on the same day each year. Instead, it is celebrated on the date that symbolizes how far into the year a woman has to work in order to earn what men earned the following year and this changes from year to year and country to country. For instance, in the United States in 2005, this day fell on April 19th and in 2016 in the U.S it was celebrated on April 12th – representing that an average women earned about 21% less than the average male that year.

This day can trace its roots back to 1979. This is when a coalition that was comprised of women's rights organizations, professional associations, women's civil rights organizations, religious institutions, educational associations and labor unions came together and formed the National Committee on Pay Equity (NCPE). This organization was formed to eliminate sex and race-based wage discrimination and to achieve pay equality for women. Over the years, several efforts have been made to fix gender pay discrimination and eliminate the gender pay gap.

In 1996, the NCPE observed Equal Pay Day for the first time. In 2009, the Lilly Ledbetter Fair Pay Act was signed into law in the United States on January 29th of that year by President Obama. This law makes it easier for women to challenge pay that they feel is unequal. President Obama also created the National Equal Pay Task Force in 2009 to bring a number of different governmental agencies together to fight against violations of equal pay laws. Some of the departments in this task force include the Office of Personnel Management, the Department of Justice, the Department of Labor and the Equal Employment Opportunity Commission. President Obama used an executive order in 2014 to prevent federal contractors from discriminating against employees who inquire or even discuss their pay. This allows worker's pay to be transparent, so workers can find out if their employers are violating equal pay laws and be able to seek appropriate solutions.

When the Equal Pay Act was passed in 1963, women made, on average, around 59 cents of every dollar men made. In 2016, things have gotten a little bit better but the average woman still only makes 79 cents for every dollar the average man makes, and for black and Hispanic women the pay gap is even larger. In 2016, non-Hispanic black women earned about 60 cents on the dollar as compared to men and Hispanic women made approximately 55 cents on the dollar. It's apparent that there is still more work that has to be done before pay equality is a reality and gender discrimination is eliminated.



Equal Pay Day Customs & Traditions

Those who want to celebrate Equal Pay Day can do so in a number of different ways. They can celebrate the day through activism by contacting their lawmakers and urging them to support equal pay legislation that may be in Congress. To raise awareness, they can host an “unequal bake sale” in which men pay full price but women get a discount of 21 percent. People can also celebrate the day by hosting a forum in their communities, getting the word out about gender inequality issues and by participating in activities which bring media attention to the issues of gender discrimination and wage inequality.



February Women's Moments in History

- Feb 1, 1978 – First postage stamp to honor a black woman, Harriet Tubman, is issued in Washington, DC
- Feb 4, 1987 – First "National Women in Sports Day" is celebrated by Presidential Proclamation
- Feb 11, 1989 – Rev. Barbara Harris became the first woman bishop in the American Episcopal Church and in the Anglican Communion worldwide.
- Feb 12, 1869 – The Utah Territorial Legislature passes a bill allowing women to vote
- Feb 15, 1921 – The Suffrage Monument, depicting Susan B. Anthony, Elizabeth C. Stanton & Lucretia Mott, sculpted by A. Johnson, is dedicated at the U.S. Capitol
- Feb 15, 1953 – Tenley Albright became the first American woman to win the World Figure Skating championship
- Feb 17, 1870 – Esther Hobart Morris in Wyoming 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 U.S.
- Feb 24, 1967 – Jocelyn Bell Burnell makes the first discovery of a pulsar, a rapidly rotating neutron star
- Feb 27, 1922 – U.S. Supreme Court upholds the 19th Amendment to the Constitution, which guarantees women the right to vote

FEBRUARY IS:

National Black History Month

American Heart Month

Week Celebrations:

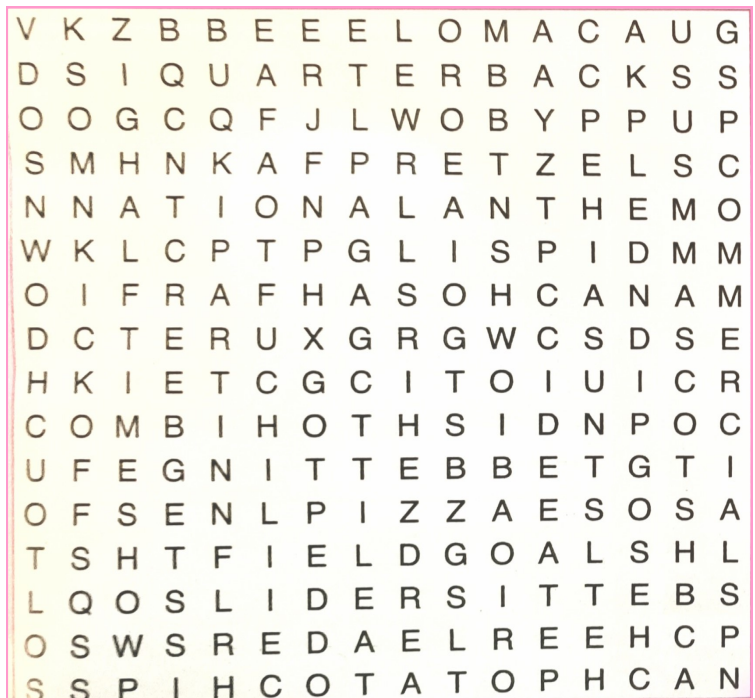
13-19 Random Acts of Kindness Week



WORD SEARCH FUN

Super Bowl favorites

Buffalo wings	mascots	pretzels
quarterbacks	pizza	parties
touchdowns	kickoff	betting
cheerleaders	sliders	hot dogs
commercials	chili	field goals
halftime show	dips	guacamole
coin toss	nachos	beer
Puppy Bowl		
potato chips		
celeb sightings		
national anthem		



Up Coming Meetings

Interim Board of Directors Meeting-Reconvene	Thursday, February 24th, 2022 , at 6:00PM Central time Zoom Call Details on page 10
Annual Spring Region Meetings Combined	Saturday, March 17th, 2022 at 5:30PM Central time Zoom Call Details below on page 9
EQUAL PAY DAY UnHappy Hour Call	Tuesday, April 12th, 2022 at 5:30PM Central time Zoom Call Details below on page 9
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: https://calendly.com/amberfarley-bpw

Additional Resources:

Website

BPW/TN FaceBook Page

www.facebook.com/BPW/TN

BPW/TN Group

www.facebook.com/groups/24944966583

www.bpwtn.org

<https://>

<https://>

BPW/TN Region I (East)

<https://www.facebook.com/groups/2862729890433158>

BPW/TN Region III (West)

<https://www.facebook.com/groups/417590641925388>

How to use Zoom Video <https://youtu.be/fMUxzrgZvZQ>

Reconvene of Interim Board of Directors

Date and Time: Feb 24, 2022
6:00 PM CST / 7:00 PM EST

Meeting Link:

<https://us06web.zoom.us/j/89694011198?pwd=aHJvK0lNdINNaHpIQjI4NnNkTTFWdz09>

Meeting ID: 896 9401 1198
Passcode: 690876

One tap mobile

+13126266799,,89694011198#,,,,,
,,,*690876# US (Chicago)
+19292056099,,89694011198#,,,,,
,,,*690876# US (New York)

Dial in with Phone:

+1 312 626 6799 US (Chicago)
+1 929 205 6099 US (New York)
Meeting ID: 896 9401
1198
Passcode: 690876

2022 Annual Spring Meeting

Date and Time: March 17, 2022 05:30 PM CST / 6:30 PM EST

Meeting Link:

<https://us06web.zoom.us/j/88100922947?pwd=bm5KaWtVjRxcGxuMXNZc1AvSU0vQT09>

Meeting ID: D881 0092 2947

Passcode: 014812

One tap mobile

+13126266799,,88100922947#,,,,*014812# US (Chicago)
+19292056099,,88100922947#,,,,*014812# US (New York)

Dial in with Phone:

+1 312 626 6799 US (Chicago)
+1 929 205 6099 US (New York)
Meeting ID: 881 0092 2947
Passcode: 014812



Equal Pay Day 2022

Date and Time: April 12, 2022 6:30 PM Central Time

Meeting Link:

<https://us06web.zoom.us/j/88485218403?pwd=K2FMc0w2WXYrYWN2UWkxWWFvdHZQdz09>

Meeting ID: 884 8521 8403

Passcode: 943553

One tap mobile

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+13126266799,,88485218403#,,,,*943553# US (Chicago)

Dial in with Phone:

+1 312 626 6799 US (Chicago)
+1 929 205 6099 US (New York)
Meeting ID: 884 8521 8403
Passcode: 943553



Members,



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There is still time to support our regional fundraising efforts. Please use either of the links below to place your order by February 28th. BPW/TN receives 40% of the total purchase which will be used to invite speakers to our regional meetings.



Amber Farley
Fundraising Chair

West Region:

<https://radafundraising.com?rfsn=4472470.59eae9&subid=MemphisArea>

East Region:

<https://radafundraising.com?rfsn=4472470.59eae9&subid=ElizabethtonBPW>

BPWTN 2022 Calendar of Events

2/01/2022	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
3/01/2022	Women's History Month
TBD	Day on the Hill Recognition
TBD	Virtual Walk/Run for Education - Fundraising Event -
3/05/2022	Achiever Published Online and Mailed to Subscribers
3/17/2022	Combined Spring Regional Meeting - Online
3/20/2022	Deadline for submission of material for the Achiever
4/05/2022	Achiever Published Online and Mailed to Subscribers
4/12/2022	Equal Pay Day
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)