

BPWTN ACHIEVER

Business and Professional Women of Tennessee

May 2022 Volume 6 #11



BPW Benefits



Advocacy

BPW Foundation is headquartered in the Washington, DC metro area for a reason..... to provide members effective national representation on issues critical to workingwomen. Stay informed and participate in the process through the Advocacy section of the BPW Foundation website, www.bpwfoundation.org. Learn how to be a successful advocate and lobby your representatives at the annual Policy & Action conference. Keep the workingwoman's agenda – equal pay, work-life balance, better child and elder care, strong social security pension programs and workplace equity – at the forefront. Through BPW/TN membership and its affiliation with BPW Foundation you have a powerful voice on small business issues, with corporations & on Capitol Hill, without doing all the legwork yourself

Education/Career Enhancement

Participate in BPW Foundation programs that are specifically designed to provide personal and professional development, growth and opportunities. Through seminars, hands-on workshops and noted experts, BPW members are given a vast array of opportunities to gain the skills they need to succeed and be successful.

~~The BPW/TN Individual Development program has provided numbers of women with leadership, negotiation, and professional skills necessary to reach their full potential.

~~The Young Careerist/Aspiring Leaders program gives a leg up to young women new to the work force but full of potential.

Information

Have quick access to relevant up-to-date information about topics essential for workingwomen such as the entrepreneur center via the BPW website. Members are also kept on top of developing issues and organization activities through the BPW Foundation Action Alerts and the BPW/TN state publication, the Achiever.

Leadership

Develop leadership skills at the Local and State levels with mentors to help you along the way. Maximize the career-boosting value of your BPW/TN goals or strengthen your existing skills. Become a recognized leader by getting involved in programs that benefit your community.

Visibility

Gain visibility and prominence in your community through involvement in BPW/TN events – locally, regionally, and statewide. Meetings, newsletters and websites provide opportunities to showcase and promote you and your business.

Helping Others

BPW has a proud tradition of “women helping women.” In 1956, the members of BPW/USA created the BPW Foundation to provide scholarships, research, information, and career development programs for workingwomen. Supporting the BPW Foundation allows you to help other women upgrade their skills or return to the workplace while furthering workplace equity and work-life balance. Since 1969, the BPW Foundation has awarded almost \$6 million in scholarships, research grants and loans. Involvement in the Individual Development, Young Careerist, and Mentoring programs allows you to aid in the personal and professional development of women while raising awareness of issues affecting working women.

Member Benefits

Gain access to special programs like the BPW Foundation Career Center to find a new job. Connect with other like-minded women through the websites associated with BPW Foundation & BPW/TN.

Friendships

Membership in BPW brings many rewards but the most lasting and meaningful are the lifelong friendships. Through participation in the many BPW activities and programs, you will form supportive friendships as well as important business relationships. There is nothing quite like the feeling you get in a roomful of powerful women all focused and energized on current issues and a common cause. Whether it is laughing together, working together, or lobbying together, BPW members know how to have fun and to get the job done!

Invite someone to Join BPW Today

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A Publication of the Business and Professional Women of Tennessee



Martha's Message

First, I would like to thank everyone for a wonder year. We have continued to keep the lights on for the organization with locals having their meetings either on line or in person.

Now as this year closes we have some business to finish up. Annual reports are due by close of business 5 pm CST/ 6 pm EST on May 15th. This gives us the ability to consolidate the reports into one document and forward onto those without internet access as well as provide online access to the report. If you are responsible for providing a report or update, please be sure to have the information to me by the deadline. Reports can be forwarded to

Martha.Ervin@ErvinHypnosisCenter.com or President@BPWTN.org.

For convention this year, the meetings will be online once again.

The Board of Directors voted to have the meeting online in the reconvened Interim Board Meeting held in February.

Meeting details are available both online and within this Achiever.

The convention meeting will be business only, no speakers, and somewhat different this year. If you recall the bylaws changed officer terms last year from 1 year of service to two years.

What that means for this year, is no elections are required.

There are still two open positions available. Should anyone wish to explore a leadership opportunity you can reach out to me at (901) 489-5481 for further discussion.

Please 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>



Letter
from the
Editor

I hope everyone has enjoyed receiving the Achiever Monthly this year. It has definitely been a great way to keep up with BPW activities and see what was going on across the state. Thank you for the opportunity to serve as your Achiever Editor for the 2021-2022 year and I hope to be able to serve you for another year.

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*



Call to Convention

By the authority vested in me as President, I hereby call you to the 103rd annual convention of the Business and Professional Women of Tennessee, Inc. (BPW/TN) to be held virtually via Zoom beginning **May 26th, 2022.**

Among the items of business to be considered are:

- Reports and recommendations from state officers, committee chairs, regional directors, and local organization presidents
- Discussion of matters of interest and policy of the Tennessee BPW/TN.

Any and all business growing out of the above stated items, or resulting from actions of the board of directors, or falling within the jurisdiction of this body.

The executive committee composed of state officers and regional directors is called to meet at **6:30 pm CST/ 7:30 pm EST on May 26, 2022.**

The meeting of the board of directors composed of the executive committee, standing committee chairs, immediate past state president, parliamentarian, bylaws chair, and local organization presidents or their appointed representative is called to meet at **7:00 pm CST/ 8:00 pm EST on May 26, 2022.**

The meeting of the board of directors is open to all members who wish to attend, and any member has the privilege of discussion; however, voting is limited to members of the board.

Recommendations of state officers and chairs should be presented to the president in writing not later than **May 13, 2022.**

Zoom meeting information is posted on the website, in upcoming Achievers, and sent by email and physical mail to those with no internet access.

Martha Ervin		Michelle White
BPW/TN President, 2021-2023		BPW/TN Secretary 2021-2023

Join Zoom Meeting by Computer

<https://us06web.zoom.us/j/9829472921?pwd=OVNna2FJRStaVVBKc2Vab3RLcURyUT09>

Meeting ID: 982 947 2921

Passcode: 279865

One tap mobile

+13126266799,,9829472921#,,, *279865# US (Chicago)

+19292056099,,9829472921#,,, *279865# US (New York)

Dial in by phone (long distance fees may apply depending on your phone plan)

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

Meeting ID: 982 947 2921

Passcode: 279865



UnHAPPY HOUR RECAP

On April 12, 2022 several members met by Zoom to raise a glass in honor of 2022 Equal Pay Day. For 25 years, Equal Pay Day events have been held by various organizations in the US to draw attention to gender-based pay disparities. Equal Pay Day highlights how far a woman must work in a new year to earn on average what a man did in the previous year.

Links of interest:

COVID-19 by County to know your COVID-19 Community Level the CDC has a new tool to help communities decide what prevention steps to take based on the latest data. Get more information at <https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>.

If you are a traveler, you may want to check out this Vaccine Card and Passport Holder. For convenience, both documents can be kept in one place.

https://www.travelandleisure.com/style/doulove-vaccine-card-passport-holder-amazon?did=753653-20220316&utm_campaign=just-in-newsletter&utm_source=travelandleisure.com&utm_medium=email&utm_content=031622&cid=753653&mid=82218169630<g=122813315

Even though these ladies are in Madison County, check out their UT Kitchen Divas Facebook page. You can learn an assortment of things including some new recipes and other food preparation techniques. Plus they have a lot of fun doing the videos!

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



*for supporting our fundraiser!
With a huge variety of USA-made products to choose from,
your kitchen will be
WELL STOCKED during
March Madness festivities
and beyond.
Please shop using the
following link.*

**Every purchase
helps our group!**

[https://radafundraising.com?
rfsn=4472470.59eae9](https://radafundraising.com?rfsn=4472470.59eae9)

Virtual Walk/Run Recap

BPW Scholarship Virtual Walk/Rn

For the 2022 Spring Virtual Walk/Run, we had 13 participants from across Tennessee for a fund raising total of 325. All proceeds go to the BPW/TN Scholarship Fund. Participants received a tee shirt donated by Ervin Hypnosis Center.

Total miles walked during the event was 145 miles.

Way to go walkers!!!

The winner of the state membership is **Haley Phelps of Johnson City, Tennessee**. Haley walked 31.34 miles during the week and is the recipient of the 1 year paid membership to Business and Professional Women of Tennessee. **Congratulations to Haley!**

We thank all our walkers and runners for their participation. Through them we will be able to grant scholarships to women seeking to improve their way of life through education.

Top 5 Walkers

Name	Miles
Haley Phelps	31.34
Michelle White	29.81
Chelsey Trevino	23.96
Rylee Ervin	22.47
Martha Ervin	11.7



Participant List

Name	Local or Non Member
Michelle White	Elizabethton BPW
Amber Farley	Elizabethton BPW
Beth Bates	Jackson Area BPW
Virginia Bates	Jackson Area BPW
Carol Turpen	Jackson Area BPW
Sharon Taylor-Carrillo	Member at Large
Pamela Atkins	Member at Large
Rylee Ervin	Memphis Area BPW
Martha Ervin	Memphis Area BPW
Mckayla Ervin	Memphis Area BPW
Dawn Ervin	Memphis Area BPW
Haley Phelps	Non Member
Chelsey Trevino	Non Member



Misc. Information

Resources:

Website

www.bpwtn.org

BPW/TN FaceBook Page

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

BPW/TN Group

<https://www.facebook.com/groups/24944966583>

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>



Business and Professional Women/TN

May Days are Pay Days

Pay Your Membership Dues



HERE'S
TO STRONG WOMEN.
MAY WE KNOW THEM.
MAY WE BE THEM.
MAY WE RAISE THEM.

SIGNS YOU ARE EMOTIONALLY EXHAUSTED

Warning Signs You Need A Mental Break



1 YOU'RE LOSING YOUR PATIENCE

It's normal to be a little impatient from time to time, but if you find your patience is wearing thin and you're being short with your family or colleagues, then you might be mentally exhausted.



2 SLEEP PROBLEMS

You're suffering from insomnia. It takes you hours to fall asleep or you wake up frequently in the night.



3 YOU'RE IRRITABLE

You're easily irritated. If you're annoyed by the little things, that don't usually bother you, that's not a good sign.



4 ANXIETY AND DEPRESSION

You're having anxiety or panic attacks. This is a warning sign that your mental health needs attention ASAP.



5 FEELING UNMOTIVATED

You're unmotivated. Have you lost your drive to do the things you normally do? Feeling unmotivated is a sign you're overwhelmed with life! Don't give up on yourself and your goals. It's time to re-charge, so you can re-focus!



6 FEELING DETACHED

You feel detached. If you feel like you're losing your grip on reality, that might be a sign you are mentally and emotionally drained.



Summer Fun Word Search

OCOKOTACONFCBIDAGLWVPEQMJG
CLAIMYMETINUENIWWAXPIYIBWA
EEJMYGQTRPOZAIMJIWIUKNHVXJ
OMYOPWNELEKCOMCQOIRZPDIVABIU
YOYNFIWFSSORVHVKSDESGWSMHJI
LNGDRONXOSWVFPTNZJOUPEHBP
WAXQRFSGSMITOLBTWLXOECEXBWZ
NDFKIRUDIHOYLYEOLFCLXQZQNAF
JESCVFKRJRBOLSNWFFZZBTOITN
USYROCCOSHCAEBZSPGJTVLASEL
YTPQQQUAVJYJYWHIAHCREGQTRU
LAZBXDHDVLLPBSLNMVDMUAKOBX
NNAPT NATNEOMAF TAIDRJCLIZAA
NDUFNMNRJNXLLLYAAEGJREZPLG
OFCKMGNIFILNLTLRTCQUCHKSLD
IZMXVVAHAZOVKJAVXATFKQBOG
TTSRLDARRSEUGPWXB TJXMPKGOP
AFP I PMXMANRKXZIEP DFFQCHNNA
CUPTQGGANUITEPHCRUNGHWZISJ
APOPSICLESIXCVJRNEUAUCBHDQ
VFSYQVQYHVSPWF EQHIWMHGCSP
HBNMCZPUGBIXACBDBICDZHKIHW
CEUVGGFRESELT SACDNASBOCFE
ASWIMMINGPOOLDPFKPEXSVDARI
ETHRKNSEATSWWMPDZJZODWAIEV
BEOXLHBTBLJBIGCEPXKEHYJJGB

		6		4			9	7
	4		7	3			1	
	1	7		9	2		3	
6				7			8	
1		5		6		9		3
	2			1				6
	5		9	8		1	6	
	9			5	6		7	
8	6			2		3		

Beach Vacation
BBQ
Camping
Fireworks
Fishing
Flip Flops
Lemonade Stand
Mini Golf

Picnics
Popsicles
Road Trip
Sandcastles
Sunshine
Swimming Pool
Watermelon
Water Balloons

Bonus Challenge:
Find 3 beach sports
1.
2.
3.



MEMORIAL DAY

REMEMBERING & HONORING ALL WHO SERVED



MEMORIAL DAY

★ IN MEMORY OF OUR HEROES ★



Let's remember.

The wife who lost her husband.
The husband who lost his wife.

Let's remember.

The mother and father who lost their child.

Let's remember.

The child who lost a parent.

Let's remember.

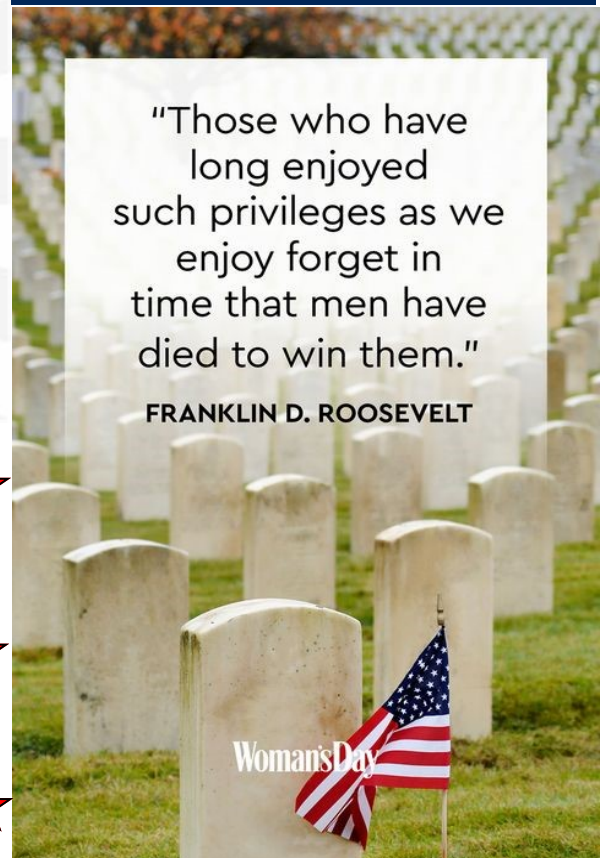
To pray. To be grateful. To never take our freedom for granted.

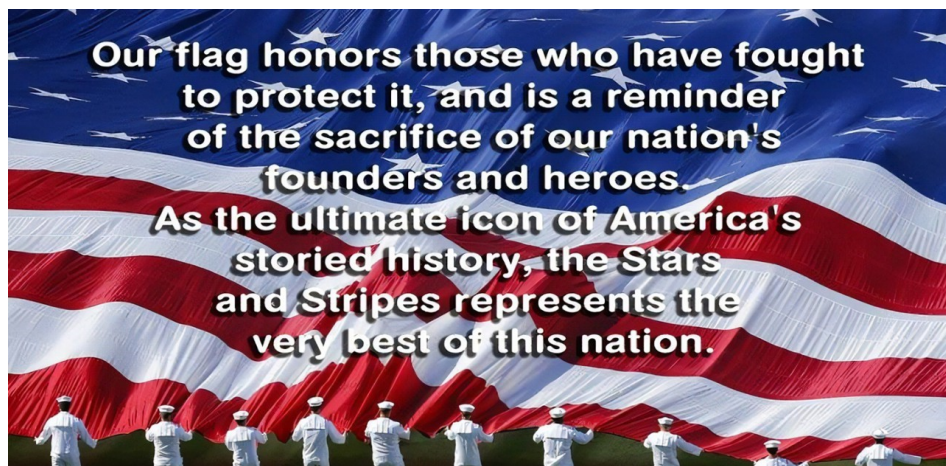
Thank you to those who have been called to serve and to those who have given their lives.

May 31st

"Those who have long enjoyed such privileges as we enjoy forget in time that men have died to win them."

FRANKLIN D. ROOSEVELT



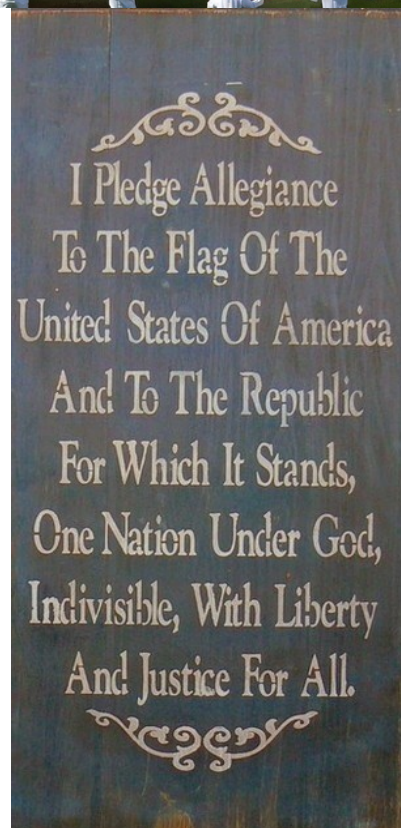


Flag Day is a celebration of the American flag that occurs each year on the anniversary of the flag's official adoption, June 14.

What we know fondly as the “Stars and Stripes” was adopted by the Continental Congress as the official American flag on June 14, 1777, in the midst of the Revolutionary War. Colonial troops fought under many different flags with various symbols—rattlesnakes, pine trees, and eagles—and slogans—“Don’t Tread on Me,” “Liberty or Death,” and “Conquer or Die,” to name a few.

The Declaration of Independence made the adoption of an American flag necessary. Previously, each colony or special interest had its own flag.

On the 14th of June, Congress made the following resolution: “The flag of the United States shall be thirteen stripes, alternate red and white, with a union of thirteen stars of white on a blue field ...” Official announcement of the new flag was not made until Sept. 3, 1777.



Why Is the American Flag Red, White, and Blue?

The Continental Congress left no record as to why it chose these colors. However, in 1782, the Congress of the Articles of Confederation chose the colors for the Great Seal of the United States with these meanings:

- **white** for purity and innocence
- **red** for valor and hardiness
- **blue** for vigilance, perseverance, and justice



Business and
Professional
Women/TN

BPWTN 2022 Calendar of Events

05/15/2022 Convention Reports Due

05/26/2022 Pre-Convention Executive Committee Meeting – Zoom (EC Only)

05/26/2022 Pre-Convention Board of Directors Meeting – Zoom (All Members Welcome)

06/02/2022 Convention Opening - Zoom (All Members Welcome)

06/03/2022 Convention Closing - Zoom (All Members Welcome)

06/09/2022 Post-Convention Executive Committee Meeting – Zoom (EC Only)

06/09/2022 Post-Convention Board of Directors Meeting – Zoom (All Members Welcome)

06/20/2022 Deadline to submit Articles for the July Achiever

~~Have a wonderful Summer 2022 ~~



Mother's Day - May 8th, 2022