

BPWTN ACHIEVER

Business and Professional Women of Tennessee

August 2022 Issue #2

Women's Equality Day Friday, August 26, 2022

At the behest of Rep. Bella Abzug (D-NY), in 1971 and passed in 1973, the U.S. Congress designated August 26 as "Women's Equality Day." The date was selected to commemorate the 1920 certification of the 19th Amendment to the Constitution, granting women the right to vote.

This was the culmination of a massive, peaceful civil rights movement by women that had its formal beginnings in 1848 at the world's first women's rights convention, in Seneca Falls, New York. The observance of Women's Equality Day not only commemorates the passage of the 19th Amendment, but also calls attention to women's continuing efforts toward full equality.

HAPPY
WOMEN'S EQUALITY
DAY



How will you celebrate this August 26th, Women Equality Day? Start your planning now. Check with your Mayor and County Judge to get a Proclamation for this special day.

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A Publication of the Business and Professional Women of Tennessee



Martha's Message

As our new year begins, we want to remember that BPW/TN is more than just the next meeting. We each bring skills, knowledge, and talents that greatly enhance our times spent together. We are about women helping women and many are pillars of our communities.

COVID has kept us from meeting face to face during the past 2 years and many months. Yet technology has been able to help us keep business going. As well as provided opportunities for us to learn new skills and ways to be creative with our meetings.

In our post-convention meeting with the Board of Directors, we determined that the next couple of meetings (Regional and Interim Board) will definitely be online. Our state convention meeting will definitely have to be in person as we will be voting for the 2023-2025 officers and passing the gavel to a new president.

In the meantime, let's keep the momentum going as best we can during our online meetings and fellowship. Please save the date for our next Combined Regional Meeting on Thursday August 18th and Interim Board of Directors meeting on Saturday, October 22nd. Details can be found in the pages that follow. Also, notifications will be sent prior to the meeting.

As a reminder, the regional meetings are once again combined and online Thursday August 18.

At any time you need to contact me, please feel free to drop me an email at president@bpwtn.org or give me a call at (901) 489-5481

I look forward to having another great year and hearing from you!



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 the 2022-2023 year is amazing as well.

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 2021-2023*



Upcoming Dates

Fall Regional Meeting

Time: Aug 18, 2022 06:00 PM (CST) / 7:00 PM (EST)

Join by Computer

[https://us06web.zoom.us/j/86527018658?](https://us06web.zoom.us/j/86527018658?pwd=TUpSYWxoNGxzalhqODRrNk82eVA1dz09)

[pwd=TUpSYWxoNGxzalhqODRrNk82eVA1dz09](https://us06web.zoom.us/j/86527018658?pwd=TUpSYWxoNGxzalhqODRrNk82eVA1dz09)

Meeting ID: 865 2701 8658

Passcode: 075053

One tap mobile

+13126266799,,86527018658#,,, *075053# US
(Chicago)

+19292056099,,86527018658#,,, *075053# US
(New York)

Dial in by phone

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

Meeting ID: 865 2701 8658

Passcode: 075053

Interim Board Meeting

Time: Oct 22, 2022 11:00 AM (CST) / 12:00 PM (EST)

Join by Computer

[https://us06web.zoom.us/j/82260756937?](https://us06web.zoom.us/j/82260756937?pwd=cGwvd0ZvVEUyektPS3IyV1N0T01wZz09)

[pwd=cGwvd0ZvVEUyektPS3IyV1N0T01wZz09](https://us06web.zoom.us/j/82260756937?pwd=cGwvd0ZvVEUyektPS3IyV1N0T01wZz09)

Meeting ID: 822 6075 6937

Passcode: 053380

One tap mobile

+19292056099,,82260756937#,,, *053380# US
(New York)

+13017158592,,82260756937#,,, *053380# US
(Washington DC)

Dial in by phone

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

Meeting ID: 822 6075 6937

Passcode: 053380

National Business Women's Week NBWW October 16th thru 22nd

The third full week in October ushers in National Business Women's Week each year. The observance focuses on the accomplishments of women in business. It also takes a look at the past and how far women in business have come and how far they have yet to go. Every year, women in the workforce take on stronger, more empowering roles.



National
*Business Women's
Week!*

Ted Talks

The profound power of gratitude and "living eulogies" with Andrea Driessen



Why do we often wait so long to recognize each other's gifts? Why are the truest compliments for the people we love often said only after they're no longer around to hear and savor them? Andrea Driessen makes the case for writing eulogies for the living, sharing the power of "grace notes" to offer connection on a deeper level and dispel any regrets of waiting until a loved one's death to appreciate their presence in your life.

Link to Ted Talk - [https://www.ted.com/talks/andrea_driessen_the_profound_power_of_gratitude_and_living_eulogies?](https://www.ted.com/talks/andrea_driessen_the_profound_power_of_gratitude_and_living_eulogies?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

[utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare](https://www.ted.com/talks/andrea_driessen_the_profound_power_of_gratitude_and_living_eulogies?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

The real reason you feel so busy (and what to do about it) with Dorie Clark



These days, almost all of us feel pressed for time. Leadership expert Dorie Clark shares three hidden reasons people fall into an endless loop of feeling constantly busy, and invites you to question what really motivates how you spend your time.

Link to Ted Talk - [https://www.ted.com/talks/dorie_clark_the_real_reason_you_feel_so_busy_and_what_to_do_about_it?](https://www.ted.com/talks/dorie_clark_the_real_reason_you_feel_so_busy_and_what_to_do_about_it?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)
[utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare](https://www.ted.com/talks/dorie_clark_the_real_reason_you_feel_so_busy_and_what_to_do_about_it?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

How to manage your time more effectively (according to machines) with Brian Christian

Human beings and computers alike share the challenge of how to get as much done as possible in a limited time. Over the last fifty or so years, computer scientists have learned a lot of good strategies for managing time effectively— and they have a lot of experience with what can go wrong. Brian Christian shares how we can use some of these insights to help make the most of our own lives. [Directed by Draško Ivezić, narrated by Addison Anderson].

Link to Ted Talk - [https://www.ted.com/talks/brian_christian_how_to_manage_your_time_more_effectively_according_to_machines?](https://www.ted.com/talks/brian_christian_how_to_manage_your_time_more_effectively_according_to_machines?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)
[utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare](https://www.ted.com/talks/brian_christian_how_to_manage_your_time_more_effectively_according_to_machines?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

The surprising link between stress and memory with Elizabeth Cox

You spend weeks studying for an important test. On the big day, you wait nervously as your teacher hands it out. You're working your way through, when you're asked to define "ataraxia." You know you've seen the word before, but your mind goes blank. What just happened? Elizabeth Cox details the complex relationship between stress and memory. [TED-Ed Animation by Artrake Studio]

Link to Ted Talk - [https://www.ted.com/talks/elizabeth_cox_the_surprising_link_between_stress_and_memory?](https://www.ted.com/talks/elizabeth_cox_the_surprising_link_between_stress_and_memory?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)
[utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare](https://www.ted.com/talks/elizabeth_cox_the_surprising_link_between_stress_and_memory?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

Karlota Contreras-Koterbay Installs Elizabethton BPW 2022-2024 Officers

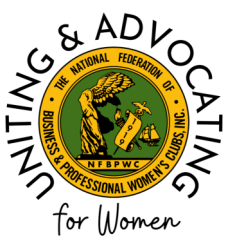
Elizabethton BPW members held their 2022-2024 officer installation, Women of Substance, on June 14th, 2022 at the Elizabethton / Carter County Chamber of Commerce.

President, Amber Farley, 1st Vice President, Michelle White, and Treasurer, Kristi DeMoss were installed by Karlota Contreras-Koterbay. A 2nd Vice President and Secretary will be appointed at a later date.

Karlota Contreras-Koterbay is an Appalachian-based Filipinx artist, curator, and art administrator. An award-winning sculptor with extensive background in curatorial practice and art management, Karlota is both gallery director and curator for the Slocumb Galleries at East Tennessee State University and its satellite venue in Downtown Johnson City, Tipton Gallery. She has organized numerous exhibits both nationally and abroad, juried regional exhibitions and has lectured in the Philippines, Japan, and the United States. Contreras-Koterbay graduated with honors from the University of the Philippines with a B.A. in Anthropology and an M.A. in Art History.



She is a member of the American Association of Museums, International Council of Museums, Southeastern College Art Conference, and International Association of Aesthetics. Grant recipient of the Tennessee Arts Commission APS and ABC grants as well as the Andy Warhol Legacy grant. Contreras-Koterbay received the ETSU Distinguished Staff Award in 2013 and the Jan Phillips Mentoring Award in 2015. She is recipient of Award of Excellence for diversity exhibit programming from the Tennessee Association of museums (TAM) in 2020 and 2021.



BPWTN— VIRTUAL BPW CLUB

BPW members who do not have a local organization in their area can join the Virtual Club and take full advantage of membership status!

A Virtual Club has a strong focus on advocacy. Meetings are designed to allow members & guests to join from the comfort of their home on the Internet.

Many of the Virtual Clubs have webinars that are open to the public and are offered at no cost!

This Virtual Club of BPWTN will be a group of members from across Tennessee that will meet online. We will host business meetings & educational webinars, and talk about issues that matter to women and families. We will elect officers and we will be a functioning club, just virtual.

There is also an option for dual membership for those already affiliated with a BPWTN local club.

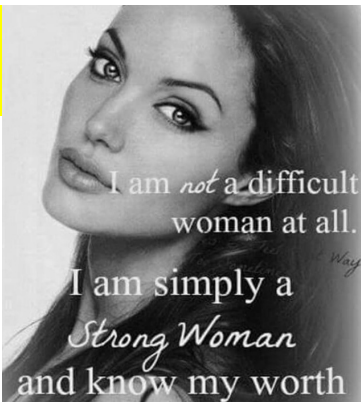
If you would be interested in being a Charter member of the Virtual BPWTN Club please reply to Membership Chair Sharon Taylor-Carrillo.

SharonLyrae@yahoo.com

QUOTES:

**BE THE
GAME
CHANGER.**

**"Success isn't
about how much
money you
make. It's about
the difference
you make in
people's lives."**



You are a woman of strength, courage and dignity; one who values herself and fights for what she believes in. A woman who will not give up on her dreams regardless of how many obstacles stand in the way.
If that does not make you beautiful then I don't know what does.

**BE
THE KIND
OF WOMAN
THAT MAKES
OTHER WOMEN WANT
TO UP THEIR GAME.**

Here's to strong women:



**WOMEN LIKE YOU
PAVE THE WAY
FOR WOMEN LIKE ME.
AND FOR THAT,
I AM GRATEFUL.**

I'VE LEARNT THAT

**...no matter what happens, or how bad it seems today,
life does go on, and it will be better tomorrow.**

Every day you should reach out and touch someone.

**...even when I have pains,
I don't have to be one.**

*Whenever I decide
something with an
open heart, I usually
make the right
decision.*

**People love a warm hug, or
just a friendly pat on the back.**

**...we delight in the beauty
of the butterfly,
but
rarely
admit the
changes it has gone through
to achieve that beauty.**

**You can tell a lot about a
person by the way he/she
handles these three things:
a rainy day, lost luggage,
and tangled Christmas
tree lights.**

**Regardless
of your
relationship
with
your
parents,
you'll miss
them when
they're
gone from
your life.**

**Making a "living" is not the
same as making a "life"**

...I still have a lot to learn

COURAGE is the most important of all the virtues because without courage, you can't practice any other virtue consistently.

You shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw something back.

**I've learned that people
will forget what you said,
people will forget what
you did, but people will
never forget how you
made them feel.**

Maya Angelou (1928-2014)

**The difference
between
successful
people and
others is how
long they spend
time feeling
sorry for
themselves.**



**Let go of chaos
yesterday, cheerfully
live for today,
and look forward to
tomorrow with
greater possibilities.**



Women's Equality Day Quiz

To help celebrate Women's Equality Day, the National Women's History Alliance developed a quiz to use at your events, or just around your office, or in conversation with friends. It took 72 years for women to win the right to vote.

1. August 26th is celebrated as Women's Equality Day to commemorate

- a. the work women did during the Second World War
- b. the anniversary of women winning the right to vote
- c. the flappers of the 1920's
- d. the contemporary women's rights movement

2. In what year did Congresswoman Bella Abzug introduce legislation to ensure that this important American anniversary would be celebrated?

- a. 1992
- b. 1984
- c. 1971
- d. 1965

3. In what year did women in the United States win the right to vote?

- a. 1776
- b. 1848
- c. 1920
- d. 1946

4. How many years did it take for women to win the right to vote in the United States?

- a. 72 years
- b. 120 years

- c. 20 years
- d. 51 years

5. Women in most of the western states won the right to vote years before the Federal Amendment was secured. 2010 is the 100th anniversary of women in Washington State winning the vote. California will celebrate the 100th anniversary of women winning the vote in 2011. Oregon will celebrate the 100th anniversary in 2012. What other state will celebrate the 100th anniversary of women in this state winning the right to vote in 2012?

- a. New York
- b. Florida
- c. Maine
- d. Arizona

6. What was the name given to the 19th Amendment to the Constitution which guaranteed women's right to vote in the United States.

- a. Abigail Adams Amendment
- b. Sojourner Truth Amendment
- c. Susan B. Anthony Amendment
- d. Gloria Steinem Amendment

7. Women who worked for women's right to vote were called

- a. radical
- b. immoral
- c. suffragist
- d. all of the above

8. The term suffragist is derived from

- a. one who suffers
- b. a voting tablet in ancient times
- c. the Constitution
- d. the Bill of Rights

Quiz answers on page 8



Business and
Professional
Women/TN

2022 2023 Calendar of Events

8/5/2022	Achiever Published Online and Mailed to Subscribers
8/18/2022	Combined Fall Regional Meeting - Online Zoom Meeting
8/20/2022	Deadline for submission of material for the Achiever
8/26/2022	Women's Equality Day
9/5/2022	Achiever Published Online and Mailed to Subscribers
9/20/2022	Deadline for submission of material for the Achiever
9/30/2022	Career Advancement Scholarship Entry Deadline
10/5/2022	Achiever Published Online and Mailed to Subscribers
10/22/2022	Interim Board Meetings for Executive Committee and Board of Directors - Online Zoom Meeting
10/29/2022	Deadline for submission of material for the Achiever
11/5/2022	Achiever Published Online and Mailed to Subscribers
11/20/2022	Deadline for submission of material for the Achiever
12/5/2022	Achiever Published Online and Mailed to Subscribers
12/20/2022	Deadline for submission of material for the Achiever
1/5/2023	Achiever Published Online and Mailed to Subscribers
1/20/2023	Deadline for submission of material for the Achiever
2/5/2023	Achiever Published Online and Mailed to Subscribers
2/20/2023	Deadline for submission of material for the Achiever
3/1/2023	Women's History Month
TBD	Equal Pay Day
TBD	Equal Pay Day Recognition - Unhappy Hour Virtual Meeting
TBD	Virtual Walk/Run for Education - Fundraising Event
TBD	Combined Spring Regional Meeting - Online
TBD	Day on the Hill Recognition
3/5/2023	Achiever Published Online and Mailed to Subscribers
3/20/2023	Deadline for submission of material for the Achiever
4/5/2023	Achiever Published Online and Mailed to Subscribers
4/20/2023	Deadline for submission of material for the Achiever
4/30/2023	ALT-YC Scholarship Entry Deadline
4/30/2023	Annual Membership Dues Payment Deadline - For Membership Awards Consideration
TBD	Convention Reports Due
5/5/2023	Achiever Published Online and Mailed to Subscribers
5/15/2023	All Reports for Convention due (State Officer, Committees, Local President Reports)
5/20/2023	Deadline for submission of material for the Achiever
TBD	Convention Meeting(s)



2022 NFBPWC General Assembly: Together, Again!

August 5-7, 2022
Embassy Suites Hotel
Downtown Sacramento,
California

Reconnect with old friends, make new ones, and work together with BPW sisters from all over the United States!



Register Now!

Hear from a fascinating lineup of speakers, participate in workshops and elections, and kick back to enjoy happy hour receptions, good food, including a Gala Awards Dinner, tours of the Sacramento area, and entertainment! Visit <https://buff.ly/3Mad54N> to register for the NFBPWC General Assembly, being held in Sacramento from August 5-7, 2022. [#generalassembly](#) [#womenempowerment](#) [#events](#) [#nfbpwc](#)

Quiz answers:

1. b 2. c 3. c 4. a 5. d 6. c 7. d 8. b

