

BPWTN ACHIEVER

Business and Professional Women of Tennessee

April 2023 Issue 10



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A Publication of the Business and Professional Women of Tennessee

Message

On Tuesday, March 14th, we celebrated Equal Pay Day with a virtual networking meeting to raise a toast to the people who have come before us and worked hard to bring awareness to Fair Pay for all women in the United States. A special thank you goes out to those who joined the net working meeting. It was wonderful to share time with you.



For April we have a few events happening... The Spring Regional Meeting will be virtual and takes place Tuesday, April 4th at 6:00 pm (CST) / 7:00 pm (EST). The meeting invitation is in this Achiever and a notification will be sent separately as well. We hope you can join us as we share information from our locals.

Our fundraiser with Cherrydale starts in a few days! Our goal is to raise \$2,000 for our scholarship fund. We are asking all members to share the links with friends and family. Members can preregister and track sales they encourage at <https://www.shopfund.com/parentregister>.

We also have our annual Virtual Walk/Run happening April 23rd to April 29th. The funds raised go toward our annual Convention in June. Registration for the event opens on April 1st.

Speaking of convention, please find the call to convention within this Achiever with additional information on meetings and location for the in person meeting. 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.



Pay Your
Membership Dues



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. It has definitely been a great way to keep up with BPW activities and see what was going on across the state.

Please send your articles for the Achiever by the 20th of each month for the next months issue. Have a Happy New Year.

If you have any questions, please contact me via email or text any time.

Thank you, Sharon Taylor-Carrillo
Past State President 2007-08, 2017-18
Achiever Editor 2021-2023
615-319-6531



Spring Regional Meeting
hosted by
Amber Farley
and
Robin McKamey

Date and Time:

Apr 4, 2023

6:00 PM CST / 7:00 PM EST



Please join us on Tuesday, April 4th for our annual Spring Regional Meeting. Once again we have combined both regional meetings to share information and fellowship with our members.

Our guest speaker is Alicia Mitchell.



Alicia Mitchell is an Agent with New York Life Insurance Company. She became an agent after her husband passed away. She is a widow, a mother, a grandmother, and cares for her elderly mother, and now lives in Kingsport, TN. She is someone who has had her share of life challenges, who always maintains and builds honorable relationships by thinking through what is needed in your life. She promises to see you, to listen to your needs, and to help you find the most effective result for whatever season of life you are in. She can help you fill in the gaps of understanding that you may not even know you have when it comes to insurance, finances, and fixed-deferred annuities. Once an educator, always an educator. She taught for Roane State Community College for 10 years, has been an editor for SAIC, and has also owned her own restaurant/retail business. She is here today to help you understand the significance of Long-Term Care insurance: what it is and how it can protect you, because, what you don't know can hurt you.

***Meeting login information
for April 4th***



By Computer

[https://us06web.zoom.us/j/9829472921?](https://us06web.zoom.us/j/9829472921?pwd=OVNna2FJRStVVbKc2Vab3RLcURyUT09)
[pwd=OVNna2FJRStVVbKc2Vab3RLcURyUT09](https://us06web.zoom.us/j/9829472921?pwd=OVNna2FJRStVVbKc2Vab3RLcURyUT09)

Meeting ID: 982 947 2921

Passcode: 279865

One tap mobile

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By Phone

+1 305 224 1968 US

+1 309 205 3325 US

Meeting ID: 982 947 2921

Passcode: 279865



Call to Convention

By the authority vested in me as President, I hereby call you to the 104th annual convention of the Business and Professional Women of Tennessee, Inc. (BPW/TN) to be held virtually via Zoom as well as an in person meeting at the Hampton Inn in Mt. Juliet, TN beginning May 25th, 2023.

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.
- Election of officers for the period 2023 to 2025.

The executive committee composed of state officers and regional directors is called to meet at 6:00 pm CST/ 7:00 pm EST on May 25, 2023.

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 25, 2023.

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 12, 2023.

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

Zoom Meeting Information

Pre-Convention Executive Committee Meeting

Open only to the Executive Committee Members

Date and Time: May 25, 2023 06:00 PM (CST) / 7:PM (EST)

Join by Computer

<https://us06web.zoom.us/j/9829472921?pwd=OVNna2FJRStaVVBKc2Vab3RLcURyUT09Meeting>

ID: 982 947 2921

Passcode: 279865

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Dial in by phone +1 305 224 1968 US
+1 309 205 3325 US
Meeting ID: 982 947 2921
Passcode: 279865

Pre-Convention Board of Directors Meeting

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.

Date and Time:

May 25, 2023 07:00 PM (CST) / 8:00 PM (EST)

Join by Computer

[https://us06web.zoom.us/j/9829472921?](https://us06web.zoom.us/j/9829472921?pwd=OVNna2FJRStaVVBKc2Vab3RLcURyUT09)
 pwd=OVNna2FJRStaVVBKc2Vab3RLcURyUT09
 Meeting ID: 982 947 2921
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Dial in by phone

+1 305 224 1968 US
 +1 309 205 3325 US
 Meeting ID: 982 947 2921
 Passcode: 279865

Convention Meeting – Business & Candidate Forum

Convention meetings are open to all members of BPW/TN and their guests. Only members paying registration fees are eligible to vote.

Date & Time:

May 31, 2023 06:00 PM (CST) / 7:PM (EST)

Join by Computer

[https://us06web.zoom.us/j/9829472921?](https://us06web.zoom.us/j/9829472921?pwd=OVNna2FJRStaVVBKc2Vab3RLcURyUT09)
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Dial in by phone

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 Meeting ID: 982 947 2921
 Passcode: 279865

Convention Meeting – Business and Bylaws

Convention meetings are open to all members of BPW/TN and their guests. Only members paying registration fees are eligible to vote.

Date & Time:

Thursday, Jun 1, 2023 06:00 PM (CST) /
 7:PM (EST)

Join by Computer

[https://us06web.zoom.us/j/9829472921?](https://us06web.zoom.us/j/9829472921?pwd=OVNna2FJRStaVVBKc2Vab3RLcURyUT09)
 pwd=OVNna2FJRStaVVBKc2Vab3RLcURyUT09
 Meeting ID: 982 947 2921
 Passcode: 279865

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Dial in by phone

+1 305 224 1968 US
 +1 309 205 3325 US
 Meeting ID: 851 4677 9646
 Meeting ID: 982 947 2921
 Passcode: 27986

Convention Meeting – Hybrid (Zoom & In Person at Mt Juliet)

Convention meetings are open to all members of BPW/TN and their guests. Only members paying registration fees are eligible to vote.

Date & Time:

Jun 3, 2023 10:00AM (CST)/11:00AM (EST)

Join by Computer

[https://us06web.zoom.us/j/9829472921?](https://us06web.zoom.us/j/9829472921?pwd=OVNna2FJRStaVVBKc2Vab3RLcURyUT09)
 pwd=OVNna2FJRStaVVBKc2Vab3RLcURyUT09
 Meeting ID: 982 947 2921
 Passcode: 279865

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Dial in by phone

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 Meeting ID: 982 947 2921
 Passcode: 279865

Convention Meetings



Pre-Convention
May 25th, 2023



Convention
May 31st - June 3rd, 2023



Post-Convention
June 8th, 2023

Our 104th Annual Convention is a hybrid of virtual and in person meetings this year. The Board of Directors and two of the convention meetings take place virtually using Zoom. The in person meeting takes place at the Hampton Inn and Suites in Mount Juliet. The day of the in person meeting, we will also have a Zoom meeting for anyone unable to attend in person.

The tentative schedule is (all times are Central Standard Time)

Wednesday - May 31, 2023 - Online

6:00 pm - Business and Candidate Forum

Thursday - June 1, 2023 - Online

6:00 pm - Business and Bylaws

Saturday - June 3, 2023 - In Person and Online

Business, Awards, and Installation

- 10:00 am - Election Results
- 11:00 am - Keynote Speaker
- 12:00 - Lunch
- 1:00 pm - Awards
- 2:00 pm - Break
- 3:00 pm - Installation
- 4:30 pm - Adjourn



Hampton Inn and Suites

Mount Juliet, TN

Ted Talks/YouTube's



The Secret to Making New Friends as an Adult with Marisa G. Franco

Making friends as an adult can feel like a baffling obstacle course. Why was it so much easier to connect as kids? To help you find well-rounded and fulfilling friendships, psychologist Marisa Franco discusses science-backed tips on how to make (and keep) friends, like the optimism-inducing "acceptance prophecy" and the shame-reducing "theory of chums." Learn more about the power of platonic love and how it can help you experience the full richness and complexity of who you are. (This conversation, hosted by TED current affairs curator Whitney Pennington Rodgers, was part of an exclusive TED Membership event. Visit [ted.com/membership](https://www.ted.com/membership) to become a TED Member.)

Link https://www.ted.com/talks/marisa_g_franco_the_secret_to_making_new_friends_as_an_adult?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare



The habit that could improve your career with Paul Catchlove

Paul Catchlove believes strongly in the power of reflection. Through every career he's held -- from priest to opera singer to senior management consultant -- he's benefitted from a habit of considering and analyzing his goals, needs and performance. Learn more about how a regular practice of reflection can improve your decision-making, career and relationships.

Link https://www.ted.com/talks/paul_catchlove_the_habit_that_could_improve_your_career?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare



4 Proven ways to kick your procrastination habit with Ayelet Fishbach

You've got a long list of things you want to do, but there's just one problem: you can't seem to get -- or stay -- motivated. Social psychologist Ayelet Fishbach is here to help. She offers insights on the science of motivation along with tips and cognitive tricks to help you reach your goals while staying happy, healthy and engaged. (This conversation, hosted by TED current affairs curator Whitney Pennington Rodgers, was part of an exclusive TED Membership event. Visit [ted.com/membership](https://www.ted.com/membership) to become a TED Member.)

Link: https://www.ted.com/talks/ayelet_fishbach_4_proven_ways_to_kick_your_procrastination_habit?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

Business and Professional Women of TN Spring Fundraiser

Register, Share and
Shop at
ShopFund.com

Dear Ladies,

With your help, we will be raising \$2,000 for our scholarship fund. There are over 500 great gifts to choose from. They will be shipped directly to supporters homes.

We are asking every member to participate. We will reach our goal when each member registers and shares the fundraiser with **10** or more supporters. Please register your student(s) at www.ShopFund.com. This funding does not come from other sources so your participation, at any level, is critical. Thank you for your help & support!

Your fundraiser ends on: Monday, April 17, 2023

How to Participate:

- Register at www.ShopFund.com
Share with Family & Friends.
- Share with 10 or more supporters.
Get as many orders as possible.
- Shop at www.ShopFund.com.

All Payments Will Be Made Online.



What You Get:

Participants can win prizes online! Go to www.FundPrizes.com and play the **Register. Share. Win. Game** - over \$100,000 in prize giveaways!



Questions? Contact Martha Ervin at
(901)489-5481 or email Martha.ervin@ervinhypnosiscenter.com



REGISTER TO ACCESS YOUR DASHBOARD @ FundPrizes.com



SHARE
FUNDRAISER
NATIONWIDE
WITH FAMILY &
FRIENDS



TRACK YOUR
SUPPORTERS
AND SALES



SEND EMAILS
RIGHT FROM
THE DASHBOARD



REDEEM TICKETS
AND SEE IF YOU
ARE A WINNER

FRIENDS AND FAMILY NATIONWIDE CAN **SHOP ONLINE TO SUPPORT**

2023

3rd Annual Virtual Walk/Run

April 23-29



As a participant you receive a tee shirt and the chance to win a 1 year paid membership in Business and Professional Women of Tennessee valued at \$50.

Entry fee: \$25.00

Proceeds go to the Business and Professional Women of Tennessee's annual convention in June.

The person with the most miles wins a one year state membership for Business and Professional Women of Tennessee.

Tracking methods can be an app or a mileage log. Suggested apps include but are not limited to FitBit or MapMyWalk. Mileage must be forwarded to the Fundraising Chair for consideration in the contest.

If using MapMyWalk, please let us know and we can add you to the walking challenge. The app is used to gather mileage information as well as encourage walkers and runners during our week long event.

Additional questions can be forwarded to the organization's fundraising chair, Amber Farley at fundraising@bpwtn.org or to president, Martha Ervin at president@bpwtn.org.

Donations are also accepted for those who do not wish to participate in the walk. Please complete the form below and select the option of "Donating Only" under Registering as. On the PayPal site there will be an area for you to enter your donation amount. Donations of \$30.00 or more also receive a free tee shirt.



Business and
Professional
Women/TN



**Have a Happy Easter
April 9th**

Calendar of Events

- 4/3—4/17 CherryDale Fundraiser**
- 4/4/2023 Combined Spring Regional Meeting - Online**
- 4/5/2023 Achiever Published Online and Mailed to Subscribers**
- 4/20/2023 Deadline for submission of material for the Achiever**
- 4/23/2023 Virtual Walk/Run for Education -Fundraising Event thru 4/29/23**
- 4/30/2023 ALT-YC Scholarship Entry Deadline**
- 4/30/2023 Annual Membership Dues Payment Deadline - For Membership Awards Consideration**
- 5/5/2023 Achiever Published Online and Mailed to Subscribers**
- 5/15/2023 All Reports for Convention due (State Officer, Committees, LO Pres. Reports**
- 5/20/2023 Deadline for submission of material for the Achiever**
- 5/25/2023 Pre-Convention Meetings (EC and BOD) Online**
- 5/31/2023 Convention Meeting-Online thru 6/1/23
(Candidate Forum and Bylaw discussions)**
- 6/3/2023 Convention Meeting – In Person, Mt Juliet, TN
(Awards, Installation, Pass the Gavel)**

