

A Publication of the Business and Professional Women of Tennessee

#### <u>#Barbie accomplishments:</u>

**PG-13** 

• Biggest domestic opening of 2023

• Biggest opening ever for a female director

• Biggest opening for a movie based on a toy

• Biggest opening ever for Margot Robbie & Ryan Gosling

• Biggest opening weekend for a movie that isn't a sequel, remake, or superhero movie



## Inside this

<u>lssue:</u>

- 1 Cover
- 2 Contents
- 3 From the President 4 TN Fundraisers
- 5 TEDtalks
- 6 Equality Day
- 7 Cultivating
- Community
- 8 Jackson Walking
- Tour
- 9 PoP Up Event 10 Calendar

For more information visit

BPWTN.org also Check us out on Facebook Business and Professional Women of Tennessee Link is <u>https://www.facebook.com/</u> BPWTN

### <u>Coming soon:</u>

This 2023-2024 year each BPW TN local organization will be highlighted. Please be on the look out for those special issues.

We will go in alphabetical order beginning in <u>September</u> with:

<u>Chattanooga Business Women</u>

Elizabethton BPW Jackson Area BPW Lafollette BPW Memphis Area BPW Rockwood BPW

> 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 me your articles by the 20th of each month to be in the next issue. If you have any ques-

tions, please contact me via email or text any time. Thank you.

Thank you,

Sharon Taylor-Carrillo Past State President 2007-08, 2017-18 Achiever Editor 2021-2024 Parliamentarian 2023-2024 615-319-6531





Professional

Women



Letter It has from the BPW

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## Amber's August Message:

As we move into our new year I'd like to take a moment to talk about this year's theme or focus if you will, Cultivating Community. When thinking about how I'd like to spend the next two years as your President a reoccurring idea of community and growth came to mind. I am passionate about building connections with, learning from, and supporting other women. So, this seemed like a great theme to start out our 105th year of BPW/TN. How can we cultivate our BPW/TN community? How can we build connections, mentor, learn, and support one another?

Like many of you, I miss many of the in-person aspects that state and regional meetings brought prior to the Covid-19 pandemic. While technology and virtual meetings have been great for business and allow more individuals to participate who may not be able to travel, there is something missing. I believe that the missing piece is our ability for members across the state to come together and enjoy fellowship outside of business both virtually and in person. This is a huge part of cultivating our BPW/TN community, time to come together, celebrate, and get to know one another outside of the meeting room.

That being said I am happy to announce we are going to try a few things this year to provide a space for members to come together both in person and virtually. Each quarter we will host a "meet and greet" in a different city across the state. This will allow members and potential members to come together for the sake of the community and to cultivate relationships with one another. A tentative schedule will be listed here in this month's achiever along with additional information. In addition, in 2024 we will have leadership training opportunities, membership workshops, and virtual get-togethers to include a quarterly book club. More information will be provided in the Achievers to come.

Before I leave you this month, I'd like to make a special note of Women's Equality Day which is celebrated annually on August 26th, this day is a celebration and recognition of the ratification of Women's Right to Vote in 1920. It commemorates the struggles of women to be heard and the suffragettes who fought for our rights. I encourage each of you to wear purple on August 26th as purple has historically been associated with efforts to achieve gender equality and is the color of the Women's Liberation Movement. Purple signifies justice, dignity, and staying loyal to the cause. Snap a selfie of yourself or a group photo of your local and send it to our publication editor at publication@bpwtn.org. Lastly, a reminder that the fall regional planning meeting will be held on August 31st at

6:00 CST / 7:00 EST via Zoom. Hope to see you all there!

Amber Farley President, BPW/TN 2023-2025 President, Elizabethton BPW 2020-2024



# **Fundraisers**

## RADA CUTLERY

BPW/TN has an ongoing fundraising catalog with Rada Cutlery. RADA offers a wide selection of kitchen knives, utensils, gadgets, quick mixes, and gift sets. Their products are high-quality, 100% made in the USA, and backed by a lifetime guarantee!

Members are encouraged to use our link when making a purchase so that we can raise funds for our Convention and Interim Board Accounts. Increasing our fundraising will allow BPW/TN to bring in speakers and provide workshop/training opportunities for all members.

https://radafundraising.com?rfsn=4472470.59eae9

LITTLE CAESARS

BPW/TN will host an online fundraiser with Little Caesar in September! Pizza kits will be available for online sale through a personalized BPWTN link and shipped directly to your home via FedEx.

Our group earns \$6 profit on every Kit we sell so we need your help to reach our goal!

Link and information will be sent to members via email on September 1st!

## WRAPPING PAPER

Cherrydale has been helping non-profits with fundraising efforts since 1907 and we are excited to partner with them this fall for our first ever wrapping paper fundraiser!

Members will receive more information on this fundraiser in later issues of the Achiever along with a fundraising overview with our Cherrydale representative!





Members can help our fundraising efforts by sharing links with friends, family, colleagues, etc via social media or e-mail!

## WE'RE SELLING RADA CUTLERY

SHOP NOW TO SUPPORT OUR GROUP



Little Caesars Fundraising





The Science of Women's Leadership by Alexis Kanda-Olmstead https://www.ted.com/talks/

alex-

is\_kanda\_olmstead\_the\_science\_of\_wom en\_s\_leadership?

utm\_campaign=tedspread&utm\_mediu m=referral&utm\_source=tedcomshare anila\_khalique\_women\_in\_leadership\_l essons\_in\_working\_smarter\_not\_harder \_jan\_2020?

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Teach girls bravery, Not Perfection

by Reshma Saujani



Women in Leadership: Lessons in Working Smarter, Not Harder by Anila Khalique

https://www.ted.com/talks/ reshma\_saujani\_teach\_girls\_bravery\_no t\_perfection? utm\_campaign=tedspread&utm\_mediu

m=referral&utm\_source=tedcomshare

https://www.ted.com/talks/



TENNESSEE is suspending sales tax on food from August 1st-October 31st.

Here's a link to the TN gov site:

https://www.tn.gov/revenue/taxes/sales-anduse-tax/sales-tax-holiday/sth-food.html

It does not include prepared foods, candy, alcohol, etc.



## WOMEN'S EQUALITY DAY

Since 1971, **Women's Equality Day** has been celebrated annually on August 26. The celebration falls on the anniversary of the ratification of the 19th Amendment which granted women the right to vote.

The **Woman Suffrage Amendment** was first introduced on January 10, 1878. It was resubmitted numerous times until it was finally approved by both the House and Senate in June 1919. The bill needed to be approved by two-thirds of the states, so suffragists spent the next year lobbying state legislatures to gain



support for the bill. On August 24, 1920, Tennessee became 36<sup>th</sup> and final state to ratify the amendment, which passed by only one vote. That one vote belonged to Harry Burn, who heeded the words of his mother when she urged him to vote for suffrage. Secretary of State Bainbridge Colby signed the amendment into law on August 26, 1920.

Fifty years later on August 26th, 1970, Betty Friedan and the National Organization for Women organized a nationwide Women's Strike for Equality. Women across the political spectrum joined together to demand equal opportunities in employment and education, as well as 24-hour childcare centers. This was the largest protest for gender equality in United States history. There were demon-strations and rallies in more than 90 major cities and small towns across the country and over 100,000 women participated, including 50,000 who marched down Fifth Avenue in New York City.

In addition to the marches, groups of women participated in publicity stunts aimed at garnering more recognition of gender inequality. Women in New York City took over the Statue of Liberty, hanging two 40 foot banners from the crown reading "March on August 26 for Equality" and "Women of the World Unite." An organized group stopped the ticker tape at the American Stock Exchange, and held signs such as, "We won't bear any more bull." Female teachers also filed a lawsuit against the New York City Board of Education in which they demanded gender equality in appointing educational administration positions. The case lasted about 10 years and finally resulted in an increase in female principals.

While the strike did not halt the activities of the nation, it drew national attention to the Women's Movement. *The New York Times*, for example, published their first major article on the Feminist Movement by covering the events of the day. It even included a map of the route the marchers took through the city.

In 1971, Representative Bella Abzug (D-NY) introduced a successful bill designating August 26th of each year as **Women's Equality Day**. Part of the bill reads that **Women's Equality Day** is a symbol of women's continued fight for equal rights and that the United States commends and supports them. It decreed that the President is authorized and requested to issue a proclamation annually in commemoration of woman suffrage and the 1970 Strike for Equality. Women today continue to draw on the history of these brave and determined women.



## Cultivating Community Why we need each other.

Our relationships, more than anything else, set the stage for our health, <u>happiness</u>, and well-being. Research indicates that the quality of our social relationships affects a range of health outcomes, such as our mental health, physical health, and mortality risk (Umberson & Montez, 2010). These relational effects start in early <u>childhood</u> and lead to cascading effects throughout life, which can either positively or negatively impact our health and development.

We are relational beings in nature, and when we're isolated or detached from a community, our health and mental health can quickly take a toll. Life is hard enough on its own. We're not meant to go about it alone.

Research within the field of interpersonal neurobiology sheds light on our biological need for community. Thanks to the work of Dan Siegel and others, we learn the degree to which our minds themselves are both *embodied* and *relational*. In other words, what we experience in our minds is highly influenced by our *relationships and shared connections* with others. Our network of social supports serves as the most profound predictor of our health and well-being.

In other words, our <u>diet</u>, how often we journal, or the number of daily positive affirmations we repeat isn't nearly as important as the community we surround ourselves in. The social connections we have (or don't have) can literally shape the physical structure and development of our brains, leading to integrated or disintegrated mental states. As Siegel notes in <u>Aware</u>, "Relationships are not icing on the cake; they are the cake. In fact, they are the main course as well as the dessert."

#### Here are some tips on ways to cultivate a community:

#### Build it.

In order to benefit from a community, we have to be intentional about creating and maintaining one. This includes all of us <u>introverts</u>, too. For even we need regular social interaction with others. This means stepping out and starting new conversations, joining a new group, going out to lunch with co-workers, or re-connecting with old acquaintances. Although <u>COVID-19</u> precautions can make this challenging, we can still further our connections virtually.

One of the best ways to do this, it seems, is through the phone. According to <u>a study</u> with the University of Texas at Austin, phone calls produced feelings of connectedness between two people, more so than emails or texts. Try calling an old friend or family

member who lives far away. Our community doesn't have physical limits; distance doesn't need to separate us.

#### Embrace vulnerability.

In addition, the quality of our relationships often depends on how willing we are to be vulnerable with others and the degree to which we can respect others' vulnerabilities. According to Brene Brown, vulnerability refers to the feeling we experience during times of uncertainty, risk, or emotional exposure. And genuine, authentic friendships and relationships often require these emotional risks.

If we want to experience deeper relationships and shared connections with others, we have to be willing to share our struggles, hopes, and needs with those we come to know and trust. The vulnerability arises when we let our most authentic selves be truly seen and known by others, which is both the antidote to <u>shame</u> and bedrock for trust and connection.

#### Take the small steps.

Building a community doesn't mean we have to befriend every new person we see or fill up all our weekends with social encounters. A sense of community can be nurtured by taking small steps, like starting a conversation with your neighbor, checking in on a new co-worker, or stopping to say "hi" to a custodian. Building a sense of community starts with small, intentional acts of kindness and acknowledgment.

With feelings of isolation and mental health problems on the rise, now, more than ever, it's important to be intentional about connecting with our community. If indeed our relationships serve as the foundation for our health, happiness, and well-being, they deserve the time, energy, <u>creativity</u>, and sacrifice needed to strengthen and maintain them.

### How can "<u>WE</u>" cultivate our BPW/TN community? How can "<u>WE</u>" build connections, mentor, learn, and support one another?



Business and Professional Women/TN



JACKSON AREA BUSINESS & PROFESSIONAL WOMEN AND EXCELSIOR THEATRE COMPANY PROUDLY PRESENT



INTERACTIVE DINNER THEATRE EXPERIENCE CLAYTON HALL FIRST UNITED METHODIST CHURCH JACKSON TN FRIDAY 27 OCTOBER



# "POP UP"

Rockwood Business and Professional Women will be hosting a **"POP UP"** Event in Nashville, TN on Saturday, October 28th, 2023, for BPW members and guests. We will be extending the celebration of National Business Women's Week.

We will be celebrating the Women's Suffrage Monument, enjoying the walking trail/park, and touring the special event at the Parthenon.

It's a pay as you go event. Rockwood BPW will be hosting only. Park/parking is free. Parthenon is \$10 for adults.





If you are interested in the full schedule or if any BPW/TN LO wishes to collaborate with us.

### Message your RSVP to our Facebook Page or email leeann4002@yahoo.com.

\*\*A tentative schedule will be given with updates being sent until the event. Final schedule will be given to those that **RSVP** the week before the event.

| Month                | Date  | Time        | Meeting  | Page 10 |
|----------------------|-------|-------------|--|---------|
| August               | 8/5   |             | Achiever Published Online and Mailed to Subscribers  |         |
|                      | 8/20  |             | Deadline for submission of material for the Achiever |         |
|                      | 8/31  | 6:00 pm CST | Fall Regional Planning Meeting                       |         |
| September<br>October | TBD   | TBD         | Governance Committee Meeting                         |         |
|                      | 9/5   |             | Achiever Published Online and Mailed to Subscribers  |         |
|                      | 9/20  |             | Deadline for submission of material for the Achiever |         |
|                      | 9/30  |             | Career Advancement Scholarship Entry Deadline        |         |
|                      | 10/5  |             | Achiever Published Online and Mailed to Subscribers  |         |
|                      | 10/19 | 6:00 pm CST | Interim Board Meeting Day 1 (Virtual)                | -3      |
|                      | 10/20 |             | Deadline for submission of material for the Achiever |         |
|                      | 10/27 |             | Jackson Ghost Walking Tour                           |         |
|                      | 10/28 |             | POP UP Event in Nashville, TN                        |         |
| November             | TBD   | TBD         | Governance Committee Meeting                         |         |
|                      | 11/5  |             | Achiever Published Online and Mailed to Subscribers  |         |
|                      | 11/20 |             | Deadline for submission of material for the Achiever |         |



#### Thursday, August 31st, 2023 6:00 pm CST / 7:00 pm EST



**President Amber Farley** is inviting you to a scheduled Zoom meeting.

Topic: BPW/TN Fall Region Planning Meeting Time: Aug 31, 2023 06:00 PM Central Time (US and Canada)

Join Zoom Meeting https://etsu.zoom.us/j/83756695691? pwd=aFBEdzJLdFVnN1MyRFhWNFhsTjAzZz09

Meeting ID: 837 5669 5691 **Passcode: BPWTN23** 

One tap mobile +13052241968,,83756695691#,,,,\*8308441# US +13092053325,,83756695691#,,,,\*8308441# US

Dial by your location

- +1 305 224 1968 US
- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)
- +1 646 931 3860 US
- +1 929 205 6099 US (New York)
- +1 301 715 8592 US (Washington DC)
- +1 346 248 7799 US (Houston)
- +1 360 209 5623 US
- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 669 444 9171 US
- +1 669 900 6833 US (San Jose)
- +1 689 278 1000 US
- +1 719 359 4580 US
- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)

Meeting ID: 837 5669 5691

Find your local number:

https://etsu.zoom.us/u/kdl17awSbA

Join by SIP • <u>83756695691@zoomcrc.com</u>

Join by H.323

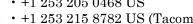
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