



BPWTN ACHIEVER



Business and Professional Women of Tennessee

SEPTEMBER 2023 Issue 3



September Spotlight: Business & Professional Women of Tennessee



The Business and Professional Women of Tennessee (BPW/TN) is a statewide organization promoting equity for all women in the workplace through advocacy, education and information. We are a powerful network of workingwomen seeking to advance career goals, earn higher salaries, build stronger businesses, and achieve pay equity and equal opportunities. As all women gain earning and spending power, they aid in reshaping U.S. consumer trends. And BPW/TN members are on the leading edge of that trend.

BPW/TN means business for you!

Our Goal-To be the leading nonpartisan, grassroots advocate for working women.

Our Mission-To achieve equity for all women in the workplace through advocacy, education & information.

Our Objectives

To elevate the standards for women in business and professions.

To promote the interests of business and professional women.

To bring about a spirit of cooperation among business and professional women of the United States.

To extend opportunities to business and professional women through education along lines of industrial, scientific, and vocational activities.

WHAT BPW/TN CAN DO FOR YOU

- ~~ **Political Awareness & Community Involvement** - Participate in a wide range of activities and grassroots efforts to raise awareness of issues affecting working women at local, state, & national levels.
- ~~ **Personal & Professional Development** - Attend workshops and programs designed to enhance professional skills and leadership abilities, such as Individual Development and Young Careerist/Aspiring Leaders.
- ~~ **Scholarships** - Assist women through scholarships to further formal education.
- ~~ **Members-Only Benefits** - Enjoy access to insurance programs, discounts on publications, travel credit card programs, Career Track training seminars, and more.
- ~~ **A Network of Motivated Women** - Connect with other motivated working women, network professionally, share contacts and exchange information to enhance your business and professional development.

Membership in BPW is open to all women & men who share our goals: 1) A Family Friendly Workplace
2) Equal Pay 3) Ratifying the Equal Rights Amendment 4) Advocating for the needs of working women



Business and Professional Women of Tennessee, INC.

1360 Baskins Road

Burlison, TN 38015

To Learn more about BPW/TN visit BPWTN.org

A Publication of the Business & Professional Women of Tennessee

Calendar of Events

Month	Date	Time	Meeting
September	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
October	10/5		Achiever Published Online and Mailed to Subscribers
	10/19	6:00 pm CST	Interim Board Meeting (Virtual)
	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

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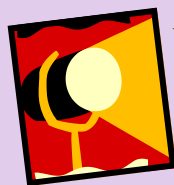
Coming soon:

This 2023-2024 year each BPW TN local organization will be highlighted.

Please be on the look out for those special issues and learn about our local organizations
Our October Highlighted club will be:

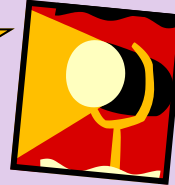


Business and
Professional
Women/TN



Elizabethton BPW

Jackson Area BPW
Lafollette BPW
Memphis Area BPW
Rockwood BPW
Chattanooga Business Women



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

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

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



Amber's September Message:

September is often associated with the welcoming of autumn, filled with fun fall activities. I hope that our members participate in many activities and events this season including Rockwood's pop-up event in Nashville, Jackson's annual ghost walk, Interim Board, and our BPW/TN fundraisers. There are many things to celebrate this month as we observe Hispanic Heritage Month, National Suicide Prevention Awareness Month, National Ovarian Cancer Awareness Month, and National Self-Care Awareness Month. There are many more observances and I encourage you to do a little research and find something you are passionate about to share and observe within your communities.

I encourage each of you to take some time this month and learn about suicide prevention. This is unfortunately a topic that can be triggering but can save someone's life. There are many great resources you can find such as the article *Suicide Prevention Month: 16 Ways To Take Action (2023)* from GOOD GOOD GOOD's website, <https://www.goodgoodgood.co/articles/suicide-prevention-month-week-activities>. They also provide resources and contact information such as the National Suicide Prevention Lifeline (suicidepreventionlifeline.org / 1-800-273-TALK (8255) or live online chat).

September 15 to October 15 is National Hispanic American Heritage Month. We celebrate the histories, cultures, and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America. The day of Sept. 15 is significant because it is the anniversary of the independence of Latin American countries Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Columbus Day or Día de la Raza, which is October 12th.

Self-Care is more than bubble baths and luxury spa days. It is about setting healthy boundaries, making healthy choices, and preventing the negative consequences of stress and self-neglect. Self-Care Awareness Month is a national campaign aimed to spread awareness about the importance of regular self-care. Check out ideas for self-care in this month's Achiever.

Thank you to everyone who joined us for the Fall Regional Planning Meeting and a special thank you to our West Regional Director, Carol Turpen, who led this year's combined East & West Region Meeting. Local Presidents and Representatives from across the state joined us by presenting their upcoming local programming. In addition, our State Treasurer, Martha Ervin, talked a little about our upcoming Christmas Wrapping Paper fundraiser. This will be held in October and more information will be in an upcoming Achiever.

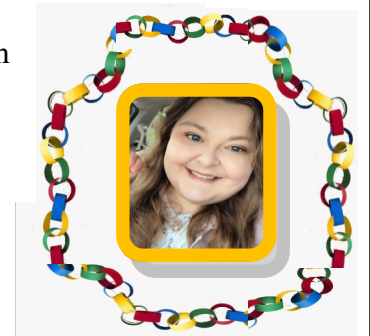
This month we are hosting our Little Caesars Pizza Kit fundraiser. Kits can be ordered online and shipped directly to your home via FedEx. Our group earns \$6 profit for each kit sold, so please help us reach our goal by sharing the advertisements you'll see on social media and via email. The fundraiser will be held September 18th – 24th. What better way to celebrate National Cheese Pizza Day on September 5th and/or National Pepperoni Pizza Day on September 20th by purchasing your own kits to make at home?

The 2023 Interim Board meetings will take place online on October 19th beginning at 6:00pm CST / 7:00pm EST via Zoom. Details including times and call-in/login information are located within this newsletter as well as shared on the website. The Call to Interim Board is contained within this newsletter and has also been forwarded by mail (prior to) and email as of Sept. 1st, 2023. I hope you can join us for the Interim Board Meeting!

Amber Farley

President, BPW/TN 2023-2025

President, Elizabethton BPW 2020-2024



Fundraisers

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

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=44,724,70,59eae9>



**WE'RE SELLING
RADA CUTLERY**

**SHOP NOW
TO SUPPORT
OUR GROUP**



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!



TEDTALKS



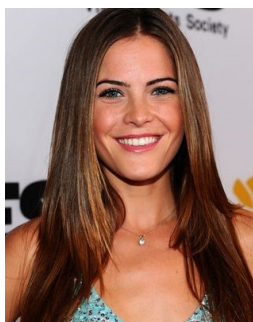
Self Care: What It Really Is | **Susannah Winters** | TEDxHiltonHeadWomen

<https://www.youtube.com/watch?v=dBn0ETS6XDk>



My identity is a superpower -- not an obstacle | **America Ferrera** | TED

<https://www.youtube.com/watch?v=RjquHTj4HIY&list=PLOGi5-fAu8bHvw4OtRNZNsKLrtqrUS3zM>



Mental Health Crises and Suicide Prevention | **Shannon Decker** | TEDxParkCity-Women

<https://www.youtube.com/watch?v=4N-GeoGnFN8>

TED
Talks

That Will
CHANGE
Your Life

TED
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-and-use-tax/sales-tax-holiday/sth-food.html>

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



Congratulations to the 2023 Rockwood Scholarship Recipients

Our 2023 winner of the \$1,000.00 scholarship is Krissa Patel. She will attend the University of Tennessee in Knoxville and will study in the medical field.



The \$500.00 scholarship winner is Belle Webb. She will study vision care technology at Roane State Community College.

Rockwood Centennial Books

1868 " 1968

Reprinted 2018
By Rockwood Business & Professional Women

\$20.00

Rockwood BPW has some
Centennial books left.

To order Please Email:

leeann4002@yahoo.com

If you would like a copy mailed to
you, please add an extra \$5.00 for
shipping and handling.

THANK YOU GERALDINE WALLICK

Rockwood Business and Professional Women would like to take this time and thank **Geraldine Wallick** for her year as being our LO President. She led our organization this past year (*July 1, 2022- June 30, 2023*) with prestige and knowledge that helped us win 4 State BPW/TN awards presented at Convention earlier this month. She will step into the role of LO Treasurer and continue to be a guiding member in our continuing civic organization's future.



Rockwood BPW Fundraiser PECANS

PRE-ORDER by
September 19th
Half, Pieces, and
Chocolate Covered
\$11 each

It's **FUNDRAISING TIME** again.

Rockwood BPW is selling pecans.

To Pre-Order, Please contact:

Becky Layne

(layne_rf@hotmail.com),

Geraldine Wallick

(865-354-0934)



Time to take care of SELF:

As women, we tend to have a strong pull to take care of the needs of others and can sometimes put ourselves on the back burner. Below are ways you can practice self-care this month and take care of yourself! Snap a photo this month of you doing something to take care of yourself and send it in for our next Achiever (email to publication@bpwtn.org). Let's see how each of us takes time out to celebrate and take care of ourselves.

- Take care of your space. Declutter, wipe down surfaces or reorganize.
- Bake something yummy. Try a new recipe.
- Try a new craft or hobby.
- Hang out on your porch, deck, or backyard and enjoy a slow moment outdoors. Listen to the wind chimes, gaze up at the sky, or just rock in place for a few peaceful moments.
- Send snail mail. Make a card yourself, or grab some beautiful stationary, stick on a stamp, and drop that baby in the mailbox to send some gratitude to a loved one.
- Try some yoga.
- Do some journaling. Whether you keep a regular gratitude journal or need some prompts to get you started, journaling is a great way to strengthen your memory and reduce stress.
- Hit up the farmer's market.
- Spend time in nature. You can go all out and try the 1,000 Hours Outside challenge or just take a regular walk.
- Give yourself time to do nothing at least once a week. Whether "nothing" means taking a nap or watching a mindless TV show to help you get into a relaxed state, you deserve it!
- Get yourself a little treat. No, there is nothing better than an iced coffee or a little candy bar at the gas station. We rest our case.
- Wear an outfit you really love, some jewelry that makes you feel exquisite, or a nail color that feels empowering. Build your personal style based on what feels good and true to you.
- Turn off your alarms one day a week. If that isn't doable for you, try to wake up without an alarm at least once a month.
- Stretch those muscles. Just a few minutes of stretching can set you up for success every day.

WITH EVERY ACT OF SELF-CARE YOUR AUTHENTIC SELF GETS STRONGER, AND THE CRITICAL, FEARFUL MIND GETS WEAKER. EVERY ACT OF SELF-CARE IS A POWERFUL DECLARATION: I AM ON MY SIDE, I AM ON MY SIDE, EACH DAY I AM MORE AND MORE ON MY OWN SIDE.

– SUSAN WEISS BERRY

- Organize your digital files. Delete the random screenshots, make some new folders on your desktop, and ooh and ahh at your simplified system.
- Create a playlist of music you like to dance to. Then dance to it.
- Limit your social obligations. Sometimes the pressure to be around people can be a little much.
- Lie on the floor. Physical therapists say this is a grounding activity that can help with your posture and even alleviate anxiety.
- Get to know yourself better with a personality assessment! There are lots to choose from: Myer's Briggs, Enneagram, Human Design, and more.
- Have a picnic! Raid your pantry or fridge for some yummy goodies, pack a blanket and some bug spray, and enjoy the great outdoors.
- Write out your values or discover what you're passionate about. While value assessments are often tools for career growth, this can also be a great way to better understand yourself and what is most important to you.
- Virtually tour a museum anywhere in the world. Need a change of scenery without the price of an international flight? Check out a digital museum tour for any number of museums across the globe.
- Download a mood tracker app to help you document your mood changes and journal about your feelings daily.
- Create a self-care toolkit with items you already have at home. Grab some of your favorite candies and snacks, a coloring book, candle, and any other soothing self-care materials you'd like to include and have a kit on standby for those high-emotion moments.

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

2023
DOWNTOWN JACKSON
GHOSTS 'A WALKING
TOUR

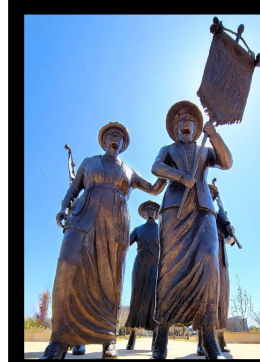
INTERACTIVE DINNER THEATRE EXPERIENCE
CLAYTON HALL FIRST UNITED METHODIST CHURCH
JACKSON TN
FRIDAY 27 OCTOBER

POP UP



Rockwood BPW
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 Local Organization wishes to collaborate with us.

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

The tentative schedule time may change, but it will be an afternoon event.

Saturday, October 28th

2:00pm Women's Suffrage Monument, 3:00pm Parthenon

Depending on the amount of people to RSVP we may add plans for a meal before or after the event.

Official Call to Interim Board of Directors Meeting

To: State officers, regional directors, state committee chairs, local organization presidents, bylaws chair, and immediate past state president

By authority vested in me as president of the BUSINESS & PROFESSIONAL WOMEN OF TENNESSEE, INC. (BPW/TN), and pursuant to vote of members of the board a meeting of the executive committee and the board of directors is hereby called for Thursday, October 19th, 2023.

The following items of business will be presented for consideration and action.

Reports and recommendations from state officers, committee chairs, local organization presidents, and regional directors and district directors.

Approval of appointment of additional committee members (executive committee only)

Report of study committees (namely)

Election of nominating committee

Such other business as may properly come before the meeting to promote the work and effectiveness of BPW/TN

All members of BPW/TN may attend meetings of the board of directors and may discuss matters presented for action. However, the making of motions and voting are limited to the board of directors.

A registration fee of \$5.00 applies only to those who pre-register prior to the formal opening of the board meeting.

Due to the meeting being held virtually no late fee shall be applied for the 2023 Interim Board of Directors meeting.

A request for refund of paid pre-registration and stated meals may be approved only if made in writing to the president and the interim board chair by the person requesting refund, received no later than 72 hours prior to the first business meeting.

Half of only the registration fee will be approved only if made in writing to the state president and received no later than 24 hours prior to the first business meeting.

Registration fees are not transferrable from one member to another unless the transfer occurs between members of the same Local Organization. Transfers within a Local Organization will be allowed without prior approval of the state president.



BPW/TN Interim Board – Board of Directors Meeting

Time: Oct 19, 2023 6:00PM Central Time (US and Canada)

Join Zoom Meeting

<https://etsu.zoom.us/j/84493519730?pwd=U1ZlZEF4dTljUjlYNHhVc0FIV3dRQT09>

Meeting ID: 844 9351 9730

Passcode: BPW^TN23

One tap mobile

+16469313860,,84493519730#,,,,*2665679# US

+19292056099,,84493519730#,,,,*2665679# US
(New York)

Dial by your location

• +• +1 929 205 6099 US (New York)

• +1 312 626 6799 US (Chicago)

Meeting ID: 844 9351 9730

Passcode: 2665679

Kelsi Hill, Secretary

Amber Farley, President