

# **BPWTN ACHIEVER**

Business and Professional Women of Tennessee

FEBRUARY 2024 Issue 8



And flows through

The heart pumps about 1 million barrels of blood during an average lifetime – that's enough to fill more than 3 super tankers.

HARRISHEALTH SYSTEM

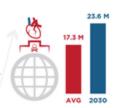
# February is American Heart Month



and women in the United States.



Cardiovascular disease is the leading global cause of death, accounting for more than 17.3 million deaths per year, a number that is expected to grow to more than 23.6 million by 2030.





Nearly **801,000** people in the U.S. died from **heart disease, stroke** and other **cardiovascular diseases** in **2013**.

That's about **one of every three** deaths in America.

Heart disease is the leading cause of death for men

Every year, 1 in 4 deaths are caused by heart disease.

Someone in the U.S. dies from **heart disease** about once every 84 seconds.





Direct and indirect costs of **cardiovascular diseases** and **stroke** total more than **\$316.6** billion.

That includes health expenditures and lost productivity.

Since 2010, the FDA has approved nearly 30 drugs indicated to treat Cardiovascular Diseases.



National Wear Red Day is observed on the first Friday of February each year. This day is dedicated to raising awareness about heart disease, which is the leading cause of death among Americans,

Friday Feb. 2nd

especially women. On this day, people are encouraged to wear red as a symbol of their support for women's heart health.





# FEBRUARY:

The name February is derived from the Latin word "Februarius," which means "month of purification". The month was named after the Roman festival of purification called Februa, which was celebrated in mid February. During this festival, people were ritually washed to purify themselves.

In the original Roman calendar, February was the last month of the year and had 28 days. However, in 700 BCE, the second king of Rome, Numa Pompilius, added January and February to the end of the calendar to conform to the solar year. The two new months were both originally 28 days long. Later, in 153 BCE, the beginning of the year was moved to January 1.

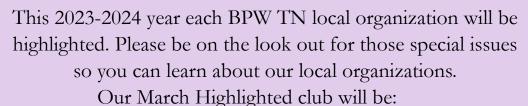
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# Coming next month:





# Rockwood BPW



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



# February 2024



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.



# Sharon L. Taylor-Carrillo Past State President 2007-08, 2017-18 Achiever Editor 2021-2024 Parliamentarian 2023-2024

SharonLyrae@aol.com 615-319-6531



I cannot believe a whole month has come and gone as we enter into February of 2024. I am excited to relay to you all that our BPWTN book club is off to a great start. This past week members joined together virtually to discuss Strengths Finder 2.0, a book about focusing on improving your strengths. This is a short book and a great kickoff for personal and/or professional development. You are welcome to join us as we meet again on February 22<sup>nd</sup> to review and discuss our findings.

I have a few save-the-dates for the next upcoming months and hope that you all can join in whether in person or virtually!

The annual Equal Pay Day Unhappy Hour will be held on Tuesday, March 12<sup>th</sup> at 6:00 pm CST / 7:00 pm EST. Come join us for networking and conversation as we celebrate the work that has already been done to bring equitable pay to women across the country, as well as recognize the work still to be done. Wear red and grab your beverage of choice! We'll have a short game or two as well! Zoom information can be found later in this month's Achiever.

Our first BPWTN Meet and Greet will be held on Saturday, March 23<sup>rd</sup> in Hendersonville, TN. Please note this date change from the last Achiever. Easter falls a bit earlier this year and that March 30<sup>th</sup> date happens to be Easter so the Meet and Greet will fall the weekend before. There is a tentative itinerary included in this month's achiever for you to review. Please note these meet & Greet events are not reimbursable by the state organization and are intended to networking and building community amongst members. That being said, we are so excited to see (or meet) you next month!

The annual convention is slated for June 2024 and more information is to come. The site selection committee is in the process of finding another venue to accommodate the needs of our group. Although this is not an election year, individuals interested in strengthening their leadership skills or knowledge of BPW are encouraged to reach out to me or any of our officers for mentorship and information on how to get involved.

I look forward to working with you all as we create opportunities for community building and membership growth in 2024! If you need anything, please feel free to drop me an email at president@bpwtn.org.

Best wishes to all for a prosperous New Year!

Thank you,

**Amber Farley** 

President, BPW/TN 2023-2025

**BPWTN** 







# FEBRUARY.....

## Black History Month American Heart Month

### **Birthstone**

Amethyst

## Fruit & Veggies

- Oranges
- Star Fruit
- Calabaza Squash
- Chayote Squash

Bitter Melon

### **Flower**

Violet

## Astrological Sign

Aquarius (till 18th) & Pisces (19th→)

- Feb 2: National Wear Red Day
- Feb 2 Ground Hog Day
- Feb. 11 Super Bowl Game
- Feb. 12 Lincolns Birthday
- Feb. 13 Mardi Gras
- Feb 14 Valentines Day
- Feb 14 Ash Wednesday
- Feb 17 Random Acts of Kindness Day
- Feb 19 Washington's Birthday
- Feb 19 Presidents Day

## BLACK HISTORY MONTH HEART HEALTH MONTH

National Cancer Prevention Month National Bird-Feeding Month Humpback Whale Awareness Month

# Coming in March:

8 International Women's Day

10 Day light savings time begins

- 17 St. Patrick's Day
- 24 Palm Sunday
- 28 Holy Thursday
- 29 Good Friday
- 31 EASTER

# COMING SOON......

# Aspiring Leaders of Tomorrow Young Careerist



Please apply for the ALT-YC Scholarship.

Qualifications: ~~Female --- age 35 or younger

- ~~High school graduate or completed GED
- ~~First time applicants only, can not apply if previously received scholarship from BPW/TN
- ~~Must fill out application and include a schedule from institution/school enrolled in plus provide address of financial office .
- ~~Enrolled in a post-secondary institution of higher learning such as an accredited 4-year college, community college, technical school or a recognized apprenticeship program.

**SUBMIT**: Completed Registration Form Application includes one-year student membership in BPW/TN. 400 - 500-word essay, typed, single spaced, "What are today's "Women's Issues"? What are some steps that would help address and correct them?"

Deadline for submission - April 30, 2024

Email completed registration form and essay to one of the below listed:

#### Lee Ann Gaddis.

1258 Joiner Hollow Road, Rockwood, TN 37854, leeann4002@yahoo.com

#### Beth Bates,

35 Walnut Grove Cove, Jackson, TN 38305, batesb@aol.com

#### **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://tinyurl.com/bpwtnRADA



Tennessee Conference on Volunteerism & Service-Learning Feb. 18 - 20, 2024

#### CALLING ALL SPEAKERS

- 1. Are you a high energy, engaging presenter?
- 2.Can you inspire and challenge volunteer, service-learning and civic leadership?
- 3. Does collaboration energize you?

Submit your workshop proposal today!
tn.gov/Volunteer-Tennessee

VOLUNTEER

Good Evening Everyone,

We are looking to have a <u>Governance meeting</u> on Thursday, <u>February 8th</u> at 6:00 pm CST/7:00 pm EST. The back up date is the 15th. The Zoom Invite is below and **Robin will send out an agenda on Monday of the meeting week.** 

Amber Farley is inviting you to a scheduled Zoom meeting.

Topic: BPWTN Governance Meeting

Time: Feb 8, 2024 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

https://etsu.zoom.us/j/89193398286?pwd=UjNRQnl2VjBkSXdESW1ZL3podEJEZz09

Meeting ID: 891 9339 8286 Passcode: BPWTN24

#### One tap mobile

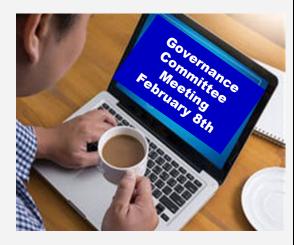
- +13017158592,,89193398286#,,,,\*2389743# US (Washington DC)
- +13052241968,,89193398286#,,,,\*2389743# US

#### Dial by your location

- +1 301 715 8592 US (Washington DC)
- +1 305 224 1968 US
- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)

Meeting ID: 891 9339 8286

Passcode: 2389743

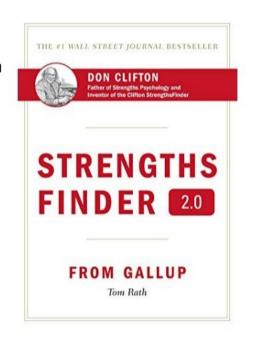


## **BPWTN**

# BOOK CLUB

Thank you to those who logged in for our first BPWTN Book Club meeting this past month.

Due to attendance we decided to hold off one month before diving into the 34 strengths found in Strengths Finder 2.0. Which means there is still time to grab you copy and join us.



Below are a few links to videos I'd like for you to watch and a checklist of things to do before our February 22nd meeting. These will help you understand Strengths Finder and identify your strengths for our discussion.

### VIDEOS & CHECK LIST



Watch: What is Gallup StrengthsFinder? by Elvira Marie Chang https://youtu.be/4rITEvVDqpo?si=bbIMS6TMKps\_\_djx

Read Part I: Finding Your Strengths An Introduction

Take the CliftonStrengths Assessment Online
https://www.gallup.com/cliftonstrengths/en/252137/home.aspx
(You can take the test even without a book purchase, but if you purchased the book you should have an access code to take the test).

Read Up on Your Strengths in Part II: Applying Your Strengths

If you'd like to email your strengths to Amber at amberfarley.bpw@gmail.com, she will make sure to include those in the February discussion.

THURSDAY — FEBRUARY 22nd 6:00PM (CST) 7:00PM (EST)

ZOOM ID: 858 3618 2054 PASSWORD: BPWTN24



TUESDAY, MARCH 12TH 7:00 PM EST / 6:00 PM CST

GRAB A BEVERAGE WEAR RED AND JOIN US ON ZOOM

MEETING ID: 871 3306 6522 PASSCODE: BPWTN24

CAN CALL IN USING: +1 309 205 3325

MEETING ID: 871 3306 6522 PASSCODE:

2224043

cheers!



FRIDAY 3,22,2024



#### MONTHAVEN ARTS & CULTURAL CENTER

The Monthaven Arts and Cultural Center (MACC) is Sumner County's premier arts organization. A nonprofit launched in 2017 and located in Hendersonville, Tenn., the MACC offers art classes and stages world-class art exhibitions in their headquarters at Monthaven Mansion, a spectacular antebellum home built in the 1850s. Once serving as a field hospital during the Civil War, Monthaven's galleries and halls now exist to create vibrant arts and cultural experiences for people of all ages.

Celebrate Black History with the illustrations of the noted Tennessee artist Michael J. McBride. His exhibition celebrate the Gullah-Geechee language and culture of the Carolinas.

#### **DINNER AT DEMO'S RESTARAUNT**

Greek family style restaurant that offers a variety of heritage dishes, all handmade with fresh ingredients and served in generous portions.

The Meet & Greet events are intended solely for members to come together and enjoy one another's company for a day of fun. The Meet & Greet Lead will choose a location and plan the outing. The information should be sent to President, Amber Farley, and Publication Editor, Sharon Taylor-Carrillo to be included in the Achiever at least 1-2 months prior to the event.

Our first Meet & Greet event will be held in Hendersonville, TN on Saturday, March 23rd, 2024. President, Amber Farley will be arriving on Friday, March 22nd. If any members arrive on Friday they are invited to meet her for a viewing of Illustrations created by Michael J. McBride at the Monthaven Arts & Cultural Center as well as Demo's Restaurant for dinner.

There are plenty of hotels in Hendersonville that you can choose from. Amber will be staying at the Hampton Inn & Suites and is happy to meet anyone else staying there for breakfast that morning. Those staying at other locations can meet the group at our first stop, the Historic Rock Castle at 10:00 am.



# **SATURDAY** 3.23.2024

# Meet and Greet Events are not

reimbursable at the state level.

Members must cover the cost of their own travel, lodging, meals, and activities chosen to attend.

An RSVP will be required so that appropriate reservations can be made as needed. This will be sent out via email to members with access to internet. Members without access may contact President, Amber Farley via phone to RSVP.

#### DAY TIME ACTIVITY INFORMATION TO COME

Unfortunately the Rock Castle is closed for the season and Pinterest Hendersonville has closed their location. Amber is currently putting together a new itinary for the daytime portion of our event. More information to come.

#### LUNCH AT SAUNDERS FERRY PIZZA

Local Pizzaria

#### **HAUNTED HENDERSONVILLE**

Get ready for an unforgettable evening filled with spine-tingling tales and hair-raising encounters as Allen Sircy, Tennessee's renowned hauntstorian, unveils "Haunted Hendersonville Tour," offering a unique brand of chilling adventure.

For those seeking a different kind of thrill, the "Haunted Hendersonville Tour" is an extraordinary expedition where the vivid tales from Sircy's book, "Southern Ghost Stories: Hendersonville, Tennessee" come to life. Starting in front of Walton Ferry Books, this 60-minute tour will guide you through the haunted annals of Hendersonville's history.

#### DINNER AT THE RUDDERS

The Rudder at Anchor High Marina is the lakeside dining destination where people go to enjoy great food and entertainment in a laid-back atmosphere on the lake!

Members will need to complete the RSVP form linked below so that a headcount can be obtained for reservations. You will simply let us know which events and meals you plan to join in on and the event lead will make a group reservation on our behalf.



# https://forms.gle/FJ1yi2x9YazKRCQm6

Below are links for you to check out locations and activities webpages:

- Monthaven Arts & Cultural Centers <a href="https://monthavenarts.org">https://monthavenarts.org</a>
- Haunted Hendersonville http://hauntedhendersonville.com/
- · Demo's Restaurant demosrestaurants.com
- Saunder's Ferry Pizza <a href="https://www.sandersferrypizza.com">https://www.sandersferrypizza.com</a>
- · The Rudder's therudderahm.com







# 2024 Calendar of Events

#### **February**

2/5/2024 Achiever Published Online and Mailed to Subscribers 2/8/2024 Governance Committee meeting 6PM CST 7 EST 2/20/2024 Deadline for submission of material for the Achiever

#### **March**

Women's History Month

3/4/2024 Day on the Hill

3/5/2024 Achiever Published Online and Mailed to Subscribers

3/7/2024 6:00 pm CST Spring Regional Meeting

3/12/2024 Equal Pay Day & Unhappy Hour Event

3/20/2024 Deadline for submission of material for the Achiever

3/23/2024 Meet & Greet in Hendersonville, TN

#### <u>April</u>

4/5/2024 Achiever Published Online and Mailed to Subscribers

4/20/2024 Deadline for submission of material for the Achiever

4/22/2024 Virtual Walk/Run Fundraiser (22nd-28th)

4/30/2024 ALT-YC Scholarship Entry Deadline

4/30/2024 Annual Membership Dues Payment Deadline -

For Membership Awards Consideration

#### May

5/5/2024 Achiever Published Online and Mailed to Subscribers 5/15/2024 All Reports for Convention due

(State Officer, Committees, Local President Report)

5/20/2024 Deadline for submission of material for the Achiever

5/23/2024 6:00 pm CST Pre-Convention EC Meeting

5/23/2024 6:30 pm CST Pre-Convention BOD Meeting

5/31/2024 6:00 pm CST Convention Meeting

Day 1—Opening of Convention—Bylaws

#### <u>June</u>

6/1/2024 TBD Convention Meeting

Day 2—Awards—Speaker and/or Workshop

6/1/2024 TBD Post-Convention EC Meeting

6/1/2024 TBD Post-Convention BOD Meeting



















