

# **Rockwood Business and Professional Women**

## **Celebrating over 90 years of Success for Women**

February 2013

Volume 2, Issue 8

Vickie Watts, President

Lee Ann Gaddis, Editor & Publisher

### **Rockwood BPW Programs for 2013**

#### **February 19 Foundation**

Jerry Wallick, ch., Linda Brummett

#### **March 19 White Elephant**

Lee Ann Gaddis, ch., Kate Blakely, Lynne Spires

#### **April 16 Business Meeting**

(Equal Pay Day)

Mary Ann Owings, ch., Ann Hiegel, Pearl Williams

#### **May 21 Installation of Officers**

Jean Loveday, ch., Bea Connatser, Elizabeth McCallie

#### **June 18 BPW/TN Convention Reports**

Kelly Gibson, ch., Velma Beckner

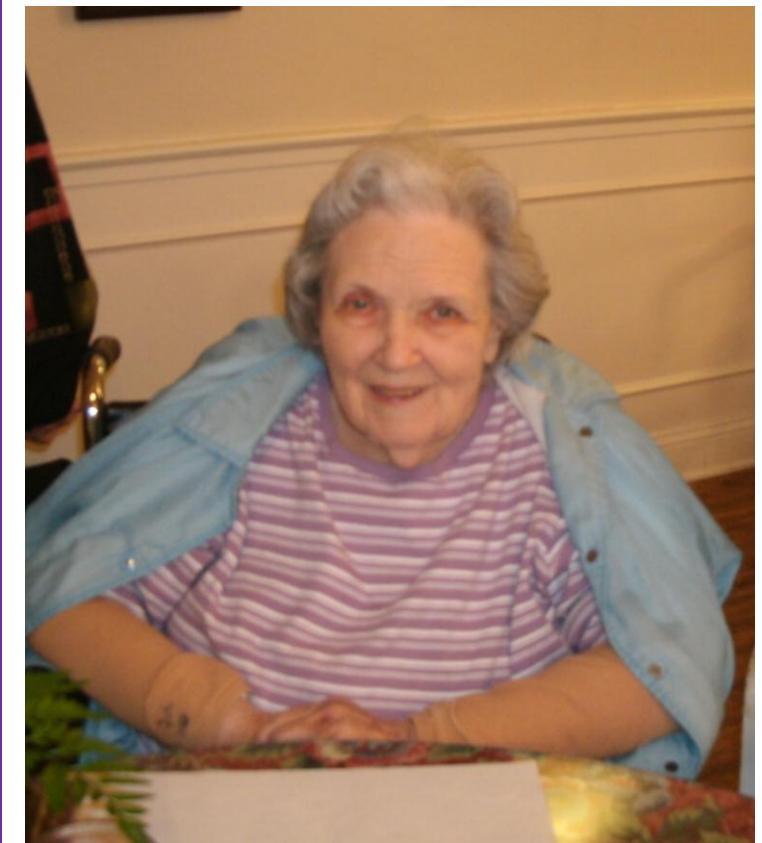
*Let's make this year the BEST Ever!*

*Make your plans to attend!*

### **Day on the Hill Wednesday, March 20<sup>th</sup>, 2013**

The breakfast is at the Waller Office on 6<sup>th</sup> and Union. PSP Zulfat Suara is still in process of scheduling the photo op with the governor. We are in collaboration with the same group that we have been with the last few years on the luncheon for that day. More info to follow as it becomes available. Please RSVP for your spot at Day on the Hill.

Contact: Lee Ann Gaddis for Region I attendance.



#### Betty Bane

A member for over 51 years, she was a great asset to our organization at local, state, and national. She may have left us but her memory shall live in our hearts forevermore. If you would like to give a donation to the Rockwood Scholarship in her name please send it to Ann Hiegel, our treasurer. For any other details or questions concerning a contribution, please contact Ann.

Please keep Lynne Spires in your thoughts and prayers her sister recently passed away.

Arrangements for Lynne's sister, JEANNIE HALL  
Saturday, February 16 @ 4:00 p.m.; St. James Episcopal Church  
1101 N. Broadway, Knoxville, TN 37917  
Reception will follow the service.

## UPCOMING EVENTS

### Foundation

Tuesday, February 19<sup>th</sup>

Committee Chair for the Foundation Meeting will be Geraldine Wallick with assistance from Linda Brummett. They will be calling members for a number to place our reservation. Once you agree to come and then decide to cancel your reservation, you must do so before the deadline at 10 am on Tuesday, February 19<sup>th</sup>. A fee of \$5.00 will be billed to you for any cancellations after the initial agreement to come. The meeting will have dinner served, individually, a 15% gratuity will be asked at the end of the meeting. We are given the use of the room free of charge. If there is a continuance of refusal to pay gratuity, the gratuity will be added to your bill for your meal. Please be kind and support the staff that is a tremendous help to our meetings by giving what is due them.

**Louisiana**  
is the only state  
in which  
Mardi Gras  
is a  
**LEGAL** holiday.

### Reminder

REGION I meeting  
will be on Saturday, March 23<sup>rd</sup>  
in the Conference Room at the  
Knox Housing Partnership on  
Winona Ave., Knoxville TN



February  
is  
**Heart  
Health  
Month.**

The January  
minutes will be  
read by Geraldine  
Wallick at the  
February meeting.

### February Birthdays

- 10- Jean Loveday
- 12- Ashlee Britton
- 15-Betty Johnston



More women  
than men  
will die from  
**Heart Disease.**

More than 41  
million women in  
America have  
**Heart Disease.**

Spend your time on those  
that love you  
unconditionally... Don't  
waste it on those that only  
love you when the  
conditions are right for  
them.

Valentine's Day, Mardi Gras  
and Heart Health information  
can be found throughout the  
newsletter. This is not  
intended to insult, disgust, or  
otherwise put one's religion  
above another's. This is only  
for interesting, fun  
entertainment and should be  
taken in that context. This  
information has been put in  
this newsletter at the requests  
of some members.

*Love*

### Roman Roots

The history of Valentine's Day is  
obscure, and further clouded by various  
fanciful legends. The holiday's roots are  
in the ancient Roman festival of  
Lupercalia, a fertility celebration  
commemorated annually on February 15.  
Pope Gelasius I recast this pagan festival  
as a Christian feast day circa 496,  
declaring February 14 to be St.  
Valentine's Day.

## Origins of Mardi Gras

According to historians, Mardi Gras dates back thousands of years to pagan celebrations of spring and fertility, including the raucous Roman festivals of Saturnalia and Lupercalia. When Christianity arrived in Rome, religious leaders decided to incorporate these popular local traditions into the new faith, an easier task than abolishing them altogether. As a result, the excess and debauchery of the Mardi Gras season became a prelude to Lent, the 40 days of penance between Ash Wednesday and [Easter Sunday](#). Along with Christianity, Mardi Gras spread from Rome to other European countries, including France, Germany, Spain and England.

Traditionally, in the days leading up to Lent, merrymakers would binge on all the meat, eggs, milk and cheese that remained in their homes, preparing for several weeks of eating only fish and fasting. In France, the day before Ash Wednesday came to be known as Mardi Gras, or "Fat Tuesday." The word "carnival," another common name for the pre-Lenten festivities, may also derive from this vegetarian-unfriendly custom: in Medieval Latin, *carnelevarium* means to take away or remove meat.

## Chaucer's Love Birds

It was not until the 14th century that this Christian feast day became definitively associated with love. According to UCLA medieval scholar Henry Ansgar Kelly, author of *Chaucer and the Cult of Saint Valentine*, it was [Chaucer](#) who first linked St. Valentine's Day with romance.

In 1381, Chaucer composed a poem in honor of the engagement between England's [Richard II](#) and [Anne of Bohemia](#). As was the poetic tradition, Chaucer associated the occasion with a feast day. In "The Parliament of Fowls," the royal engagement, the mating season of birds, and St. Valentine's Day are linked:

For this was on St. Valentine's Day,  
When every fowl cometh there to choose his mate.

## Tradition of Valentine's Cards

Over the centuries, the holiday evolved, and by the 18th century, gift-giving and exchanging hand-made cards on Valentine's Day had become common in England. Hand-made valentine cards made of lace, ribbons, and featuring cupids and hearts eventually spread to the American colonies. The tradition of Valentine's cards did not become widespread in the United States, however, until the 1850s, when Esther A. Howland, a Mount Holyoke graduate and native of Worcester, Mass., began mass-producing them. Today, of course, the holiday has become a booming commercial success. According to the Greeting Card Association, 25% of all cards sent each year are valentines.

## Mardi Gras

A Christian holiday and popular cultural phenomenon, Mardi Gras dates back thousands of years to pagan spring and fertility rites. Also known as Carnival, it is celebrated in many countries around the world—mainly those with large Roman Catholic populations—on the day before the religious season of Lent begins. Brazil, Venice and New Orleans play host to some of the holiday's most famous public festivities, drawing thousands of tourists and revelers every year.

### Reminder:

Our annual **WHITE ELEPHANT** sale is next month at the **March Meeting** please bring your gifts and moolah for a rousing bidding war which will be sure to please anyone who comes.

*Also bring a guest, don't let the bidding war go to waste, include a friend for the fun.*

Any other BPW members or guests wishing to come just email Lee Ann for details.



Information came from:  
[Info.com](#)  
[History.com](#)  
[Prevention.com](#)

## WORDS FROM THE EDITOR

Heart Health month is very dear to me, as for many like me, it is a critical genetic disease in my family. I try to live in a way to hinder the onset and so far every generation from my grandmother on has lived an extra 20 yrs due to medicine and a healthy ratio of diet and exercise. I strongly urge everyone to keep your checkups with your physician.

I truly enjoy members asking for the information as well as BPW information. I like to do research and find the information to share with you. As long as members continue to ask I will try to keep the extra info coming as well as the BPW info.

**Lee Ann Gaddis,**

*Rockwood Newsletter Editor and Publisher*

Any corrections or extra information given after this newsletter has been issued will be duly noted and expressed in detail in the next issue.

Thank you for your time and energy.



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## Watts New

Dear Rockwood BPW Members,

As Heart Health month is upon us, I remind everyone to have a Health Check cause preventative check. This can help you survive heart-related problems. We as BPW Sisters need to be aware of these dangers and take steps to keep our health checkups up-to-date.

On another note, everyone needs to be reminded of proper procedures in our business meetings. No matter how long we have been in this organization, a true BPW member should always act as a professional and display that knowledge properly. Never allow others to drag you down when your self-worth is above them.

Vickie Watts, President Rockwood BPW

You can find us on Facebook under Business and Professional Women Rockwood, Tennessee and at  
[www.facebook.com/RockwoodBPW](http://www.facebook.com/RockwoodBPW)

