



Tar Heel Woman

February, 2011 - Vol. 86, Issue 4

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Dare to Dream!



A Publication of
the North Carolina
Business and Professional
Women's Clubs, Inc.

MAKE IT YOUR MISSION
TO FIGHT HEART DISEASE IN WOMEN

Heart disease is still the No. 1 killer of women, taking the life of 1 in 3 women each year.

This means women just like you — mothers, sisters, friends — are dying at the rate of one per minute. In fact, in the time it takes to read this, another woman will die from heart disease. It simply does not have to be that way.

Make It Your Mission to Save Lives.

BPW advocates for women's health issues. Together we can make a difference. "Go Red" to help raise crucial awareness of the fight against heart disease in women. There are many ways to show your support on National Wear Red Day or any day throughout the year – from simply wearing red to helping organize an event at your workplace, school or local BPW organization.

Get Involved. Learn how you can help fight heart disease in women at GoRedForWomen.org or by contacting your local American Heart Association office.

President's Message

Continue Dreaming!

Since we last spoke, the New Year has begun. 2010 was a wonderful year for BPW and 2011 is going to be even better. Great things are happening around the state and I want you to be a part of it. If I could wave a magic wand and sprinkle fairy dust on you all, it would make you as passionate about BPW as I am.

Past State President and current State Historian Verna Taylor gave me the best advice in the world when she said, "You get out of BPW what you put in." Anyone on the state team can tell you how true that is. I can honestly share that most of these ladies are the hardest working women I have ever been privileged to work with!

Saturday night I was honored to be a guest at the Nashville Opry. Our sisters in Nash County hosted a fantastic fund raiser; there was standing room only left! Country, gospel, rock 'n roll, and blue grass music reverberated for four hours straight. These ladies gave the guests their money's worth and raised megabucks for their scholarship fund. They also had the support of the Nash Arts Council who sponsored the event and supplied the venue. Elvis even gave me his scarf! I'll bring it to the board meeting so you all can touch it and drool.

Spring WEE

Well if you missed the Nashville event, you have the opportunity to attend a great leadership training Women Empowered and Enlightened event in Granite Falls on April 30th. Vice President Virginia Adamson, Leadership Development Chair Mary Shelton Drum, and Granite Falls President Linda Crowder are working tirelessly to bring to an awesome event. You may begin registering and paying on the new state web site.

President-elect Rhonda Hunter has invested numerous hours getting our new site ready. Please take the time to visit it. We all need to begin going to the web site, www.bpw-nc.org, to get state information. She even set up a page for each club to post club information. Please take advantage of that.

State Conference

Marsha Lewis, State Conference Chair, is busy putting together a fun filled and educational conference for you all. Registration will be open online, February 15, so register early. You will be eligible for a drawing of some fun prizes if you register early. See the information in the conference article later in the issue.

Thank you all for "Daring to Dream". I am please that you have such versatile and varied dreams. After all "variety is the spice of life".



Gail Harper

2010-2011

BPW/NC President

2010 – 2011
BPW/NC
Leadership Team



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President Elect Rhonda Hunter

BPW/NC Rolls Out a New Web Site and Membership System!

A new web site has been created using the Wild Apricot program. This new program also includes our official membership system.

Let's take a tour:

Log in at www.bpw-nc.org

If you are logging in for the first time

- Type your email address in the gray **Email** box
- Click **Forgot Password**, this will ask you to enter your email again and it will email you your password.

If you have already been on the web site you will need to enter your email and then your password to be able to access the *Member Only* section.

As a logged in member who is current on dues you will have access to:

- The complete Private Member Directory
- Forms
- Resources/Publications
- Awards Information/Forms
- Programs

The general public or person who is not properly logged in, or a member who is not current with their dues will not have any access to the *Member Only* section. In fact the *Member Only* section will not even appear on their screen as an option.

Once you are logged in, access your *Profile* by clicking on *View Profile* in the gray box to the left side of screen located below the gray menu for that page. This will bring up all your information. You may edit this information at any time, except for the *Member Since* date, *Expires* date, *Amount Paid* amount and *Date Paid* date. Please check this information and if you find any of these areas need correction please contact me directly at webmaster@bpw-nc.org.

Please take the opportunity to cruise around the site and see what you can find. I hope you enjoy it and will visit it often to find the materials and resources that you need for yourself or your club.

Another area that is new is a web page for each club where the Club President can submit planned events, or announcements that they would like to share such as a local successful project or a speaker they have enjoyed hearing. Some clubs do not have their own web site and this will give each club a message board to your local members. You will then be able to encourage your members or prospective members to go the state web site and find your club's page. The page includes President's and Treasurer's contact information via email.

If your club already has a web site of their own that is great but please check your club page and email me your club meeting information so that if a new prospect checks out the state web site to find you they will have easy access to your leadership and can obtain meeting place, time, and date information. We hope this will assist you with new members. It is free to the clubs and we hope you take advantage of it.

If you find something on the web site that needs correction or updating, or if you have ideas for the web site, please contact me directly at webmaster@bpw-nc.org. I appreciate everyone's eyes taking a look so that the web site can continue to grow and provide you with a one-stop for needed information about BPW.



Membership

New Membership Process

The Wild Apricot program that anchors BPW/NC's fantastic new web site is a robust communication system for managing groups and includes a process for maintaining membership records.

The Membership Process for BPW/NC describes the required actions by all affiliated clubs in maintaining membership records for the NC Federation

- Each Club is responsible for maintaining a list of their membership
- New and renewing Member's and Student's forms should be copied and included with the BPW/NC Membership Processing form when remitting dues by the 20th of each month by the club treasurer.
- Members who decide against renewal (also known as drops) should be included in the monthly submittal of dues.

Our membership system currently lets us have 500 members in our database without incurring an additional cost. Once a member is known to not be renewing, the member's name and email should be noted with the word Drop. This will allow us to archive the member and not count that member again our allotted numbers.

- Each member's email is our unique identifier, and is required by the Wild Apricot Membership System, if a member does not have an email address a fake one is created (example: Susie.smith@noemail.com) the fake email would never go anywhere but gives each member a unique identifier.



Questions About Membership?

Contact: webmaster@bpw-nc.org

Current Member Types

- New Member (NM) or Renewing Member (RN) \$25.00
- New Student (NS) or Renewing Student (RS) \$15.00
- Member-at-Large \$45.00

Dues for the Clubs should be retained at the club.

Questions about Dues? Contact: State Treasurer Tonya Holbert at uofmiwolverine@aol.com

Membership Forms

New forms are available now on the web site at www.bpw-nc.org. Destroy all old forms you may have on hand. The new forms include:

- **Member Form** New and renewing members will need to submit a new form annually in order to keep the membership system up to date. If your email changes please notify webmaster@bpw-nc.org
- **Student Form** New and renewing students will need to submit a new form annually in order to keep the membership system up to date. If you email changes please notify webmaster@bpw-nc.org
- **Member-at-Large Form** In the absence of a club, an individual may apply to the State Federation for status as a Member-At-Large with voting rights and all other privileges of members. Dues are payable annually and a new form must be submitted annually in order keep the membership system up to date. If your email changes please notify webmaster@bpw-nc.org
- **Membership Processing Form** This form is to be submitted by Club Treasurer along with a copy of each member/student form being submitted.)

Locate these forms in the *Member Only* section under *Forms* on the web site at www.bpw-nc.org

Vice President Virginia Adamson

It's A New Year to Dream!

What does it hold for you?

Here we are at the beginning of a new year, 2011!

What does it hold for you? More importantly what will you make of this year? Over the course of our lives we sometimes spend time dreaming of our future. Those dreams, if turned into plans, can lead us in new directions which we might not have seen had we not dreamed them first.

This dreaming and planning wasn't something I learned in school. I remember one very special manager asking me where I wanted to be in five years. He asked all his employees that question. He expected an answer which, of course, required thought...and an opportunity to dream. So how do we take our dreams and turn them into plans which will come to fruition?

First, write that dream down. For me writing my dreams down has a way of making them more concrete. It also allows me to see what the possibilities are and to be able to weigh them or prioritize them all in one place. Based on which dream is next up on the list to become reality, you are also able to see which other dreams in the list might need to be reached simultaneously to reach the dream you have chosen.

Second, write down the steps you need to take to reach that dream. Will you need to gain new skills? Will you need additional education? Will the dream require you to make a move inside your current business or into a new one? Don't forget to add a time line for reaching this dream. Adding the time factor is a way to make everything even more concrete.

Third, for me the hardest step, jump in with all your might! Complete the first step, then the second, then the third. Along the way reevaluate the plan. Does it need to change, was there something you missed? Continue working that plan until you reach the end and that dream is now reality!!

My answer to that wise manager was that I wanted to work in Sweden again within the next five years. He helped me create my plan

and I began to work the plan. The opportunity presented itself a little earlier than planned and within eighteen months my family and I were moving to Sweden. We stayed almost three years and the direction of my career was changed forever.

Be sure that you are spending time each year to dream of your future. What is it that you love doing? What gives you great pleasure? It is that time spent dreaming, planning, and then working the plan that takes us into new avenues.

Dare to Dream...of your future!



State Conference

The BPW/NC State Conference (held this year in Wilmington) is getting close! We hope you've reserved the dates June 24-25, 2011 and that you'll plan to spend a couple of extra days enjoying the entertainment that abounds in and around the Port City.

Registration will open soon and there are definite benefits for those who register early. Keep checking the federation website (<http://bpw-nc.org>) for the registration forms.

Those who preregister by March 15 will be included in a drawing for

1. A free movie tour,
2. Dinner in downtown Wilmington,
3. A set of children's books,
4. A painting by artist Norma Moore
5. And many other prizes.

It's shaping up to be an amazing conference packed full of fun events, professional speakers, and networking with fantastic women from across the state. Here is a sneak peak of what you can expect!

Thursday Afternoon (June 23)

Pre-conference business meetings and relaxing fun activities for members who arrive early. These include an Executive Committee Meeting, Board of Trustees Meeting, State Conference Program Committee, Board Meeting, and Foundation Board Meeting.

Friday (June 24)

Friday Morning Fun in Downtown Wilmington

Conference Registration will be open about mid-day and reopen again in the early evening.

Pre-Conference Institutes

These are workshop sessions. Attendees will preregister for the sessions of their choice. The cost is \$10 for each attendee per session.

Institute A) Starting Your Own Small Business

Presentation includes learning which tax deductions to look for, knowing the legal aspects of debt collection, networking and the use of computer resources, and much more.

Institute B) Creating a Mountain Scene

(Led by Norma Moore, certified Ross Instructor. This class offers a means of relaxing, relieving stress and creates a beautiful painting for your wall. The art session is limited to 20 painting participants. Each participant will leave with a finished ocean landscape.

2010 – 2011
BPW/NC
Leadership Team

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Kacey Case-Smith

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State Conference

Friday Evening will include the Opening Ceremonies along with a Banquet and Greetings from Gail Harper, BPW/NC President followed by entertainment from comedian puppeteers Kim Salmon and Paula Matthis.

Saturday (June 25)

Breakfast Round Table: Making Your BPW the Best it Can Be. Issues of concern include programming, projects, fund raising, and marketing.

Conference Session: Selling Yourself to the Public Presented by Tracey Lafon

Conference Session: Social Media--Fad or Fiction? Using Social Media Tools, like Facebook, Twitter and Linked-in, to enrich your member's BPW experience and encourage growth.

Concurrent Conference Sessions

- Relaxation, Stress Relief, and Art: Demonstration creating an ocean scene presented by Norma Moore, Certified Ross Instructor



- Keeping Your Mind and Body Healthy and Stress Free (*Participants who register by March 15 will receive workout equipment*)
- The Importance of Good Nutrition and a Healthy Living Style: Workout and presentation by Lauren Lewis
- Zumba: Dancing exercise and more

Conference Session: Keynote Speaker

Beth Grant, who grew up in Eastern North Carolina, is a two-time Ovation award-winner (Lead Actress and Ensemble) for Del Shores' *The Trials* and



Tribulations of a Trailer Trash Housewife. Her many juicy roles include television's *Jericho*, *The Office*, *Pushing Daisies* and films like *Rain Man*, *Speed*, *Donnie Darko*, and most recently Mike Judge's *Extract*. Ms. Grant received the Screen Actors Guild Ensemble Award for *Little Miss Sunshine* and *No Country for Old Men*.

Conference Session: Young Careerist Competition

Conference Session: Working Women Caring for Family. Presenter Ava Bevins, President NC Reading Association and Marsha Lewis, International Reading Association Board Member. Children's books will be given away during this presentation which will touch on how to work without cheating the kids.

Conference Session: BPW/NC Business Meeting

Event: Movie Studio Tour and Thalian Hall Tour

Installation Banquet music and entertainment by Amanda Juerta Rackley; includes games and door prizes.

Sunday (June 26)

Post-conference board and committee meetings.

Legislative and Issues Management

Do you mind if we get a little personal here? Have you had your Mammogram and your annual Pap test? If not, please read this article and before you do anything else, call and make an appointment with your doctor or OB/GYN. The US Congress designated January as Cervical Health Awareness Month, and this article could save your life or that of someone you love.

This is not my personal story, but it could be. It is the story of a woman named Cassandra posted this month on the survivor's story section of the National Cervical Cancer Coalition (NCCC) website.

"In 1997 I was diagnosed with HPV. No one knew what that was other than it was a sexually transmitted disease that could produce genital warts. My paps were normal from that point on and I never produced warts. I was happy at that until I learned the high risk strains were "asymptomatic" and more dangerous than the low risk strains that produced genital warts.

I entered into a relationship and had my OBGYN test me again for HPV but the test showed negative. I thought perhaps my body had fought it off. That was in 2004. I had consistent normal Paps from 1997 to 2010 when I had my 2nd abnormal Pap. I had a colposcopy completed and was told my results showed medium risk for bad cells and to wait 6 months to retest as sometimes the body can "turn" the cells itself.

I was instructed to exercise, eat well, rest etc. I have been active and exercise well since childhood, am fit, and eat well....so didn't know what else I could do. I added a lot of vitamins and resveratrol in hopes that would help me fight the bad cells. I go back to get rechecked in April 2011, the month I will turn 31. I pray that my cells are normal and that I can hurry and have kids in case I end up having to remove my parts if things worsen.

When reading others' stories I couldn't help but cry. I am scared. I have my faith and a good supportive family but have always been healthy, never broke a bone, I don't take prescription meds.....and now I may be up for the biggest fight of my life. I will post

an update once I have one. Praying for health for myself and all the other ladies struggling with HPV and cervical health." <http://www.nccc-online.org/community/stories.html>



In December, Michelle Evans and I attended a luncheon in Raleigh to learn about prevention of cervical cancer and the work being done in North Carolina to bring awareness of the facts surrounding this preventable disease.

We heard from:

- Susan Scanlan, the chair of the National Council of Women's Organizations,
- Lynn Barclay, the CEO and president of the American Social Health Association, a nonprofit specializing in educating the public about and advocating for those with sexually transmitted diseases,
- Noel T. Brewer, PhD a researcher with the UNC Gillings School of Public health and director of Cervical Cancer-Free North Carolina Initiative,
- Alan B. Segal, M.D. an OB/GYN from Raleigh,
- Christine Baze, a young woman who was diagnosed at the age of 31 in January of 2000. Christine, a singer and entertainer is the founder of The Yellow Umbrella Organization. Read her story at <http://www.theyellowumbrella.org/>

Pat Sledge

If your doctor hasn't mentioned the HBV test, you should ask about it. It might be included along with your regular Pap, but not all physicians do the test.

Cervical cancer is the second most common cancer in women worldwide, and in North Carolina more than 370 are diagnosed each year.

HPV is a common sexually transmitted disease; 3 of 4 adults will have it at some time in their lives. Most of these infections go away without treatment. Infections that do not go away on their own can lead to cervical cancer.

For all women but especially for young women, it is equally important to learn about HPV and the vaccines that are available for girls aged 9 to 26.

Overall, North Carolina has received a **Very Good** rating in our efforts to fight cervical cancer, according to a report issued by the Women in Government Foundation. (http://womeningovernment.org/prevention/state_report/2010)

In spite of this rating, only 1 in 3 adolescent girls in NC has the recommended three doses of the HPV vaccine, which guards against the cause of over 70% of cervical cancers. And about one quarter of women in North Carolina have not been screened for cervical cancer in the last three years, the maximum interval recommended.

Approximately 11,000 American women will learn they have cervical cancer this year, and nearly 4,000 will die from an advanced form of the disease.

Screening with a Pap test and the HPV test should be done every 2 years for women aged 21 to 29. Women over 30 should continue to have the co-test every 2 to 3 years.

While routine administration of Pap tests is the best means of detecting cervical cancer at an early stage, vaccines have the potential to protect women from the disease, by targeting cancer-causing types of the human papillomavirus (HPV).



HPV, a virus transmitted through sexual contact, is the single known cause of cervical cancer.

Two forms of the virus, HPV 16 and HPV 18, account for more than 70 percent of all cervical cancer cases. Some medical experts believe that through a successful education, screening and vaccination program for women, we will have the potential to nearly eliminate cervical cancer in the U.S.

"These vaccines represent a major advancement in women's health and in cancer prevention. With these new tools, we may be able to help ensure no woman in the United States has to endure cervical cancer," says Juan C. Felix, MD, chief of OB/GYN pathology at the Women's and Children's Hospital, University of Southern California Keck School of Medicine. and NCCC medical advisory panel chair.

"We hope these vaccines will make cervical cancer a concern of the past."

The National Cervical Cancer Coalition (NCCC), founded in 1996, is a grassroots nonprofit organization serving women with, or at risk for, cervical cancer and HPV. The NCCC is dedicated exclusively to helping women address concerns about cervical health and disease.

For more information visit these websites: www.pearlofwisdom.us/raleigh; www.ccfnci.org; <http://www.nccc-online.org/index.html> and <http://www.theyellowumbrella.org/>

It's the start of a new year— a time many reflect on their health. To start the year right, we encourage women to contact their health care provider to schedule a Pap test to check for cervical cancer. This screening is a crucial part of a woman's health care regimen, yet one that many overlook.

"It's important to remember that cervical cancer is a preventable disease— as long as it's caught early enough," says Mrs. Sarina Araujo, Executive Director of the NCCC.

Young Careerist

A Fantastic Recruitment Tool

Need a great way to recruit new members? Then plan your club's Young Careerist program! The Young Careerist program is a great way to introduce young adults to your club and the opportunities for professional development and networking.

Many times young adults do not realize the need for professional development and the opportunity to network with other working women. Young adults find their first job and think that is all they have to do. Soon, these adults may realize that this job isn't the right fit and do not know what to do next.

The Young Careerist program gives these young adults resources that many adults do not have. Through the speech portion of the competition, the candidates become more confident by learning how to express themselves in front of an audience. By participating in the interview portion, candidates learn how to "sell" themselves and express their best qualities. Finally, the candidates are able to meet with other young adults like themselves and learn about possible job leads, participate in career building workshops, as well as network with other working adults.

As your club plans their Young Careerist Program, consider the following tips:

- Have candidates arrive a few minutes early and give them some time to meet the other candidates. This way everyone will be relaxed and more themselves.
- Have a former YC winner from your club speak to the candidates about how great their experience in this program was and how they became a BPW member as a result of participating in the YC program.
- Once you have a winner, inform them of the State Conference Dates. If they cannot represent your club, inform your runner up to see if they can attend.
- Be sure to invite all competitors back to your next meeting. Explain the ongoing benefits

of becoming a BPW member.

- Have an opportunity before or after the competition for the YC candidates to network and meet current members. They may realize they already know someone in your Local Club.

Remember the Young Careerist Program information is posted on the BPW-NC website under the Member-only section (must be logged in to see this section) where you can access the BPW-NC YC Guidelines and Speech Topics for this year's competition.

You may also use the Virginia Allan Young Careerist Program Guidebook and Resource Manual if you need scoring sheets, news releases, and guidelines. The guidebook is located online at: http://www.bpwfoundation.org/documents/uploads/YCManual_08.pdf.

BPW-NC will be using this Guidebook at State Conference. Since this guidebook was last updated in 2008 and there is no longer a National YC competition, the highest level of competition will be at the State Level and there will not be a regional competition.

As you are planning your YC program, please feel free to contact either of the YC Co-chairs if you have questions. You may reach Lindsay Barwick Kornegay at lindsaybarwick@gmail.com or Elva Jones Graham at greenthumb@intrstar.net.



Lindsay Kornegay



Elva Jones

Pearls from Paisley

A series of financial articles to help educate, motivate and call to action our BPW sisters.

Do you have a New Year's Resolution to get in shape? Does that conjure up thoughts of long, hard hours in the gym depriving yourself of your favorite treats? You don't have to do any of those grueling things to get into shape. Financial shape that is, fiscally responsible.

According to the Employee Benefit Research Institute, only 44% of US workers have tried to determine how much they will need to save for a comfortable retirement. (Employee Benefit Research Institute 2009).

I know as women we are overscheduled, overburdened and overcome by the many hats we must wear. However, I believe financial literacy is necessary and retirement planning is imperative. Women have historically lived longer than men which requires more retirement assets to subsidize our longer lives. Women more commonly than men, leave employment to care for children and aging parents which reduces contributions to employer sponsored retirement plans. As we all know, women tend to earn less than men which can reduce social security retirement benefits.

Let's assume you need a half million dollars to comfortably retire. If you are 30 years old (oh to be thirty again) you need to save approximately \$182 a month compounding at 8% for 37 years to accumulate \$500,000 by age 67. At age 40 the monthly savings required for the same result would be \$436. The figure nearly triples by age 50 to \$1157 per month.

It can be overwhelming unless you have a plan, a written plan. The first step in preparing a plan is to take a snapshot of where you are today by composing a personal net worth statement. Record your assets and liabilities. Be particularly analytical of your current credit card debt, the interest rate and its cost.

Creditors are now required to state on the bill how long it will take to pay off your balances. Instead of



Paisley D. Wessel

relying on their figures (which are also revolving) use a loan calculator. There are a variety of financial calculators available online.

In addition to reducing debt, try to increase savings. How much does that latte really cost? Let's say you have 6 lattes a week at an average cost of \$4. What if you had only 3 lattes a week and invested the difference over the next 20 years? At an 8% compounded rate of return you could add an additional \$30,000 to your retirement nest egg.

Another way to save is by participating in your employer's matching 401K Plan.

You receive free retirement dollars from your employers' match and free dollars from the IRS that you would have otherwise paid in income taxes on the contributions you made.

Increase your 401K contribution by the amount of your next raise. You haven't become dependent on the income. Be acutely aware of the small changes you can make to save more.

The next "Pearls From Paisley" article will highlight how to calculate retirement needs.



Leadership Development

Mary Shelton Drum



Remember these important dates:

- | | |
|----------------------|---|
| April 29-30, 2011 | Spring WEE Event in Granite Falls |
| May 1, 2011 | Deadline for bids from Central and Eastern Regions for the Fall WEE Event |
| November 11-12, 2011 | Fall WEE Event |

Spring WEE Planning Underway

Tar Heel Woman

12

Feb. 2011

WESTWARD, HO! Yes, it's almost time for the Spring WEE Event in the Western Region! The Granite Falls Club is hard at work planning a worthwhile event for all BPW members across North Carolina to be held on April 29-30, 2011. There will be a social on Friday night for those of you who are planning to arrive early. The Conference will be all day on Saturday.

I hope that you have the date on your calendars and that you're planning on attending along with other members from your club. What a special way to spend quality time together, meet new people, enjoy great food, and become "Empowered and Enlightened!" President Linda Crowder and her club members are working on finishing up the final touches and will post the flyer and registration form on the web site, www.bpw-nc.org very soon. Be on the look out.

NCWU Women's Agenda Assemblies

NC Women United has invited Lilly Ledbetter, a long-time national advocate for pay equity, to speak at the upcoming Women's Advocacy Day in Raleigh. We could not be more excited to have Ms. Ledbetter in our state.

As many of you know, the Lilly Ledbetter Fair Pay Act of 2009 was signed into law by President Barack Obama on January 29, 2009. The bill amends the Civil Rights Act of 1964 stating the 180-day statute of limitations for filing an equal pay lawsuit for pay discrimination resets with each new discriminatory paycheck.

Basically, women in the United States now have the opportunity to receive justice when they have been the victims of pay discrimination.

Ms. Ledbetter's personal story will help North Carolinians impress upon our legislators that we will not stand for injustice. Ms. Ledbetter was secretly

Michelle Evans



informed at her retirement from Goodyear Tire & Rubber Company that she had unknowingly been the victim of pay discrimination.

NCWU is planning a reception to honor Ms. Ledbetter on the evening of Monday, February 28.

On Tuesday, March 1, Women's Advocacy Day will include a keynote address, advocacy training, briefing on issues, time to meet with your legislators, and a press conference. Much more information is to come.

Hope to see all of our BPW/NC sisters these events and at the Legislature in Raleigh!





Business and
Professional
Women/NC

Networking - April 29, 2011 (5:30 pm - 8:30 pm)

Johnny Wilson Farm, Dry Ponds Road, Granite Falls, NC - Enjoy a tour of a working farm in a tractor drawn covered wagon, a delicious supper, and special entertainment (Cost: \$20.00)

Leadership Training - April 30, 2011 (9 am - 3 pm)

Mt. Zion Baptist Church, Cajah Mountain Road, Hudson, NC - Participate in workshops to help you be safe, secure, smart, and successful. (Cost: \$20.00)

Registration is due Friday, April 8, 2011. You will be able to register on-line by going to www.bpw-nc.org.

Log in and click on the "Calendar/Events" tab on menu bar. Scroll down to the "WEE Event" in that section, click "Register". Follow directions to complete registration.

You may pay on-line by using a credit card or PayPal or by mail by printing the form and sending a check to the State Treasurer: Tonya Holbert, 35 Shadow Valley Drive, Hendersonville, NC 28739. Make checks payable to BPW/NC.

More information about the Spring WEE will be forthcoming as arrangements are made.



Hosted by the
Granite Falls Business and Professional Women's Club

Supported by a grant from the
**Granite Saving Bank Unrestricted Endowment Fund
of the North Carolina Community Foundation**

State Career Woman of the Year

Honor Local Women Leaders

Happy New Year!! Now that we have come down off of the holiday high, I know you are back in BPW mode. So, do you have the perfect person to represent your local organization as State Career Woman? You only need one to represent the local organization and this is a wonderful way to advertise BPW and to bring attention to your local group.



Varnell Kinnin

Here's a little reminder of what you will need.

- First select a local career woman from BPW members, local civic clubs, organizations or the workplace.
- Use three impartial judges and the State Career Woman guidelines. (The entire guideline and application is on the BPW web site.)
- Submit the winner from the local to the state chair.

Let's plan this together. First, canvas your local chapter. Are there one, three, or six women in your chapter that excel in their career? Would they take the time to complete the application to share their professional objectives, their leadership skills, and their personal accomplishments?

How about outside the local. Are there women who just stand out as someone you would love to recognize? Do you see this as an opportunity to recognize them for their service to the community and women in general?

Well then, you need to ask these women to participate in the program. If you get one or three to participate, the information the winner supplied for your local can be sent to the state chair. (Check the guidelines for the number of copies.)

Now, when you select a winner for you group, please budget for them to have accommodations, registration and meals at conference. We would love to pay for all the entries, but there's a limit to the budget.

So, do we have a plan? Can I get a State Career Woman from every local? I hope so. This is a great program. Your local winner can have an article printed in the local paper complete with picture. You can get women judges from the area and that will bring more attention to the group. Hopefully, their participation will bring new members.

Here are the last two tips on getting a State Career Woman participant. Tell them they will not have to speak until they win. And for convenience, you can announce the winner during your Young Careerist program. This will eliminate having two separate programs—unless you just want to.

Thanks ladies and I will be looking for those entrants.

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Career Woman Year

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Building Professional Women

What can we do to make a better world for us all? Well, one thing is to help others improve their quality of life for them and their families. And a great way to do that is to assist them in furthering their education.

The BPW/NC Foundation is endeavoring to do that by awarding five \$1,000 scholarships to deserving women this fiscal year. To do that, we need your help.

In November 2010, letters were sent to all BPW/NC Federation members for whom the Federation had addresses on file asking for contributions to the Foundation to be used for scholarships. Our goal is to raise \$5,000. We have received some contributions, but we are still far away from our goal.

So we want to ask our wonderful members again to rally around and support this worthwhile endeavor. Any amount, great or small is needed.

Contribution forms can be found at the BPW/NC web site www.bpw-nc.org.

Click on the tab at the top titled *Foundations* and select BPW/NC Foundation. Select *Brochure or Campaign* to make a donation by check. Make checks payable to *BPW/NC Foundation* and mail to NC Business and Professional Women's Foundation, Inc. c/o Kay Jones, Treasurer 3011 Fairmead Drive, Concord, NC 28028-0475.

Or you can select *Donate to BPW-NC Foundation* on the web site to make a donation by credit Card or Pay Pal.

Susan Benton Wilson



Let's support some very deserving women in their goal of making a better live for themselves and their families, and consequently, a better world for us all.

BPW/NC FOUNDATION

How can YOU Help Make a Difference in a Woman's Life?



Contribute to the Green and Gold!

THE BPW/NC FOUNDATION AND FIVE DESERVING WOMEN NEED YOUR HELP.

MAKE YOUR TAX DEDUCTIBLE CONTRIBUTION TO THE FOUNDATION GREEN AND GOLD TODAY!

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