

Tar Heel Woman

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2011 - 2012
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Believe in Your Own Greatness



President's Message Rhonda Hunter



"Break the Rules"

It is amazing what can be accomplished in such a short period of time when there is a plan and we work the plan. Clubs have been on-board to deliver great programs to their members and the state chairs have been busy in creating some very creative programs to give the Clubs the ideas and materials needed to succeed. So, it really is "All About You"!

How much time and planning are you putting into delivery of an exciting year of programs to your clubs? I enjoy reading the club newsletters that I receive and see that many clubs are very active and have a full calendar of a variety of speakers, events, and individual skill development workshops that help us in the everyday work force. If your club has not pursued a full calendar it is never too late to start. Sounds like a great January Club Resolution, if you are in a leadership role, think about spending some quality time doing some planning in December to get your clubs off to a great start in the coming New Year! By taking this time you are helping me capitalize on my focus of getting us back to Programs of which we have many to choose that will help us grow personally, professionally and politically.

The president-elect spends her entire year gathering her ideas and begins her planning of all the necessary components that goes into leading the state organization once she is installed. It's hard to describe the numerous hours, days, months that goes into putting together a calendar that will be of interest to the majority of members, pulling together all the people, parts and pieces necessary, and getting everyone on the same page to see your vision of what you are trying to accomplish.

Coming up through the ranks of leadership has prepared me to separate the ideas from the leader; and ask how will this fulfill the mission of the organization and what can I do to help support and move forward the ideas of those in leadership that year. I was willing, even when I didn't totally agree with the plan, thinking maybe I just didn't completely understand what they were trying to achieve. For the most part asking a few questions privately and keeping an open mind; so that I could better grasp their ideas and ask how I fit into their plan to help them succeed worked for me and let me then put my full support behind them publically.

Not everything unfortunately goes as planned, things get in your way, not everyone agrees, but all components are very important to dealing with the ups and downs of leadership and learning from each. We need to embrace these as opportunities to learn and grow. We all have different styles of leadership which I believe is a good thing as nothing is more boring than doing the same thing over and over. We need to mix it up. At the recent NC Governor's Conference attended by your executive committee and state board chairs; I had the pleasure of attending a workshop titled "Break Your Own Rules". Now coming from a rule-follower for years I was intrigued as to where this would lead. My take-away was that we spend entirely too much time seeking approval; and for me it was that "ah-ha" moment in life and decided then and there that I would adopt her saying "Proceed until Apprehended". So, I have my plan and intend to work my plan and thinking back on how much time we spend debating bylaws, rules and procedures instead of using them for the guidelines they are; knowing that sometimes we may just need to "Break those Rules" if we truly want to grow this organization and move it forward, instead of getting in our Own Way.

HERvotes

Virginia Adamson,
President Elect



Have you looked at the news lately? Are you keeping up with what is happening with your local government? What about the North Carolina General Assembly?

Are you comparing its actions against the Women's Agenda developed this year with input from Women's Agenda Assemblies across North Carolina? How about your Congressperson or our Senators? Are they working for women and family issues that are important to you?

One of the cornerstones of BPW beginning in 1919 has been advocacy for women and family issues. The first work was on women's suffrage culminating in the 19th Amendment ratified in 1920 providing women the right to vote. There have been many more issues such as equal rights, equal pay, affordable health care, sick leave, child and elderly care. Many of the women who led those fights were BPW members. The work continues even today for women's rights. Are you involved in the advocacy for women's issues?

Now there is a new opportunity to get involved. [HERvotes](#), which was launched on August 25, 2011 in recognition of the anniversary of the 19th Amendment. The

purpose of this multi-organization coalition is harnessing the voting power of women in 2012. The goal is to preserve women's **H**ealth and **E**conomic **R**ights in the coming elections.

Women now make up half of the work force and contribute to the economy both as employers, workers and consumers. In the 2008 general election 60.4 percent of women voted compared to 55.7 percent of men, according to the American Center for Women in Politics. That's a positive gender gap; but we can't stop there. Many of those rights which have been won are now in jeopardy. Check out [HERvotes](#) website to view a list of the [Ten Top Advances at Risk](#) to see which ones interest you most. Personally, I believe all of these are important to women. On top of the list is something that we can all directly affect – voting rights. Many states have already passed and the North Carolina General Assembly is attempting to impose draconian voting ID requirements which will limit the rights of many women to vote. My own mother lives in a state where this is now law. She no longer drives or travels so she doesn't need a photo id – except now she needs one to vote. As many as 32 million American women are in the same situation as my mom. We need all of these women voting to keep the high turnout rates we have achieved.

Mimi Zelman,
Vice-President

Leadership



People tend to think of leaders as larger than life figures, or people who shaped our own lives, and yet we may not think of ourselves from the list.

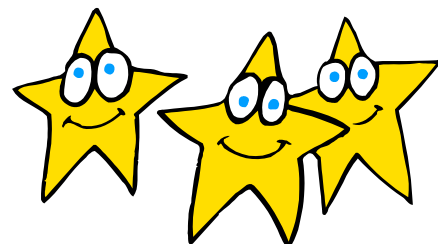
Give yourself credit and embrace your leadership style. Leaders set a vision, set priorities, align people, and are motivating and inspiring. Identify your core values and behaviors to be a

genuine leader.

A great tool in helping you lead is the Disc Assessment. Not only do you understand yourself better, by studying all the different personality traits on disc, you learn how to communicate with people on your team in a way which relates to them better. Our Individual Development Program being held January 7th in Lincolnton and January 14 in Sanford helps with all of the above. I encourage all BPW/

NC members to attend a day of fine tuning your leadership skills, and learn new ways of becoming a better speaker, leader, etc. This program has helped me tremendously in overcoming one of my biggest fears of public speaking and much more.

I also want to wish you all a very Happy Holiday Season. May the upcoming New Year bring you and your family's lots of joy, happiness and prosperity.



"Connected," "Empowered," "Grateful!"

Mary Shelton Drum, WEE Event Chair

These were some of the words that answered the question as to how the individual women who attended the **Fall Women Empowered and Enlightened Event** felt as we stood in a circle holding hands and acknowledging who we were and what we were feeling at the moment. What an awesome moment! What a powerful moment! What an unforgettable moment!



Congratulations to the Pembroke Club for hosting a spectacular Event that was well planned and executed with precision. The Friday night Social/ Harvest Dance was a blast! We enjoyed a wonderful meal and danced the night away. Saturday's event was held in the Indian Education Building, a visually intriguing building filled with history and memories. The speakers and vendors took us back into history and just as quickly set us down in our modern era as we contemplated our roles as women. The Event was a winner from the setting to the speakers to the fabulous food. The speeches by Women of the Year, Cathy Davis of Lincolnton BPW and Pat Sledge of the Triad BPW, capped the day dedicated to the celebration of women and *HERstory*. Other BPW members in attendance who had been BPW Women of the Year in the past were also recognized.

BPW/NC is at work offering you the best: professionally, politically, and personally. It is my goal that each of you take advantage of the next Women Empowered and Enlightened Event so that you will, as those of us who were at Pembroke did, become *"Connected," "Empowered," and "Grateful."*



A Gift for You!

Judy Smith,
Convention Chair



If you are anything like me, then you are running yourself ragged during these Holiday times, trying to make sure everyone on your list is taken care of. Actually, not just taken care of in a minor way but that everyone on your list will be excited, happy, thrilled even, with the gift you have given them, the meals you have fixed, and the decorations that are just perfect. That is what we want....everything to be just perfect but at what expense? Sometimes it is my sanity and always, it is my time, energy and money.

How about doing something for you! Reserve "time-out" just for yourself. Maybe a quiet, relaxing bubble bath is your "fix". Then do it! How about a movie and dinner out with a girlfriend? Then do it! I hear what you are thinking. Who has the time or the energy during these hectic times? I tell myself all the time that I don't have time for something I want to do because I have so much other stuff that needs to be taken care of. Girls, let's make a pact right now. We deserve time for ourselves and we are **ALL GOING TO DO SOMETHING FOR OURSELVES!** Now I want you to pinkie swear!

One other thing I want you to do is mark your calendar for our 2012 BPW State Convention. Go do it right now....don't put it off! It will be held in Hickory at The Crown Plaza, starting on June 22nd with the Executive Committee and then registration on June 23rd.

What an incredible time we are going to have. I have to warn you though that our keynote speaker, Kelly Swanson, is hazardous to your health. She is so funny she will have you in stitches! So what could be a better gift for ourselves than to make plans to get with a lot of other women who need stitches?

Merry Christmas to all our BPW members and their families!

PR Marketing

Carol Ambrose

We came back from vacation and got right back into the routine of work: laundry, grocery shopping, planning and cooking dinners, and all the other things we do every day without thinking. I am thankful for vacations to allow time to relax for a moment and recharge batteries! My hope is for you to have a moment to recharge yourself and reconnect with the most important aspects of your life!

The holiday season and the end of the year is a grand time to think and rethink about the important things in your life. I can guess that family is the most important one! Please let them know how much you love them.

Many years ago I had a conversation with a friend about her daughter. My friend Linda asked her daughter why she had chosen her to be her mother. The child's comment to her mother was that she thought it would be fun! Well, that child's comment certainly got me thinking! Not only about why I had chosen my family, (if indeed I had!)

to spend my life with, but also, what were / are the lessons that I was to learn from them. The result was that I wrote my mother a letter and my father a letter thanking them for all they did for me over the years. They made, as all parents do, sacrifices for me and my brother to help us along our way. When they died I found in each of their possessions, those two old letters that I had written. They each had saved the letters that I had given them many years before.

Do you need to write a letter? Probably not, but if you do, it may become a cherished document for your parents---or your child. I urge you to write it. As we go into 2012 don't keep your feelings a secret. Give back to your loved ones. Don't forget BPW/NC as one of your loved ones. Think now about giving back to our organization that has given us so much. It doesn't have to be a letter, in fact, your contribution as a member of your local board or the state board could be an excellent way to give back to our wonderful organization!

Happy holidays to each of you and the best yet in 2012!



Pat Sledge, Issues Management Chair

A Fitting End to 2011



@s we approach the end of a year, there's so much on all our plates that we're sometimes not sure which way to turn...Family obligations; Business obligations; Holiday planning; and all those other things that we meant to finish before the yearend...Can you possibly fit one more thing in?

I would like to ask you to give a couple of things some consideration. February will be here before you can turn around twice, and since February is Heart Month, take a look at the American Heart Association website for information on **National Wear Red Day which is Feb. 3, 2012.**

Now is the time to start thinking about all the things you can do to celebrate Wear Red Day. Join millions of Americans like you who know the importance of raising awareness and funds to support medical research, awareness, education and community programs to help women live longer, stronger heart-healthy lives. **Register for free, downloadable materials** that can help you spread the word about National Wear Red Day® for companies, individuals and groups. Use the National Wear Red Day Planning Guide to find tips and ideas for going red, organizing a fundraiser and even making landmarks and buildings go red.

Could we bring some awareness to this important program for women, and at the same time promote BPW across the state? There is also information on the website about avoiding and coping with all the stress that we encounter during the Holiday season.

A second idea for your consideration is the Reality Store™ program. Several clubs across the state have dates on the calendar to introduce children in their communities to the importance of obtaining a good education and showing them in real terms how choices they make now will impact their lives for years to come. If your club has not started to work on hosting one of these events this year, it's not too late! The planning guide is available on the bpw-nc.org website and will give you all the information you need to get started. The program is available for use by BPW clubs in North Carolina as part of an agreement with BPW Indiana who developed the program.

If you will take just a few minutes out of your busy schedule to fit these ideas in, you'll end the year with a feeling of satisfaction that comes from something besides the plate of turkey from Thanksgiving.

References: **Heart Health:** Take a bite out of holiday stress

The holiday season is upon us, which often leads to additional stress, eating temptations and a disruption of healthy habits. Keep on track with your health by registering for the **Go Red BetterU** program. The free online program will keep you focused with weekly reminders, tips and recipes to be a BetterU.

Go Red for Women: <http://www.goredforwomen.org/wearredday/>

Reality Store Program: <http://bpw-nc.org/Resources/Documents/Programs/Reality%20Store%20Program/Reality%20Store%20Program.pdf>

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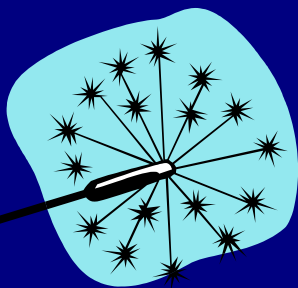
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Women Joining Forces

Trina Hines



“Walk a Mile in Their Boots”

A Veteran’s Day event “Walk a Mile in Their Boots” in honor of Veteran’s and Their Families was held on November 10, 2011 in honor of our Veteran’s and remember that “They Have Served and Do Deserve” The event was hosted by the Hickory, NC BPW. Guest Speakers included: Active duty Marine Gunnery Sergeant Tamecka Miquel, Air Force spouse Tierra Jackson, and Army Retired Sergeant First Class Anthony Hines.

Marine Gunnery Sergeant Miquel provided insights on her active duty career as a female marine. She has served two tours in Iraq and is currently an instructor for the United States Marine Corps.

Mrs. Jackson is the wife of an active duty Air Force recruiter and a stay-at-home proud mother of four boys. Mrs. Jackson shared about the importance of community partnership in assisting spouses with employment and resources. Mrs. Jackson holds a bachelors degree and is currently pursuing her master’s degree. Retired Sergeant First Class Anthony Hines served 20 years in the United States Army.

Mr. Hines shared the importance of helping veterans with employment opportunities and mentoring for veterans in key leadership positions in civilian sectors. While in the military, Sergeant First Class Hines worked for several communications companies to include The White House Communications Agency (WHCA). Cur-

rently he is employed with Corning Cable Systems as an Information Technology Project Manager.

Women Joining Forces extends a special thank you to BPW-Hickory, NC for the \$100.00 donation to WJF/NC employment and mentoring initiatives.

First Lady Michelle Obama and the USO

First Lady Michelle Obama, Joining Forces in partnership with the USO created an interactive thank you card to show the military and their families how much we appreciate their sacrifice and dedication to duty. You can say thank you too. Read the first lady’s message by visiting <http://www.whitehouse.gov/joiningforces/thanks>. You may also see the interactive thank you card by going to <http://www.uso.org/thanks/?src=WF11WHJFTF>. If you would like to send a holiday gift for deployed troops, military families, or wounded warriors visit <https://usowishbook.uso.org/> for more information.

Hire Heroes Act (American Jobs Act)

About 240,000 young veterans were unemployed in September 2011 and the number is expected to increase significantly as the War in Iraq is scheduled to come to an end. Veterans save lives, build roads, schools, communities and countries while risking their lives. As they transition from the military they often need an opportunity to demonstrate the skills they bring to an employer. The VOW to Hire Heroes Act provides employers a tax credit for hiring veterans and service-connected disable veterans. Read more about the Heroes Act visit: <http://www.whitehouse.gov/blog/2011/11/21/hiring-vets-smart-business>, <http://www.whitehouse.gov/joiningforces/resources> or “New” Veteran Jobs Bank https://www.nationalresourcedirectory.gov/home/veterans_job_bank.



Give a Little - Get Your Reward

Linda Hardy—BPW/NC Foundation Chair



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Career Woman of the Year
Elva Jones

State Conference:
Judy Smith



Announcing the Red Purse Campaign

Need a gift for a speaker? Want to wear a symbol of the fight for Pay Equity? Need a cute pin for your lapel? Want something to remind your legislator of women's issues? Have we got exactly what you need!

The BPW/NC Foundation is selling this cute red glitter purse lapel pin for \$10.00 plus shipping and handling as a way to raise money for scholarships. Each pin comes in a heat-sealed poly bag with a card explaining the mission of the Foundation. Since this fundraiser is for a 501(c) (3) organization, all donations are tax deductible to the extent allowed by law. Presidents of each club will be receiving an order form with a cover letter explaining the purpose of the pin. Also, order forms can be found in this newsletter and online on the BPW webpage (<http://www.bpw-nc.org>), look under the Foundation tab at the top, and click on "Fundraisers for Foundation."

A Small Investment = Huge Rewards

Attention BPW Members!

Be one of the first to reserve your Red Purse Lapel Pin

North Carolina Business and Professional Women's Foundation, Inc.

Scholarship Fund-raiser

Name of BPW Club Or Individual	Quantity of Pins reserved	\$10.00 each	Total (\$10.00 each x Quantity)
First Class Mail Shipping and Handling:\$3.00 for the first pin, \$1.00 for each additional pin.			
TOTAL			

Name and Address for delivery: (Please Print Clearly)

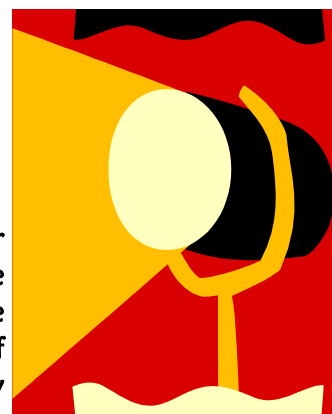
Make checks payable to: **North Carolina BPW Foundation, Inc.**

Mail orders to: Kay Jones, Treasurer
3011 Fairmead Drive
Concord, NC 28025-0425

spotLIGHTs On MemBerS

Two Clubs Announce Woman of the Year

The Wayne-Duplin BPW recently announced its Career Woman of the Year Award at the November 3, 2011 meeting. Gail Harper, Career Woman of the Year Chairperson, recognized Lou Powell as the 2011 recipient. She is the Executive Director of the Wallace Chamber of Commerce. She is a member of the Duplin Optimist Club and has served on the Salvation Army Advisory Board for Kinston, Lenoir, Duplin as well as the Duplin County Schools Five Year Strategic Planning 2011-2016 Committee. Awards she has received include the President's Council of Advisors 2005-Boys & Girls Homes of N. C. and the Duplin Optimist Club's Optimist of the Year 2010.



Gail spoke about changes in the Career Woman of the Year program. In the future the recognition will be at the Fall WEE event rather than State Conference. Lou will participate at the Fall WEE event in 2012.

~Taken from the Wayne-Duplin Newsletter "The BPW Focus"

The Granite Falls Business and Professional Women's Club has selected Ms Cathy Stallings, Executive Director of CAST (Creative Arts Show Time), as the 2011 Granite Falls Woman of the Year. They presented the award at a brunch reception on Saturday, October 15, 2011 at the Granite Falls Civic Club Building on the campus of the William B Shuford Recreation Center on Pinewood Road in Granite Falls. BPW/Granite Falls also honored previous recipients of the award who attended - Ila Stallings, Dr. Caryl Burns, Weyburn Bailey, and Trilla Annas.

Cathy is the driving force behind CAST, a theater and school of performing arts located at 200 Timberwood Lane in Granite Falls. She has performed and directed with groups in all levels of theatre, including professional, educational, and community. Cathy is the daughter of Dr. and Mrs. Dan Stallings of Granite Falls. She is graduate of Granite Falls High School and Lenoir -Rhyne College (now University). She attends the First United Methodist Church of Granite Falls.

BPW President Linda Crowder said, "Cathy has an enormous talent, and we are fortunate that she is using it to benefit the local community through entertainment and education. We're especially grateful that Cathy also uses her talents to give back to the community. This weekend, CAST is raising awareness of two major enemies of women - ovarian and breast cancer. There will be presentations at CAST on Thursday, Friday, and Saturday evening at 7 pm and on Sunday at 2:30 pm. A portion of the proceeds will go toward medical expenses for two women, one with ovarian cancer and the other with breast cancer. " Mrs. Crowder went on to say, "I have no doubt that Cathy's talent equals or exceeds those of famous celebrities. We are fortunate that she has chosen to use the gifts God gave her in our community."

~Taken from the Granite Falls Newsletter
"The Progress Report"



North Carolina Federation of
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Business & Professional
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Building Powerful Women

Professionally,
Politically,
Personally.

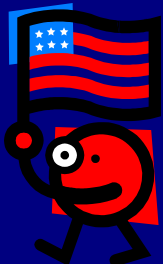
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"Believe in Your Own Greatness"

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