

Making Connections with

TARHEEL WOMAN

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TAR HEEL WOMAN

**is a publication of North Carolina Business &
Professional Women's Club**

BPW/NC Officers 2016-2017

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MAKING CONNECTIONS

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VOLUME 92....ISSUE 1.....EDITOR: BARBARA J. BOZEMAN

BPW COLLECT

Keep us, O God, from pettiness; let us be large in thought, in word, in deed.

Let us be done with fault-finding and leave off self-seeking.

May we put away all pretense and meet each other face to face -- without self-pity and without prejudice.

May we never be hasty in judgment and always generous.

Let us take time for all things; make us to grow calm, serene, gentle.

Teach us to put into action our better impulses, straightforward and unafraid.

Grant that we may realize it is the little things that create differences, that in the big things of life we are at one.

And may we strive to touch and to know the great common human heart of us all, and, O Lord God, let us forget not to be kind!

-- Mary Stewart, April 1904

FROM MARSHA RIIBNER- CADDY:



Thank you for your support and confidence in allowing me to continue as your president for another year. I am honored and humbled. I appreciated the lovely gifts I was given at convention. I feel that the last year, as your state president, has helped me grow so much. I should be showering each of you with gifts! The really cool plaque that you gave me will be proudly displayed in my office at work.

Reflecting back on the past year as president, with your help, we have made some remarkable strides. We were able to vote online for the first time. 1/3 of our membership participated, which was amazing! Thank you for your participation! We made several by-laws changes and procedural changes involving membership, finances, and executive positions. Our goal was to make BPW/NC more streamline and use the technology we have to its fullest potential.

Convention was a lot of fun and educational. We had time to mingle, get exercise, shop, celebrate our scholarship recipients and club successes, and of course we ate and unwound in the hospitality suite! Thank you for completing the post-convention survey. Your responses will help the 2017 convention committee (Barbara H-T, Mary Alice W., Varnell K., Linda H., and Pamela F.) plan. Speaking of 2017, please join us for convention on June 23-24, 2017 in Rocky Mount. More information will be available soon on the bpw-nc.org website.

Marsha A. is currently reviewing and updating our website. You can help by updating your personal information. This is an inexpensive way to advertise your business or get the word out that you are looking for a job!

Be sure to take a look at the calendar on the home page of the website, it gives you information on some of the happenings around the state as well as important dates in the BPW year. In the member only section, take a look at suggested club programming for the 2016-17 year. I think you will find some very interesting things there, thank you Barbara B. for updating it for us! Barbara is also working on making the website more user friendly for your mobile devices.

In another part of the newsletter, you will find the list of your state board members. Feel free to contact them if you would like to assist on committees or have specific questions regarding their position. I invite you to “shadow” someone if you are interested in a position on the state board next year. There are also some open positions. Having a position on the state level is a great place to learn new skills in a safe, non-judgmental environment with an incredible support system. Please consider looking over the job descriptions in the Federation Handbook and By-laws. As always I am available for questions.

I plan on continuing my club visits this year. My next stop will be in Lincolnnton for the Apple Festival on August 6. After that I plan on going to Sanford’s Women’s Exchange on October 20 and the Virginia Dare Symposium on November 4. If you have a specific date that you would like me or one of the executive committee to visit, please contact us.

Throughout the year I will be asking our board members to update their job descriptions. At this time the awards co-chairs Julie and Tracy are updating the awards requirements.

We are planning virtual meetings with your local club leadership, in order to help them through transition into the new year and to help them succeed in our mission: “To provide professional and personal growth opportunities and to promote equity in the workplace.”

Speaking of equity in the workplace and beyond, don’t forget that Women’s Equality day is August 26, 2016. The Virginia Dare Chapter is working with other women’s groups in the area to present a free screening of the movie: “Equal Means Equal” at the Pioneer Theater in Manteo. A flyer will be found in later in this newsletter and also on the website www.bpw-nc.org. I hope you can join us for this presentation.

I look forward to your suggestions and comments. I appreciate your support and confidence in allowing me to serve another year as your BPW/NC president.

See you down the tracks...Marsha president@bpw-nc.org or 252/423-0819.

BPW/NC MISSION STATEMENT

The mission of BPW/NC is to provide professional and personal growth opportunities and to promote equity in the workplace.



ERA  NC
ALLIANCE

BPW/NC OBJECTIVES

Improve outreach to North Carolina women to ensure membership growth of both local clubs and the Federation

Promote program opportunities and resources for personal and professional growth for members across North Carolina

Advocate for North Carolina working women and their families

Promote structural changes to improve the effectiveness and efficiency of the Federation





Hello to all those who missed the BPW/NC convention this year.

I think I spoke to almost everybody who was there. I had a ball. One reason, I was not at home. This was a mini vacation. I heard great speakers and of course ate great food. You missed a treat, but there's always next year.

Start saving your money now. Have a fundraiser for convention. It's not farfetched to do that. Other groups do it all the time. But if you don't want the hassle of fundraising, start a convention savings plan. It's just a thought.

Why is the nomination's chair pushing the convention? Well I am glad you asked. It will be in Rocky Mount, the home of the nomination's chair BPW club. You will hear more about this from the president and the chair person.

Now back to n-o-m-i-n-a-t-i-o-n-s. BPW needs you. Yes you to put your name out there for consideration. I have some people who have graciously said I'll consider or I'll do it. Here's the deal, if I have one candidate, well, they are it. If I have two candidates, each one will have a 50/50 chance of winning but the more candidates, the better.

To get more out of BPW, put more in. Get on a committee or become an officer, state or local. If you don't like something, work to change it. Bylaws can be changed. Put yourself out there. What's the worst that can happen? At least you participated in the process and tried.

If you have held an office or chair's position on the local level, what is so hard about holding them on the state level? Nothing. BPW/NC has the most intelligent and professional women as well as the most busy. But guess what? On the state level you only meet 4 times a year and one of those times is at state conference. Plus, you have a budget to help you navigate the process. Being a state officer or committee chair is a wonderful chance to grow in BPW.

As a past state president, state vice president, state secretary and having served as chair on several state committees, I know some things. If I don't, I know people who do.

When you joined, you wanted to be a part of something that would help women. Well we also need that help in the organization. ***"Strong leaders with strong support makes a strong organization."*** Think about being an officer, talk with your club members, state officers and talk to me.

One thing for sure, you can't say I did not ask. I want to give everyone a chance to show their expertise and share their knowledge to help this organization. Your ideas and experience can help us grow.

Do you have a copy of the state bylaws? Get one. It's on the website. Review the section on "duties of the officers and committee chairs." This will give you an idea of what is expected.

Again, thank you to my current candidates. They have stepped up and put their names in for Vice President, Secretary, Treasurer and Nominations chair. I truly appreciate them and will work hard to assist them and anyone who wants to put their name in the hat.

Waiting to hear from you,
varnellk@hotmail.com



MEMBERS ARE VITAL FOR A SUCCESSFUL ORGANIZATION TO CONTINUE...

It is my honor to be the new Membership Chair and Treasurer for BPW/NC. This year is going to be exciting! I have sent an email to all of requesting that you access the BPW/NC website and make sure your profile information is accurate. This is the primary way you will receive important information from BPW/NC, so we want to make sure your information is correct and current.

All Club Treasurers, there are new Membership Forms available on the BPW/NC website that will enable renewals and new members information to be transmitted quicker. All of the information needed to add new members and renew current members, along with my contact information are on the new forms. Please make sure you dispose of all forms that have information from past treasurers and membership chairs! Varnell did a wonderful job as the Membership Chair last year and I hope I can “fill her shoes”.

I look forward to working with and hearing from all BPW/NC members during this new year!

I challenge every current member to share BPW/NC with a new person and encourage them to become a member of BPW/NC!

Building Powerful Women in NC is vital!



Jo C. Naylor, BPW/NC Treasurer and Membership Chair

Tracks We've Travelled

and

On The Tracks Ahead

As we travel down the track of 2016-2017, making our connections, we all will have events and celebrations that MAY or MAY NOT be directly tied to BPW, that we want to share. Send that clip, send that photo and we will share it here. One section will be dedicated to those things that have already happened, and the other (On the Tracks Ahead) for those coming up.



Tracks We've Travelled



Volunteers join Roberta Madden to work on behalf of the Equal Rights Amendment (ERA). They are preparing a large mailing to NC legislative and congressional candidates to determine their positions on the ERA. From the left Alice Wells, Helen Bell, and Roberta Madden.
(Photo: Blake Madden)

Robbie Madden was the subject of a recent article of the Black Mountain News. The article was too lengthy to be posted here in it's entirety. Please follow the link below to the article.

<http://www.blackmountainnews.com/story/news/2016/07/20/local-activists-continues-to-work-for-equal-rights-amendment-ratification/87089750/>

Posted with permission of Black Mountain News.

Thank you Pat Sledge for this submission.

ERA-NC Alliance Questions Candidates about ERA Position

The ERA-NC Alliance, a new coalition of which BPW-NC is a lead organization, recently surveyed all NC legislative and congressional candidates to determine where they stand on the Equal Rights Amendment.

Candidates for the House and Senate of the NC General Assembly were asked to reply to this question:

"If elected, will you cosponsor and vote for the resolution to ratify the Equal Rights Amendment?"

Candidates for the U.S. House and Senate were asked two questions:

If elected, will you cosponsor and vote for legislation to propose an Equal Rights Amendment to the U.S. Constitution?

If elected, will you cosponsor and vote for legislation to eliminate the deadline for ratification of the 1972 ERA measure, so that 3 more states would be needed to successfully ratify the ERA?

Stamped, pre-addressed postcards were enclosed in each letter to candidates, who were asked to respond by July 31. To see the questionnaires, please check www.RatifyERA-NC.org.

Responses will be announced on August 26, Women's Equality Day, said Roberta Madden, who organized the mailing.



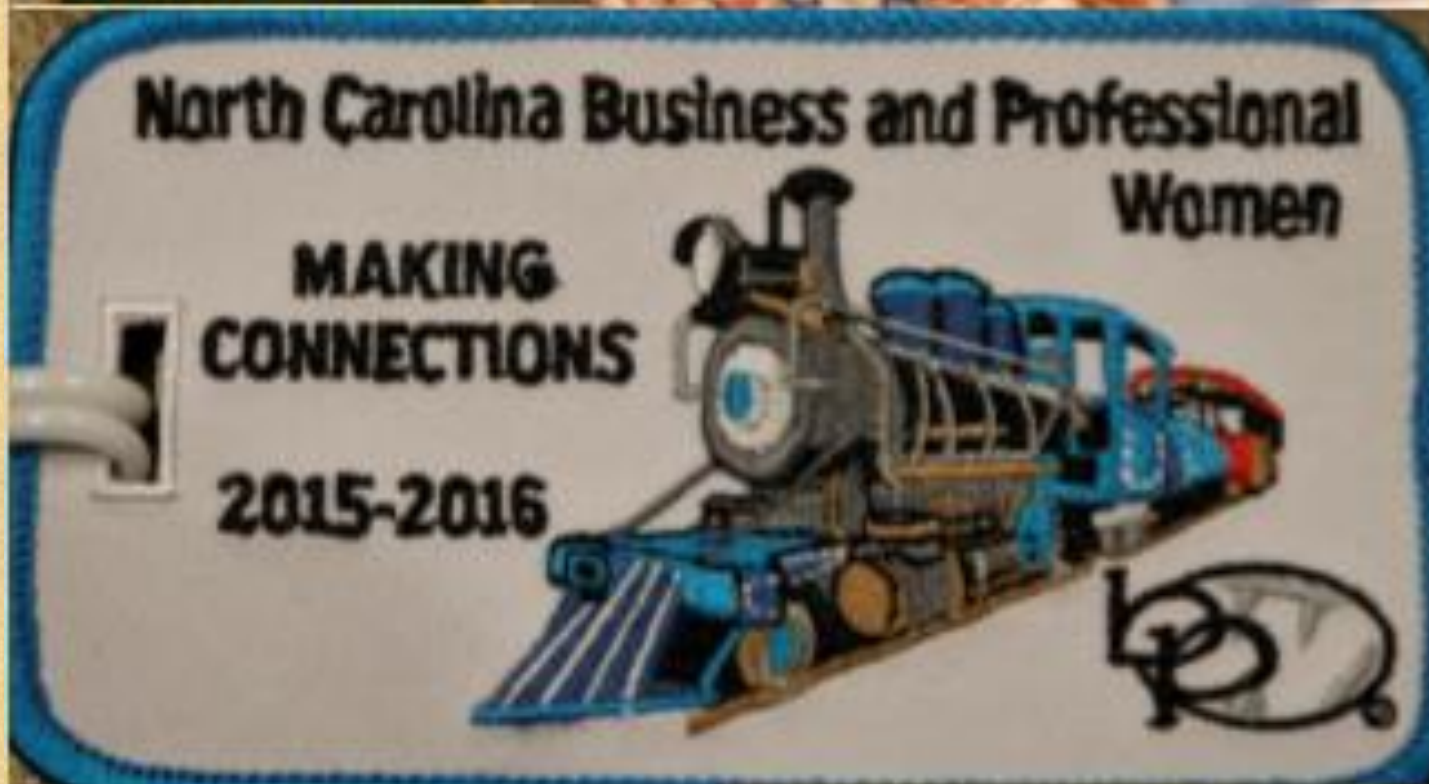
COMING SOON

**THE NEXT SPECIAL
EDITION**

TARHEEL WOMAN

PHOTO EDITION OF

2016 STATE CONVENTION



On The Tracks Ahead:



AUGUST / SEPTEMBER PROGRAM CALENDAR

Aug 2016		<ul style="list-style-type: none"> • GRAB A FOOT! Get a pedicure or a reflexology treatment. Get a foot exam (diabetics) • CELEBRATE! Women's Equality Day on August 26 – raise awareness, participate in forums GET "BUSI": Home Business owners: review or create your business plan, check out SCORE (www.score.org) and SBA (www.sba.gov) for events and opportunities
	RECOGNITIONS	<p>One this day in August: *1- Respect for Parent's Day, *23: 1st National Women's Rights Convention (1850), and *26: Women's Equality Day.</p> <p>August is: Foot Health Month, Immunization Awareness Month, Home Business Month</p>
	DEADLINE	August 1, 2016 <i>Tar Heel Woman</i> published
Sep 2016		COURTESY! Brush up on your personal and professional manners EAT! Are you a fast food queen in the morning? Find healthier ways to start your days. SWAP! Check out the BPW/NC Pinterest boards. Pin your ideas to share with your sisters!
	RECOGNITIONS	<p>On this day in September: *5 – Labor Day, *10 – Swap Ideas Day, * 11 – World Trade Center Attack, 2001, * 17 – Constitution and Citizenship Day, *25 – Good Neighbor Day</p> <p>September is: Better Breakfast Month, Courtesy Month, Self-Improvement Month</p>
	EVENTS DEADLINES	<p>We are Women Constitution Day Rally, Washington, DC (date not available at press time)</p> <p>September 20, 2016 <i>Tar Heel Woman</i> article deadline</p> <ul style="list-style-type: none"> • September 26, 2016 <i>Tar Heel Woman</i> published

The full calendar can be found on the website.

NATIONAL BUSINESS WOMEN'S WEEK EVENT IN SANFORD

BPW Event to Feature *A Chef's Life's* Star Vivian Howard, New Women's Expo

Sanford, NC – July 25, 2016 – Professional women in the Central Carolina region will gather at the Dennis A. Wicker Civic Center on October 20 for the fourth annual “The Women’s Exchange” conference, hosted by the Sanford Business and Professional Women’s Club (BPW).

The half-day conference, which hosts about 100 women each year, was created by Sanford BPW in 2013 to “provide networking, leadership, and training opportunities for local career women.” The event features a light breakfast, speakers, networking, a sponsor display area, and a luncheon with keynote address. New this year will be a Women’s Expo, featuring displays by 24 businesses and organizations. The Expo will open be open to the public from 1-4pm, immediately following the conference.

Keynote speaker Vivian Howard, co-owner of Chef & The Farmer in Kinston and star of *A Chef’s Life*, will speak on the conference’s theme of “Own It!” The event will also feature a kickoff address by Corinne Brown (The Fresh Expert), and a professional development session focused on personal branding.

A highlight of the event each year is a question-and-answer session with a panel of local businesswomen. This year’s discussion will be moderated by Dr. Pamela Senegal, Vice-President of Economic and Community Development at Central Carolina Community College, and will feature Kim Sutton, owner of Red Wolf; Ashley Thompson, owner of Pressed; Cameron Cruse co-owner of R. Riveter; and Kia Baker, Executive Director of Southeast Raleigh Promise.

A full agenda and online registration for the event can be found at www.sanfordbpw.org. Registration is \$29.95 for Sanford BPW members and \$39.95 for non-members who register by September 20. After September 20, registration is \$50. The first 50 registrants will receive a free swag bag.

Professional headshots by photographer Barbara Bozeman will be available during the Expo. Pricing and scheduling information will be forthcoming on the Sanford BPW website.

The Women’s Exchange is made possible by sponsors including Thrivent Financial, Ameriprise Financial, Gross Farms, Central Carolina Hospital, Central Electric Membership Corporation, Scott Logistics Group, and All Digital Printing.

For more information about The Women’s Exchange and BPW events, contact Kelly Klug at 919-721-8433 or follow the club on Facebook.

Contact

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Sanford Business and Professional Women’s Club
Sanfordbpw@gmail.com
919-721-8433



Greetings from the THW Editor

The BPW/NC staff has worked tirelessly to create guidelines for submission for all members and media outlets. Please review the guidelines provided below for future submissions.

BPW-NC Editorial Submission Guidelines

BPW-NC has established an editorial policy to help streamline the submission process and create a more unified voice for the organization. This policy applies to BPWNC's Facebook, Twitter, Pinterest, and LinkedIn accounts, as well as its website and newsletter, *Tar Heel Woman*. To help facilitate this process, access to BPW-NC social media accounts has been constrained to a limited number of administrators.

How can I get my stuff shared on BPW-NC's website or social media accounts, or in the newsletter?

To request something be posted on BPW-NC's website, social media accounts or *Tar Heel Woman*, email the content to socialmedia@bpw-nc.org. This will automatically forward your content to the appropriate editors and managers.

What can I ask BPW-NC to share?

Content submissions should be relevant to BPW events, BPW interests, and women's issues in general.

Submission ideas:

- Club event notifications and invitations
- Photos or articles from events
- Member news (awards, special recognitions, milestones, etc.)
- Articles, photos and links related to helping women grow professionally, personally and politically.

Content that does not meet these criteria or which has a sole purpose of advertising or promoting a product or service will not be used. The editorial committee reserves the right and responsibility to cut or edit any submitted content for relevance, appropriateness and space restrictions.

What do I need to provide to make sure it gets shared?

When submitting content, please provide the following:

Who: To which audience is this directed? (Members? General Public? Both?)

What: The name of the event, article, etc.

When: Date, Time, RSVP deadlines, etc.

Where: Location, if this is an event. Source, if you are submitting an article or other publication.

Why: A brief description of why our audience should be interested in your submission.

How: When (date and time) and where (website, social media, and/or newsletter) you would like this information shared. Any additional information that is important such as website or social media links should be included.

Notes: Most social media platforms do not support the attachment of PDFs or Word documents. If you want an item shared on social media, it must be an image file (jpg) or a link to a web site.

Articles for *Tar Heel Woman* should be kept short for readability, since our newsletter is sent electronically, and most members will read it on their computers. Longer articles may be up to one page in length (600 words).

Can't I just send you a flyer or link to our website?

We realize sometimes the information you want to share may be contained in an attached document, or found in a newsletter or on a website; however, as full-time career women, we often don't have time to go searching for the details. We ask you to kindly pull these details out and highlight them in your request.

We want to use our limited time efficiently -- sharing your information, rather than researching it or digging for details.



EMBLEM BENEDICTION

***This emblem binds us all
In one great sisterhood.
It bids us hear our conscience call,
For nobler womanhood.***

***God guide us when we wear
this emblem o'er our heart.
Keep us true and always fair***

GOD BLESS US AS WE PART.