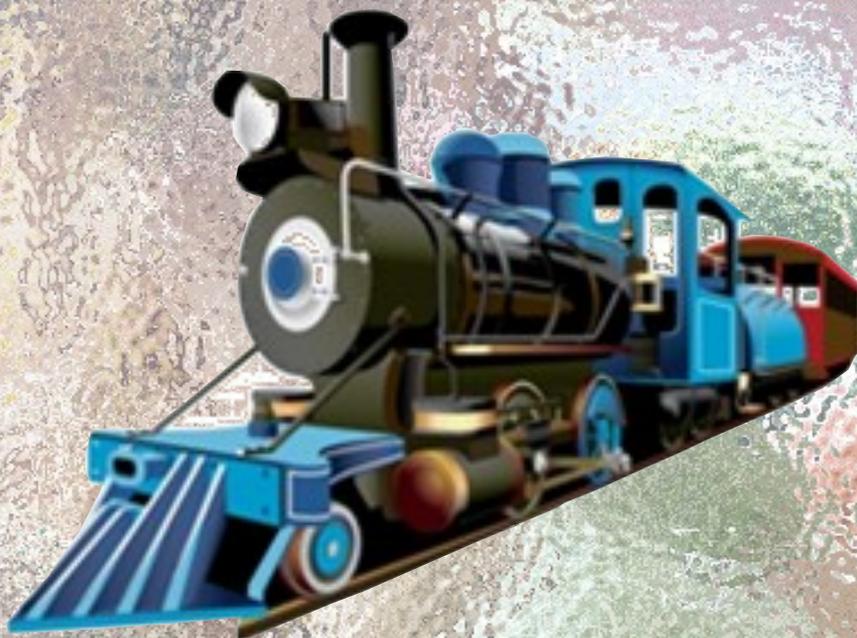


**Making Connections with the**



# **TARHEEL WOMAN**



**Volume 92, Issue 4**

**November 21, 2016**

# **TAR HEEL WOMAN**

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

## **BPW/NC Officers 2016-2017**

**President: Marsha Riibner-Cady - Virginia Dare**

**Vice President: Elva Graham - Wayne-Duplin**

**Treasurer: Jo Naylor - Triad**

**Recording Secretary: Michelle Evans - Raleigh/Henderson**

**Parliamentarian: Jazmin Caldwell - Concord-Cabarrus**

**Immediate Past State President - Marsha Riibner-Cady - Virginia Dare**

## **MAKING CONNECTIONS**

### **FOLLOW BPW/NC**

**\* Website: <http://www.bpw-nc.org/>**

**\* Facebook: <https://www.facebook.com/BPWNorthCarolina>**

**\* Pinterest: [www.pinterest.com/bpwnc/](http://www.pinterest.com/bpwnc/)**

## **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**

# **F**ROM MARSHA RIIBNER-CADY:

Updates from around the state:

I had the pleasure of spending time with 6 of the Golden Key Club members. For those of you who do not know, the Golden Key Club (GKC because we have acronym for everything) is made up of past state presidents. These ladies bid on and won a week stay at a mini McMansion in Kitty Hawk. The money they paid was donated to the BPW-NC Foundation Scholarship Fund. The GKC chose to arrange to take their trip to the Outer Banks so that they could attend the 19<sup>th</sup> annual Virginia Dare BPW Club Symposium. What a thrill it was to have them there! The GKC members have so much knowledge about BPW-NC which they shared with me and the attendees of the event. Thank you Golden Key Club for spending time with us on the Outer Banks!



I was honored to be in attendance and speak at the Virginia Dare BPW Club Symposium. The featured speaker, Dona Storey, enlightened everyone on “The five networks you need to succeed.” 50 people attended this event at the Hilton Garden Hotel in Kitty Hawk on November 4. All the proceeds from the event and the silent auction support the scholarships sponsored by Virginia Dare.. One of the scholarships given annually is the Rae Eley Scholarship, named for the founder of their club. I am happy to say that Rae is still a member and uses her artistic flair to decorate for the event. It’s always exciting to see her creations!

On November 14, we had our second virtual COP meeting. (COP stands for the Council of Presidents) The COP was started this fall as a way for the club presidents to connect with each other, the executive committee, and the board of directors. We had 22 people on the call. Club presidents from the following clubs were in attendance: Charlotte, Metropolitan, Sanford, Rocky Mount, Wayne-Duplin, Fayetteville, Virginia Dare, Concord-Cabarrus, and Nashville. There were 4 executive committee members and 7 board of directors present as well.

Updates were given on events held during and around National Business Women’s Week (NBWW) by Kelly K. from Sanford on the Women’s Exchange, Helen P. from Virginia Dare on the Symposium, and Claude B. from Fayetteville on their 70’s themed dance. Julie U. told us about a bill board on I-85 near Concord-Cabarrus promoting NBWW!

We also discussed:

Strategic Long Range Plan (SLRP) led by Kelly K. of Sanford  
BPW-NC Website tour and Tar Heel Woman led by Barbara B.  
Meeting burner information/training opportunities led by Virginia A.  
Career Woman of the Year (CWOY) updates by Felicia L.

Our next COP meeting will be in January or February, the date has yet to be set. If you didn't see your club listed as one of the attendees, please encourage your club president to attend. If she is not able to attend, a designee is always welcome! We want input from everyone in the state. The meeting is held via phone/computer, so no travel or cost is involved. We keep the meeting to an hour so that there is not a large time commitment. Hope to "see" you or your club president at the next meeting!

The website (bpw-nc.org) has been updated and is now visible on your mobile devices. A huge thank you to Barbara Bozeman for her time and effort on this project. If you have questions about the website or suggestions on improvements, please contact Barbara at [tarheelwoman@bpw-nc.org](mailto:tarheelwoman@bpw-nc.org). Barbara also edits the Tar Heel Woman newsletter for us. Don't blame her for the tardiness of this edition, it was my fault. I now know how babies feel when they have ear infections. I thought I had outgrown those things, apparently not. Meanwhile I also know why people would pound nails into their heads when they have migraines. I have not resorted to that measure, but did consider it!

If you are planning on making an end of year charitable donation, the BPW/NC Foundation is a great choice. The Foundation gives scholarships to women throughout the state to further their education. To donate make your check payable to BPW/NC Foundation and mail to Linda Hardy, C/O BPW/NC Foundation, 221 Brentwood Dr., Rocky Mount, NC 27804. If you have questions contact Linda Hardy, foundation treasurer at: [lsh25759@gmail.com](mailto:lsh25759@gmail.com) or Faye Painter foundation chair at: [fayepainter@att.net](mailto:fayepainter@att.net). The Foundation is a 501C3 so your donation is tax deductible.

I am saddened to report that Mary Tanner, a member of the Rocky Mount Club since 1978, passed away on November 17. Mary worked diligently for the organization on both the state and local level. She also helped with several state conventions. If you would like to send an online condolence go to <http://www.wheeler-woodlief.com/obituaries/Mary-Tanner-4/> or send a card to her daughter, Maria Newcomb, 500 Wendover Lane, Battleboro, NC 27809. At press time no service has been scheduled.

Dr. Lois Frazier broke her hip and turned her ankle in early November. She is now re-habilitating at The Oaks at Whitaker Glenn-Mayview, 513 East Whitaker Mill Rd. Raleigh, NC 27608 Rm 164. I'm sure she would love cards and maybe a visitor, too.

I know that the nation is still grasping the outcome of the election on the local, state and national level, just turn on the tv or visit Facebook if you think things are calm out there. I found something from a fellow member of Virginia Dare, Kelli H. I thought she said it best, I hope you will read her comments later in this newsletter.

I wish you and yours a wonderful Thanksgiving. Don't forget to save the dates for the Women's Empowering and Enlightening (WEE) Event at Headquarters in Carrboro on March 25, 2017 and State convention in Rocky Mount on June 23 and 24, 2017.

See you down the tracks, Marsha Riibner-Cady, President BPW/NC 2015-17, 252-423-0819 or [president@bpw-nc.org](mailto:president@bpw-nc.org)



## **BPW/NC Mission Statement**

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

## **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

# **POST-ELECTION LEGISLATIVE UPDATE**

**From Pat Sledge, BPW/NC Legislative Chair**

To say that I'm disappointed in some of the election results in our state and our country would be an understatement of gigantic proportions. Yes, I know that BPW is nonpartisan, and that we do not publicly endorse any candidate for office. But in doing my homework, and looking at the candidates position on issues relating to women and their families, I wonder where some of the voters of our state and nation got derailed off the track.

My largest disappointment is that we, women, as a national majority of register voters watched the chance to break through that tallest, toughest, and most impenetrable glass ceiling at 1600 Pennsylvania Avenue slip right down the wall and splatter, not shatter. Will we have a woman at the head of our nation in four years? Nations around the world have been electing women leaders for decades. Why not us?

This election was the ugliest, nastiest campaign in any recent times. I don't need to tell you that. If you saw some of the rallies on TV or online, attended events, watched the debates, read the news and watched the commercials ad nauseam, then you probably feel about the same way I do. Glad that it's mostly over! There are still, at the time of this writing, challenges to counts across the state and canvasses being delayed.

No matter what the next 4 years holds for us, we must never quit fighting for what is right. Our work to make the Equal Rights Amendment the law of the land goes on. Republicans, Democrats, Independent, Green or whatever party rises from the ashes of this last meltdown need to put forth the search for the best qualified woman and stand behind her.

Some of our members are celebrating, while others just shake their heads and wonder what happened. Don't become complacent! Watch the winners to see if they honor the promises they made to voters. Hold them accountable when they jump off the rails and cause a train wreck. Remember, we put them into office by our votes or our failure to discern the facts from the untruths. Your right to vote is precious! Get involved, you live here!

## **From the 2017 Convention Committee:**

Plans are definitely being made for the 2017 state conference in Rocky Mount.

Of course, we will have YCW and Woman of the Year award announcements as well as announcements about the many other awards.

On Thursday evening, there will be a visit to a newly renovated area of Rocky Mount which is home to the Rocky Mount brew mills and restaurants. It is anticipated that the regular Downtown Live (live band and dancing on the lawn) will be held that evening so all can visit, eat, listen to the music, and dance the night away.

On Friday evening, we will be having an outdoor pig picking (some chicken also) with a live group to perform. Don't worry, we can move inside in case of inclement weather.

It seems that everyone will need to pack a lawn chair for the evening events.

There are a couple of things for which the committee requests your assistance. One is for suggestions for topics for professional or personal development. We want all sessions to be as relevant as possible, but if we do not know what you wish to know, then we have difficulties reading one's mind. Also in the event that your club should lose someone by death this year, please send us the obituary so we can remember this person during the memorial service. Please send your suggestions and any obituary to Barbara High Tyre at [hightyre@aol.com](mailto:hightyre@aol.com).

Another part of conference will be aimed at youth (grades 4 and up). We will be having the Reality Store for youth to learn valuable life skills about housing, finances, and careers. You are encouraged to plan to bring your children, grandchildren, nieces, nephews, or neighbors with you. There will be a youth track for the conference for them to attend while you are involved with the adults. The youth track will be overseen by professional youth leaders. In addition to the Reality Store, there will also be other activities planned for them and time will be allocated for them to enjoy the pool if they desire.

There will be a need for volunteers at the conference to serve as pages and for other needs. If you wish to be a volunteer, please let us know.

There is a train depot in Rocky Mount if you would like to travel to the conference by Amtrak. You will need to let us know so we can plan on picking you up

### **2017 State Conference Committee**

**Barbara High Tyre   Linda Hardy   Mary Wells   Varnell Kinnin**



My BPW friends:

I have become EXHAUSTED by the anger and bitterness that seems to be washing across our country these days and in the past few months.

To that end, I decided we need to

**“Get Happy”**

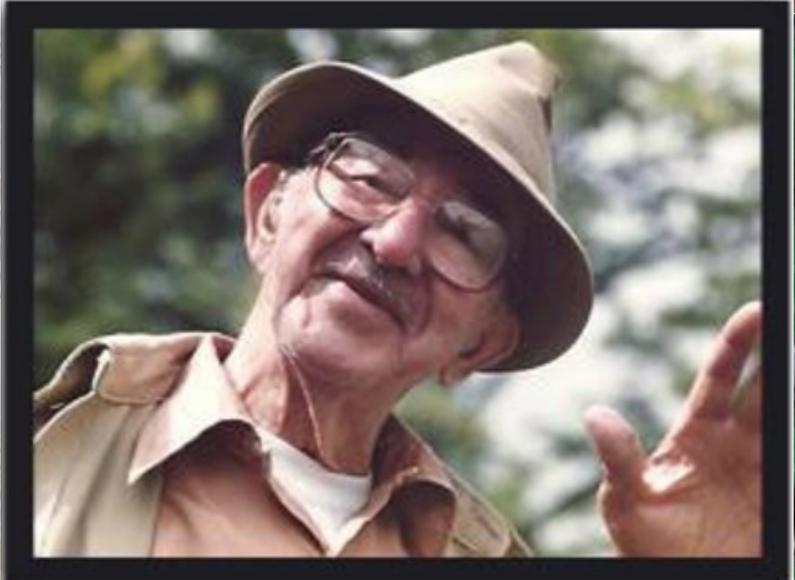
So I asked a group of folks I know to send me an image...just one image, that makes them smile.

Hope they make you smile too!

V/R

Barbara Bozeman

THW Editor



**Before you go any further**



**Today is not the day.  
And I am not the one.**

**It's behind me...**



**Isn't it..?**



*Assistant  
Branch Manager*

*Branch Manager*



**ALL FOOD MUST GO**

**TO THE LAB FOR TESTING**



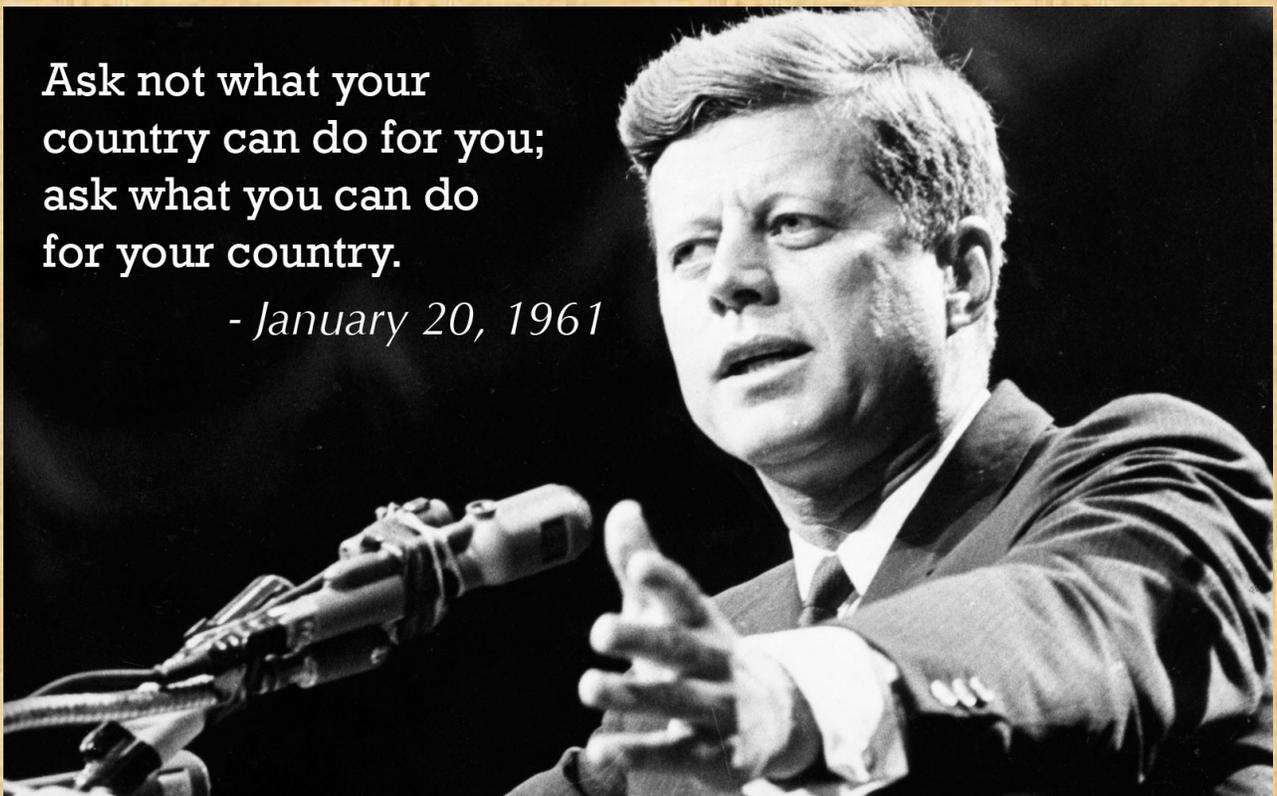
*By Kelli Harmon, Virginia Dare BPW*

*What are you doing?*

The election has been over for more than a week, why are people still so emotionally charged?

**Ask not what your  
country can do for you;  
ask what you can do  
for your country.**

*- January 20, 1961*



**Do you think Women's Rights took a hit with this Election?**

Ask what you're doing for women's rights. Are you a member of an organization, like the Business and Professional Women's Club, which advocates on behalf of and supports women?



Have you helped with mock interviews or donated to organizations that provide professional clothing for low-income women, such as Dress For Success?

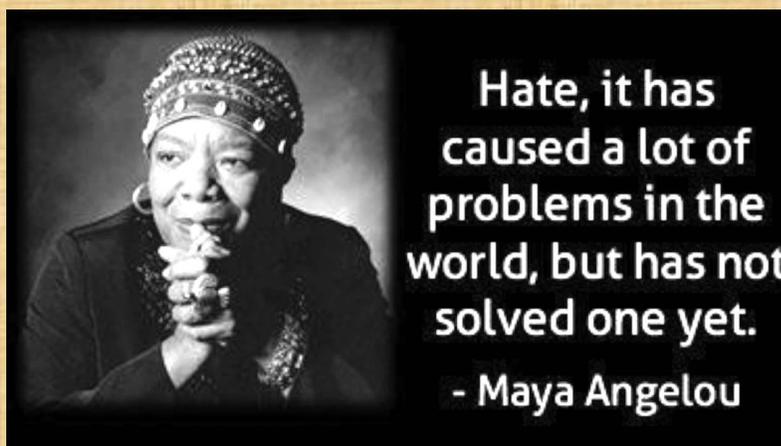


**Do you mentor young women?**

**Think the lower income communities will take a hit?** Ask what you're doing to help our poor communities. Volunteered at a food bank lately? Donated food? Helped tutor/mentor at risk youth? Helped Coach a team? Given time or money to non-profits that support your community? Helped with a community cleanup project?



**Think the LGBT community will suffer?** Ask what you're doing for equality. Have you spent any time or money supporting them? Have you stood up in their defense when someone is victimizing them? Have you offered a kind word when you see them struggling with self acceptance?



**Think that racism will flourish?** Ask what you're doing for equality. Have you helped organize educational/social events for Black History Month? Encouraged your children to have friends of all colors and backgrounds? Stood up to someone saying racial slurs or victimizing someone else? Encouraged people around you not to identify someone by their ethnicity?

# #TogetherWeCan#BeTheChange

**Think we need a "living wage"?** Ask what you're doing to help raise is. How much do you tip? Did you recommend a raise during your last employee review? Do you go for the cheapest store or are you willing to pay a bit more to cover the employee's increased salary?

I know that I have amazing friends who are doing a lot of the things listed here. That's not enough. We must encourage the people around us to join in as well. We must encourage our children to do what's right.

At the end of the day one person, President or not, can't effect the way that we treat each other. We, the people, can. If we want a better society, it starts with us.

My challenge to you? Stop feeding into the negativity. Do one good thing a day, each day, big or small, just do it.

# #TogetherWeCan#BeTheChange

*By Kelli Harmon, Virginia Dare BPW*

And in this  
wonderful  
season of  
Thanksgiving,  
so many things  
for which we  
are grateful:

## *Thanksgiving Observance*

Count your blessings instead of your crosses;  
Count your gains instead of your losses.  
Count your joys instead of your woes;  
Count your friends instead of your foes.  
Count your smiles instead of your tears;  
Count your courage instead of your fears.  
Count your full years instead of your lean;  
Count your kind deeds instead of your mean.  
Count your health instead of your wealth;  
Count on God instead of yourself.

*-Author Unknown*

*Just a few ideas  
shared to  
brighten your  
Thanksgiving  
feast*

I am  
thankful for:

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*EASY STEPS TO A CAN'T MISS TURKEY:*



*A GOOD SOAK  
BEFORE IN A  
SIMPLE BRINE  
SOLUTION*



*AND COOKED  
UPSIDE  
DOWN...ALWAYS  
TENDER*

*followed by the “usual suspects” of the season:*



*...and friends bringing a dish to pass:*



### **Bruschetta Pasta Salad**

1 pound orzo  
1 1/2 cups petite diced tomatoes, drained  
1/3 cup fresh basil, coarsely chopped  
8 ounces fresh mozzarella cheese, cut into 1/2 inch cubes  
1/2 tablespoon garlic powder  
1 teaspoon salt, plus additional to taste  
1 teaspoon pepper, plus additional to taste  
1/2 cup olive oil  
1/4 cup balsamic vinegar  
1/2 cup pepperoni slices, quartered (optional)

1. Cook pasta according to package directions. Set aside and allow to cool for approximately 20 minutes.
2. Meanwhile, in a large bowl, combine the next eight ingredients (tomatoes through balsamic vinegar.)
3. Add the orzo and pepperoni, if using.
4. Stir well to combine.
5. Add additional salt and pepper to taste.
6. Refrigerate for at least 1 hour before serving.

*...or even better...DESSERT!!!!!!*



## CRANBERRY ORANGE POUND CAKE

*Pound cakes were so named because the ingredients traditionally were measured by the pound. This sensational version, studded with cranberries, is a perfect buffet dessert for a party.*

### CAKE

- 2¼ cups sugar
- 1½ cups butter or margarine, softened
- 1 teaspoon vanilla
- 1 teaspoon grated orange peel
- 6 eggs
- 3 cups all purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 (8-oz.) container dairy sour cream
- 1½ cups chopped fresh or frozen cranberries  
(do not thaw) (1½ cups)

### BUTTER RUM SAUCE

- 1 cup sugar
- 1 tablespoon all purpose flour
- ½ cup half-and-half
- ½ cup butter
- 4 teaspoons light rum or ¼ teaspoon rum extract

Heat oven to 350°F. Generously grease and lightly flour 12-cup Bundt® pan. In large bowl, beat 2¼ cups sugar and 1½ cups butter until light and fluffy. Add vanilla and orange peel. Add eggs 1 at a time, beating well after each addition. In medium bowl, combine 3 cups flour, baking powder and salt; add alternately with sour cream, beating well after each addition. Gently stir in cranberries. Pour batter into greased and floured pan.

Bake at 350°F. for 65 to 75 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes; remove from pan.

Meanwhile, in small saucepan combine 1 cup sugar and 1 tablespoon flour. Stir in half-and-half and ½ cup butter. Cook over medium heat until thickened and bubbly, stirring constantly. Remove from heat; stir in rum. Serve warm sauce over cake.  
Yield: 16 servings.

### TIP:

To prepare butter rum sauce in microwave, combine sugar and flour in 2-cup microwave-safe measuring cup. Stir in half-and-half and butter. Microwave on MEDIUM for 3 to 4 minutes or until thickened, stirring once halfway through cooking. Stir in rum.

### HIGH ALTITUDE:

Above 3500 Feet: Decrease sugar in cake to 2½ cups. Bake as directed above.

### NUTRITION PER SERVING:

Calories 550; Protein 6g; Carbohydrate 67g; Fat 29g; Sodium 360mg.

## Chocolate Delight

- 1 cup self-rising flour
- ½ cup chopped pecans
- 1 stick margarine (melted)
- 1 8 oz. package cream cheese
- 1 cup sugar
- 2 8 oz. cartons cool whip
- 2 small packages of chocolate\* instant pudding
- 2 cups milk

### First layer:

Mix flour, pecans, margarine and press into bottom of 13x9 baking dish. Bake at 350 for approximately 15-25 minutes. Let cool.

### Second layer:

Mix cream cheese and sugar well. Stir in 1 carton of Cool Whip. Spread on top of first layer.

### Third Layer: \*\*

Mix chocolate pudding and milk. Spread on top of second layer. Spread Cool Whip on top of pudding and garnish with chopped pecans or grated chocolate semi-sweet bits. Let chill.

\*Can be used with lemon pudding mix.



## Layered Mocha Cheesecake

TOTAL TIME: Prep: 30 min. Bake: 1 hour+  
chilling. **MAKES:** 16 servings

### Ingredients

- 1-1/2 cups Oreo cookie crumbs
- 1/4 cup butter, melted
- **FILLING:**
- 2 tablespoons plus 1-1/2 teaspoons instant coffee granules
- 1 tablespoon hot water
- 1/4 teaspoon ground cinnamon
- 4 packages (8 ounces each) cream cheese, softened
- 1-1/2 cups sugar
- 1/4 cup all-purpose flour
- 2 teaspoons vanilla extract
- 4 large eggs, lightly beaten
- 2 cups (12 ounces) semisweet chocolate chips, melted and cooled
- **GLAZE:**
- 1/2 cup semisweet chocolate chips
- 3 tablespoons butter
- Chocolate-covered coffee beans, optional



### Directions

1. Place a greased 9-in. springform pan on a double thickness of heavy-duty foil (about 18 in. square). Securely wrap foil around pan.
2. In a small bowl, mix cookie crumbs and butter; press onto the bottom of prepared pan. In another bowl, mix the coffee granules, hot water and cinnamon; set aside.
3. In a large bowl, beat the cream cheese, sugar, flour and vanilla until smooth. Add eggs; beat on low speed just until combined.
4. Divide batter in half. Stir melted chocolate into one portion; pour over crust. Stir coffee mixture into the remaining batter; spoon over chocolate layer. Place springform pan in a large baking pan; add 1 in. of hot water to larger pan.
5. Bake at 325° for 60-65 minutes or until center is just set and top appears dull. Remove springform pan from water bath; remove foil. Cool cheesecake on a wire rack for 10 minutes; loosen sides from pan with a knife. Cool 1 hour longer. Refrigerate overnight.
6. Remove rim from pan. For glaze, in a microwave, melt chocolate chips and butter; stir until smooth. Spread over cheesecake. Top with coffee beans if desired. Yield: 16 servings.

AND IN THIS  
TIME OF  
THANKSGIVING,  
REMEMBER TO  
TEND YOUR  
GARDEN...

## A Thanksgiving Garden

Plant three rows of peas:

Peace in our hearts

Peace in our school

Peace in our world

Plant four rows of squash:

Squash gossip

Squash indifference

Squash grumbling

Squash selfishness

Plant four rows of lettuce:

Lettuce be faithful

Lettuce be kind

Lettuce be obedient

Lettuce really love one another

No garden should be without turnips:

Turnip for lessons

Turnip on time

Turnip to help one another

Water freely with patience; cultivate with love.

There is abundance in your garden

Because you reap what you sow.

To conclude our garden, we must have thyme:

Thyme for study

Thyme for friends

Thyme for family!

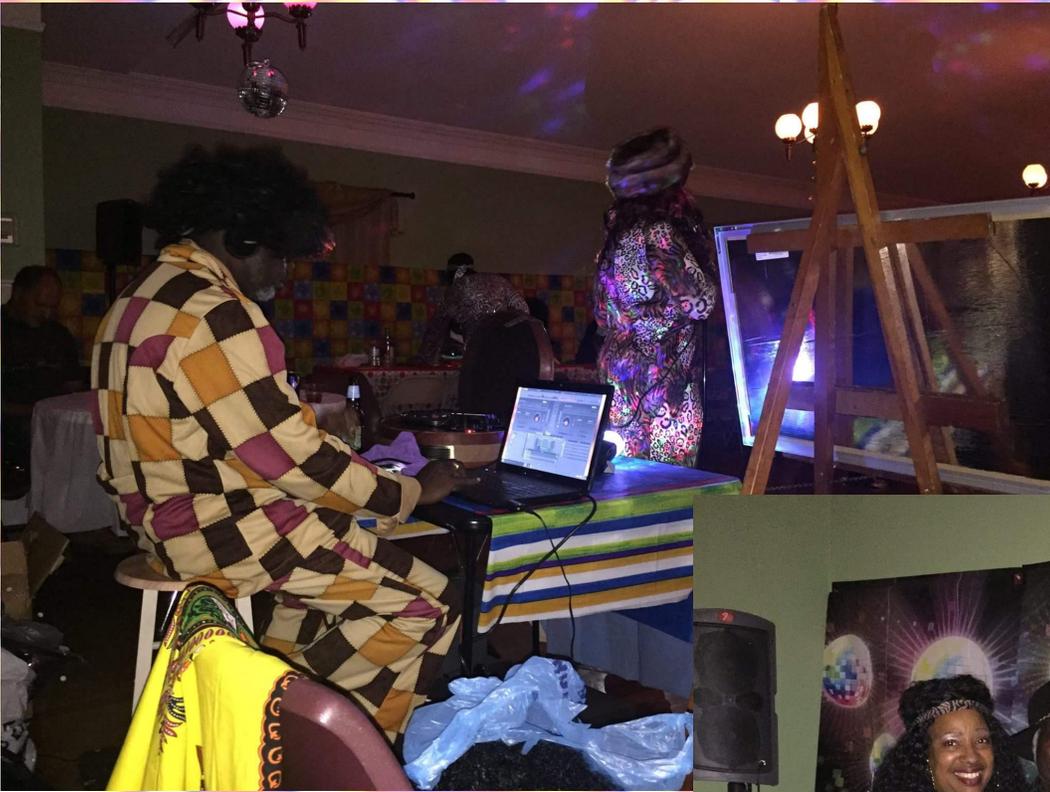


**THE TRACKS WE  
TRAVELLED  
IN OCTOBER WERE  
GROOVY, BABY!!!**

**FROM THE FAYETTEVILLE BPW...A VERY GROOVY, SUCCESSFUL FUNDRAISER!**

**Members hosted a '70's party. All guests were asked to come dressed from the 1970's.**







**Not only did they raise  
over \$800 for the club,  
but also added new  
members.**

**RIGHT ON, FAYETTEVILLE!**



**On  
The Tracks Ahead**

# **Deadlines for December/January**

**Update from previous edition:**

**Deadline for Career Woman of the Year nominations is March 1, 2017.**

**January:**

**Plan/Hold Young Careerist Program and competition**

**January 17, 2017**

**Submissions deadline for TarHeel Woman**

**January 23, 2017**

**TarHeel Woman Publication**

## **Building Powerful Women – Making the Connection**

As you know, our annual program calendar is chock-full of suggestions for club and personal activities meant to celebrate and enrich your lives.

### **December**

**Give! Consider gift donations to organizations near and dear to your heart (BPW, WJF, AHA)**

**Resolve! Everyone reflects on the year that is rapidly coming to a close and what they want for the coming year. Make a plan! Share it with someone to keep you on track.**

**Spirit! Harness your holiday spirit - organize a community support or service event**

On this day in December: 1 = World Aids Day, 10 = Human Rights Day, 15 - Bill of Rights Day, 24 = Hanukkah begins (Ends January 1), 25 = Christmas Day, 26 = Kwanzaa begins (ends January 1), 28 = National Chocolate Day, 31 = New Years Eve

December is: Universal Human Rights Month and STRESS FREE FAMILY HOLIDAY MONTH

### **January**

**SERVE! Organize and participate in the National Day of Service - organize or participate in a service project.**

**CELEBRATE! Celebrate and share your hobby with someone.**

**WHO NEW!? Plan and hold your Young Careerist Program/competition.**

On this day in January: 1 = New Years Day, 4 = Trivia Day, 12 = Work Harder Day, 16 - Martin Luther King Jr / National Day of Service, 20 - Inauguration Day, 31 - Backwards Day

January is: National Mentoring Month, Hobby Month, Thank You Month, Slavery & Human Trafficking Awareness Month

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](mailto: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.

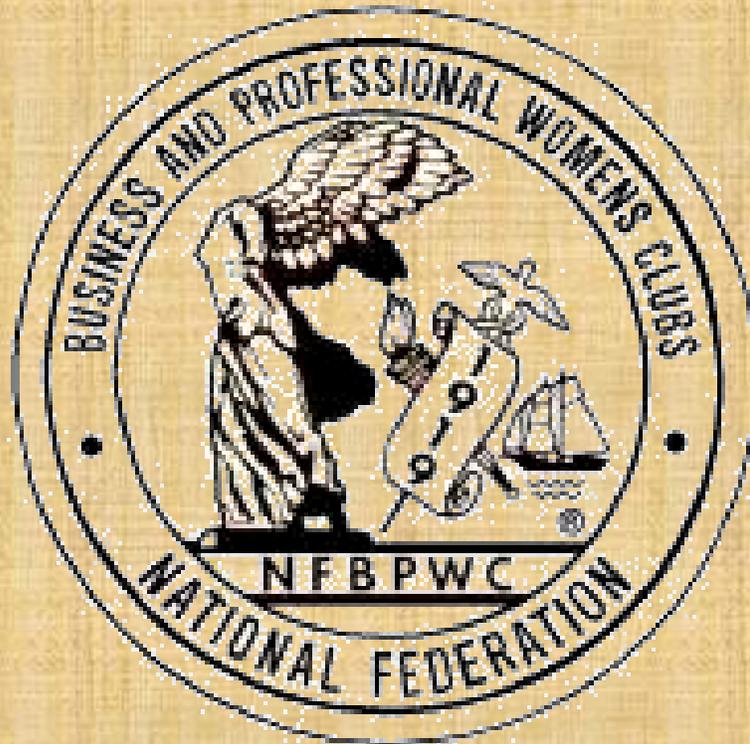
Notes: Most social media platforms do not support the attachment of PDFs or Word documents. If you want an item shared on social media, it must be an image file (jpg) or a link to a web site.

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.***