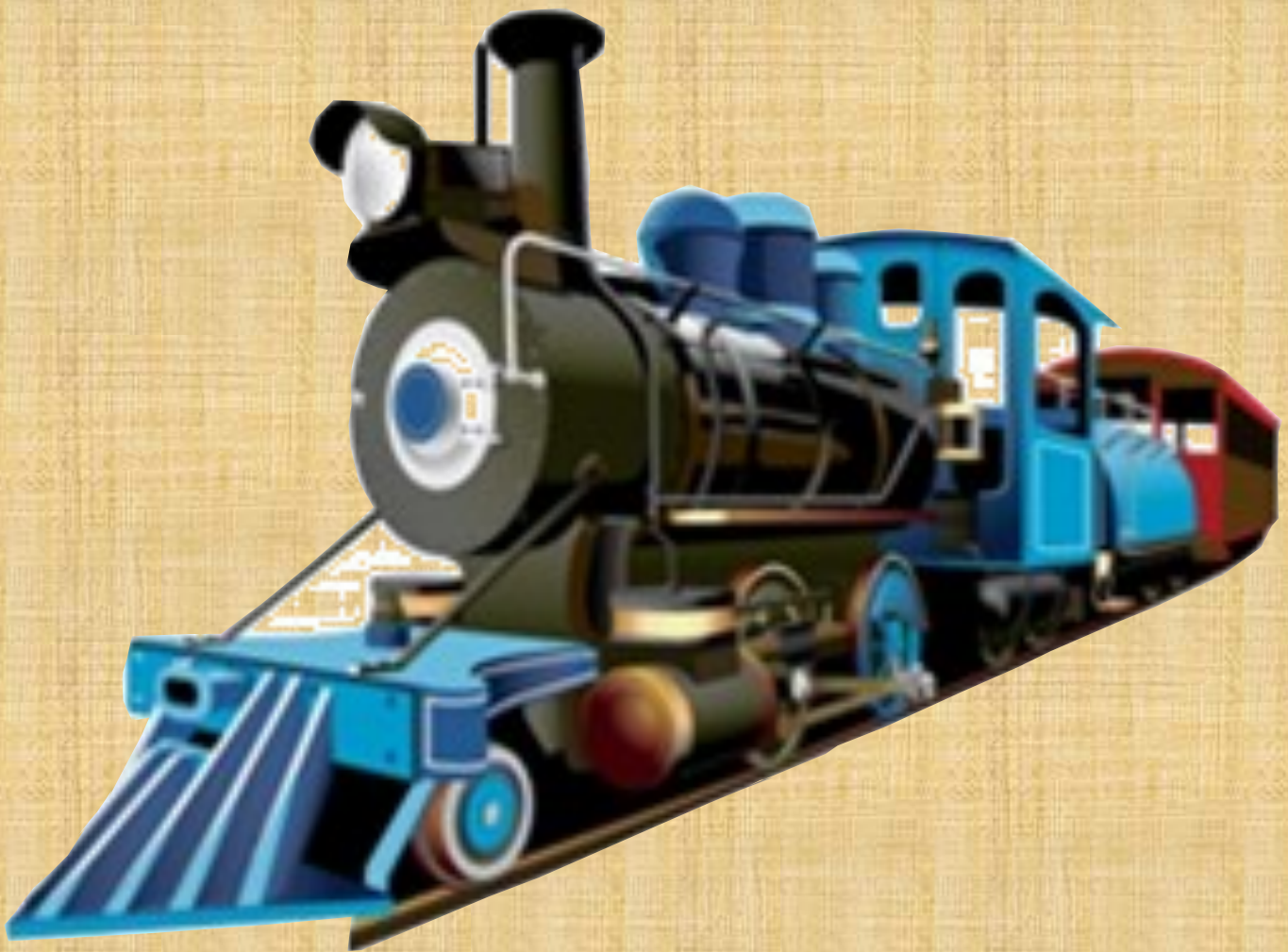


Making Connections with

TARHEEL WOMAN

September 1, 2015



Volume 01, Issue 2

TAR HEEL WOMAN

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

BPW/NC Officers 2015-2016

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Vice President: Elva Graham - Wayne-Duplin

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MAKING CONNECTIONS

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FROM MARSHA RIIBNER-CADY:

I was awakened by a terrible storm at 5:30am on August 26, 2015. It literally sounded like there was a train going through the house. So, I turned on the TV to see what was happening. The first thing that came on TV was that it was National Dog Day. Ok, I love dogs, I get it. Maybe it would have been nice if the 95th anniversary of the 19th amendment got mentioned? Nope, not one word. So I changed channels, nope no mention. So I took action.

I went to work wearing my best red dress. Yes, that would be the one everyone has seen me in at convention. Remember, I run the after-school programs for our county school system. So this is a bit dressed up (including the red purse necklace). I know I should have worn white, but I didn't have a white dress that fit. So red it was. Every time someone complemented me on the dress, I told them it was a special day. When they said, "Yes, it's National Dog Day!" I told them that it is also the 95th anniversary of the 19th amendment. Several people got a look on their face, like lights on and no one is home, you know the look. I asked if they knew what was in the 19th amendment? 90% said no. (I also wanted to ask them where they went to school, but I didn't mostly because I was afraid that they would say the school system in which I am employed!) Anyway, I proceeded to tell them it's when women got the right to vote and

I'm wearing the red dress because we don't have equal pay, yet. What did you do for the 95th anniversary of the 19th amendment?

Now let me change direction as I update you on my stops around the state and local club events.

On July 17, Crystal, Kamilah, Vilma, Carolina, and I got off the train to attend the Latina Style Convention in Raleigh. On Thursday night we cashed in tickets at a vendor's only reception and were able to meet the gentleman in charge of Latina Style magazine. The food was great, so was the company. The best part had to be the pedi cab ride from the restaurant to my car with Crystal and Vilma. It wasn't a train but it was interesting! At the convention the next day we had the opportunity to connect with attendees and other vendors. Each attendee got a BPW-NC brochure and pen. Besides the \$40 in parking tickets I got, it was a great event.

You see, I was on vacation the entire month of July, I could have sworn that it was Saturday not Friday. No wonder the space in front of the convention hotel was empty!

Next was the WPEA July 23-25. There were 43 attendees from 6 states and we had a wonderful time. Thursday night we had a meet and greet wine and cheese reception. The ladies took that time to plan their adventures the next day. Friday found many of us going to the Civil Rights Museum. If you haven't been, consider going. It was worth the trip.



FROM MARSHA RIIBNER-CADY:

Some of the ladies also went to Replacements. For those of you who didn't know what that is, like me, it's where you can get "replacements" for missing china and silver patterns. Friday night's dinner was held at Volvo. We were treated to wonderful food and entertained by the Young Careerist speeches from PA, OH, and NC! Yes, our very own, Paula, was there! We showed the movie, "BPW: a History a Movement". Susan, president of the EPW-USA, (Enterprising and Professional Women USA) made a presentation about their virtual club. Since then I have connected her with Vilma, chair of our virtual club. Saturday we were on our way to Bennet IV for collaboration with other NC womens organizations. Speaking of books...Congrats need to go out to our very own Cherri Walston on the publication of her book: Her Exit Strategy, The Working Woman's Freedom Plan to Live Your Big Vision. That will be the next book I read, I hope I can get my copy autographed by the author, soon!

As you renew your membership, Varnell is going to send you a membership card. That will be your ticket to BPW-NC events. You will get an e-mail reminder 2 months before your membership is due. Make sure we have your correct e-mail. I'd hate for your membership to lapse and for you to be left at the station!

Unfortunately Lindsay was unable to continue to be a webmaster and member of the Foundation board due to family obligations. We will miss her and wish her well. Meanwhile Marsha Abbott is working on website updates. Please take a look and see some of the new things that are happening on our website.

Many of the board members now have e-mail addresses:

Social media folks= socialmedia@bpw-nc.org

Public Relations= communication@bpw-nc.org

The Tar Heel Woman Editor= tarheelwoman@bpw-nc.org



FROM MARSHA RIIBNER-CADY:

The executive committee, board of directors, board of trustees, foundation board, and club presidents (or their designees) will be meeting at headquarters on October 3. Please register for this meeting on the website, it's free. If you need a hotel room, they are available. We will be hearing committee updates, planning future events including the WEE on January 23, 2016 and the 2016 convention at RTP Marriott on June 23-25. Great news, the hotel has honored this year's room rate of \$109 for up to 4 people per room. More to come on that!

I will be attending Sanford's Women's exchange on October 8. Take a look at the home page of our website for information! Has your club got something special planned for Business Women's week October 19-23, 2015? Let me know, I'll try to attend and we can publicize it on our website.

How have you encouraged members to join BPW? The Triad club is inviting friends to join them in events around their area. Sanford had an event, Rocky Mount is showing "BPW a History a Movement" and Concord/Cabarrus is having a Girls Night In.

Virginia Dare, my home club, is having their annual Symposium at the Ramada in Kill Devil Hills on November 13. Dr Harriett Edwards will help us understand our personality color. If you missed the opportunity to see her at the WEE in Rocky Mount, please join us for this event.

I'm anxious to hear from you, please let me know how the state organization can assist you in keeping your train on track and you club in motion!

Hope to see you down the line....Marsha



BPW Membership

From Membership Chair: Varnell Kinnin

Hello Ladies,

Here is my second segment on membership. I believe I mentioned looking at your membership pool in the last article.

In small cities, towns and rural areas, getting members may be a challenge. But, think about it. Small towns have their pluses. For example, you don't have to worry about traffic getting to a meeting. (I like that). Plus #1 advantage is you can have lunch meetings. If you do, get them in and out in an hour. Remember we are business women, it doesn't mean we own the business.

Almost all churches, especially in small towns, usually have Bible study on Monday nights and mid-week service on Wednesday nights. Plus #2 is you can have Tuesdays and Thursdays for lunch or an early evening meeting. Therefore, plan your meeting dates accordingly. Also, be mindful of members with small and school aged children. That's where these parents can use BPW as "parent night out" or the lunch meeting as "lunch with the ladies." Just a thought.



Back to businesses, if you do not own your business, have you contacted your business owner or manager to buy an ad in the BPW annual program book that is given out at conference? Or have you asked them to purchase an ad for your National Business Women Week program book?

NATIONAL BUSINESS WOMEN'S WEEK

October 19-23, 2015

On that note, we are getting closer to National Business Women Week (NBWW). This year it is October 19-23. I know you are making plans in your local clubs right? If so, consider honoring women in non-traditional jobs. For example, women Highway Patrol officers, women judges, women jailers, women auto mechanics, firefighters or EMTs. Or recognize women in service oriented jobs.



You can also do a service project for NBWW. Locate your nearest women's shelter or soup kitchen and give personal items or can foods respectively. It is not too late to give school supplies to schools. Sanitizing spray and wipes, paper towels, tissue, pencils, pens, tablets, etc. are needed year round. If you'd rather not go shopping, a gift card to KMart, WalMart, Dollar General or Dollar Tree would help. It doesn't have to be a million dollars, but enough to help a few teachers/students.

After you do all this or do at least one thing, guess what? It is picture time. Yes, take a picture for the paper. Let the community see you are contributing locally. What about the scholarships you give? They are wonderful, don't stop giving them but, most people will notice the local stuff. You just might get a new member.

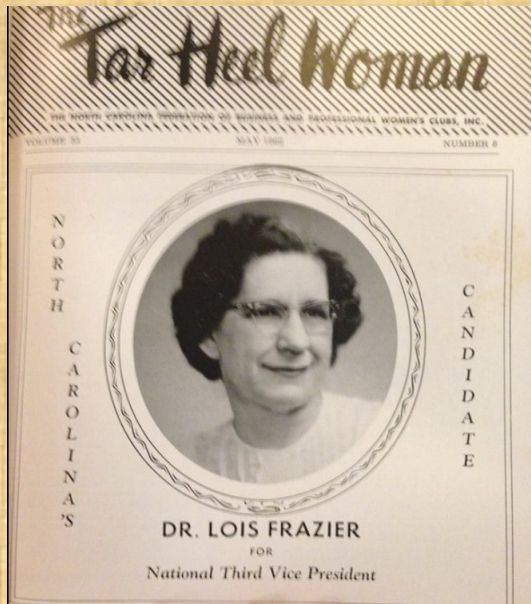
All these suggestions are food for thought. If you try one for NBWW, email me a picture with the article. Who knows, you may get a surprise at conference!!!

That's it for now. Be on the lookout for the next segment.

UNFINISHED BUSINESS

From Pat Sledge, Immediate Past President

For those members who attended our State Convention in May, you know that we honored our long time member, Dr. Lois Frazier celebrating her upcoming 95th birthday, and recognizing her 70 years of membership in BPW.



Dr. Frazier has an impressive record of service to Business and Professional Women of North Carolina in addition to her career as a professor at Meredith College in Raleigh. If you've seen the documentary, Business and Professional Women – A History. A Movement filmed by Ashley Maria, you've heard Dr. Frazier talk about some of the early days of BPW. At the convention, Dr. Frazier was presented letters of congratulations from NC State Senator Richard Burr and Raleigh Mayor Nancy McFarlane.

In April, I had written a letter to President Obama and First Lady, Michelle Obama talking about Lois's achievements and service asking them for a letter to present to her at the convention. After calling the White House and speaking with a staffer, I was told that the best way to have it reach the President would be to e-mail the letter using the official White House e-mail contact. My letter exceeded the maximum number of characters allowed and had to be shortened. (There's so much that can be said about Lois.) The e-mail was sent, but a day or so later, I learned that the White House and President Obama's e-mail account had been hacked. The letter was resent.

I had one last surprise for Lois, and was able to make that presentation to her at the Raleigh BPW meeting on August 24th. My husband brought the mail in one afternoon early in July, and handed me a manila envelope from the White House. Inside I found a personal letter addressed to Dr. Lois Frazier wishing her a belated Happy Birthday and acknowledging her accomplishments and the way that she had touched the lives of those around her. It was signed Barack Obama and Michelle Obama.

Dr. Frazier was visibly moved when I read the letter sent to the President and Mrs. Obama and she beamed with joy as I read the reply from our President and First Lady. Seldom at a loss for words, Lois shared with the members and guests of the Raleigh club, some of her early experiences in BPW. At 95, she is a remarkable lady, and an inspiration to women of every age. It was my pleasure to complete this piece of unfinished business!

THE WHITE HOUSE
WASHINGTON

June 29, 2015

Dr. Lois E. Frazier
Lexington, North Carolina

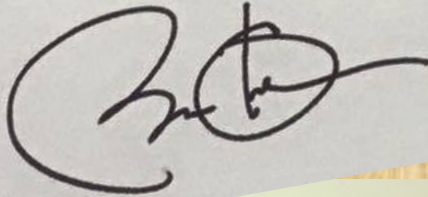
Dear Dr. Frazier:

Happy 95th birthday! We are delighted to send our belated best wishes on this special occasion.

Your generation has witnessed what our Nation can achieve when we join together in pursuit of a brighter tomorrow. We trust you take pride in all you have accomplished, and in the ways you have touched the lives of those around you.

Again, happy birthday. May the coming year be filled with joy.

Sincerely,

 Michelle Obama



To BPW/NC: I am grateful to the Federation for recognizing my birthday and years of membership at the 2015 annual convention. It was great to see old friends and to make new ones. I extend my best wishes to the current officers and other leaders for the new year.

Lois E. Frazier, State President 1956-1958

October is Domestic Violence Awareness Month.

Dear Friends:

A few years ago I wrote an article about domestic violence for the *Tar Heel Woman*. At that time, there was little dialogue about this important issue. Last year the Ray Rice incident along with Greg Hardy's placed violence into the news headlines and into the public's mind. In two days after the release of the video of Rice knocking out his fiancée the National Domestic Violence Hotline reported an 84 percent increase in calls.

President Obama's public service campaign is aimed at urging young people to do more to prevent campus sexual assaults. He calls for a fundamental shift in our culture in the way women are treated along with our responses to victims of sexual assault. In the Nation's Military repeated reports of abuse, and the way the military has responded after women have reported incidents to their superiors, has captured the attention of the public and members of our Legislature.

The dialogue is getting louder and it is welcome! Women have worked long to overcome their treatment by officials during times of reported abuse. It is to our credit that the voices are becoming louder and the cry for a change in the dialogue is beginning to happen.

Domestic violence occurs among all sectors of society---poor, rich, educated and uneducated. Three in 10 women and 1 in 10 men have experienced rape, physical violence and /or stalking by a partner and report a related impact on their functioning according to the **National Domestic Violence Hotline**. Women aged 18 to 24 and 25 to 34 generally experience the highest rates of intimate partner violence.

On average, 24 people per minute are victims of rape, physical violence or stalking by an intimate partner in the United States — more than 12 million women and men over the course of a year. In North Carolina the lives of thousands are affected each year. In the fiscal year 2013-2014 there were 116,052 calls from 55,274 clients regarding domestic abuse and sexual assault to **The North Carolina Council for Women**, a women's advocacy agency within the North Carolina Department of Administration.

Children are present in almost half the homes where police are called for a domestic violence related response. National studies suggest that **between 3.3 and 10 million children witness domestic violence every year in the United States**. The National Institute of Justice (NIJ) indicates that kids exposed to domestic violence have a 50% higher risk of drug and alcohol abuse, are more likely to commit suicide, and are 24% more likely to commit assaults.

For information on Statewide statistics for domestic violence and sexual assault, visit the **NC Department of Administration's Council for Women's** Website at: <http://www.nccfwdvc.com>. Their website also provides links to organizations across the state. To reach the **National Domestic Violence Hotline** the site is: <http://www.thehotline.org>. Both of these sites will give you additional information about violence and what you can do to help.

Carol Ambrose



Courtesy of the Rocky Mount BPW Newsletter:

Domestic Violence Hits the Headlines Again

Wake County sheriff's deputies and Raleigh police surrounded a room at a hotel Monday morning and arrested a man wanted in the fatal Sunday shooting of his ex-girl-friend in a Food Lion parking lot in Franklinton, authorities said. Garry A. Yarborough, 35, who gave police a Zebulon address, was taken into custody after officers persuaded him to come out of the room at

the Days Inn at 6619 Glenwood Ave.

Yarborough was charged with murder in the death of Tracy Williams about 5 pm Sunday. Williams had taken a course to qualify for a permit to carry a concealed handgun and had her gun with her Sunday. But the gun jammed after she fired one shot that hit Yarborough in the leg, Green said. "She took all the right, necessary steps: to protect herself by notifying authorities, getting a court order against Yarborough and arming herself legally, but she was betrayed by a mechanical problem, Green said.

Green praised Wake Country Sheriff Donnie Harrison for having investigators work through the night with a Franklinton officer as tips about Yarborough's whereabouts came in. Yarborough was taken to Wake Med Raleigh hospital for treatment of the wound from Williams' gunshot. Authorities also arrested Josiah Oakley, who was with Yarborough, and charged him with being an accessory after the fact of murder. (By Ron Gallagher, Raleigh News & Observer, Tuesday, July 26, 2015, p 5A)

This tragedy highlights the biggest problem for victims of domestic violence. Whether we like to think about it or not, there is no solution to domestic violence as long as abusers are willing to resort to violence. This woman did everything she could to protect herself, but it wasn't enough. Laws need to be changed to have abusers stopped before they actually escalate to this point.

(Editorial comment)

FROM PAULA YOST: (a facilitator with IMPACT Family Violence Services)

When we talk about domestic violence, we often talk about the women. Over the last two years, I have intensely studied the men who abuse. I work two evenings a week for IMPACT Family Violence Services facilitating a batterer intervention program for adult male domestic offenders. These men are never happy to land in my group. They are usually sent from the court system as a term of their probation or they land there due to a Department of Human Services referral. Successful completion of group is a condition of getting their children back into their custody. The program requires 26 weekly meetings over the course of six months. The groups cost the men \$40/meeting.

The primary tool used in the group is the Power and Control Wheel developed by the Domestic Violence Project in Duluth, MN. So often people believe that domestic violence is about physical or sexual abuse. The truth is, no man is going to hit you on the first date. In many ways, I wish they would. That way you would know what you were signing up for. Abuse is much more subtle which is why women are often trapped and unsure of how to get out when the physical abuse actually starts. The Power and Control Wheel is broken into eight sections. I will explain them to you here.

1. Use of male privilege – treating her like a servant: making all of the big decisions, acting like “the master of the castle,” being the one to define men’s and women’s roles
2. Coercion and threats – making and/or carrying out threats to do something to hurt her. Threatening to leave her. Threatening to commit suicide to scare her or reporting her to welfare. Making her do illegal things or making her drop charges against him.
3. Intimidation – making her afraid by using looks, actions, and gestures. Destroying her property, abusing pets, displaying weapons.
4. Emotional abuse – putting her down. Making her feel bad about herself. Calling her names. Making her think she’s crazy. Playing mind games, humiliating her, making her feel guilty.
5. Isolation – controlling what she does, who she sees, and talks to, what she reads, and where she goes. Limiting her outside involvement. Using jealousy or love to justify actions.
6. Minimizing, denying, blaming – making light of the abuse and not taking her concerns about it seriously. Saying the abuse didn’t happen. Shifting responsibility for abusive behavior and saying she caused it.
7. Using children – making her feel guilty about the children. Using the children to relay messages. Using visitation to harass her. Threatening to take children away.
8. Economic abuse – preventing her from getting or keeping a job. Making her ask for money. Giving her an allowance. Taking her money. Not letting her know about or have access to family income.

Not a single one of these involves him every laying a hand on her. Specific examples of things I have seen include a man who refused to admit he strangled his partner (that's #6). Pictures of the injuries exist. He has seen them. Eventually, he admitted "choking" but refused to say "strangling." Words are important. We make the men use the word "strangling." Strangling is when someone wraps their hands around your throat. Choking is when you swallow food wrong or cough from illness. Those are big differences. This is a way that we encourage the men to be accountable for their actions and own up to what they did. I have also seen a man who refuses to allow his wife to work, though the family desperately needs more money. His reason is that he believes men will hit on her if she goes to work. He is so possessive that he never wants her to leave his home (that's #8, #5, and #1).

Most men in my group are all over the wheel. They usually start out only identifying themselves in one area but usually admit being in far more before they complete. Many men also do not complete the entire program. They are not allowed to complete if they reoffend while in the program or show an utter resistance to progress through the program. They are absolutely required to accept responsibility for their actions. Sometimes accountability is a process that takes time and that is why they have to be in the program for six months.

If you are a woman with a spouse or partner who is all over the wheel, I would encourage you to work your BPW network to seek help. All around the state, there are BPW sisters who are psychological counselors and lawyers with family law knowledge. You just need to truly be ready to leave him. The average woman goes back seven times before she is strong enough to leave. These men charm us into relationships and keep us there because we remember the potential they showed us early in the relationship. They also turn the charm way up when charges are pending against them or when they fear really losing you (that's #2). Women want to stay because we want to believe and accept their apology. We've also been emotionally conditioned to be people pleasers and many of us have been religiously influenced to give forgiveness. You have to be the one who is emotionally ready to leave and shut the chapter on your life, but know that when you are ready, help is there.

Also, for those of us who want to support a woman trying to escape, we have to be patient with her. Remember that he is a liar and manipulator who has been controlling her for a long time. It may take her a long time to leave. She may also feel foolish or ashamed for taking him back over and over again. Do NOT withdraw your services or support. You never know when she has finally had enough. Only she can know that and you want to support her once she's finally ready. Not supporting her just perpetuates his abuse.



--About the author: Paula Yost, Concord Cabarrus BPW, Young Careerist 2015. Paula is a federally licensed United States Patent and Trademark Attorney who is a few credentialing papers away from being a Licensed Professional Counselor Associate. She lives in the Mt. Pleasant area with her husband, toddler, and one on the way.

Discussing Civil Rights in the BPW Legislative Platform for 2015-16

Pat Sledge, Legislative Chair

The third section of our legislative platform speaks directly to the work we do in regard to protecting the civil rights of all individuals so that all are treated with dignity and respect.

Civil Rights

Protect the basic civil rights of ALL individuals and groups, so that ALL people are treated equally, with dignity, respect and without prejudice. Actively promote full funding of the Violence Against Women Act to combat domestic violence. Advocate for funding of programs for protection and services for victims and survivors of exploitation and violence at the State and Federal level. Work to eliminate all forms of sexual harassment and violence against women.

As a part of that section, we address the needs of victims of domestic violence. As October is recognized as Domestic Violence Awareness Month, I would challenge each of you to become more aware of what you can do in your community to stop the violence and abuse that sometimes goes unnoticed.

Paula Yost's article speaks to the way she works with men who are sent to counseling as a result of domestic abuse. In this piece, I hope to help you understand how to help an individual who is being abused or where to find help for yourself if you need it.

Victims of domestic violence are protected in our state under Chapter 50B of the North Carolina General Statutes. This is known as the Domestic Violence Act. Section 50B-1 defines domestic violence as follows:

- Attempting to cause bodily injury, or intentionally causing bodily injury; or
- Placing the aggrieved party, or a member of the aggrieved party's family or household, in fear of imminent bodily injury or continued harassment that rises to the level as to inflict substantial emotional distress; or
- Committing the criminal acts of first and second rape, and first and second degree sexual offense.

Our state domestic violence statutes protect you against physical abuse and the threat of physical abuse. If you are placed in fear of imminent or immediate bodily injury by certain persons related to you, then you are a victim of domestic violence just as much as if you had been punched and thrown to the floor.

Acts of domestic violence also constitute the crimes of assault and battery under our state criminal statutes. If convicted, your abuser will face criminal penalties.

This link will take you to a resource guide for where to find help if you are victim of Domestic Violence: <http://www.survivortosurvivor.org/resources.html>

Here's a link to the Women's Law website <http://www.womenslaw.org/index.php> with information for victims of domestic violence and this second link contains information specific to the State of North Carolina and the laws (Chapter 50B) relating to Domestic Violence.
http://www.womenslaw.org/statutes_detail.php?statute_id=6880#id-2136

Ideas to bring awareness:

Organize a Flash Mob in your community.

Collect unwanted cell phones to donate.

Organize a Purple Ribbon Campaign.

Sponsor a "Clothesline Project" in your area.

Coordinate a vigil in remembrance of victims.

Follow NCADV on [Facebook](#), [Twitter](#), [Instagram](#) and [Pinterest](#)!

**Take a stand against
domestic violence.**

...and in the Cinema:

BPW/NC members Ashley Maria and Lea-Ann Berst are in their last year of filming their documentary, *Pioneers in Skirts™*. It's a social impact film that takes an honest look at the solutions for the setbacks women still face in their careers – for women now, and for the next generation.

Due out in 2016, they have been traveling the United States building a storyline about women who want careers, their success and their struggles, and the people who advocate for them: employers, coworkers, mentors, and parents.



Ashley Maria (l), Le-Ann Berst (r)



Ashley and Lea-Ann are running a month-long crowdsourcing campaign

(Aug 19 - Sept 19) to raise funds so they can finish the production phase of the film, as well as to transition into post-production. You can find out more about the film by watching their Kickstarter video here:

<https://www.kickstarter.com/projects/ashleymaria/pioneers-in-skirts-the-documentary>.

**WHAT'S NEW IN
SOCIAL MEDIA
FOR
THE BPW?**



TAKE AN INTEREST IN PINTEREST!

<https://www.pinterest.com/bpwnc/>

A BIG SHOUT OUT to Ciera Dial Locklear for building a fitting Pinterest page for BPW/NC.



Tracks We've Travelled

and

On The Tracks Ahead

As we travel down the track of 2015-2016, 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

BPW of the Triad celebrated Women's Equality Day for their August meeting on Saturday, August 29. The club sponsored a table at the Women's Equality Day Breakfast sponsored by the Greensboro Commission on the Status of Women, Women of Guilford and Greensboro Coliseum. This year marks the 95th anniversary of the end of Women's Suffrage and the Ratification of the 19th Amendment to the US Constitution on August 26, 1920. The breakfast was held at the Greensboro Coliseum Complex Terrace.

The theme was Perseverance.



Those in attendance were front row: Leona LaPerriere, president, Leslie Martin, member. Back row (left to right): Beth Harrington, guest, Virginia Adamson, co-treasurer, Pat Sledge, co-treasurer, Rhonda Lester, guest, Julie Tomkovick, secretary, Tammy Walker, guest.

Tracks We've Travelled

***Editors note: Featured in "On the Tracks Ahead" for the previous issue, we shared the upcoming Women's Professional Empowerment Alliance Conference 2015**

Here are a few images from the day



Marsha Riibner-Cady (l) Elva Graham(r)



Tracks We've Travelled

***Editors note: Featured in "On the Tracks Ahead" for the previous issue, we shared the upcoming Women's Professional Empowerment Alliance Conference 2015**



Crystal Williams Mayer (l)
Vilma Betancourt (r)

Crystal Williams Mayer (l)
Marsha Riibner-Cady (c)
Vilma Betancourt (r)





On the Tracks Ahead:

BPW Event To Highlight The Economic Impact Of Women

Sanford NC – Professional women in the Central Carolina region will gather at the Dennis A. Wicker Civic Center on October 8 for the third annual “The Women’s Exchange” conference, hosted by the Sanford Business and Professional Women’s Club (BPW).

This year’s theme is “The Power of the Purse: The Economic Impact of Women.” 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.

This year’s keynote speaker will be Anita Brown-Graham, Executive Director for the Institute for Emerging Issues at NC State University. The event also features a kickoff address by Dr. Pamela Senegal, Vice-President of Economic and Community Development at Central Carolina Community College (CCCC) and a professional development session led by Sharon Dickens of Edward Jones.

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 Crystal McIver, Success Coach at CCCC, and will feature Tina Gross, owner of Gross Farms; Fredrika Cooke, Executive Director of Family Promise of Lee County; Donna Stephens-Johnson, Owner of Utopia Therapeutic Spa; and April Montgomery, Owner and Principal of REAP.

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 8. After September 8, registration is \$50. The first 50 registrants will receive a free swag bag.

The Women’s Exchange is made possible by sponsors including Pax World Investments, Ameriprise Financial, Gross Farms, 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.



REGISTRATION NOW OPEN

THE WOMEN'S EXCHANGE

Motivation | Leadership
Best Practices | Resources
Information

Join the Sanford Business & Professional Women's Club
for a half-day conference on

THE power OF THE purse



featuring

ANITA
BROWN-
GRAHAM

*Director of the Institute for
Emerging Issues at
NC State University*

with personal and professional development sessions by



Pam Senegal
CCCC



Sharon Dickens
Edward Jones



Tamela Edwards
Well CENTERED LLC

Register by Sept. 8 for
the early bird rate of

\$39.95

First 50 registrants will
receive a welcome bag
filled with goodies from
local businesses!

and a panel discussion featuring

■ Fredrika Cooke
Family Promise

■ Tina Gross
Gross Farms

■ Crystal McIver
CCCC (Moderator)

■ April Montgomery
REAP

■ Donna Stephens-Johnson
Utopia Therapeutic Spa



October 8, 2015 | Dennis Wicker Civic Center | 8a-1p

WWW.SANFORDBPW.ORG

On the Tracks Ahead:

BUILDING POWERFUL WOMEN



Business and
Professional
Women/NC

PROFESSIONALLY | POLITICALLY | PERSONALLY

Save the Date
Domestic Violence Awareness Month
Virtual Club Event

*The Honorable
Ola M. Lewis*

Senior Resident Superior Court Judge
Brunswick County, North Carolina

Created the
Domestic Violence Therapeutic Court
October 19, 2015
7:30PM - 8:30PM



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. These suggestions are divided into three categories: Personal, Professional and Political.

September

Personal: Regardless of when your BPW renewal date falls, this is the beginning of a new calendar year for BPW/NC. Now is the very best time to go on line, check and refresh your information on the BPW website.

Political: Apply for “Vote In Honor of a Veteran with the NC State Board of Elections. Details available at: <http://www.ncsbe.gov/ncsbe/vote-for-a-vet>

Professional: As long as you are updating your on-line presence, how does your LinkedIn profile look? Is your information up to date? Have you made any new strategic connections? Speaking of strategic connections – don’t forget to sign up for the Women’s Professional Empowerment Alliance (WPEA) Conference in Greensboro, July 23-26, 2015.

October

Personal: October 2 - International Day of Non-Violence, October 16, Bosses Day, October 31 - Girl Scouts began in 1912 October is Breast Cancer Awareness, Domestic Violence Awareness, and Hispanic Heritage

Professional: National Business Women’s Week, Anniversary of Women Joining Forces,

The next issue of Tar Heel Woman is published at the end of August.

Deadline for Tar Heel Woman submissions - October 26

Editor's Request:

Thank you all for the wonderful contributions for the first two issues of Tar Heel Woman for this year.

When the November issue is released, I would love to be able to include all of the wonderful things each of the clubs has done to recognize National Business Women's Week. I know the deadline coincides, but kindly share with me all you do - so that we may all enjoy it together.



With love and respect...

Your tired editor
Barbara 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

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

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.

