Dear BPW Sisters,

What an amazing weekend we had at the WEE event! First, thank you Mary Shelton Drum and Judy Smith for co-chairing this event! Thank you to the Executive Board for hosting and all the work you all did to make this event the success that it was. A huge thank you to Lea-Ann Berst our state Marketing/PR chair for all the PR you did, putting the new brochure together, and getting a TV crew to headquarters. Looks like we might be starting not to be the best kept secret with all you’ve done to get the word out. Thank you to all who attended! We are happy that you and other business and professional women came from across the state to meet and focus on achieving your potential. We talked about gaining clarity, overcoming barriers, turning negatives into positives, and how women can make a valued impact in the political arena.

Congratulations to our 2013 and 2014 Career Women Of The Year winners.

Lynn D. Minges as 2013 Career Woman of the Year
For over 20 years, Lynn has been a passionate champion of the North Carolina travel and hospitality industry. As President and CEO of the NC Restaurant and Lodging Association in Raleigh, Lynn has proven herself a strategic and operational leader.

Val Short as 2014 Career Woman of the Year
With over 25 years of healthcare leadership experience, including 16 years as Vice President of Halifax Regional Medical Center in Roanoke Rapids, Val is Executive Director for Triangle North Healthcare Foundation in Henderson -- as well as a member of BPW/Henderson!

I am also excited and pleased to announce that BPW North Carolina has been selected to receive the 2014 Joining Forces Mentoring Plus Grassroots Award on March 18, at the U.S. Navy Memorial in Washington, DC as part of BPW Foundation’s Women’s History Month Celebration. This award recognizes BPW North Carolina as an “early adopter” of the Women Joining Forces Program and our substantial and successful community grassroots efforts to raise awareness and cultivate support for Joining Forces Mentoring Plus throughout North Carolina. Crystal Williams, our Women Joining Forces chair and I will be in DC to accept this award on behalf of BPW/NC.
February is a month filled with dates to remember and celebrate, perhaps often thought of as the month of love with Valentine’s day falling in the middle of the month, but several other events occur in February too. Groundhog Day; Go Red for Women Day; Presidents’ Day; Black History Month and Heart Month.

The CDC (Center for Disease Control and Prevention) shows Heart Disease as the leading cause of death in women in the United States. These Facts on Women and Heart Disease were taken from their website. www.cdc.gov

Heart disease is the leading cause of death for women in the United States, killing 292,188 women in 2009— that’s 1 in every 4 female deaths.

Although heart disease is sometimes thought of as a “man’s disease,” around the same number of women and men die each year of heart disease in the United States. Despite increases in awareness over the past decade, only 54% of women recognize that heart disease is their number 1 killer.

Heart disease is the leading cause of death for African American and white women in the United States. Among Hispanic women, heart disease and cancer cause roughly the same number of deaths each year. For American Indian or Alaska Native and Asian or Pacific Islander women, heart disease is second only to cancer.

About 5.8% of all white women, 7.6% of black women, and 5.6% of Mexican American women have coronary heart disease.

Almost two-thirds (64%) of women who die suddenly of coronary heart disease have no previous symptoms.

Even if you have no symptoms, you may still be at risk for heart disease or a heart attack. One of our Past State Presidents experienced a serious heart event just after our state convention in June of 2013. I’m sure that she would not mind telling you how close she came to leaving this earth and how grateful she is for a second chance to experience life and love.

We sometimes get so busy with our daily activities: work, family and community commitments that we overlook the subtle signs from our bodies that all is not right. This Short Video “Just A Little Heart Attack” from the American Heart Association should be required viewing for all the women you know and care about.
http://youtu.be/t7wmPWTnDbE

Many of us have been personally impacted by heart disease, either with family members or spouses. Here’s another fun video from the AHA and the characters from the LEGO movie to share.
http://youtu.be/xkqJUUcu_ls

Take steps today to learn the warning signs and to take action to protect yourself so that you can continue to show love to all the people you care about, but especially to love yourself!
It’s scholarship time again! The clubs around the state are sharing information on their local scholarships. Did you know that the Foundation of Business and Professional Women of North Carolina (BPW/NC) also offers scholarships? Please help promote these 5 scholarships as you are promoting your local club scholarships. The application is found on the BPW-NC.org website under BPW Foundation click Educational Scholarships.

The basic requirements are:
Applicants must be female, citizens of the US and attend a community college, college, or university accredited by the Southern Association of College and Schools. Applications are due by April 15, 2014. The Scholarship Committee will advise applicants of their decision by May 15, 2014. Recipients will be invited to attend the Foundation Luncheon at State Convention to be held in Charlotte, NC on Saturday, June 21, 2014. Incomplete or late applications will be disqualified. Scholarship questions should be directed to Marsha Riibner-Cady, BPW/NC Scholarship Chair by phone at (252) 423-0819 or by email at romarsci@gmail.com.

SCHOLARSHIP DESCRIPTIONS NEXT PAGE
**BPW/NC Foundation Scholarship (Two one thousand ($1,000) dollar scholarships)**

The BPW/NC Foundation Scholarship was created in 1996 by the BPW/NC Foundation Board of Directors. In June 2014, the BPW/NC Foundation will award two scholarships in the amount of $1,000 each.

Qualifications for a woman who wishes to be a candidate must:
- Be currently enrolled in either an accredited community college or a four-year college/university in the freshman, sophomore, or junior year or graduate study.
- Require financial assistance to obtain goals.
- Have a definite career plan.

**Elsie G. Riddick Scholarship (One thousand ($1,000) dollar scholarship)**

Established in 1925, the Elsie G. Riddick Scholarship is named for one of the first BPW/NC Presidents. Since 1972, it has been administered as a scholarship fund. In June 2014, the Elsie G. Riddick Scholarship will be in the amount of $1,000.

A woman who wishes to be a candidate must adhere to the same qualifications as listed for the BPW/NC Foundation Scholarship.

**Ruth Moss Easterling Scholarship (One thousand ($1,000) dollar scholarship)**

Established in 1995, the Ruth Moss Easterling Scholarship was named for Ruth, BPW/NC 1964-1965 State President, and 1970-1971 National President. First elected to the North Carolina Legislature in 1976, the Honorable Ruth Moss Easterling served in the North Carolina House of Representatives for thirteen terms, retiring in 2002 at the age of ninety-two. She was a staunch advocate for women’s rights and was instrumental in establishing the Commission on the Status of Women. In 2007, Governor Bev Perdue signed a joint resolution honoring the contributions to society, particularly legislation benefiting women and children. In June 2014, the Ruth Moss Easterling Scholarship will be in the amount of $1,000.

A woman who wishes to be a candidate must:
- Be currently enrolled in either an accredited community college or a four-year college in law (to include legal secretary) or public administration or political science.
- Require financial assistance to obtain goals.
- Have a definite career plan.

**Joyce V. Lawrence Scholarship (One thousand ($1,000) dollar scholarship)**

This is the inaugural Joyce V. Lawrence Scholarship, named for the BPW/NC 1986-1987 State President. Previously named the Joyce V. Lawrence Endowment, the Foundation Board of Directors took action in June 2009, to designate the fund the Joyce V. Lawrence Scholarship Fund to facilitate awarding a scholarship at a time when the need is so great. Dr. Lawrence was Dean of the Appalachian State University’s Cratis D. Williams Graduate School from 1980-1996. She served as Dean when few women occupied academic administrative positions. Well-known statewide and nationally as one of the pioneers in graduate education, she spent a lifetime promoting scholarships and research. In June 2014, the Joyce Lawrence Scholarship will be in the amount of $1,000.

A woman who wishes to be a candidate must:
- Be currently enrolled in either an accredited community college or a four-year college in a major related to the field of education.
- Require financial assistance to obtain goals.
- Have a definite career plan.
Let’s Talk BPW

It has often been said that BPW is one of the best kept secrets around. This year one of the goals is to make sure the secret is out of the bag. BPW is an organization committed to strengthening the position of women in this country, committed to educating citizens on issues effecting women, and committed to fighting for women’s rights and freedoms. We need to work harder to get our message out, and one way of doing this is to make more women are aware of our wonderful organization. Each year at State Convention, awards are given to those clubs and individuals who have done the best job of expanding BPW to new members and of retaining members from year to year.

All of these awards have a bowl or trophy which is engraved with the name of the first place club, displayed at State Convention, and returned to State Headquarters. Second and third place clubs receive certificates.

**Doris Foster Award:** Presented to the Local Club with the greatest number of new members during the fiscal year.

**Marlene Plyler Award:** Presented to the Local Club with the greatest percentage of increase in membership during the fiscal year.

**Pat Nixon-Bettye Powell Award:** Presented to the local clubs that renew 100% of continuing members based on the previous May 31st local club membership.

**Verna Taylor Membership Award:** Presented to the individual member who has sponsored the greatest number of new members during the fiscal year.

In addition to the above awards, individuals members who sponsor new members will also be recognized at State Convention. As announced previously in the Tar Heel Woman, the person responsible for bringing in the most new members during the 2013-2014 year will be given a full paid registration to the 2014 Convention in Charlotte. The second highest person will receive 75% off the convention registration and the third highest will receive 50% off convention registration. (In case of a tie, a drawing will be made to determine who receives each prize.) The contest runs until May 31, 2014. Also, recognition at State Convention is given to any member who brings in at least two new members during the year.

*For more information about Membership Awards, check out the webpage under Awards.*

It would give me great pleasure as this year’s State Membership Chair to see all these membership awards given out and to recognize the many members who have worked hard to help individual woman grow professionally, politically and personally.
BPW provides many opportunities for growth. One of my favorites is leadership. How does BPW provide leadership opportunities? Serving as an officer or committee chair in a club is the first step. Not only will you learn how to run a meeting, manage a budget, as well as parliamentary procedure you will also be building your leadership skills in a safe environment. There you will also serve your BPW sisters another leadership skill.

What's the next step after club level leadership? Stepping up to serve on the Federation Board of Directors, the Board of Trustees, or the Foundation Board of Directors. How do you take that next step? Talk to someone who is already serving on one of these boards and ask them what is required. Attend one of the meetings - they are open to all members in good standing. Learn about the workings of the Federation and Foundation. These are skills you can use in your professional career.

Right now is the time to consider running for a BPW/NC Federation office. The Nominations Committee is accepting nominations for the following offices: President-elect, Vice President, Secretary, Treasurer, and Nominations Chair. The State Officers Candidate Forms are on the website. Be sure to study the duties of these officers which can be found in the Federation Bylaws and Handbook, also on the website.

Once you decide to submit a nomination you will need to do several things:

- Make sure that you meet the qualifications of the office.
- Complete the State Officers Candidate Form.
- Ask your club for their endorsement and have your Club President sign the Candidate’s form.
- Submit your forms by the deadline (which will be announced after the Winter Board meeting in late February).
- Submit your forms to Elva Graham, Nominations Chair, at elj359@gmail.com or via mail at 217 West John Street, Mount Olive, NC 28365.

Personally, I have enjoyed every minute of my service to BPW of the Triad and BPW/NC. I have learned a great deal about BPW, leadership, non-profits, and myself. I have met very special women and men who are working to live the mission of BPW. In addition, I have made wonderful friends all over the state and nation.

If you have any questions about running for an office, please contact Elva at elj359@gmail.com or me at virginia.adamson@yahoo.com.
Good news! With State Convention coming up in June and deadlines coming sooner, the NC Federation Board of Directors approved a motion to include email as a method of transmitting the information to the chair of the award for which you are applying. Yes, it is good news! The chairs will then forward applications to their judges. BIG PAPER SAVER!

Now it is up to you. Go to the website www.bpw-nc.org click on Awards. See who the chair of the award is; forward her the form you have filled out by the due date. The chair will do the rest. Okay, get to work.

State BPW Officers visited from all over the state to attend Nashville’s Opry and support the local BPW Club. Pictured on the front row (L-R) is: NC BPW President Mimi Zelman, Past State President Virginia Adamson, State BPW Vice President Marsha Riebner-Cady and State BPW Secretary Carol Ambrose. On the back row (L -R) is: Nashville BPW President Barbara High-Tyre, State BPW President-Elect Pat Sledge and Past State President Michelle Evans.
Special Committee Chairs

Awards:
Mary Lou Babinski

Hospitality Co-Chairs
Faye Painter
Julie Tomkovick

WEE:
Mary Shelton Drum
Judy Smith

Career Woman of the Year:
Elva Graham

Nominating:
Elva Graham

State Conference:
Andrea Buschur

Young Careerist:
Elva Graham

BPW Members gather at check-in at the Hampton Inn in Carrboro. Friday everyone enjoyed their meal at Milltown Restaurant followed by music entertainment at the Carrboro’s Art Center.

BPW-NC Headquarters in Carrboro was the gathering place for Saturday’s “Get Your Sparkle On” the celebration of the 95th Anniversary of BPW.

Mimi Zelman, BPW/NC President welcomed everyone to “Get Your Sparkle On”

Leona La Perriere Presenting Clarity, Focus, Results: “The Power of Your Words”
Honorable Elaine Marshall, Secretary of State
Keynote: Women in Politics

Pat Sledge, BPW/NC President Elect
How to Bench-press a Buick

Dr. Hope Hills, PhD
Life in Your Terms: Achieving Your Career Goals

Lynn D Minges is the President and CEO North Carolina Restaurants and Lodging Association.

Val Short
With over 25 years of healthcare leadership experience, including 16 years as Vice President of Halifax Regional Medical Center in Roanoke Rapids, Val is Executive Director for Triangle North Healthcare Foundation in Henderson -- as well as a member of BPW/
Did you know that on January 1, 2014 we started the year with a new moon? This hasn’t happened in 19 years. So what have you done to start your year off new? I didn’t make the same resolutions I make every year. I didn’t promise myself I would exercise or lose weight. I was already making a conscious effort to walk more and wear a pedometer until it fell off my waist and broke. I have increased my water consumption, which means I’m visiting the bathroom more and using more supplies. It’s also where the pedometer broke… I’m purchasing more paper products, thus helping local small businesses as a side benefit. My youngest son is in pulp and paper science so I’m helping him with future job sustainability. So are you, if you are drinking more water. Thank you, job security for my children is important to me.

I was already watching what came out of my mouth, so I didn’t promise myself that I wouldn’t use colorful vocabulary. I have considered getting one of those word- of- the- day calendars and reading more. I am done with the college classes I was required to take, so I could start reading more “interesting” material.

For the New Year I did decide to listen more and speak less. I’m trying not to react immediately when people say things when they are angry or frustrated. I figure most of what they say really doesn’t need a comment anyway. Less is more. Why fuel the fire? I didn’t even comment on my son’s girlfriend. When he asked what I thought about her, I told him I loved her. I told him that she is potentially the keeper of my access to my future grandchildren, so I love her unconditionally maybe more than I love him. That left him confused, it’s fun to do that sometimes!

So, what did I decide to take on new this year besides water, which is temporary? I thought trying lipsticks that don’t turn orange on me would be a good idea. At 52 years old, maybe I should grow up and consider wearing a little makeup. I also bought some new scarves, so I’ll be trying new styles of tying. Other than that, I’m just going to do my best to treat everyone the way I want to be treated and hope they do the same for me. Happy new year to you and yours.

Marsha Riibner-Cady