



Tar Heel Woman

A publication of the North Carolina Federation of Business and Professional Women's Clubs, Inc.

VOLUME 87 NUMBER 1

JULY 2011

2011 - 2012
BPW/NC
Leadership Team

BPW/NC Executive
Committee

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Rhonda Hunter

President-Elect:
Virginia Adamson

Vice President:
Mimi Zelman

Treasurer:
Tonya Holbert

Secretary:
Leanne Schuller

Past
State President
Gail Harper

Parliamentarian:
Barbara Bernard



President's Message



Rhonda Hunter



Believe in Your Own Greatness



Teamwork

There is something wrong with the title of this article. There is no "I" in team or teamwork.

Naturally when we work as a club, club board, state board or state executive committee, we develop into a team and good teamwork is the foundation of all.

To foster that growth we must learn to work and think as a team. In a club or the Federation, more people bring together their unique talents and experience toward a common goal. Functioning as a team also develops many different skills such as time management, commitment, accountability, organization and the art of collaboration.

In a team environment, communication is key. The state executive committee should make every effort to provide accurate, relevant information about the Federation's plans and how the team fits into those plans. Individual team members need to effectively communicate with each other to ensure timeliness and project completion. Members of the team may share progress, make suggestions or request information to resolve outstanding issues. On the local club level your local executive committee should do the same.

Conflicts will be resolved more quickly with a positive team approach. Focus on the goal of the team without placing blame. Delegate an equal share of the work so no one feels frustrated or overwhelmed. Align strengths and blend abilities in order to complement each other. Establishing clear responsibilities and expectations provides best results.

Motivated teams are productive teams. Motivation means "Motive for Action". When people have a sense of ownership they naturally become more involved. Making each member feel integral to the club's success is crucial.

One of my "motives for action" with BPW/NC is working with the many board members and members across the state that has a tremendous passion for what they do in regards to BPW. It's that passion that motivates me to put forth my best effort to ensure our team's productivity, continuing technology upgrades for better communications and ultimate success.

Check Out The Educational Opportunities

Virginia Adamson, President Elect



We're off to an awesome start to the 2011-2012 BPW/NC year! At the State Convention in June, new officers were elected and installed and a new board appointed to support you in the coming year. President Rhonda Hunter's theme, "It's All About You!" promises to focus the year on the individual members and clubs with a great calendar of programs. Be sure to visit the website (www.bpw-nc.org) often to find new items of interest. Check out the calendar to find lots of ideas for your club programs! You can also begin recording your steps towards achieving State awards.

This year I am honored to serve as your President-elect. I am the liaison for Leadership Development, Women Empowered and Enlightened, Career Woman of the Year, and Young Careerist. During the fall we have scheduled two educational opportunities. We are re-launching the Individual Development as a two-part program held in both Lincoln and Sanford. Be sure to read the article by Leadership Development Chair Jo Naylor for an explanation and registration information. WEE Event Chair Mary Shelton Drum and Career Woman of the Year Chair Elva Graham are working with BPW Pembroke on the Women Empowered and Enlightened event, scheduled in October. The 2010-2011 Career Women of the Year will be honored as in the "Spotlight on Women" events of the past. It is also time to begin work on the Young Careerist program. If your club has not participated in the past, it is time to consider providing this program for young women in your community! Christy Williams is the YC Chair.

We are really excited about this year's programming and we hope you will be too! Take advantage of these educational opportunities to learn and improve! I hope to see records broken on attendance!! Will your club have the most women there?

Programming

Mimi Zelman, BPW/NC Vice President



I am very excited to be Vice President of BPW/NC this year. The theme Rhonda has chosen this year, are things I strive for in our local club. Programming is so important to your

local club. The reason being, with the right program and speakers, it will help grow membership, encourages more guests to come (and then get them to join) and keeps members coming back every month and getting involved.

For those of you who do not know me, I publish an online monthly magazine for women business owners and professionals: "Women With Know How." I also have an online resource guide to help women connect as well as a monthly meetup group Women with Know How Elite. My business is much like BPW, it is about helping women grow professionally and personally.

Please feel free to contact me if you need any help or just to get to know me better. I can be reached at 704-4914-1207 or email me at: mimi@womenwithknowhow.com

MEMBERSHIP

Gail Harper

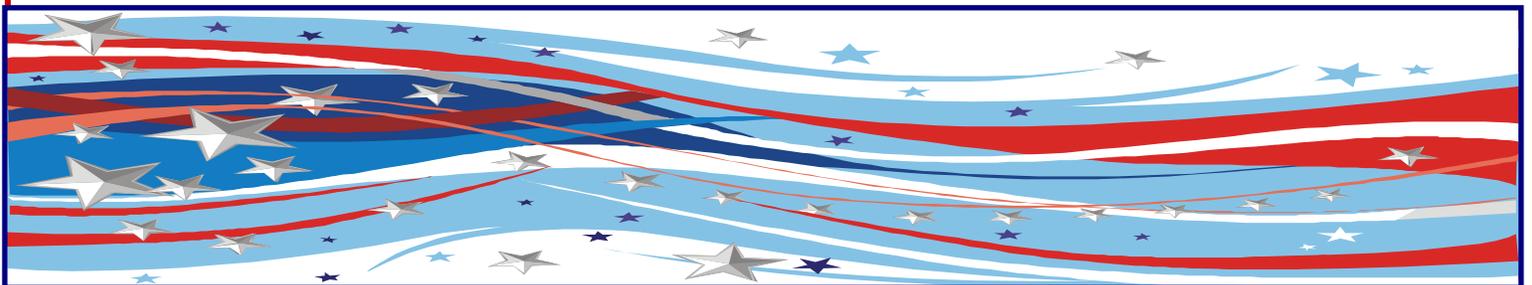
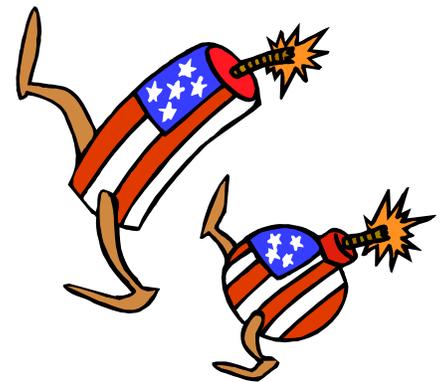


Summer is in full swing today with temperatures hovering around 100 degrees! It seems the summers get hotter and the winters colder. The lovely thing about time though is that “time takes care of a lot of things”. Cooler times are just around the corner in a month or so when September makes her appearance. Not only will the heat break but other events will begin to change too. School will start back and Labor Day will signal the last official day to wear white shoes (according to my mother). Most importantly BPW will have some major events during the month.

September is membership month. Plan a membership drive for your club with a special event to bring in new members. Invite someone who will be an asset to BPW and who will benefit from the many programs and opportunities that BPW has to offer. What better time to become a new member than September when the new individual development program is beginning? Place flyers in your workplace and send emails to your coworkers and colleagues inviting them to a BPW meeting. Let that enthusiasm drip off your voice as you excitedly tell them about some of the things you have learned at monthly meetings, WEE events, and state conventions. Smiles are infectious and women want to belong to clubs that allow them to grow personally, professionally, and politically. Where else can you get so much “bang” for your buck! Remember, this year we do not want BPW to be the best kept secret anymore. Share the joy especially in September!



Club membership chairs may contact me if you need membership pins, ideas, speakers, or topics for your September meeting. You may also contact me for new member orientation information and training.





INTERIM
BOARD OF DIRECTORS ACTIONS
 Leanne Schuller—Secretary

Interim Actions

North Carolina Federation of Business and Professional Women

Federation Board of Directors
 Pre Conference Meeting – June 23rd, 2011

BPW/NC Secretary, Leanne Schuller

Approved

- A Survey Monkey survey be approved to be distributed to the membership to assess the effectiveness of the TarHeel Woman in promoting BPW/USA Foundation.
- The Awards Committee and the BPW/USA Foundation Committee be tasked with researching the feasibility of a BPW/NC recognition for BPW/USA Foundation contributions.
- The Federation support the purchase of purses and raffle tickets at State Conference.
- By direction of the Federation Executive Committee, the adoption of the Federation Handbook as presented with corrections to be made as determined.
- By Direction of the Board of Directors, I move that Maria Goldstein, Western Region, and Jo Naylor, BPW of the Triad be elected to the Board of Trustees for the 2011-2013 term.
- That the proposed 2011-2012 budget be presented to the convention body for consideration as corrected.
- The proposed legislative platform for the 2011-2012 year be presented to the convention body for consideration.
- That Article IX Section 4- Regional Events of the by-laws be suspended for the combination of the WEE and Career Woman of the Year for this 2011-2012 year by the direction of the Board of Directors to be presented to the conference body for consideration.
- The proposed SLRP be presented to the conference body for consideration.
- Mary Alice Wells Nashville Club be elected as representative of the Eastern Region to the board of Trustees.

Interim Actions

North Carolina Federation of Business and Professional Women

Federation Board of Directors Special Called Meeting – June 25th, 2011

BPW/NC Secretary, Leanne Schuller

Approved

- Mary Alice Wells Nashville Club be elected to the board of Trustees for the 2011-2013 term.

ACTIONS APPROVED DURING CONFERENCE

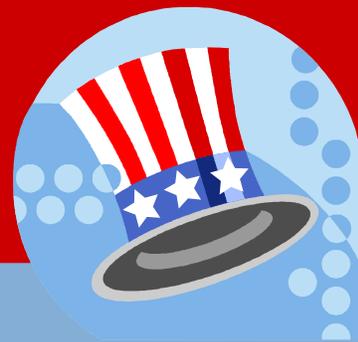
Leanne Schuller—Secretary



Action approved during the 2010-2011 BPW/NC State Conference June 24th and 25th, 2011. Report prepared by Leanne Schuller, 2010-2011 BPW/NC Secretary.

Approved:

- The adoption of the Standing Rules for State Conference as corrected.
- That the first report of the Credentials Committee be accepted as presented.
- That the 2011 State Conference Program be adopted as corrected.
- That by direction of the Federation Board of Directors, the adoption of the proposed amendments to the BPW/NC Federation by-laws as amended.
- That the final report of the Credentials Committee be accepted as presented.
- That the reading of the 2009-2010 State Conference minutes be dispensed.
- That the reading of the Interim Actions of the Executive Committee and Board of Directors except for the Pre-Conference Interim Actions, be dispensed.
- That the nominations for the position of State Nominating Committee Chair be reopened.
- That the name of Linda Karolak be placed on the candidate slate of officers for the office of State Nominations Chair for 2011-2012.
- That by direction of the Board of Directors, the adoption of the 2011-2012 proposed budget be accepted as amended.
- That by direction of the Board of Directors, the adoption of the 2011-2012 Legislative Platform be accepted as presented.
- That the Strategic Long Range Plan be approved for 2011-2016.
- That by direction of the Board of Directors the following members be elected to the Board of Trustees for a 2 year term (2011-2013) Western Region: Maria Goldstein, Hickory Club; Central Region: Jo Naylor, BPW of the Triad; Eastern Region: Mary Alice Wells, Nashville club.
- That by direction of the Board of Directors, the adoption of the Federation Handbook be accepted as presented.



Purses, Raffle, and Dinner Cruise

Susan Benton Wilson

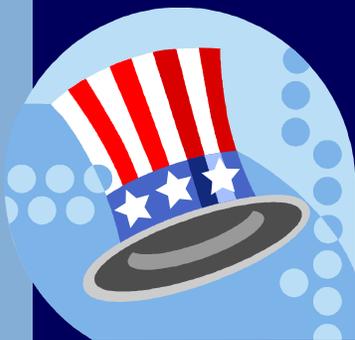
2010-2011 BPW/NC Foundation Chair



Many of you have been experiencing sleepless nights wondering what the final results were for the fundraising endeavors that the BPW/NC Foundation undertook to raise funds for their five \$1,000 scholarships. Well, you will sleep well tonight. The results are in and all funds have been collected. From a combination of contributions, fundraising, and dividend and interest income from its investments, the total income for the BPW/NC Foundation for 2010-2011 was more than \$5,000. In fact, the BPW/NC Foundation did award five \$1,000 scholarships for the 2010-2011 fiscal year.

First for the raffle, people at state convention employed different methods to try to improve their odds of winning the item they were after. Some folded their raffle tickets in half, others crumpled theirs or wadded theirs into little balls, all in an effort to improve their odds. In the end, \$607.00 was raised at the state convention from the sales of the raffle tickets. The items raffled were a weekend at a Myrtle Beach ocean front executive suite (won by Mary Lou Babinski), a sterling silver necklace with genuine blue and white sapphires (won by Virginia Adamson), a Mikasa silver metal platter with swirl design (won by Joyce Draper), a Toppers computer bag (won by Faye Painter), and the preparation of federal and NC tax returns (won by Carolyn Williams).

Next for the purses silent auction results. The donation response was impressive. Over 150 purses were donated to the BPW/NC Foundation. They were displayed on tables, each with its own bidding sheet, and the state convention attendees were given the opportunity to place their bids until 3:00 pm on Saturday afternoon. There were purses of all shapes, sizes, styles, and some that weren't even purses. Some were wallets, fancy eyeglass cases, a duffle bag—whatever it was, we were happy to take the donation. When all the bid sheets were collected, this project resulted in \$568.00 being raised from the sale of the purses. There were some women who came away with some really good bargains. Our sincere thanks to everyone who donated, to those who purchased, and to those who did both. Tonya Holbert spent the most in purchasing purses, so she received the honor of taking home (at no cost to her) the purse that was voted the ugliest purse donated. She stated that she had actually thought about making a bid on that particular purse because she thought her niece might like it. Leanne Schuller, mother of said niece, will now have the privilege of seeing this purse around her home for some time. As was promised, the purses that were not purchased at state convention were donated to Dress for Success in Charlotte to be given to women as an accessory to their outfit provided to them to wear for job interviews. The organization was thrilled to receive the purses.



On Thursday evening, there was a River Cruise Dinner that people who arrived in Wilmington for the state convention a day early had the opportunity to attend if they made a donation to the BPW/NC Foundation. Fifteen people did that, resulting in another \$375.00 for the BPW/NC Foundation. Our thanks to those folks as well. The food was great, the dancing fun, and a good time was had by all.

A very big thank you to those who helped coordinate and conduct all these fundraising efforts. Your hard work is greatly appreciated. It is amazing what can be done when we work together.



BPW/NC Foundation— What is that?

Linda Hardy, BPW/NC Foundation Board Chair



The purpose of the BPW/NC Foundation is to provide the financial resources for the growth, both professional and personal, of NC working women by providing training through programming and workshops, educational opportunities with scholarships, and research on issues of importance. In order to achieve this purpose, the Foundation's goals for the 2011-2012 year center on reviewing and redefining the scholarship application process, revising the awards program, and, as always, raising funds to support our mission. Last year we raised over \$3000 toward our goal of \$5000. This year we plan to do even better. \$5000 is not an unreachable goal.

The Foundation section of the BPW/NC website is a good place to learn more about our purpose, our history, our scholarships, and our contribution opportunities. The scholarship information, including a new application, is under revision and will be available in October. An updated awards program is also in the works, including recognition for donations by local clubs.

Need a way to tell a friend, a mentor, a loved one what they mean to you? Consider a contribution to BPW/NC Foundation. Visit the BPW/NC web site at <http://www.bpw-nc.org> and look under BPW/NC Foundation tab at the top. You will find a donation form under the heading "Campaign". Make checks payable to BPW/NC Foundation and mail to: Kay Jones, 3011 Fairmead Drive, Concord, NC 28028-0425, or contribute online under the "Donate to BPW.NC Foundation" tab.

BPW—"Best Kept Secret" Public Relations/Communications Carol Ambrose



Many have been heard to say that BPW is the "Best Kept Secret." Well, in 2011 that is not a very good way to operate if you want your organization to stay alive and grow larger! Those who have been members for very long are probably aware that BPW was once a much larger organization. How do you expect your club to grow and prosper if you don't get the word out?

BPW/NC would like to have a louder voice this year. We want to be heard and recognized for the wonderful organization that we are. This will be one way we can attract new members and retain current members. Everyone wants to be a part of a vital and growing group.

One of my goals for this year is to help you get the word out. Presidents and PR Chairs: if you get your information to me, I will help get it out to the media. Any information that you have for the BPW/NC website can be submitted to our webmaster at: webmaster@bpw-nc.org. Information that you have for PR/Communications can be sent to me at carolambrose@mindspring.com.

BPW/NC
Board of Directors
Standing Committees

Finance: Paisley Wessel

Foundation BPW/NC:
Linda Hardy

Foundation (USA):
Joanna Moses-Elliott

Membership:
Gail Harper

Legislative:
Kacey Case

Issues Management:
Pat Sledge

Public Relations:
Carol Ambrose

Young Careerist Chair:
Christy Williams
* * * *



Equal Rights and Women's Equality Day... Are We Anywhere Close Yet?

Pat Sledge, Issue's Management Chair



Take a moment to read this resolution that was issued in 1971 to proclaim a day entitled Women's Equality Day.

Joint Resolution of Congress, 1971 Designating August 26 of each year as Women's Equality Day

WHEREAS, the women of the United States have been treated as second-class citizens and have not been entitled the full rights and privileges, public or private, legal or institutional, which are available to male citizens of the United States; and
 WHEREAS, the women of the United States have united to assure that these rights and privileges are available to all citizens equally regardless of sex; and
 WHEREAS, the women of the United States have designated August 26, the anniversary date of the passage of the Nineteenth Amendment, as symbol of the continued fight for equal rights: and
 WHEREAS, the women of United States are to be commended and supported in their organizations and activities,
 NOW, THEREFORE, BE IT RESOLVED, the Senate and House of Representatives of the United States of America in Congress assembled, that August 26th of each year is designated as **Women's Equality Day**, and the President is authorized and requested to issue a proclamation annually in commemoration of that day in 1920, on which the women of America were first given the right to vote, and that day in 1970, on which a nationwide demonstration for women's rights took place.

Source: National women's History Project. <http://www.nwhp.org/resourcecenter/equalityday.php>

The annual observance of **Women's Equality Day** serves as a reminder to each of us that although women were given the right to vote by the 19th amendment passed in 1920, we still have "miles to go before we sleep" to paraphrase the words of the poet Robert Frost. Across the nation, groups observe the event even as we continue our efforts toward full equality.

Many of us take the right to vote for granted, but I would encourage you to remember the struggles of the women who worked tirelessly to gain that right for us in 1920. In fact, their work continued for 72 (Yes, seventy-two) years before the passage of the 19th amendment.

There are a number of ways to introduce our daughters, sisters, family and friends to what these women, our foremothers, did to achieve this level of equality.

Contact your local library and ask for a copy of the movie "**Iron Jawed Angels**" a DVD starring Hillary Swank, as Alice Paul and Angelica Huston among others with the story of the suffragettes in the early 20th century.

Several PBS Documentaries are also available on DVD and may be available through the library:

- Not for Ourselves Alone: The Story of Elizabeth Cady Stanton & Susan B. Anthony**
- American Experience - One Woman, One Vote –narrated by Susan Sarandon**

Any of the three movies will be an eye opener for those not familiar with the history of the suffragette movement.

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A couple of books that are recommended for readers are:

With Courage and Cloth: Winning the Fight for a Woman's Right to Vote [Hardcover] [Ann Bausum](#) (Author) and **Sisters: The Lives of America's Suffragists [Paperback]** [Jean H. Baker](#) (Author)

A ten (10) question quiz about women gaining the right to vote can be found at the National Women's History Project website: http://www.nwhp.org/resourcecenter/equalityday_quiz.html. The website also has some items to use for the celebration of **Women's Equality Day**. The National Women's History Project site has a 20 minute DVD titled "**Votes for Women**" and balloons which can be ordered for your celebration and a DVD on the "**Equal Rights Amendment**".

Why not host a "*Night at the Movies*" with popcorn, soda and one of these movies in your community? Invite other women's groups and their friends to join you. Contact your area schools and libraries to spread the word. Invite the local media to attend, and who knows, you might stir up some indignation about how long it has taken for women to get to the point that they have reached in equality! Again from the poet, Robert Frost. .."But I have promises to keep, And miles to go before I sleep, And miles to go before I sleep". Let us remember and honor those women who gave so much to us through their determination and commitment. Celebrate **Women's Equality Day** on August 26th!

Source: "Stopping by Woods on a Snowy Evening, Robert Frost, 1923



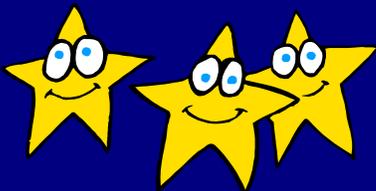
Women Joining Task Force

Trina Hines

July edition of Women Joining Forces/NC highlights the following: VA Initiatives to Assist women Veterans, Troops to Energy Jobs, How You Can Donate to Veterans Deployed, and Host a Veterans Day "Walk A Mile in Her Boots" campaign.

VA Health Initiatives for Women Veterans

According to VA Under Secretary for Health Robert A. Petzel, M.D. by 2108 women veterans will make up 10 percent of the veteran population (United States Department of Veteran Affairs, 2011). In order to meet the current and future demands for all veterans a proactive approach must begin now. In response to the growing needs of women veterans a special women's health supplement was recently published documenting research related to the growth and diversity of women health issues and policies. According to United States Department of Veteran Affairs (2011), the supplement also addressed "gender differences and disparities in care; mental health, military sexual trauma and substance abuse; post deployment health, posttraumatic stress disorder; quality and delivery of care; and special populations, homeless women Veterans and traumatic brain injuries" (Special Journal Showcases VA Women's Health Research, para. 4). Free full-text access to the supplemental is retrievable at: www.whijournal.com/supplements.



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Women Joining Task Force

Trina Hines

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United States Department of Veteran Affairs. (2011). *Public and intergovernmental affairs: Special journal showcases VA women's health research*. Retrieved from <http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2135>

North Carolina supports USO

Deployed troops on the front line are asking for USO2GO shipments; such as video games, sport equipment, musical instruments and much more (USO, 2011). You can help provide a touch of home to deployed troops by making a donation to the USO:

USO. (2011). *Help Send a USO2GO Shipment*. Retrieved from https://www.uso.org/donate/uso2go_072011_1A.aspx?src=WM11U2GE41

Troops to Energy Job

Secretary Chu joined the Edison Electric Institute and the Center for Energy Workforce Development announced a new program creating opportunities for Veterans in the energy segment. According to Dunwoody (2011) the "Troops to Energy Jobs" brings together public, non-profit and private sector partners in a pilot program that will provide transitional career training and counseling to help Veterans enter the workforce and get jobs in the energy industry" (para.3). The pilot program is scheduled to launch in the fall.

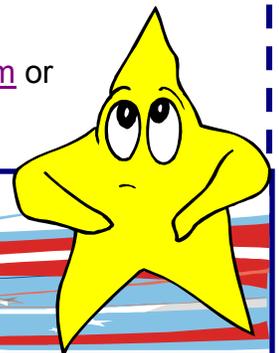
Dunwoody, S. (2011). *"Troops to energy jobs" opens new doors for veterans*. The White House: Joining Forces. Retrieved from <http://www.whitehouse.gov/blog/2011/07/13/troops-energy-jobs-opens-new-doors-veterans>

Plan a club event "Walk a Mile in her Boots" Women Joining Forces- Veteran's Day Event

In honor of women veterans, Women Joining Forces/NC is asking local BPW clubs to host a "Walk a Mile in Her Boots" Veteran's Day event. Here are some helpful tips in organizing the event:

- Locate a running track, gym or fitness center with tread mill, park or similar location to host the event. Participants can walk one mile or more in honor of women veterans (wearing boots would be nice, but not required)
- Recommend finding a woman veteran to speak at the event.
- 10 minute motivational speech highlighting the importance of women serving in the military or similar topic.
- Possible location for speakers: American Legion, Disabled American Veterans, Blue Star Moms of America or American Gold Moms
- Host club will give out flyers about Women Joining Forces/NC. (Downloadable flyers will be available on BPW/Yahoo Group)
- Suggest making it a fundraising event to support Women Joining Forces/NC helping women transition from the military program

For more information contact: Trina Hines WJF/NC Task Force hinesbpw@yahoo.com or thines@hinescgl.com.



Women of Achievement_x



Special Committee Chairs

Board of Trustees Chair:
Mary Alice Wells

Awards:
Caryl Sinfield

PR/Communications:
Carol Ambrose

Governance:
Susan Benton Wilson

Hospitality Co-Chairs:
Faye Painter

Information Technology:
Lindsay Kornegay

WEE:
Mary Shelton Drum

Career Woman of the Year
Elva Jones

Nominating:
Linda Karolak

State Conference:
Judy Smith



WEE Mary Shelton Drum

Where will you be on October 21-22, 2011? Don't know? Would you like a suggestion? Why don't you join me at the WEE Event to be hosted by the Pembroke Club? Would you like some more information? Let me help you out.

One of the best things about the beginning of a new BPW Year is making plans to attend the WEE EVENT. Okay, so that's a given. But wait. This year it's going to be "new and improved." I will be working with Elva Graham who is the Chair of the Career Woman of the Year Program. So what does the CWOY have to do with the WEE Event? I don't want to steal her thunder, so you will need to read her column in this issue of the Tar Heel Woman to find out what her role is at the WEE Event, but I will tell you that it will be a very important new addition.

Once again this year, it is my pleasure to chair the WEE Event and to work with the Pembroke Club who submitted the winning bid last May. The announcement was made to the Convention Body in Wilmington on June 25, 2011. The Pembroke Club is now hard at work putting their plans together by confirming fantastic speakers, locating that perfect venue, and planning the Friday Night Social. They also have the distinction of being the first to incorporate the CWOY into the WEE Event.

Please check the website at www.bpw-nc.org often to find out additional information as it becomes available. We now have the ease of registering online. Let's support the women of the Pembroke Club and make plans to attend the WEE/CWOY Event at Pembroke on October 21-22, 2011. So now, do you know for sure where you'll be on those dates? See you there.

BPW/NC Career Woman of the Year Elva Jones



Another exciting year has begun for North Carolina Business and Professional Women's Club. I am pleased to be the Career Women of the Year Chair for the 2011-2012 year. This year President Rhonda Hunter has introduced the combining of the Career Woman of the Year and the WEE Fall event to be "Women of Achievement." The WEE Event this year will be hosted by the Pembroke Club in Lumberton, NC, on October 21-22nd. It is our goal to have the 2010-2011 Career Women of the Year from each club attend and be recognized. I will email the club presidents with more details as they arrive. From this point forward, we encourage each club to hold its Career Woman of the Year event earlier in the year to allow time to send in the nominations to the state level. This will allow each club's CWOY to be honored and the State Career Woman of the Year to be announced at the Fall WEE Event which will be held each year on the Saturday of National Business Women's Week. You will find the nomination forms on our state website at www.bpw-nc.org. Should you have any questions, feel free to email me at elj359@gmail.com. Once again, I look forward to serving you.



I Want to Win an Award!

Caryl Sinfield

Another BPW/NC year begins and, with it, the enthusiasm for winning an award starts to build. So, why, by the time awards season rolls around, do we not see more entries and winners at State Convention? Here is my theory: there is no plan! So, I am asking you, as your Awards Chair, to make a plan for this and every year, and stick to it – the rewards are great!

July

Recover from the oodles of excitement experience at the Award ceremony at State Convention where you and your Club walked away with an award in nearly every category.

August

Decide which Club awards you and your sisters are going to pursue this year (you really do not need to feel like you need to do everything). Decide which individual awards you want to pursue yourself. Make a plan: define your goal, list the tasks that will help you achieve the goal, assign a due date to each task, and assign someone to be responsible for following through on each task

September, October, December, and January

Work your plan.

November, February, and April

Evaluate where you are in your progress to achieve the goals identified in your plan. Adjust your plan as necessary to realign your tasks with your goal.

May

Submit your award entries and all supporting material by the stated deadline.

June

Sit at the back of the room for the Awards ceremony so you can strut with aplomb all the way to the front of the room to collect your prize!

So, what are the awards you should be considering? Refer to the chart below to get you started, and email me at caryl@sinfield.us with any questions you might have. Do not wait until the last minute! All the award entry forms can be found on the BPW/NC website at <http://www.bpw-nc.org/Default.aspx?pageId=853366> and, yes, you do need to be logged in because the information is in the Members Only section. Some of the information on the website still needs to be updated, and I am working through that, but the substance of the awards criteria should not change or alter the way you approach it – with the exception of the Starbright Award which has been revised fairly extensively. Important: Be sure to download fresh forms for use this year, as many have been updated from previous versions.

In each issue of the Tar Heel Woman, I will highlight specific awards and share tips for bringing home the prize. Good luck to everyone!



In the chart below, is a list of all of the awards. Review the list and see which ones you or your club can work to win this year at State Convention.

Award	Type	How to win in 5 words	Submission due to whom & when	What to submit
Leadership	Individual	Develop and be a leader	Scanned & emailed to Caryl by 11:59 p.m. ET May 15, 2012.	Application with signatures.
Share BPW Button Membership	Individual	Share the best kept secret	Scanned & emailed to Caryl by 11:59 p.m. ET May 31, 2012.	Sponsor certification form.
State Federation Membership	Individual	Just sponsor two new members	Scanned & emailed to Caryl by 11:59 p.m. ET May 31, 2012.	Sponsor certification form.
Verna Taylor Membership	Individual	Recruit the most new members	Scanned & emailed to Caryl by 11:59 p.m. ET May 31, 2012.	Sponsor certification form.
Starbright	Individual	Be a brightly shining Member	Scanned & emailed to Caryl by 11:59 p.m. ET May 31, 2012.	Application with signatures.
Foundation	Individual and Club	Make donations to BPW/NC Foundation	Donations must be accounted for by the May 31 st financial statements.	Money!
Equal Pay Creative Communications	Individual and Club	Communicate Equal Pay for Women	Postmarked to Kacey Case by May 15, 2012	2 copies of application form and supporting material.
Club Alignment	Club	Actively support the BPW/NC SLRP	Emailed to Caryl by 11:59 p.m. ET May 15, 2012.	A summary of what the Club did to help achieve each SLRP item.
Equal Pay Programming	Club	Equal Pay for Women Event	Postmarked to Kacey Case by May 15, 2012	2 copies of application form and supporting material.
Golden Key	Club	Complete and submit an entry	Postmarked to Carolyn Williams by May 31, 2012	3 copies of entry
Doris Foster Membership	Club	Recruit the most new members	New member dues must be accounted for by the May 31 st financial statements.	New member application forms and dues \$
Marlene Plyler Membership	Club	Increase membership by largest percent	New member dues must be accounted for by the May 31 st financial statements.	New member application forms and dues \$
Pat Nixon-Betty Powell Membership	Club	Happy members equals continuing members	Renewal dues must be accounted for by the May 31 st financial statements.	Member renewal application forms and dues \$
Elaine Martin Newsletter	Club	Publish an incredibly informational newsletter	Postmarked to Carol Ambrose by May 15, 2012	4 sets of application form and 8 monthly newsletters.
Elizabeth Woodward Scrapbook	Club	Document Club events in style	Postmarked to Carol Ambrose by May 31, 2012	Entry form and bound scrapbook.
Regional Traveling Gavel Membership	Club/Region	Regional events equal increased membership	New member dues must be accounted for by the May 31 st financial statements.	New member application forms and dues \$

Individual Development Means...

Jo Naylor—Leadership Development Chair
Individual Development Program Chair



Speaking without fear of recrimination when learning to organize and present ideas. **Participating** in discussions and role play learning exercises designed for the novice to those who want to sharpen existing skills. **Analyzing** the dynamics of personal and group behavior: the criteria for effective communication and leadership. **Inquiring** into the issues affecting working and how to take action. **Evaluating** individual strengths and weaknesses, performance of others and effectiveness of class events.

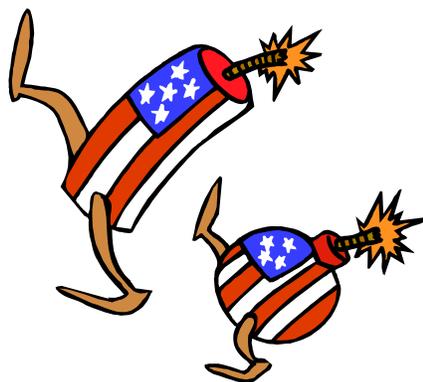
There are a total of 14 topics/modules which will be separated into two sessions.

Are your Ruby Red Slippers losing their sparkle? Session One will be held in: Lincolnton, NC on Saturday, September 10, 2011 from 8:30am to 4:00pm and Sanford, NC on Saturday, September 17, 2011 from 8:30am to 4:00pm. Topics include: BPW History and Future, Personality traits and working with others, Redefining yourself, and Networking.

We need to find the Ruby in us all! Session Two will be held in Lincolnton, NC on Saturday, January 7, 2012 from 8:30am to 4:00pm and Sanford, NC on Saturday, January 14, 2012 from 8:30am to 4:00pm. Topics include: Negotiating, Leadership development, Developing both personal and professional goals, and becoming more involved in BPW/NC.

Please make sure to register for both Session One and Session Two and pay either online or send you payment to the BPW/NC Federation Treasurer by the listed deadlines (August 22, 2011 and January 1, 2012) to make sure you will receive the materials. Light snacks and Lunch will be provided at all of the sessions.

I am excited to bring the wonderful program back to the members of BPW/NC and friends. I challenge you to join me and invite at least one friend to come with you. Please feel free to email me at JOCCBPW@yahoo.com if you have any questions.



“Are your *Ruby Red Slippers* losing their sparkle?”



Individual Development Session One

Please select 1 location:

◇ **Saturday, September 10, 2011**
8:30 a.m. - 4:00 p.m.
Lincolnton, NC

◇ **Saturday, September 17, 2011**
8:30 a.m. - 4:00 p.m.
Sanford, NC

Cost: \$35.00
(includes lunch and materials)

For more information, contact Jo Naylor, Individual Development Chair
at JOCCBPW@yahoo.com

Your Key to Growth and Leadership



Registration Information online at: www.bpw-nc.org
PLEASE Register and Pay by August 25th.



“We need to find the *Ruby* in us all”



Individual Development Session Two
Please select 1 location:

◇ Saturday, January 7, 2012
8:30 a.m. - 4:00 p.m.
Lincolnton, NC

◇ Saturday, January 14, 2012
8:30 a.m. - 4:00 p.m.
Sanford, NC

Cost: \$35.00
(includes lunch and materials)

For more information, contact Jo Naylor, Individual Development Chair
at JOCCBPW@yahoo.com

Your Key to Growth and Leadership



Registration Information online at: www.bpw-nc.org
PLEASE Register and Pay by January 1, 2012.



Business and
Professional
Women/NC

SCHOLARSHIP WINNERS

Jo Naylor—BPW/NC Foundation Scholarship Chair

On June 25, 2011, the following five women were awarded \$1,000 scholarships: Milele Bynum, Mariana Gattegno, Vickie Osoria, Lauren Hobson, and Amy Senta.

Milele Bynum is a Graduate student at the University of North Carolina Medical School. She has developed procedures that are currently being used in epidemiological research. Her goal is to become an Obstetrician. Milele was awarded the Elsie G. Riddick Scholarship.

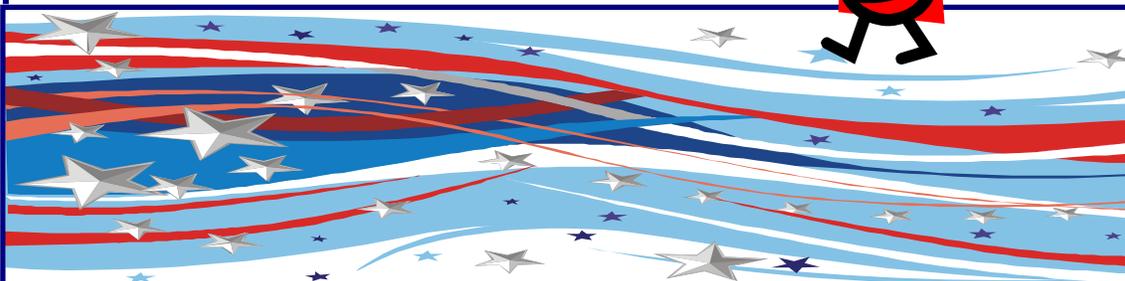
Mariana Gattegno is a Sophomore Biology/Chemistry major at Mount Olive College. She was a BPW/NC scholarship recipient in 2010. She is very active in at Mount Olive and in her community. Mariana was awarded the North Carolina Business and Professional Women's Foundation Scholarship.

Vickie Osoria is a Sophomore Accounting major at Mount Olive College. Her goal is to become a forensic accountant. She is very active at Mount Olive and in her community. Vickie was awarded the North Carolina Business and Professional Women's Foundation Scholarship.

Lauren Hobson is a Graduate student at the University of North Carolina Law School. Her long term goal is to work start a private practice or work in state government. She is active in the community and at UNC. Lauren was awarded the Ruth Moss Easterling Scholarship.

Amy Senta is a Graduate student at the University of North Carolina School of Education. She is teaching and advising students in the NC Teaching Fellows program and is an adjunct faculty member at East Carolina University. Amy was awarded the Joyce V. Lawrence Scholarship.

Congratulations to all of these women from the members of both the North Carolina Business and Professional Women's Foundation Scholarship Committee and all of the members of The North Carolina Federation of Business and Professional Women's Club, Inc. We look forward to having them all join BPW/NC.



What My Award Means For You—Can I Inspire You?

Kim Hughes—2011 Young Careerist

The following article was taken, with permission, from Kim's blog.

Saturday, June 25th, 2011 was the most fulfilling moment of my professional life – I was named the BPW 2011 Young Careerist of the Year for the State of North Carolina. I worked tirelessly and sacrificed more than I care to say for almost 3 months to be as prepared and thorough as I could. What is so special about this award is that I beat out 5 fascinating, empowering and strong women from all over the state of North Carolina to win AND 5 women who were members of BPW... I was not a member but a recruitment from outside of the organization to represent Charlotte.

The magnitude of the award and the emotions behind becoming the BPW 2011 Young Careerist of the Year Award really did not set in until 3 days after I received my award. I was boarding my flight from Charlotte to Milwaukee to capitalize on some much needed R&R and return to my natural home. I got strapped in my seat and pulled out the latest issue of *Entrepreneur Magazine* just to set it down and let out a sign of relief and I allowed my eyes to tear up. I never experienced a moment of pride like this in all of my 28 years!

Yes, I am excited about what this award means for me and my professional future – I have already felt some of the effects such as increased media exposure and recognition from very powerful professionals from around the state; I can only hope that my business and personal/professional mission will grow and echo through the Charlotte Metro Community. Truly, I am equally excited about what this award can do for others... Maybe you? Let me explain. My journey in my professional life has not always been easy – I have encountered countless people tell me that moving solo from Milwaukee to Charlotte was a bad idea and I would fail, that I didn't look good enough to survive in my industry, I was told that I relied on those surrounding me to gain success, I was told that a woman could never make it in entertainment and events in Charlotte, that 704events.com wasn't a business that would survive.. You get the picture. If I would have listened to those people, who knows where I would have been? What I do know is that I WOULD NOT be where I am today.

Let my experience show you that the only person that can hold you back from greatness is yourself!

I am a small-town girl who for a long time was lost in Charlotte and struggled to get by – I made a myriad of mistakes financially, emotionally and physically. I went through a lot of crippling and heavy things in my life but I always strived for more. **I didn't always believe that I was worth success or greatness, but I knew there HAD to be something better than where I was in life.**

All B.S. aside, if I can make it, anyone can. Cliché? Maybe BUT it's true.

I guess what I am saying is never lose hope – Never stop believing and don't let anyone talk you out of your dreams and aspirations. I sadly see it every day and people hold themselves victim in their own life.

I challenge you to fight for your aspirations every day and live fully – Don't let the haters hold you back or deter you from your dreams. I have found that they do what they do because they are A. jealous and/or B. hateful to see others succeed; it is easier for them to hold you down to their level than to rise up to a higher level. One day you will be able to thank them because they fueled your success!

For every hateful person, there is bound to be another that will love and support you. I find it completely worth it to wade through the haters to seek out the good ones.

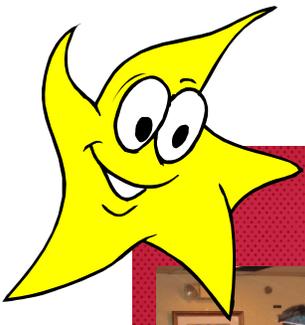
Cherish the one's closest to you; the people that love and support you. When it comes to the good people in your life, it is truly quality over quantity. I have collection of people that surround me who are my biggest cheerleaders but are also there to be my wake-up call and my voice of reason. I trust them completely and am comfortable being my authentic self around them at all times – Good, bad or indifferent.

I am honored and humbled to be the BPW Young Careerist to serve the state of North Carolina for the next year – Know that this opportunity will not be taken for granted. I hope to inspire people to become better daily because if I can do it, legitimately... ANYONE can do it!

Let my example fuel you to achieve your greatness and potential. Struggling? Know that I have been there (time and time and time again) and still do.

Failure is sometimes an option but giving up isn't.





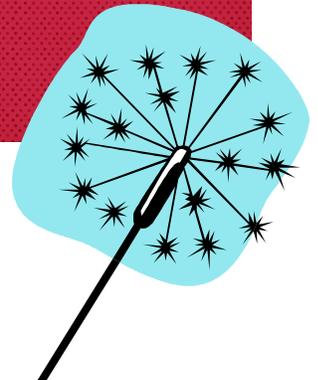
We came to Wilmington and the weather was hot. The food was good, the hotel nice and we had a great time. We played, we took care of business, we selected, elected, and installed officers. Thursday night early attendees had the option of a river cruise where we had a casual dinner and lots of fun dancing and laughter!

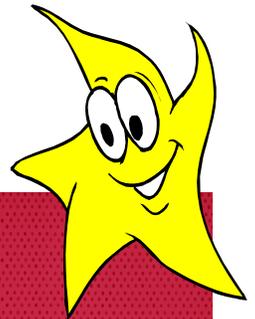
On Friday, people arriving early had Wilmington to explore. The hotel was on the river and easy walking to shopping and dining. Some took advantage of several optional activities that were available, or just chilled out

enjoying the hotel's pool. Friday night we were treated to a video presentation on "Making Our Dreams Come True No Matter What" by keynote speaker Beth Grant.

In honor of outgoing President we were invited to wear a hat to the evening events. Indeed, we saw some beauties!

Saturday brought several breakout sessions of interest to women as well as the Young Careerist Speeches, the Awards luncheon and a business session.





Saturday night we celebrated the Young Careerist, the Career Woman of the Year and the installation of the 2011-2012 Officers along with the Federation Board of Directors.

If you were not able to attend this year's conference, you missed a fun time! Put it on your schedule now to come to next year's event to be held in Hickory June 22-24. I promise you, you will have a good time in the company of your BPW sisters and you will learn more about our Federation and the mysterious under workings.



2011 State Conference Awards

The 2011 BPW State Conference was a time of celebration of successes, achievements, and hard work. The following awards were presented at the 2011 State Conference. Each club is encouraged to set your sights and your goals now to be recognized at the 2012 State Conference.

NIKE Award Winners

First Place—Raleigh
 Second Place—Metropolitan
 Third Place—Wayne-Duplin

Verna Taylor Membership Award

The **Verna Taylor Membership Award** is given to the individual who has sponsored the most new members.

The Verna Taylor Membership Award winners are:

- In First place, for sponsoring 8 new members, is Karen Anne Praetorius, BPW/Asheville.
- In Second place, for sponsoring 5 new members, is a tie: Lea-Ann Berst, BPW/Raleigh and Robyn Crigger, BPW/Metropolitan.
- In Third place, for sponsoring 4 new members, is Kate Stalter-Mastro, BPW of the Triad.



Membership Awards

These women received a State ribbon recognizing their Sharing BPW for sponsoring two or more members:

- Lea-Ann Berst—BPW/Raleigh
- Robyn Crigger—BPW/Metropolitan
- Linda Karolak—BPW/Raleigh
- Kate Stalter-Mastro—BPW of the Triad
- Karen Anne Praetorius—BPW/Asheville
- Judy Smith—BPW/Hickory

Doris Foster Membership Award

The **Doris Foster Membership Award** is given to the club sponsoring the most new members.

The Doris Foster Membership Award winners are:

- In First place, with 21 new members, is BPW/Raleigh
- In Second place, with 8 new members, is BPW/Asheville
- In Third place, with 7 new members, is BPW/Metropolitan

Golden Key Club Award

BPW/Raleigh

2011 State Conference Awards Continued

Elizabeth Woodard Award

The **Elizabeth Woodard (scrapbook) Award** winners are:

1. Lincolnton
2. Wayne Duplin
- 3.. Raleigh

Marlene Plyler Membership Award

The **Marlene Plyler Membership Award** given to the club with the greatest % increase in membership winners are:

- In First place, with 38% increase in membership, is BPW/Morganton
- In Second place, with 25% increase in membership, is BPW/Fayetteville
- In Third place, with 19% increase in membership, is BPW/Pembroke

Pat Nixon Bettye Powell Membership Award

The **Pat Nixon Bettye Powell Membership Award** winners are:

- In First place, with 100% of members renewing, is BPW/Granite Falls
- In Second place, with 95% of members renewing, is BPW/Pembroke
- In Third place, with 92% of members renewing, is BPW/Henderson

Elaine Martin Award

The **Elaine Martin (newsletter) Award** winners are:

1. Raleigh
2. Metropolitan
3. Lincolnton

Website Award

Gold Level Website

- Lincolnton
- Raleigh
- Metropolitan

Best of the Best Website

- Metropolitan

StarBright Award

The **StarBright Award** to recognize a member's efforts to fulfill the Federation Pledge.

- Rising Star: Carol Ambrose, Metropolitan
- Rising Star: Susan Benton Wilson, Metropolitan
- Shooting Star: Pat Sledge



BPW/NC Foundation Award

- First: Brevard with \$33.33 per capita
- Second: Metropolitan with \$20.76 per capita
- Third: BPW of the Triad with \$19.12 per capita



spotLIGHTs On MemBerS

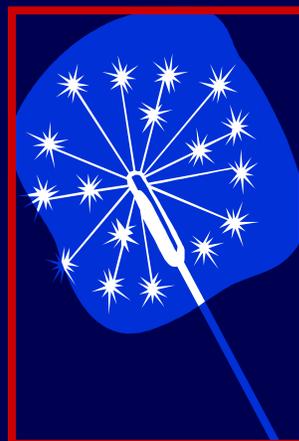
We want to recognize our outstanding members! If you, or someone in your club has won an award, received a promotion, etc, we want to know! Please send your Spotlight on Members information to the Information Technology chair and Tar Heel Woman editor, Lindsay Kornegay at lindsaybarwick@gmail.com.

We look forward to recognizing member accomplishments!



cLuB CeLEbRaTioNs

What's going on in your local club? We want to know! Send information to Information Technology Chair and Tar Heel Woman editor, Lindsay Kornegay at lindsaybarwick@gmail.com.



North Carolina Federation of
Business and Professional
Women's Clubs, Inc.
PO Box 276
Carrboro, NC 27510-0276



Business & Professional
Women
Building Powerful Women

Professionally,
Politically,
Personally.

BPW/NC
"Believe in Your Own Greatness"

North Carolina Federation:

**BELIEVE IN YOUR
OWN GREATNESS**

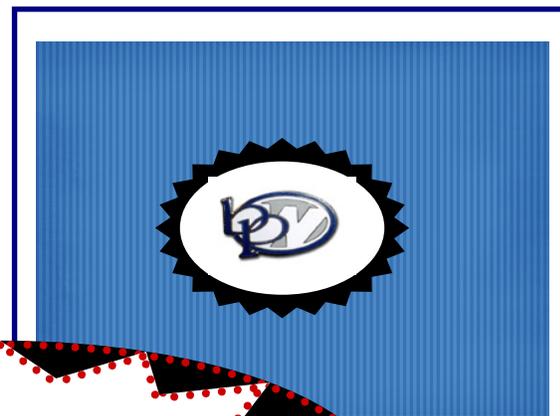
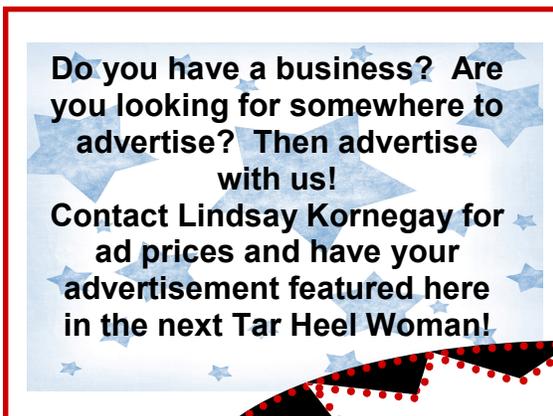
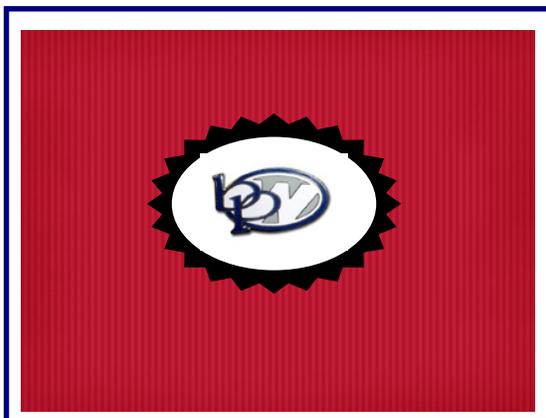


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lindsaybarwick@gmail.com



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