

The North Carolina Federation of Business & Professional Women's Clubs presents:

TAR HEEL WOMAN



Working Women Helping Women Work

Volume 93, Issue 2

September 19, 2017

TAR HEEL WOMAN

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

BPW/NC Officers 2017-2018

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

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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, se-
rene, gentle.*

*Teach us to put into action our better impulses, straightfor-
ward and unafraid.*

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

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

-- Mary Stewart, April 1904

From the desk of the State President:

Have been outside lately? Have you really walked outside and taken a deep breath? If you have, what have you noticed? Perhaps it's the faint sound of rustling leaves, the coolness in the air first thing in the morning or late in the evening, maybe it's the slight smell of cinnamon or the excitement of seeing Pumpkin EVERYTHING on the menus from coffee, to donuts, to yogurt...these things could only mean one thing...Fall is upon us! Fall is by far my favorite season of the year. I think that Lauren DeStefano said it best "Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale." What is your favorite thing about fall? Share it with us, whether it is a recipe, a quote, a favorite memory...whatever it may be send it to me in an email at president@bpw-nc.org, it might show up in the next issue.



With fall, brings National Business Women's week October 15th – 21st. Does your local club have something special planned for that week, if so, share it on the North Carolina Business and Professional Women's Club page or send it to myself and the Tar Heel Woman editor Barbara Bozeman so that we can get it out to the membership and others. One creative thing that Barbara Bozeman and few others do is to carry a pocket full of quarters to share with the women that they meet during the week to "pay them their difference between a woman and a man" you'd be surprised how far that goes. Remember ladies, we are Working Women Helping Women Work. During National Business Women's week, the Tar Heel Woman editor will be publishing a special commemorative edition in fond memory of our dear friend and sister Dr. Lois Frazier. As many of you know we lost Dr. Frazier in late July. Her enthusiasm and commitment to this organization will be deeply missed.

Some of you may ask "what has the President been doing lately?". Well, the President has been quite busy driving all over the state. I started out in August traveling to Lincolnton for the Miss Apple Queen pageant where I saw 21 bright ladies with a lot of motivation and

confidence. Just a couple of short weeks later members of the Restructuring and Rebranding taskforce met at Lea-Ann Berst's home at Kure Beach where 7 women locked ourselves in for a weekend to focus on BPW and we all survived to tell about it, more on those details in a few minutes. After that I traveled down to Pembroke for their Scholarship meeting where I met several great young ladies that I look forward to seeing their future accomplishments. The most recent trip was to the Foundation Scholarship task force meeting at the home of Carol Ambrose in Charlotte, this proved to also be a very productive meeting. The next two stops on the journey are to Sanford BPW Women's Exchange event on October 12th 2017 as well as Concord-Cabarrus BPW Empowerment Brunch and Fundraiser for Women on October 14th 2017.

So, I promised details from the Restructuring and Rebranding meeting. Over the next few months you will see invites to webinars sent to your inbox with various topics ranging from membership and scholarship to convention and networking, we hope that each of you take part in these webinars. You will also start hearing from the Executive Committee and Board of Directors more as each club has been assigned a liaison. Please speak to your liaison and let them answer any questions that you may have, be your go to source for information at the State, or be your sounding board for anything BPW related. Another exciting topic is BPW-NC in conjunction with local clubs will be hosting several fun social functions around the state so keep an eye out for those as well. There are many things that will be happening over the next year so keep in touch with us and watch your inbox's and the North Carolina Business and Professional Women's Club Facebook page for more details.

Now, speaking of helping, I can not close out this article without taking a moment to remember those affected by all the disasters that have taken place in the last few weeks. My thoughts and prayers go out to each and everyone affected by Hurricane's Harvey and Irma as well as the victims of the earthquake in Mexico. I challenge each of you to find a way to get involved and give back whether by making a monetary donation, donating cleaning supplies and personal hygiene items, or finding other ways to help after all even the little things count. To paraphrase Sylvia the dog (the main character from the Broadway play Sylvia...you should check it out) says "sometimes you have to depend on the kindness of strangers".

Please remember to mark your calendars for the Women's Empowered and Enlightenment event on January 19th-20th in Goldsboro NC and State Convention in Concord on June 22nd-24th.



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

In this edition of the Tar Heel Woman:

ERA Updates

NFBPW - It's Official!

Get Out Your Calendars

“Conventional Updates”

Breast Cancer Awareness

Suggested Programs for 2017/2018



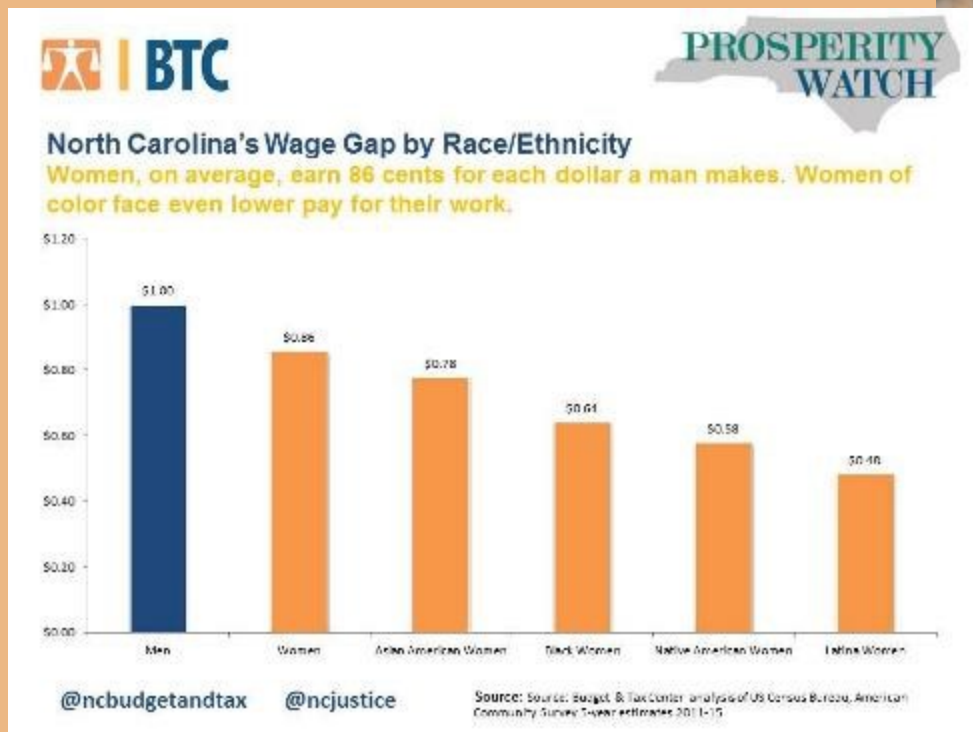
EQUAL RIGHTS UPDATE

FROM RATIFY-ERA NC,

THE ERA-NC ALLIANCE

AND

BARBARA BOZEMAN



More municipalities join call to put women in the Constitution

Durham, NC – From the mountains to the coast, many municipalities and counties are now on record with their support for North Carolina’s ratification of the Equal Rights Amendment (ERA). The City Councils of Asheville and Elizabeth City, and Dare County are the most recent to pass resolutions urging the General Assembly to ratify the amendment. The passage of the resolutions marks an historic path for the citizens of the state who seek to re-engage the state legislature toward ensuring the full equality of women and men in the United States Constitution.

After the Asheville City Council passed the resolution, Vice Mayor Gwen Wisler stated, “I’m proud that City Council unanimously approved the resolution supporting North Carolina’s adoption of the Equal Rights Amendment. The Council recognizes that adoption of the ERA is long overdue.”

Dare County has formally joined Durham and Orange counties in adopting resolutions encouraging the NC General Assembly to ratify the ERA, and the majority of Buncombe County Commissioners have also expressed their support for ratification. Now the Cities of Asheville and Elizabeth City join eight other municipalities across the state that have adopted resolutions:

- Durham, City Council 2016
- Winston-Salem, City Council 2016
- Duck, Town Council 2017
- Kitty Hawk, Town Council 2017
- Nags Head, Town Board of Commissioners 2017
- Manteo, Town Board of Commissioners 2017
- Kill Devil Hills, Town Board of Commissioners 2017
- Southern Shores, Town Council 2017

“Sometimes we are happily surprised at the ease with which we get support for the ERA,” says Ann Von Brock, a board member of the ERA-NC Alliance from Buncombe County. “When Asheville City Council members Gwen Wisler and Julie Mayfield were approached, they both responded with enthusiasm. In fact, they put the resolution together based on a draft we provided, included it in their consent agenda and gave us time to address Council so the audience as well as all Council members had a chance to hear why this is important to all citizens.”

Alliance board member Judy Lotas of Dare County agrees. “Many citizens are shocked to learn that women, at present, are not fully included in the U.S. Constitution. As the realization spreads, more local governments, businesses, churches and clubs are voicing their support for including women in the Constitution by passing their own resolutions.”

In 1972 a proposed Equal Rights Amendment to the U.S. Constitution passed both houses of the U.S. Congress and was sent to the states for ratification. By a 1982 deadline, only 35 of the required 38 states had ratified the ERA. North Carolina was one of the states that failed to ratify the ERA. However, in March, 2017, the state of Nevada became the 36th state to ratify the amendment.

North Carolina enjoys enormous support for equal rights for women and men under the constitution, and is becoming a leader in the new movement to pass the ERA. Bills supporting state ratification were introduced in both the House and Senate in the current and previous General Assembly sessions, though they were sent to committee where the chairs refused to hold hearings or take further action. Activists remain undeterred, however, and are continuing to gather evidence of statewide support for the ERA to share with our expanding base of allies within the General Assembly.

Original posting to www.ratifyera-nc.org on September 2, 2017. Posted here with permission of the author—Roberta Madden (robertamadden@yahoo.com)

37

By Barbara Bozeman
Vice President, BPW/NC

Twice a year, the Wayne County Chamber of Commerce, holds a special meeting for their membership. The sole purpose is to connect the members with the legislators who represent Wayne County. In the spring, it's the "Eggs & Issues Breakfast." In late summer, we have the "Legislative Update." The chamber queries members well in advance for questions to put forth if time permits.

Last April, I started bugging Pat Sledge, our Legislative Chair, to help me craft a question. Pat was of tremendous assistance, as was Robbie Madden. I also found a great deal of valuable information on the two ERA websites (Ratify ERA/NC and the ERA Alliance.) So, I was pleased to find that my question made the cut. Well, you can guess what happened, of course. The session dragged on and "no time for questions from the floor." Needless to say, I was really disappointed!!! Felt like I had failed "Team BPW", because I didn't even get on the field.

So here comes the schedule for 2017/2018. Wouldn't you know it? The Legislative Update is scheduled when I'll be out of town. Darn it! But, thanks to the fickle fates of hurricane season, my trip was cancelled at the last minute.

Friday morning, I attended the Legislative Update Breakfast and I am pleased to say, in the 8 minutes remaining, I was handed the mike.

In a nutshell, this is what I presented:

The highest number North Carolina will ever hope to achieve at this point is "37."

(cont)

In March, Nevada became the 36th state to ratify the Equal Rights Amendment and in just one year, 9 municipalities across the state have adopted resolutions encouraging the General Assembly to pass ERA, but it is stalled in the Rules committees. It needs to be heard.

My questions were:

“If you are in favor of the ratification of the Equal Rights Amendment, what do you intend to do this year, to see that it moves forward?” and

“If you are not in favor of ratifying the Equal Rights Amendment, could you please share what the people you represent feel is objectionable?”

I was not prepared for what followed. First, it saddens me to report that Representative Larry Bell (21), Representative Jimmy Dixon (4), and Senator Louis Pate (7), did not respond in any manner whatsoever. However, Representative John Bell, did say though he was not familiar with the bill, he would look into it...and Senator Don Dixon (4) did say he was very supportive of ratification. That pretty much sums up their responses.

Now, I must admit, I was a bit dumbfounded at the responses – and the lack thereof. But sometimes, it's the unexpected outcomes that have a greater impact. When the five honorable men on stage gave little to no response to the question, the audience noticed. I know this because when the session closed a few minutes later, I became very busy. Attendees wanted names and numbers and references and wanted to know “what we need to do next?!” They also expressed a good deal of concern over the lack of response my question got.

Though I didn't really know what kind of a response the question would get, the encouragement and support shown by the attendees was so much greater than I expected. It makes me want to work even harder.

I'd like to thank Pat Sledge, our Legislative Chair, for her assistance in crafting the original questions.

I'd like to thank Robbie Madden for her encouragement, her assistance and being such a great role-model.

The two ERA websites referred to previously are:

<http://www.ratifyera-nc.org/> **and** **<http://www.era-nc.org/>**

HOW CAN YOU HELP?

Go to the two websites listed above and volunteer. There are nine municipalities out there who have started this ball rolling. Not sure what anyone else has planned, but the events of last Friday have inspired me to include a new mission on my calendar for this year. We need to personally engage as many locations as possible, to adopt and promote these resolutions. If anyone else wants to join this particular mission, I would love the company.

please email me at: **barbara.bozeman@ymail.com** and put “ERA RESOLUTIONS” in the subject line.

BJB

**Great News from Liz Benham,
NFBPWC President
2016—2018**



It is Official!

**We have received approval from the United States of America
Patent and Trademark Office for our service mark:
The National Federation of Business and Professional Women's
Clubs, Inc.**

United States of America

United States Patent and Trademark Office



Reg. No. 5,269,285

Registered Aug. 22, 2017

Int. Cl.: 41

Service Mark

Principal Register

The National Federation of Business and Professional Women's Clubs, Inc (FLORIDA CORPORATION)
1564A Fitzgerald Dr #116
Pinole, CA 94564

CLASS 41: Leadership development training in the field of business and professional skills

FIRST USE 1-31-1980; IN COMMERCE 1-31-1980

The mark consists of an inner circle with a thin border, where another concentric circle surrounds the thin border to create a thicker border. The inner circle contains the design of a Nike winged victory figure on the left. To the right of the Nike figure is a torch design crossed with the design of a staff and an unfolded scroll. The wording "1919" is on the scroll. To the right of the crossed torch, staff, and scroll is the design of a sailing ship. Within the inner circle and below the designs is the wording "NFBPWC" between two horizontal lines. The thicker border contains the wording "THE NATIONAL FEDERATION OF" along the top of the border and the wording "BUSINESS & PROFESSIONAL WOMEN'S CLUBS, INC." along the bottom of the border. The two phrases are separated by two dots.

No claim is made to the exclusive right to use the following apart from the mark as shown: "THE NATIONAL FEDERATION OF BUSINESS & PROFESSIONAL WOMEN'S CLUBS, INC." AND "1919"

SER. NO. 87-167,146, FILED 09-10-2016
JESSICA LYNN HILLIARD, EXAMINING ATTORNEY



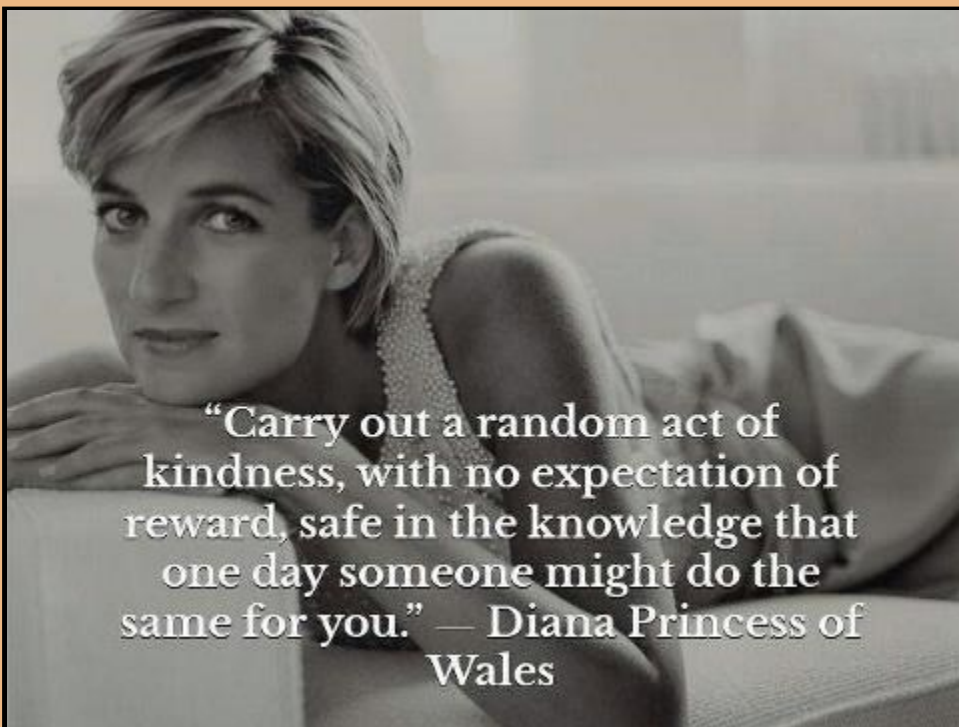
Joseph Matol

Performing the Functions and Duties of the
Under Secretary of Commerce for
Intellectual Property and Director of the
United States Patent and Trademark Office

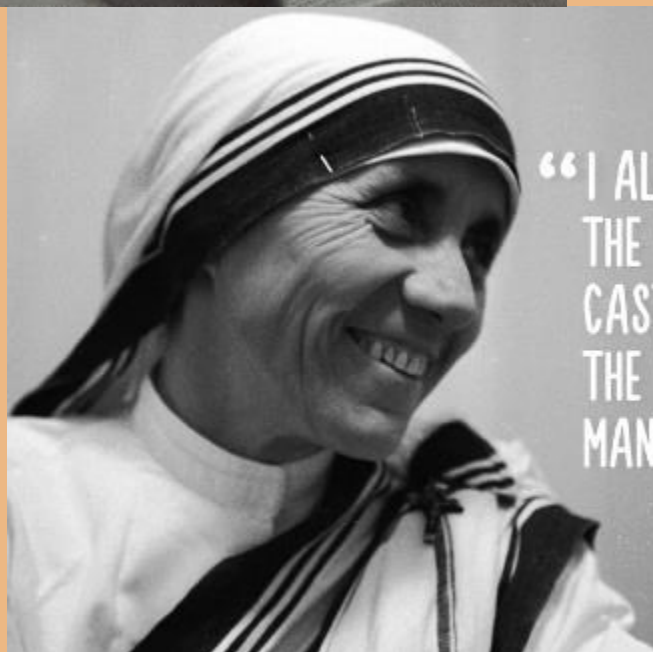
A STRONG
WOMAN
STANDS UP FOR
HERSELF.

A STRONGER
WOMAN STANDS
UP FOR OTHERS.

UNKNOWN



"Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you." — Diana Princess of Wales



"I ALONE CANNOT CHANGE THE WORLD, BUT I CAN CAST A STONE ACROSS THE WATERS TO CREATE MANY RIPPLES."



"I always wondered why somebody doesn't do something about that. Then I realized I was somebody."

Lily Tomlin



Fearless 

Women's Conference and Expo

October 12, 2017

Conference: 8am-1pm | Expo: 1-2:30pm

Dennis A. Wicker Civic Center
Sanford, NC

Speakers - Networking - Lunch - Vendors

Register at www.sanfordbpw.org
Earlybird fee - \$39.95 until 9/12

Swag bags for first 50 to register!

Featuring

Dr. Jenna Carpenter



Dean of Engineering
Campbell University

Talitha Batts



Leadership Trainer
Success Outside
The Box

Jean MacDonald



Author & Speaker
Finding the Fortune

Sponsored by



Morgan Stanley

THE SAPPHIRE GROUP
AT MORGAN STANLEY

Sanford BPW is proud to announce the 2017 Women's Exchange will be held on October 12, 2017 at the Dennis A. Wicker Civic Center in Sanford, NC.

About The Women's Exchange: The Women's Exchange is a half-day women's conference designed to help women succeed personally and professionally. The program includes a kickoff speaker, a professional development session, a moderated panel discussion, networking, and a luncheon with a Keynote address. (View the agenda.) The Women's Expo will be open to conference attendees from 8am to 1pm and to the public from 1 to 2:30 pm.

EMPOWERMENT BRUNCH & FUNDRAISER

for Women

Presented by the Frances B Long Scholarship Foundation, Inc

Assisted by the Concord-Cabarrus Business & Professional Business Women's Club



Enjoy Brunch

Featuring local speaker, author, and Executive
Director of Present Age Ministries

Hannah Arrowood



Saturday October 14, 2017

10:00am-12:00pm

Hampton Inn & Suites

9850 Weddington Rd

Concord NC 28027



Like Purses?

Bid in the silent auction on gently used
name brand purses

Tickets \$25.00

The Francis B Long Scholarship Foundation, Inc. is a 501(c)(3) nonprofit organization. All
proceeds and donations are tax deductible.

Calling all ladies out there....near or far!!!

Frances B Long Scholarship will be hosting a Women's Empowerment Brunch on Saturday, October 14th!! Tickets are only \$25/each!!! If you're not local, you can still help out! We are also having a purse auction as a fundraiser at this event!!

You can send me or drop off if you're local your gently used purses so we can put them up for auction!! Helps you clean out your closet, and helps us raise \$\$ to help girls attend college!!!

**The Scholarship is a 501(c)(3) so,
donations (\$\$ or purses) can be a tax
deduction!!!**

**Message us for details to include
buying tickets, so we know how many
people to expect**

at:

julie.ueleke@gmail.com



ERA-NC Alliance 2017 Fall Retreat

**YOU ARE WARMLY INVITED TO THE ALLIANCES FIRST
FALL RETREAT!**



October 14-15
at the beautiful Kanuga
Conference Center in the
Mountains south of Asheville

www.kanuga.org

Schedule of Events:

October 13, 6PM-9PM

- Dinner and a Movie for early arrivals
Equal Means Equal, movie by Kamala Lopez

October 14, 9AM-5PM

- General session, breakout groups
- Review of work done to date by the Alliance
- Generate new ideas for closing in on ERA ratification!



Special luncheon speaker, **Hon. Carla Cunningham**, lead House sponsor of ERA bill

October 14, 6PM-9PM

- Special Dinner speaker, Melinda Lowrance
President, Henderson County NAACP, District 1
Superviosr, NAACP of NC and ERA champion
- 7:30, Wine and Beer Reception, Cash Bar
- Silent Auction throughout day to raise funds for ERA_NC
(bring items, gift baskets, with lists and values, please)



October 15, 9AM-5PM

- ERA-NC Alliance Board Meeting, open to all

Room Rates

\$125/night per person in shared room, meals included

\$160/night single, meals included

\$50.48 Saturday only (lunch & dinner included)

Register early! Space is tight! \$5 registration fee

Register online at <https://registration.kanuga.org/4849>

Mary Tanner Memorial Game Day Almost Here

From Linda Hardy, Rocky Mount BPW

Since several of our members have not been to a game day before, it is important that everyone know exactly what it is all about. The Game Day is our fundraiser for scholarships and unlike past years, we do not have a healthy surplus of funds to finance three of our four \$500 scholarships. The Ora Van Burskirk Scholarship is funded by a CD which she established years ago, but the other three must be funded by fundraising.



We are lucky to have the Booker T. Washington Resource Center this year in which to hold our event, and we thank them for their support.



The brunch is usually a great success with a variety of foods, donated by our members and friends, available. Each member is asked to bring two 2-liter drinks. We also give out door prizes and a prize for the winner of each table of players. Door prizes are usually small, inexpensive items and each member is asked to bring something to be used for these prizes. They can either be wrapped or unwrapped.

The silent auction is another part of the fundraising effort. We have asked several area merchants for donations, as well as things donated by our members. Donations include craft items, gift cards from area merchants, and anything that might be of interest for someone to buy. Several hundred dollars are usually raised by the silent auction. We also do a 50-50 raffle which usually raises an extra \$100 or so.



Rocky Mount BPW presents its

Mary Tanner Memorial Game Day

**Booker T. Washington Resource Center
Church Street, Rocky Mount, NC**

Saturday, October 21, 2017

9:00 am to 12:00 pm

\$10 per person / 4 to a table

**BRUNCH * RAFFLE * SILENT AUCTION *
DOOR PRIZES**

Games of your choice:

Bridge, Old Maid, UNO, Poker, Scrabble, Monopoly

**Whatever you choose. It's good clean fun to help our
scholarship fund.**

Contacts: Katrina Sessoms 252-450-9888

Linda Hardy 252-452-8530

Varnell Kinnin 252-904-3547

SAVE THE DATE!

JANUARY 20, 2018

“Women Mean Business”

WEE / WJF EVENT



Goldsboro

NC



**Location:
Wayne County
Museum**



**Goldsboro, North
Carolina**



"Determination thru Adversity"

20th Annual

Women's Symposium

presented by:

Virginia Dare

Business and Professional

Women's Club



SAVE *THE* DATE

Keynote Speaker: Nancy Harvey, Owner of Holiday House Weddings & Events

Date: Friday, November 3rd, 2017

Time: 11:00am-2:00pm

Place: Captain Georges Restaurant, Kill Devil Hills

*Fabulous Speaker, Delicious Lunch, Great Company,
Networking, Door Prizes, Raffle, Silent Auction*

We are still in need of silent auction items, which can be
dropped off to Emily Gould at the Baum Center in Kill Devil
Hills.

BEHIND EVERY
SUCCESSFUL *woman*
IS A TRIBE OF OTHER
successful WOMEN,
WHO HAVE *her back*.

My BIGGEST
influences are

S T R O N G,
C R E A T I V E

W O M E N

that chart
their own path,
lead their
own lives &
drive the course
of history.

♥ Rachel Page

EACH TIME A WOMAN
STANDS UP FOR HERSELF,
WITHOUT KNOWING IT POSSIBLY,
WITHOUT CLAIMING IT,
SHE STANDS UP FOR
ALL WOMEN.

MAYA ANGELOU

The most beautiful thing
a woman can wear is

Confidence

“BEAUTY
BEGINS THE
MOMENT YOU
DECIDE TO BE
YOURSELF.”

- COCO CHANEL

“Convention-al News Update”

BUILDING POWERFUL WOMEN

 Business and Professional Women/NC
PROFESSIONALLY | POLITICALLY | PERSONALLY



99th ANNUAL STATE CONVENTION

JUNE 22 & 23, 2018

Hampton Inn
9850 Weddington Rd Ext.
Concord NC 28027

Hosted by: Concord-Cabarrus BPW

 *Boot Scootin' Ball*

 **FACT OR FICTION?**

 Girl Talk With *Christy Wilhelm*

 **SHOP** *'til you drop* 

Informative and Educational Speakers

- PROFESSIONAL
- PERSONAL
- POLITICAL

Don't miss this one!

FROM YOUR VP:

The great women of the Concord—Cabarrus BPW have been working their collective tails off and it shows. We have informercials, video updates and a beautiful ad campaign already underway for June of 2018.

So what can the 200+ rest of us do, to help?

- 1) Make your reservations now...yep, the hotel is open and awaiting your call.
- 2) Buy—Buy—Buy...show your pride as a club and a business woman by buying ad space and sponsorship in the program book and for the event.
- 3) Sell—Sell—Sell! No one does this alone. Knock on doors, pull out your call sheets. Sell program ads and sponsorships to the folks in your community...and get the word out for BPW at the same time.

And:

I'm personally throwing down the gauntlet!



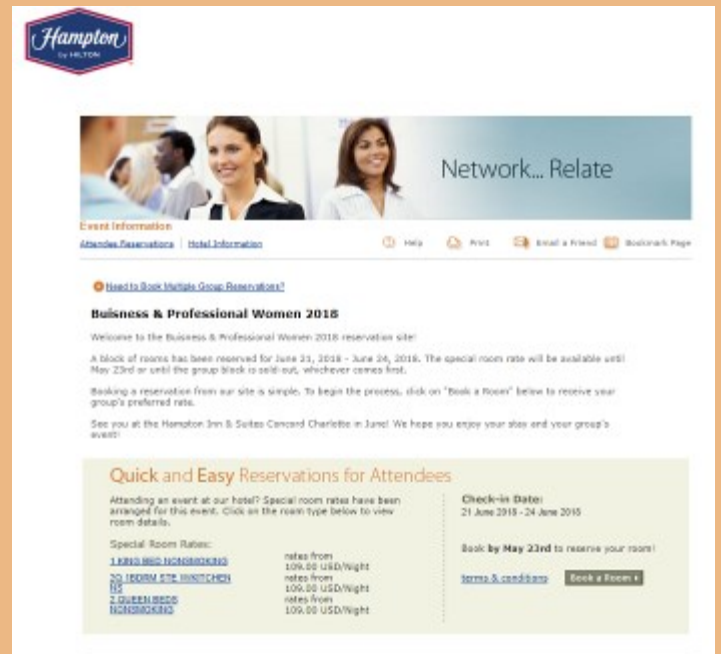
I will be sponsoring two special awards (not trophies) for the individual and the club that sells the most ads/sponsorships (based on total \$\$ achieved)

Barbara Bozeman

Your Room Awaits!

**Reservations now
available for the**

**2018 Annual Convention
in breathtaking
Concord, North Carolina**



**[http://hamptoninn.hilton.com/en/hp/groups/personalized/C/
CLTKGHX-B18-20180621/index.jhtml](http://hamptoninn.hilton.com/en/hp/groups/personalized/C/CLTKGHX-B18-20180621/index.jhtml)**

**Program Book Ads
And
Sponsorships for the
2018 Convention are now available.**

**Program Book Ads Range from Business Card
at \$30 to Full Page for \$90**

Sponsorships Available:

**Bronze, Silver and Gold
all include website link on the BPW website**

2018 STATE CONVENTION
Hosted by the Concord-Cabarrus BPW

BUILDING POWERFUL WOMEN



Business and
Professional
Women/NC

PROFESSIONALLY | POLITICALLY | PERSONALLY

PROGRAM BOOK AD SALE FORM

CONTACT NAME: _____

BUSINESS NAME: _____

MAILING ADDRESS: _____

EMAIL ADDRESS: _____

CONTACT #: _____

CHECK AD PURCHASE SELECTION

* ALL ADVERTISEMENTS WILL BE PRINTED IN B & W

- | | |
|--|---------|
| <input type="checkbox"/> BUSINESS CARD | \$30.00 |
| <input type="checkbox"/> ¼ PAGE | \$50.00 |
| <input type="checkbox"/> ½ PAGE | \$70.00 |
| <input type="checkbox"/> FULL PAGE | \$90.00 |

BPW REPRESENTATIVE ONLY

DATE: _____

CHECK # _____ CASH AMT \$ _____

AMOUNT RECEIVED \$ _____

CIRCLE ONE: ART ATTACHED ART EMAIL

ACCEPTED BY/BPW REP. _____

Thank you for purchasing an advertisement in the 2018 Business & Professional Women's State Convention program book. Your support is greatly appreciated. Receipts will be mailed to you at the address given above.

If you are emailing artwork for your advertisement, please email them to
teminchin717@gmail.com or mail to

Concord-Cabarrus BPW
PO Box 5800 Concord NC 28027
Deadline is March 15, 2018.

2018 STATE CONVENTION SPONSORSHIP

Hosted by the Concord-Cabarrus BPW

BUILDING POWERFUL WOMEN



Business and
Professional
Women/NC

PROFESSIONALLY | POLITICALLY | PERSONALLY

CONTACT NAME: _____

BUSINESS NAME: _____

MAILING ADDRESS: _____

EMAIL ADDRESS: _____ WEBSITE: _____

CONTACT #: _____

☐ CORPORATE SPONSOR

☐ INDIVIDUAL SPONSOR

☐ BRONZE LEVEL SPONSORSHIP \$100

- Business card size advertisement in the program book
- Listing on the program book sponsorship page
- Website link for 6 months on the BPW website

☐ SILVER LEVEL SPONSORSHIP \$200

- ½ page size advertisement in the program book
- Listing on the program book sponsorship page
- Website link for 6 months on the BPW website
- Opportunity to put promotional items or coupons in attendee swag bags

☐ GOLD LEVEL SPONSORSHIP \$300

- Full page size advertisement in the program book
- Listing on the program book sponsorship page
- Website link for 6 months on the BPW website
- Opportunity to put promotional items or coupons in attendee swag bags

Thank you for sponsoring the 2018 Business & Professional Women's State Convention.

Your support is greatly appreciated. Receipts will be mailed to you at the address given above.

**Submit sponsorships by
March 15, 2018**

Concord-Cabarrus BPW
PO Box 5800
Concord NC 28027

BPW REPRESENTATIVE ONLY

DATE: _____

CHECK # _____ CASH AMT \$ _____

AMOUNT RECEIVED \$ _____

ACCEPTED BY/BPW REP. _____

October is Breast Cancer Awareness Month

By Barbara Bozeman

One in Eight!! One in Eight!!

**One in Eight Women Will Be Diagnosed with
Breast Cancer in her lifetime.**

**How many of we BPW members have gone through this?
Or a scare? Or held a loved ones hand as they traveled
this terrible pink ribbon strewn path?**

**I could fill the entire magazine with facts and figures
and articles from doctors, survivors and those left
behind, but it comes down to this:**

GET YOUR GIRLS CHECKED

**LEARN ALL YOU CAN AND SHARE THAT
KNOWLEDGE WITH OTHERS**

SUPPORT THE FIGHT AND THE FIGHTERS



Links for more information:

National Breast Cancer Foundation

THE MISSION OF NBCF

NBCF's mission is to help women now by providing help and inspiring hope to those affected by breast cancer through early detection, education and support services.

Breast cancer is one of the leading health crises for women in the United States. 1 in 8 women will be diagnosed with breast cancer in her lifetime. There is currently no known cure for breast cancer, and its early diagnosis is critical to survival.

However, with increased healthcare costs and a rapidly increasing percentage of uninsured women, many simply cannot afford the cost of screening tests. These women are at a significantly higher risk of dying from breast cancer if later diagnosed.

That's why NBCF provides free mammograms to women in all 50 states through our network of hospitals. We are now joining hands with people around the world to provide breast cancer education.

<http://www.nationalbreastcancer.org/>

Susan G. Komen / Komen:

The Promise

Komen was founded on one promise made between two sisters. Komen is committed to saving lives and ending breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cures (the "Promise"). The Sites are designed, and all uses of the Sites are intended, to be in furtherance of the Promise.

<http://ww5.komen.org/>

Information sourced by THW Editor, Barbara Bozeman

About Luxury Lingerie Beauty Boutique



Luxury is a lingerie and beauty boutique featuring lingerie, pajamas and underwear, as well as beauty and lifestyle products to compliment and enhance your everyday experiences. We offer professional bra fittings in hard to find cup sizes, and keep your purchases and preferences in our files so you can easily continue shopping with us if you happen to be visiting while on vacation in the Outer Banks. We carry a wide variety of bras and styles from basic to fancy. Bring us your boobs and let us help you look fabulous!

Luxury is an official drop off location for The Bra Recyclers. How does this work? Drop off your old bras that are cluttering up your drawer any time. You can even leave them after hours and we will get them the next day. The Bra Recyclers re-distributes bras to the right sized boobs all over the country through various organizations. It's a really great way to get bras to those in need! If you have bras and are out of town, email us and we will send you the address to ship them directly to The Bra Recyclers.

This new boutique was born in March 2005, created from a dream. After a long career as a costumer in the movie industry, this new shop girl wanted to bring a different style to her hometown of the Outer Banks in North Carolina. Inspired by boutiques all over the country and her love of shopping, each product is carefully chosen by the owner. "I can honestly say that I love everything in my store and hope that you love it too. I believe that a little luxury goes a long way. After all, we all work hard and everyone deserves a little luxury."

Luxury is located in Scarborough Faire shopping center on 1177 Duck Rd, Suite 46, Duck, NC. We are open all year round but hours vary by season. Call anytime to check 252-261-7261. .

<https://www.luxuryobx.com/>



by Marsha Riibner-Cady

That is the sign that hangs in the Luxury lingerie and beauty boutique in Duck, NC.

What does it mean? Well, do you reach behind or do you spin your bra to hook it? There is apparently nothing wrong with either way of fastening the “over the shoulder bolder holder.” If you are trying on a bunch of bras, you might want a friend to help you with the clasps, otherwise you might rub yourself raw with all the spinning. Think about it.

In my quest to find a comfortable bra, I visited Kat in her shop. I learned about making sure the bra fit well between my breasts. Let’s face it, unless you have had surgery, you have 2 of them. They should not look like one unit, there should be “lifting and separating.” As advertised from the old Playtex commercials.

You also must consider the look you want. Do you want a more natural rounded look or a bit of a point? Either way, you want the girls to be as perky as possible. It makes you look younger, feel more confident and stand a bit straighter/taller!

Do you need a t-shirt bra or are you more interested in a lacy number? Color? Size?

According to Kat at Luxury, cup and band size don’t matter, go for comfort. You can find more info on her website at www.Luxuryobx.com. (she mails to you, if you want!)

I have also purchased a bra online at thirdlove.com. Although I like having my personal “hooker.” The online experience was great, too. I’ll admit, I went to the website and started the “fitting” process, but the first thing I had to do was to go to the bathroom and disrobe to figure out my breast shape. I’m sure my husband (first dude 2015-17) would have been happy to help. Some things are best done without the help of a significant other! Once I figured out my “shape” and by answering a few questions, I determined my size. I ordered my bra online. You can try it for 1 month before you are charged the entire amount. I received my bra 3 days in a nice box all wrapped with tissue paper.

It didn’t fit.

I went online to request an exchange. I could describe the problem with the bra online (although there are people on the phone that can help) and they sent me another and told me how to send the first one back. The other bra, was sent to me at no extra charge. The cool thing is that thirdlove takes the bras that people try for 30 days (and return) to charitable organizations for women who cannot afford good bras. As my mother always said, start with a good foundation!

BPW-NC Editorial Submission Guidelines

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

When submitting content, please provide the following:

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

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

When: Date, Time, RSVP deadlines, etc.

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

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

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

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

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

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

Forward your submissions to the Tar Heel Woman Editor:

barbara.bozeman@ymail.com

From the THW Editor:

Though some may have already heard, it is with a heavy heart that I must make room in this edition of the THW to share such sad news.



Dr. Lois Elizabeth Frazier
June 20, 1920—July 15, 2017



(excerpted from DIGNITYMEMORIAL.COM)

Lois was a faithful member of Edenton Street United Methodist Church where her Service of Resurrection will be held on Wednesday, July 19, 2017 at 3pm. Visitation will be 5-7pm Tuesday, July 18, 2017 at Brown-Wynne, 300 St. Mary's St, Raleigh, NC 27605. Burial will follow at 11am Thursday, July 20, 2017 at Overlook Cemetery, Bryant Street, Eden, NC.

In lieu of flowers, please contribute to the institutions that were close to Lois' heart. Lottie, Lois and Virginia Frazier Scholarship of Brevard College, 1 Brevard College Drive, Brevard, NC 28712; The Lois E. Frazier Scholarship Fund at UMC-Greensboro, P.O. Box 26170, Greensboro, NC 27402; The Lois Frazier Women in Business Endowment Fund at Meredith College, 3800 Hillsborough Street, Raleigh, NC 27607; or the Edenton Street United Methodist Living Memorial Scholarship Fund, 228 W. Edenton Street, Raleigh, NC 27603

A Special Edition dedicated to Dr. Frazier will be published in October.

**We would appreciate your contributions of images and special memories. Please forward them to the Tar Heel Woman Editor at:
barbara.bozeman@ymail.com**

SUGGESTED PROGRAMS FOR CLUBS 2017/2018

July 2017		CELEBRATE! Recognize the ladies who worked for our liberty. UPDATE! Review and update all your online profiles (BPW/NC, LinkedIn, etc)
	RECOGNITIONS	On this date in July: *1 – US Postage Stamp Day, *4: Independence Day, *12: Simplicity Day, *15 – Give Something Away Day, and *17: World Emoji Day July is: Cell Phone Courtesy Month, Park & Recreation Month
August 2017		GRAB A FOOT! Get a pedicure, a reflexology treatment or get a foot exam CELEBRATE! Women's Equality Day on August 26 – raise awareness, participate in forums GET "BUSI": Home Business owners: review or create your business plan, check out SCORE (www.score.org) and SBA (www.sba.gov) for events and opportunities
	RECOGNITIONS	One this day in August: *1- Girlfriends Day, *23: 1 st National Women's Rights Convention (1850), and *26: Women's Equality Day. August is: Foot Health Month, Home Business Month
September 2017		COURTESY! Brush up on your personal and professional manners IMPROVE! Take time to for yourself. Set goals to put you on the path to a better you.
	RECOGNITIONS	On this day in September: *4: Labor Day, *8: Stand Up To Cancer Day, *11: World Trade Center Attack, * 17: Constitution and Citizenship Day, *27: Women's Health & Fitness Day September is: Courtesy Month, Self-Improvement Month
October 2017		SAVE THE TATAS! Schedule that mammogram, do monthly breast checks, educate / celebrate! COMPUTE! Learn a new computer skill or share what you know.
	RECOGNITIONS	On this day in October: *3: Techies Day, *10: Handbag Day, *16 Clean Your Virtual Desktop Day, *26: Int'l Red Cross Organized, and *31: Girl Scouts of America Founders Day (1912) October is the month for: Breast Cancer Awareness, Computer Learning Month
November 2017		SELF! Before the craziness of the holidays start, make a plan to set time aside for you! DEVELOP! Take time for some career related improvement activities during Career Development Month
	RECOGNITIONS	On this day in November: *1: Stress Awareness Day, *5: Daylight Saving Time, *8: STEM/S.T.E.A.M Day, *11: Veterans Day, *12: Elizabeth Cady Stanton's birthday (1815), *23: Thanksgiving. November is: Diabetes Awareness Month, Career Development Month
December 2017		GIVE! Consider gift donations to organizations near and dear to your heart (BPW, WJF, AHA) SPIRIT! Harness your holiday spirit – organize a community support or service event.
	RECOGNITIONS	On this day in December: *1: Rosa Parks Day, *4: Cookie Day, *15: Bill of Right's Day, *17: Wright Brothers Day, *21: World Peace Day, *26: Thank-You Note Day December is: Universal Human Rights Month, Safe Toys and Gifts Month

SUGGESTED PROGRAMS FOR CLUBS 2017/2018

JANUARY 2018		<p>SERVE! Participate in the National Day of Service- organize or participate in a service project.</p> <p>CELEBRATE! Whether a craft or a fun activity, celebrate and share your hobby with someone.</p> <p>WHO NEW?! Plan and hold your Young Careerist Program and competition.</p>
	RECOGNITIONS	<p>On this day in January: *6: Technology Day, *8: Clean off Your Desk Day, *14: Vision Board Day, *15: Hat Day.</p> <p>January is: Hobby Month, Mentoring Month</p>
FEBRUARY 2018		<p>HEARTS! Visit www.goredforwomen.org for tools to hold a "Go Red for Women Event" .</p> <p>CELEBRATE! Learn about the contributions of African American women in the nation's history.</p>
	RECOGNITIONS	<p>On this day in February: *1: Freedom Day, *2: Wear Red Day, *10 – Umbrella Day, *15 – Susan B. Anthony (1820), *17 – Random Acts of Kindness Day.</p> <p>February is: American Heart Month, Black History Month</p>
MARCH 2018		<p>WOMEN! Hold programs celebrating women in your community. Invite guests to your meetings</p> <p>SELF! Rediscover and learn all about the wonderful world of crafting and all it's many benefits.</p> <p>REGISTER! State Convention is June 23-25, 2017. Visit www.bpw-nc.org</p>
	RECOGNITIONS	<p>On this day in March: *2: National Day of Unplugging, *7: Be Heard Day, *8 – International Women's Day, *12 – Girl Scout Day, *13 – Good Samaritan Day, *31 – Crayon Day.</p> <p>March is: Women's History Month, Craft Month</p>
APRIL 2018		<p>EQUAL! Equal Pay Day is April 10, 2018. Find ways to raise awareness in your area.</p> <p>LEAD! Step into a leadership position at your BPW club and BPW/NC.</p> <p>RELAX! Share relaxation techniques or indulge in a massage during Stress Awareness Month</p>
	RECOGNITIONS	<p>On this day in April: *6: Tartan Day, *22: Earth Day, *25: Administrative Professionals Day, *27 : Arbor Day, and *30: Honesty Day.</p> <p>April is: Keep America Beautiful Month, Stress Awareness Month.</p>
MAY 2018		<p>SKIN! Be safe in the sun! Protect yourself by getting a skin screening done by your health care provider. Go to the American Cancer Society website at www.cancer.org.</p> <p>SUPPORT! Show your support for our military on Armed Forces Day and Memorial Day</p>
	RECOGNITIONS	<p>On this day in May: *8: National Teacher Day, *13: Mother's Day, *19: Armed Forces Day, *21: American Red Cross Founders Day, *28: Memorial Day.</p> <p>May is: Skin Cancer Awareness Month, and National Photo Month.</p>
June 2018		<p>THINK SAFETY! Review/update your home safety kits (first aid supplies & emergency numbers)</p> <p>VEG OUT! Try a fruit or vegetable you've never tried before (Pomegranates/Baby Bok Choy)</p> <p>CELEBRATE! Officer Installations for your BPW Club and Convention!</p>
	RECOGNITIONS	<p>On this date in June: *5: World Environment Day, *14: National Flag Day, *17: Father's Day, and *30: National Organization of Women (1966)</p> <p>June is: National Safety Month, National Fresh Fruit and Vegetable Month</p>



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.