

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

TAR HEEL WOMAN



Working Women Helping Women Work

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TAR HEEL WOMAN

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Business & Professional Women's Clubs**

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Vice President: Barbara Bozeman, Wayne-Duplin / Rocky Mount

Treasurer: Linda Hardy, Rocky Mount

Recording Secretary: Michelle Evans, Triangle/Henderson

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

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

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:

*“Christmas, Christmas time is here,
And Christmas songs you love to hear
Thoughts of joy and hope and cheer,
But mostly shopping, shopping, shopping*

*Christmas season
Starting sooner every year
It's October,
Stores with plastic Christmas trees*

*Ransack the mall,
Shop 'til you lose your mind
Spike the eggnog,
Sit back and watch Rudolph, Frosty, Tiny Tim, and Scrooge,
the Grinch, or Charlie Brown*

It's time...”



Wow, where has there year gone, is it really time to start thinking about Christmas? The quote above is an excerpt from the song Christmas Can-Can performed by Straight No Chaser, an acapella group originally from Indian State University. I personally feel like the lyrics sum up how most of us feel when the days, weeks, and months fly by. Madame President is currently her own personal walking mass of glitter from decorating client’s homes...I like to say “glitter glitter everywhere, I even have some in my hair...” there’s more to my rhyme but I’ll leave it alone.

As time begins to move even faster there are numerous events and deadlines that are quickly approaching too. The one that is approaching the quickest is the exciting Women’s Empowerment and Enlightenment (WEE) event on January 19-20th at the Wayne County Museum in Goldsboro NC, home of your current Vice-President and your current Presidents “home away from home” also known as her business. There will a Board of Directors meeting immediately following the WEE at the museum as well. Following that are various deadlines to include Young Careerist, Awards, Scholarships, and State Officer Candidate Applications just to name a few. Then there is the highlight of the year, mark your calendars for State Convention in Concord on June 22nd-24th. Keep a check on the state website at <http://www.bpw-nc.org> and the NC Business and Professional Women’s Facebook page for more details regarding the upcoming deadlines.

Now, I will leave you with one last thing, I favorite recipe for the easiest “apple pie” ever from a Southern Living cookbook I picked up some time ago.



Upside-down Apple Tart

Ingredients

- 1 cup cold butter, cut up
- 2 cups all-purpose flour
- Pinch of salt
- 1 3/4 cups sugar, divided
- 1/2 cup ice-cold water
- 1 (3-lb.) package small Granny Smith apples, peeled and quartered
- 1/2 cup butter, cut up

How to Make It

Step 1

Freeze 1 cup cut-up butter 30 minutes. Pulse cold butter, flour, salt, and 1/4 cup sugar in a food processor 7 to 8 times or until mixture resembles coarse meal. Add 1/2 cup ice-cold water, 1 Tbsp. at a time, and pulse just until mixture comes together and a dough forms. Turn dough out onto a piece of plastic wrap, and shape into a disk. Wrap in plastic wrap, and chill 2 to 24 hours.

Step 2

Gently stir together apples, 1/2 cup butter, and remaining 1 1/2 cups sugar in a large bowl. Place apple mixture in a 10-inch cast-iron skillet. (Skillet will be very full.) Cook over medium-low heat 1 hour to 1 hour and 15 minutes or until liquid is reduced, thickened, and turns golden, stirring only once every 15 minutes. (Depending on your stovetop, you might need to lower the temperature if mixture begins to scorch on the bottom.)

Step 3

Preheat oven to 425°. Unwrap dough, and turn out onto a lightly floured surface. Roll dough to a 12-inch circle; place over warm apple mixture, tucking edges into sides of skillet.

Step 4

Bake at 425° for 25 minutes or until crust is golden brown and flaky. Let cool 10 minutes. Run a knife around edge of skillet; invert tart onto a cutting board or serving plate.

From my home to yours, Merry Christmas, Happy Holidays, Happy Hanukkah, and Merry Kwanzaa, too

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:

Membership

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Nominations

*

NFBPWC

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Remember The Foundation on Giving Tuesday

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Concord-Cabarrus Event Update

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Book Review

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WEE/WJF Event Details

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Henderson Club News

*

Barbara's Adventures

*

"Conventional Updates"

*

Interim Actions

*

Suggested Programs for 2017/2018

A STRONG
WOMAN
STANDS UP FOR
HERSELF.

A STRONGER
WOMAN STANDS
UP FOR OTHERS.

UNKNOWN

Membership's Most Asked Questions and Their Answers

**By Linda Hardy, BPW/NC Treasurer and
Membership Chair**



Local club treasurers often are asked questions about membership by their club members and then the questions are referred to the state treasurer or membership chair. As the holder of both titles this year, I will try to answer a few of the most asked questions.

Why does my join date according to my club not match the join date on my profile?

The club date probably reflects the actual date that the member paid her dues. The date on the BPW-NC profile, and in the database, should be the last day of the month in which the state treasurer received payment for that new member. (One of my goals this year is to guarantee that the database does reflect this policy.)

When does membership lapse?

Membership lapses on the day after the due date. Usually no action is taken on a lapsed membership until two to three months later when the member's name is removed from the active membership list.

What if the lapsed membership is paid after the lapsed date?

If dues for the lapsed membership are paid within 12 months, the member is reinstated with the same renewal date as originally posted on that individual's profile. For example, if a member lapses in May and doesn't pay her dues until November, she will retain her May due date, not get a new renewal date. If it is over a year later, the member will receive a new join date and a new renewal date.

Why would a member care about getting a new join date?

The main reason is because of the new classification which rewards people who have been members for 40 years or more with life membership. It wouldn't be fair to award that to someone who had breaks in their membership, so the records must be made to reflect any breaks.

What are the different membership classifications?

As of the last changes in the By-laws, there are four member classifications: Member, Student, Life and Past State President. Members pay \$25 in state dues a year, Students \$15, and Life and Past State Presidents are given state membership at no cost. Local treasurers need to make sure which of their members are Life Members or Past State Presidents so they are not charged for state dues.

Anyone with a question about membership should contact me at treasurer@bpw-nc.org and I will be glad to try to answer it, or if I don't know the answer, I will try to find someone who does. One of my goals this year is to be in close contact to each local club's treasurer and/or membership chair at least once a quarter if not more.

Just a reminder, most places are having municipal elections in the next month or two. Presidential, National and Statewide elections are important, but issues that most influence our lives come from local government. Please take note of your local elections, and take time to vote.

From The Nominating Committee

Mary Lou Babinski
Varnell Kinnen
Marsha Riibner-Cady



Mary Lou Babinski, the State Nominations Chair, Varnell Kinnin and Marsha Riibner-Cady need your help! They are looking for state officers to fill the slate for the 2018-19 BPW-NC year.

They are looking for a volunteer from each of the Central and Western regions to serve on the nominating committee. A big thank you to Varnell Kinnin for agreeing to represent the Eastern Region! So what do folks on the nominations committee do? Basically, they help locate members who are genuinely interested in making this organization be the best it can be. A committee makes sure that the candidates represent several clubs across the state and that the requirements to fill each position are met.

As the late Dr. Lois Fraiser said on January 12, 1952, "During the meeting of the nominating committee of the North Carolina Federation of Business and Professional Women's Clubs, it was decided that it is impossible for the State Federation to have a Democratic form of government without the cooperation of the local clubs."

So please consider helping! Members are needed to fill the state positions of:

Vice President, Secretary, Treasurer, and Nominations Chair

Mary Lou, Varnell, and Marsha are available to answer any questions you may have concerning the qualifications needed to serve in these positions.

Included are brief excerpts from the bylaws and handbook or you can research this information by logging into the bpw-nc.org website as a member. Go to the member only section and click on operational tools.

Alternately you can click or cut and paste this link: <http://www.bpw-nc.org/page-1856077>

So, what's next? Please thoughtfully consider becoming part of the state leadership team for the 2018-19 BPW-NC year. Once someone makes the commitment, they need to complete the State Candidate form and send it to Mary Lou at the address provided on the form. The form is available on the website or contact one of the committee members.

Please feel free to contact Mary Lou Babinski at [704-839-9544](tel:704-839-9544) or mlbabinski@aol.com, Varnell Kinnin at varnellk@hotmail.com or, Marsha Riibner-Cady at 252-423-0819 or romarsci@gmail.com.

Thank you!
Mary Lou, Varnell, and Marsha

Excerpt from the By Laws:

ARTICLE XII - ELECTIONS

Section 1

A President, a Vice President, a Secretary, a Treasurer, and a Chair of the State Nominating Committee shall be elected annually for a term of one (1) year.

Section 2

Only employed individuals or individuals who have been employed within the last five (5) years who are members in good standing shall be eligible for election to office.

Section 3

Only candidates who officially and publicly support the BPW legislative platform shall be eligible for election to office.

Section 4

Only candidates who have served as Club President and/or at least one (1) term on the BPW/NC Board of Directors shall be eligible for election to the BPW/NC office of President or Vice President.

Section 5

Only candidates who have met the specific qualifications as outlined in the BPW/NC Handbook shall be eligible for election to the BPW/NC office of Secretary or Treasurer.

Excerpt from The Handbook:

DUTIES OF TREASURER

1. Attend meetings of the Executive Committee and Board of Directors of BPW/NC.
2. Serve as the Executive Committee liaison to Chairs as assigned by the President.
3. Be responsible for all monies of BPW/NC.
4. Be familiar with accepted accounting procedures, including double entry bookkeeping through general ledger, handling of bank accounts, voucher systems, and requisition systems and keep a suitable record of all monies, whatever their nature, receipts and disbursements.
5. Instruct Club Treasurers in procedures for remitting dues.
6. Be responsible for BPW/NC expenditures in accordance with the BPW/NC budget adopted at the Annual Convention.
7. Disburse funds only upon original bills and properly executed requisitions signed by the President.
8. At BPW/NC meetings, be prepared to disburse meeting expense funds to members as allotted in the budget.
9. Be bonded as Treasurer for a sum sufficient to cover the maximum amount of money likely to be under her supervision as directed by the Executive Committee.
10. Serve as an ex-officio member of the Board of Trustees with vote.
11. Serve as ex-officio member of the Finance Committee.
12. Present a written financial report at the Annual Convention, copies of which are to be distributed to each member.
13. Cause all accounts to be audited at the end of the fiscal year by a duly authorized Certified Public Accountant approved by the Executive Committee. Deliver all accounts and records to the auditor by July 31 following adjournment of the Annual Convention.
14. Present monthly financial reports to the Executive Committee, Finance Chair, and Chair of the Board of Trustees.
15. Prepare an itemized listing of all records transferred to successor. Itemized list is to be signed by both parties with each retaining a copy of receipt. A file copy should be placed in permanent file at BPW/NC Headquarters along with the Treasurer's records for the fiscal year.
16. Ensure that necessary IRS tax forms are filed in a timely fashion.
17. Serve as Treasurer for the BPW/NC Annual Convention.

Excerpt from The Handbook:

DUTIES OF SECRETARY

1. Attend meetings of the Executive Committee and Board of Directors of BPW/NC.
2. Serve as the Executive Committee liaison to Chairs as assigned by the President.
3. Take and record accurate minutes of the Executive Committee, Board of Directors, and Annual Convention.
4. Send typed copies of the minutes no later than two weeks following a meeting to the President and Parliamentarian for their approval.
5. Send copies of the approved minutes to all members of the Executive Committee and the Board of Directors within four weeks following a meeting of that body.
6. Record in the minutes an accurate record of any votes taken by email of the members of the Executive Committee and/or Board of Directors at the written request of the President.
7. Send requests by April 1 for annual reports to all BPW/NC Officers, Chairs of Standing and Special Committees, Task Forces and Club Presidents. Indicate their due dates which are designated by the BPWNC President.
8. Ensure that the annual reports of BPW/NC Officers and Committee Chairs are reproduced for distribution at the BPW/NC Annual Convention to all members of the incoming and outgoing Board of Directors.
9. File at BPW/NC Headquarters and on the Yahoo Group or other communication vehicle in use by BPW/NC all reports and minutes of BPW/NC for immediate use.
10. Keep the presiding officer informed of attendance to insure the presence of a quorum at all business sessions of BPW/NC.
11. Provide the timekeeper of each business session of BPW/NC with a copy of the Standing Rules for BPW/NC Meetings.
12. Be responsible for use and safekeeping of the BPW/NC Corporate Seal.
13. Deliver to her successor all records, papers, and property belonging to the BPW/NC at the close of her term of office, unless they are to be filed at BPW/NC Headquarters.
14. Serve as a member of the Board of Trustees.

From the NFBPWC President, Liz Benham:



Our 29th BPW International Congress in Cairo was a great success and it was with much pride that BPW USA was represented with our largest delegation in many years taking roles on all levels there to collaborate and support.

We were very visible!

As the past BPW International President 2008-2011 and current president of NFBPWC USA, it was a great honor to present to our international organization and worldwide sisterhood that our Federation is rebuilding, growing, and taking our place again on the international platform.

Our presentation to the Congress for our 2020 hosting of the International Congress was a great success and many have already expressed that

Orlando will be fabulous and they will be coming!

So now our work begins. I have called for members who wish to serve on the HPC (host planning committee) to please let me know. We will begin our planning meetings in January.

In addition, we are now also planning for our NFBPWC General Assembly July 20-22, 2018 in Orlando FL.

Please plan to be there. It will be a great celebration!

More news on this will be forthcoming.

Lastly, our final BOD (board of directors meeting) open to all members, will be held online December 14th, 2017. Please mark your calendars.

Information to join will be forthcoming shortly.



A word from Marsha Riibner-Cady NFBPWC-NC coordinator:

To date we have 30 members in our newly formed national club. Those of you who are members have received information on the benefits of membership which include a subscription to MS Magazine and the opportunity for mentorship.

Find more information about NFBPWC and NFBPWC-NC at:



The National Federation of Business and Professional Women's Clubs

Develops the business, professional and leadership potential of women.



<https://www.nfbpwc.org/>

NFBPWC North Carolina



Since 1919, we are a network of North Carolina women committed to empowering working women to fully achieve their potential in their careers.



Business and Professional Women/NC

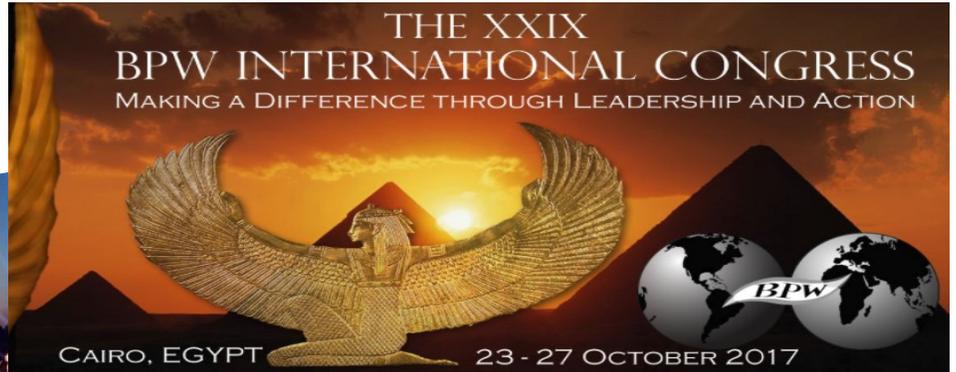
<https://www.nfbpwc.org/page-18072>

*Thank you to Tracy Minchin for developing the NC state web page.

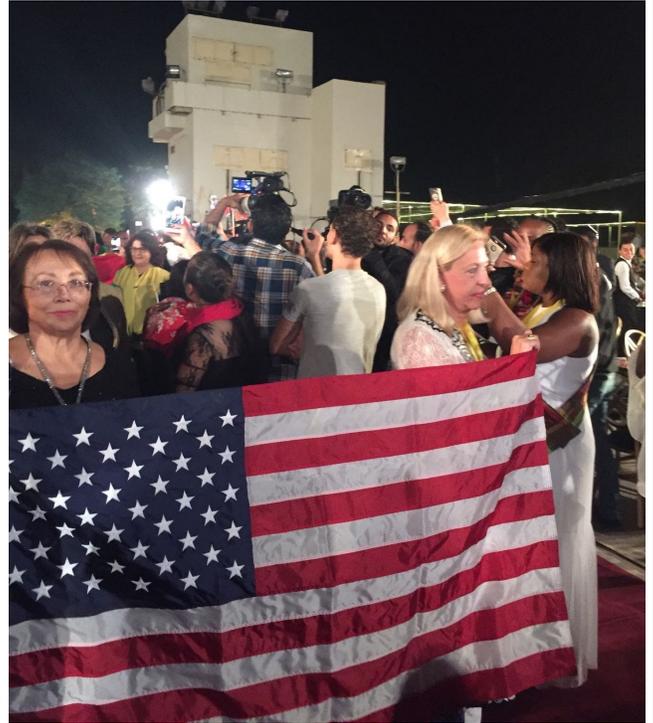
*Thank you to Lea-Ann and Jo for building the Facebook page (soon to be released).

Contact the NFBPW- NC at: nfbpwcnc@gmail.com

The XXIX BPW International Congress in Cairo, Egypt
By Megan Shellman
1st Vice President for Membership
National Federation of Business and Professional Women's Clubs



The 29th BPW International Congress convened in Cairo, Egypt with members from over 94 countries, surpassing 600 attendees. NFBPWC had 28 members, including 4 out of 5 Executive Committee members. It was an incredible congress that convened at the base of the pyramids and connected women from all over the world.



We are excited to share with you that President Liz Benham, Past International President 2008-2011, was honored to receive the Lena Madessin Philips Award, which is the highest award bestowed from BPW International. It recognizes an individual BPW member who has made a significant contribution to the development of BPW at international level and/or to improve the status of women. It commemorates the leadership and dedication inspired by Dr. Lena Madessin Phillips, the founder of the International Federation of Business and Professional Women (BPW International). In addition, President Liz Benham was recognized by Regional Coordinator North America & the Caribbean, Bessie Hironimous, at the Regional Meeting on the first day of the International Congress. NFBPWC is honored and proud to have such an incredible president leading our organization.



Two important Internal Resolutions passed that should be noted:

Resolution 2017 – 09: Annual Leader’s Summit – sponsored by BPW International Past Presidents

Resolution 2017-10: Business Network Committee – sponsored by BPW USA

Please view the resolutions on this page: <http://cairocongress.bpw-international.org/index.php/announcements/resolutions>.

Please view the constitution amendments on this page: <http://cairocongress.bpw-international.org/index.php/announcements/constitution-amendments>

NFBPWC would like to congratulate the 2017-2020 BPW International Executive Committee:

President - Dr. Amany Asfour, BPW Egypt
First Vice President, Membership – Susan Jones, BPW Australia
Second Vice President, United Nations – Dr. Catherine Bosshart-Pflugger, BPW Switzerland
Executive Secretary – Bessie Hironymous, NFBPWC USA
Executive Finance Officer – Giuseppa Seidita, BPW Italy
Regional Coordinator Africa – Abla Mahdi Abdemoniem Ahmed, BPW Sudan
Regional Coordinator Asia-Pacific – Dr. Narudee Kiengsiri, BPW Thailand
Regional Coordinator Europe – Dr. Giuseppina Bombaci, BPW Italy
Regional Coordinator Latin America – Diana Barragan, BPW Ecuador
Regional Coordinator North America & the Caribbean – Dawne Williams, BPW St. Kitts
Young BPW – Neelima Bassnet, BPW Nepal

(Their profiles and statements can be viewed on the following page: <http://cairocongress.bpw-international.org/index.php/announcements/nominations>.)

Congratulations to the incredible women of NFBPWC who represented our country at the International Congress.

We were proud of the following members who served as delegates:

IFBPW Past International President, NFBPWC President - Liz Benham
IFBPW Regional Coordinator North America and the Caribbean - Bessie Hironymous
IFBPW Chair of Development, Training, & Employment - Francesca Burack
IFBPW Chair of Environment & Sustainable Development – Laurie Dameron
NFBPWC 1st Vice President - Megan Shellman
NFBPWC Treasurer - Gloria Flores
NFBPWC Chair of Small Business - Manjul Batra

We were proud to see the following members support the General Assembly in the following roles:

Parliamentarian, NFBPWC Secretary - Sandra Thompson
Teller, NFBPWC Colorado – Evie Hudak
Credentials Committee – Marjorie Hopper
Alternate Delegate, NFBPWC Colorado – Kathy Kelly
Alternate Delegate, NFBPWC Momentum – Nadia Munawar
Alternate Delegate, NFBPWC Momentum – Shirley Zeller

Please mark your calendars for the 2020 Congress in Orlando, Florida that will be hosted by the National Federation of Business and Professional Women's Clubs, 21-26 August 2020. We have begun preparations and you can view the initial information here: <https://www.nfbpwc.org/event-2644514>.

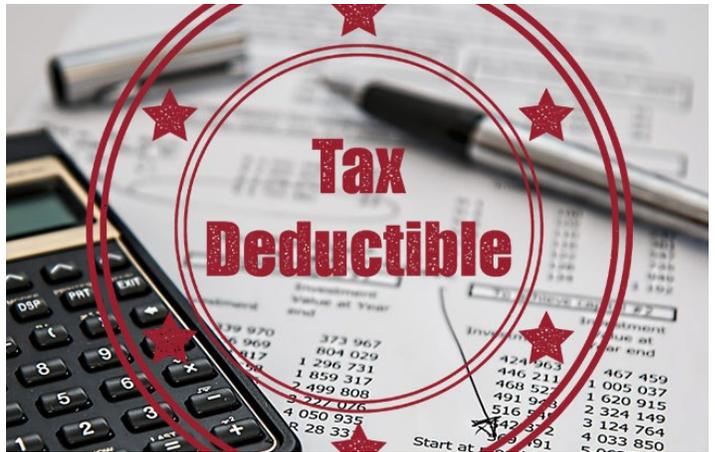
Please contact Megan Shellman at vpmembership@nfbpwc.org for more information about the National Federation of Business and Professional Women's Clubs and how connect with the incredible women of BPW International



Business and Professional Women's Foundation

The BPW/NC Foundation is the 501(c)(3) organization of the North Carolina Federation of Business and Professional Women's Clubs that sponsors scholarships to deserving women and grants to organizations for educational programming. Inquiries have been received about the scholarships being awarded in the upcoming year. The revamped application form should soon be on the BPW/NC website. Again, we hope to award at least \$8,000 in scholarships during the 2017-2018 BPW year. Since 2009, approximately \$53,000 has been awarded to women furthering their education. These funds are from donations, fund raising and earnings from investments of the Foundation.

As this year comes to a close, please consider making a tax-deductible gift to the Foundation. Donations may be given in honor or memory of someone. Contributions may be mailed to Susan Benton Wilson, 4124 Garden Grove Lane, Charlotte, NC 28269.



Wishes to all for a safe and blessed holiday season!

Faye Painter
BPW/NC Foundation Chair



Scholarships



An update from Concord-Cabarrus BPW President, Julie Ueleke

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

Like Purses?
Bid in the silent auction on gently used name brand purses

Saturday October 14, 2017
10:00am-12:00pm

Hampton Inn & Suites
9850 Weddington Rd
Concord NC 28027

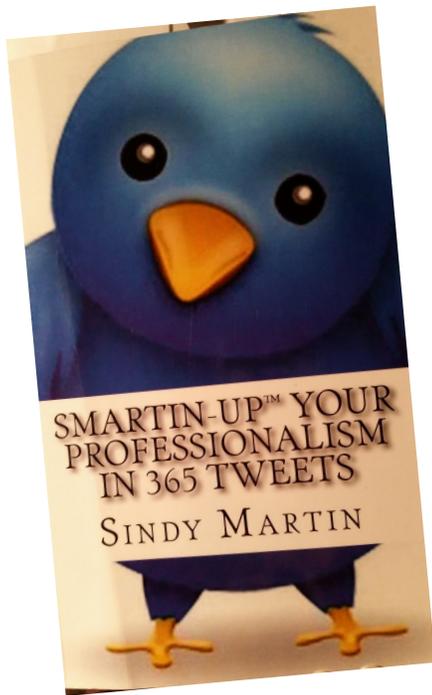
Tickets \$25.00

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

The Frances B Long Scholarship had our 1st Annual Women's Empowerment Day on Saturday, October 14th. Hannah Arrowood, of Present Age Ministries was our guest speaker. Hannah typically lectures on the dangers of human trafficking, but for this brunch, she spoke about "What does it mean to be a woman who walks in strength in her community." This includes being tough but tender, how to be sensitive to others needs, how to set fire for what you believe in other people, how to stand for your values, etc.. It was a great kick off to National Business Women's Week . In addition to a great speaker and brunch, we also held a purse silent auction. Over 30 gently used brand name purses (Coach, Michael Kors, Dooney & Burke to name a few) were donated for the silent auction. This was our first event, and after expenses, we raised \$1000 for our scholarship fund!

Stay tuned for some fun fundraisers in the spring and another Women's Empowerment Day next Fall.





Smartin-Up™ Your Professionalism in 365 Tweets by Sindy Martin

I had the pleasure of purchasing this book from Sindy a couple of years ago. It's a fun read. It has great basic reminders as well as new ideas about being professional and a positive member of society.

Here are some of my favorites:

"Ask permission before entering a co-worker's cubicle." More times than not I have walked into someone's office without thinking that I'm entering their personal space, have you ever done that?

"Do you/your employees dress too casual? Being too casual can lead to casualties!" I live at the beach; most folks here have regular flip flops and dressy ones. That became a

problem with one of my staff members when she tripped in her flipflops and broke her arm! (No, I'm not sure if they were her regular ones or the dressy flip flops.)

"Have a daily plan. Without a plan, the day will be lost before it starts." What is your goal for today, tomorrow, this week, month, and year? It's ok if those plans get tweaked along the way. Now that we are nearing the end of the calendar year, maybe it's time to start on those plans?

"Ignoring conflict will not "make it go away." Practice conflict resolution so you get good at it." Sweeping an issue under the rug is not the way to deal with life's ups and downs. We need to face conflict and look for equitable solutions.

"Remember to wear your nametag on the right side of your jacket." This is one of many practical pointers Sindy makes. As you shake someone's hand, their eyes travel up your arm to your nametag, it just makes sense and it is easier for them to associate your name with your face.

I believe that Sindy's book will help you become a powerful woman, personally and professionally. Are you interested in learning more about "Smartin-up" and hear it directly from Sindy Martin?

Register now for the WEE in Goldsboro on January 20, 2018. Registration and hotel information is available on the bpw-nc.org website. Not only will you be helping yourself, you will also be helping raise money for our Women Joining Forces Program.

I look forward to seeing you in Goldsboro!

Marsha Riibner-Cady



SINDY MARTIN

CEO
SMARTIN INTERNATIONAL, INC.

*Women
Mean
Business*

one day enrichment event
January 20, 2018
Goldsboro, NC

LINDSEY GERMONO

PRESIDENT
GERMONO ADVERTISING COMPANY



***Won't You Join
Us in Goldsboro
January 19 and 20, 2018?***

<http://bpw-nc.org/event-2694083>

Registration for the 2018 WEE/WJF Event is open

Red Box Registration Ends December 8th:

\$35

(Receive the event swag bag AND a special swag gift
for registering early)

White Box Registration Ends December 31st:

\$45

(Receive the event swag bag)

Blue Box Registration Ends January 10th

\$55

BPW/NC has partnered with The Hampton Inn of
Goldsboro, for this event.

Reservations can be made through website or by
calling the hotel directly (919-778-1800)

Our Group Code is “Chhhbpw”

All of the rooms are double queen beds.

Goldsboro



NC

**Location:
Wayne County
Museum**



**Goldsboro, North
Carolina**



What's New In Henderson?

1) In June, we held a retreat where we discussed the coming year. Many ideas were exchanged. In addition, we initiated our audit process.

2) We do not meet in July.

3) Our August speaker was just amazing. Melissa Elliott of Gang Free, Inc., shared her story and the wonderful mission of the non-profit based in downtown Henderson. Melissa left a job within the Sheriff's department to start the organization that educates the community about gang life, supports children and young adults to remain outside of gang life, and provides a food pantry for the children and their parents. We made a contribution to help Melissa offset her monthly expenses at Gang Free, Inc.

4) Our September speaker was so enjoyable. Patti McAnally, a BPW member, shared updates from the Perry Memorial Library where she is the director. The library (the only library in Vance County) is the heart of downtown. Also, Patti led a "Henderson Rocks" project where we painted rocks with inspirational quotes that were left around the hospital to surprise patients and visitors.

5) For October, we were fortunate to have Cara Gill of Strength and Mending Child Advocacy Center join us. Cara created the center and works alongside social services and law enforcement to provide support to children who have been victims of sexual abuse, physical abuse, or witnesses to violent crimes. Cara performs all of the intake interviews in an attempt to minimize trauma experienced by the children. It was truly moving. Also, we finalized our budget for this fiscal year. We will raffle a beautiful blanket made by Member Maria Bailey as our fundraiser.

Our speakers have just been fabulous. We are so blessed to have women in our community who give so fully of themselves and their talents to make life better for others.

The club continues to be at peace. We are looking forward to November's speaker and our holiday party in December. Maria will host the party in her home.



**Every issue, I ask folks to share what they've been up to.
Here's what your VP/THW Editor and WJF Chair has been up to lately**



**October 6/7:
Attended Milspo Con 2017
in Wilmington
<http://milspoproject.org/>**

**Rachel Luna gave me a copy of her book
"Successful People are full of C.R.A.P."**



**Spent a VERY COOOOLD
VETERANTS DAY WEEKEND AT
VINTAGE FAN FAIR AT THE
FAIRGROUNDS IN RALEIGH.
- AS A MEMBER OF SISTERS ON
THE FLY, MY CAMPER "LiI" AND I
WERE PART OF THE GLAMPER
SHOWCASE.
(I'M SISTER #8523)**



**November 16th: Lattes and Laptops
You simply CANNOT BEAT a meeting
that includes a Latte and cookies!**

**Kudos to Germono Advertising in
Norfolk for an outstanding seminar for
LinkedIn.**

**You may not get the cookies, but
Lindsey Germono will be sharing this
seminar with you if you attend the
WEE/WJF in January.**

“Convention-al News Update”



99th ANNUAL STATE CONVENTION
JUNE 22 & 23, 2018

Hampton Inn
9850 Weddington Rd Ext.
Concord NC 28027

Hosted by: Concord-Cabarrus BPW



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 infomercials, 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>

**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**

BUILDING POWERFUL WOMEN

2018 STATE CONVENTION
Hosted by the Concord-Cabarrus BPW



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. _____

Current Interim Actions for BPW/NC

North Carolina Federation of Business and Professional Women's Clubs, Incorporated
Federation Executive Committee Interim Actions

Approved October 22, 2017

Approved we waive the reading of the Standing Rules of Order.

Approved the reading of September 3, 2017 meeting minutes be waived as they were distributed.

Approved that the budget for WEE be accepted as submitted.

**Provided by
Recording Secretary
Michelle Evans**

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

SUGGESTED PROGRAMS FOR CLUBS 2017/2018

July 2017		<p>CELEBRATE! Recognize the ladies who worked for our liberty. UPDATE! Review and update all your online profiles (BPW/NC, LinkedIn, etc)</p>
	RECOGNITIONS	<p>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</p>
August 2017		<p>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</p>
	RECOGNITIONS	<p>One this day in August: *1- Girlfriends Day, *23: 1st National Women’s Rights Convention (1850), and *26: Women’s Equality Day. August is: Foot Health Month, Home Business Month</p>
September 2017		<p>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.</p>
	RECOGNITIONS	<p>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</p>
October 2017		<p>SAVE THE TATAS! Schedule that mammogram, do monthly breast checks, educate / celebrate! COMPUTE! Learn a new computer skill or share what you know.</p>
	RECOGNITIONS	<p>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</p>
November 2017		<p>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</p>
	RECOGNITIONS	<p>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</p>
December 2017		<p>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.</p>
	RECOGNITIONS	<p>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</p>

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 22-23, 2018. Visit www.bpw-nc.org</p> <p>Submit State Candidate Forms by March 1st.</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> <p>Register for General Assembly July 20-22, 2018</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.