



# The National Federation of Business & Professional Women's Clubs, Inc.

## May 2019 Newsletter

### Upcoming Events

#### MARK YOUR CALENDARS

**NFBPWC November Cruise Deposit Deadline May 15th**

#### NFBPWC Board Meeting

25 June 2019

5:00 PM Pacific | 6:00 PM Mountain | 7:00 PM Central | 8:00 PM Eastern

Register and send Reports to Marsha Riibner-Cady by June 15 at:

<mailto:secretary.bpw@nfbpwc.org?subject=NFBPWC Board Reports>

#### Regional Presidents' Meeting

9 August 2019

Montreal, Canada

#### XXX BPW International Congress (2020)

21 August 2020 to 26 August 2020

[Hilton Buena Vista Hotel](#), Orlando, Florida

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**Submission Deadline for the June eNewsletter is Friday, May 24<sup>th</sup> at 5:00 pm Mountain Time**

**May Day** May 1<sup>st</sup>

**World Laughter Day** May 5<sup>th</sup>

**National Teachers Day**  
May 7<sup>th</sup>

**Mother's Day** May 12<sup>th</sup>

**Memorial Day** May 27<sup>th</sup>

**World MS Day** May 30<sup>th</sup>



## ABOUT NFBPWC

**Develops the business, professional and leadership potential of women.**

### **Our Mission**

*The National Federation of Business and Professional Women's clubs (NFBPWC) develops the business, professional and leadership potential of women on all levels through education, advocacy, networking, mentoring, skill building and economic empowerment programs and projects.*

### **Focus Issue**

*Elimination of Sexual Harassment and Sexual Abuse Against Working Women*

The National Federation of Business and Professional Women's Clubs (NFBPWC) of the United States of America is an affiliate of the International Federation of Business and Professional Women, which spans across five regions and over 110 countries of the world. In 2017 we celebrated 98 years of empowering women through our mission which is to develop the business, professional and leadership potential of women on all levels through education, advocacy, mentoring, networking, skill building and economic empowerment programs and projects.

### **Contacting your NFBPWC Executive Committee (2018-2020):**

Sandy Thompson, President  
Megan Shellman, VP Membership  
Nancy Werner, VP Advocacy  
Marsha Riibner-Cady, Secretary  
Gloria Flores, Treasurer  
Liz Benham, Immediate Past President

president.bpw@nfbpwc.org  
vpmembership@nfbpwc.org  
vpadvocacy@nfbpwc.org  
secretary.bpw@nfbpwc.org  
treasurer.bpw@nfbpwc.org

### **Standing Committees:**

Membership, Megan Shellman, Colorado  
Advocacy, Nancy Werner, Pennsylvania  
United Nations, Elizabeth Vanardenne, Virtual  
Environment, Laurie Dameron, Colorado  
Finance, Lourdes Reyna, Paso del Norte  
Health, Marion Waelchli, Pennsylvania  
Mentoring Taskforce Chair, Titilola Adisa, Momentum  
International Liaison, Bessie Hironimus, California  
Leadership & Learning, Kathy Kelly, Colorado  
Public Relations, Daneene Rusnak, Virtual  
Young BPW Chair, Ashley Maria, California

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tytyadisa@yahoo.com  
Bessie.hironimus@bpw-international.org  
kathy@ppiadvantage.com  
daneene1124@gmail.com  
ash@ashley-maria.com

### **Special Committees:**

Military Affiliated Women, Barbara Bozeman, North Carolina  
Newsletter, Michele Guarino, Colorado  
Nominations, Manjul Batra

Barbara.bozeman@ymail.com  
michele@asecondoffice.com  
manjulm@aol.com

### **Taskforce:**

Elimination of Sexual Harassment, Jackie Melvin  
Rapid Response – Linda Wilson

jamelvin@pacbell.net  
lindalwilson@juno.com

## PRESIDENT'S MESSAGE



By: Sandy Thompson  
President, NFBPWC

Greetings!

I hope all of you are enjoying Spring and have had some time to get away and do fun things.

There is still time to sign up for the Cruise to celebrate our 100th Birthday! While we no longer have our block of rooms, you can still book if rooms as they are available. Remember it is only \$150 deposit and you have until August to cancel. It should be great fun so come and join us. We have sisters from around the world joining us including some of the Executive Committee. So, a great time to get to know them better. Check out our website [nfbpwc.org](http://nfbpwc.org) for more information.

May begins my travels to various BPW meetings for the next couple of months. This month I will travel a whole 45 minutes to Ontario, California to attend the California State Federation Annual Conference. We will have a changing of the guard thanking Katherine Winans for two and half years of service, growing the California Federation and Keeping us Going Forward. I will also have the honor of installing California's new President, Rosemary Enzer whose theme is Hear Our Voice. Looking forward to a great weekend.

Earlier this month I had the pleasure to attend Downtown Sacramento's celebration of their 100th Birthday. It was a great day celebrating their rich history. They have many distinguished former members including former California Secretary of State March Fong Eu who served in this capacity for 19 years, and Past California State President, Marion Ash, who was the first Director of the California Commission on the Status of Women. And of course, current members California State President Katherine Winans and International Executive Secretary, Bessie Hironimus.

As we continue our history - BPW intensified efforts to eliminate discrimination based on sex and marital status in credit, capital, and insurance practices.

BPW tackled "comparable worth" by calling for newspapers to stop the occupational segregation in classified ads (clustering of women in a few restricted occupations of low-paying, dead-end jobs). Numerous state and municipal governments revamped their pay scales, recognizing dissimilar jobs may not be identical, but may be comprised of tasks, educational requirements, experience and other characteristics that are equivalent or comparable. In 1986, San Francisco became the first in the nation to approve a pay equity referendum, implementing \$34 million in increases for employees in female and minority-dominated jobs.

The "Red Purse Campaign" of 1988 drew national attention to wage disparity. Using the "BPW" letters to represent **B**etter **P**ay for **W**omen, BPW capitalized on the national media attention focused on the red purse.

Continuing with BPW's focus on workplace issues, BPW lobbied Congress for passage of the Family and Medical Leave Act. After nearly a decade, the FMLA passes in 1993.

Enjoy Spring!

Don't forget to sign up for the cruise to join us in November to celebrate our 100th Birthday. See the website for all the information.

**NEW!** The Deadline to register and pay your deposit for the November Cruise has been extended until May 15<sup>th</sup>. Click on this link to register: <https://www.nfbpwc.org/event-3296730>



## NATIONAL FEDERATION OF BUSINESS AND PROFESSIONAL WOMEN'S CLUB'S (NFBPWC) ADVOCACY PLATFORM 2018-2020

NFBPWC will employ several education, advocacy, monitoring and tracking strategies to meet the following priorities:

The Alice Paul Equal Rights Amendment shall stand first and foremost above all other items of the advocacy platform until Equal Rights have been guaranteed in the United States Constitution – i.e. “Equality of Rights under the law shall not be denied or abridged by the United States or by any State on account of sex.”

### Economic Equity and Justice

- Access to pay equity and retirement equity
- Access to education, training and promotional opportunities
- Access to equal opportunities in the workplace and corporate boards
- Access to women business enterprise procurement process
- Access to quality, affordable dependent care (child, elderly or disabled)
- Access to funding and capital for entrepreneurial activity
- Access to affordable and attainable housing

### Health Equity and Justice

- Access to affordable care
- Reproductive choice
- Paid sick leave
- Family and medical leave
- Equal research funding for women's and girl's health issues
- Health education funding for women's and girl's health issues
- Health education funding for women and girls
- Prevention of pregnancy and infant care discrimination in the workplace (reasonable accommodations for breast feeding/breast pumping and pregnancy related conditions)
- Ensure workplace safety
- Expansion of mental health coverage and services

### Human Rights – recognition that women's rights are human rights

- Ratification of the Equal Rights Amendment (ERA)
- Passage of the Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW)
- Eradicate Domestic Violence and the Electronic and Physical stalking, sexual harassment, sexual abuse and discrimination
- Oppose human trafficking, sexual exploitation and slavery
- Equal education opportunity
- Support equal rights for LGBTQ+ persons
- Support equal treatment of and end discrimination against minority women
- Support policies and practices that promote environmental sustainability
- Support the endeavors of and improve conditions for military-affiliated women



## MEMBERSHIP NEWS

By: Megan Shellman  
1<sup>st</sup> Vice President of Membership, NFBPWC

### Which NFBPWC Benefit is most valuable to you?

As our organization continues to grow, we are often asked what value there is to be a part of NFBPWC as a member. The \$45 from your annual membership fee that goes to NFBPWC provides you with many tangible and intangible benefits. From marketing opportunities and formal programs to friendships with women from all over the world, the advantages of being a member are immeasurable when you take advantage of what is offered.

Please email Megan Shellman, 1<sup>st</sup> VP of Membership, with any questions about the opportunities available to all members and share with us which membership opportunity holds the most value to you: [mshellman@bpwcolorado.org](mailto:mshellman@bpwcolorado.org).

NFBPWC members can support their business and professions by utilizing the following benefits:

- Grow through NFBPWC's formal **Leadership and Learning Program**.
- Share your successes on the **NFBPWC Showcase**: <https://www.nfbpwc.org/Our-Showcase>.
- **The Business Network**, <https://www.nfbpwc.org/Business-Network>, to market business and professional services in a public area of the website. Discover an international platform of intercultural understanding, languages and travel while establishing connections with women around the world.
- Partake in **business opportunities** for partnering and procurement, nationally and globally through BPW.
- **Member Spotlight** in the newsletter, e-alerts, website, and social media platforms (Email [mshellman@bpwcolorado.org](mailto:mshellman@bpwcolorado.org) to apply for this opportunity.)
- Formal **Mentoring Program** for mentees and mentors.

Are you passionate about women's issues? You can participate and explore benefits only available to members:

- Private **discussion forums** on issues relating to women hosted on the website.
- **Members' only information** related to NFBPWC and women's issues.
- **Private Membership Directory** supporting members and their organizations.
- Participate in the **United Nations System** worldwide through CSW and other programs annually.
- Annual **Ms. Magazine** subscription.
- **Advocate for women's issues** on a national and international level and **cultivate worldwide friendships** in one of the original women's networking organizations!

### Momentum Club:

The National Federation Business and Professional Women's Momentum Club (NFBPW Momentum Club) is a closed group that operates as a platform from which new BPW clubs/chapters, affiliates, and federations will launch. Current members of NFBPWC who wish to help open a new club or want to connect and support membership growth are welcome to attend. Individuals who would like to start a club in their area are welcome to attend and are invited to join the NFBPWC Momentum Club.

Learn more about the Momentum Club and help us grow and thrive by attending the next meeting. Topics for the Momentum Club meetings are designed to help the members start their own club and continue the growth of this vibrant organization. Find and register for the next meeting at: <https://www.nfbpwc.org/events>.

## NFBPWC Virtual:

We welcome all members and individuals to participate in this club and to learn more about growing our organization. If you do not have access to a local affiliation or federation, please consider starting a new club in your area or joining our NFBPWC Virtual. The Virtual club meets monthly and provides a variety of incredible topics with dynamic speakers. (Membership dues to NFBPWC Virtual start at \$60 annually - January to December - for members not associated with another NFBPWC organization.) Click here for more information: [NFBPWC Virtual](#).

## FROM THE DESK OF THE SECRETARY

By: Marsha Riibner-Cady  
Secretary, NFBPWC

I would like to thank the 15 board members who attended the April 9, 2019 meeting. A special thanks goes out to those members who sent their reports to me prior to the meeting. This makes our time together so much more efficient and allows us to have discussions on important topics. Minutes for this meeting will be sent to the board of directors soon. I can make the minutes available to any interested members, just let me know you would like a copy.

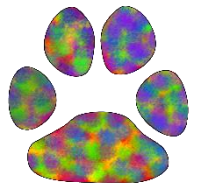
Our next board of director's meeting will be on June 25, 2019 virtually at 5pm Pacific time/6pm Mountain Time/7pm Central/8pm Eastern. Closer to the meeting, registration will be available at NFBPWC.org. All members are welcome to attend.

Board reports are due to me on or before June 15, 2019. Please send them as an attachment with your e-mail.

Do you need help with your profile on the website? I am delighted to help you update your look. Please contact me at [romarsci@gmail.com](mailto:romarsci@gmail.com).

When your club elects its new officers for the 2019-20 BPW year, please send me the list so that I can update our records.

Looking forward to "seeing" you soon!



## MEMBER SPOTLIGHT – JAN PELTON, PROFESSIONAL PORTRAIT AND WEDDING PHOTOGRAPHER



This month's member spotlight is Jan Pelton of BPW Colorado, Denver chapter. Jan is an active member of the newly reopened Denver chapter and has been generous with both her time and expertise. We are very lucky to have her as a member of our incredible organization. Jan Pelton is a professional portrait and wedding photographer. She has over 30 years' experience photographing weddings, families, high school seniors, children, and business professionals.

Jan loves working with clients who appreciate creative, artistic photography that tells a story. She really enjoys capturing the

unique story of each unique person and strives to create images that will be enjoyed for generations. Ms. Pelton's approach is low-stress, flexible, and tailored to the needs and style of each couple. Her goal is simple: I want all of my clients to love their photo shoot and love their photos.

Learn more about Jan Pelton and view her website at [www.janpeltonphotography.com](http://www.janpeltonphotography.com).

Congratulate her as the May Spotlight Member at: [janpelton@msn.com](mailto:janpelton@msn.com).

*\*Please share your success stories with our members. To be in a future NFBPWC Member Spotlight, please email Megan Shellman at [mshellman@bpwcolorado.org](mailto:mshellman@bpwcolorado.org).*

## LEADER SPOTLIGHT – BESSIE HIRONIMUS, BPW INTERNATIONAL EXECUTIVE SECRETARY, 2017-2020



For the month of May, we are excited to honor Bessie Hironimus, who has served in many leadership positions at all levels and currently serves as the Executive Secretary for 2017-2020 term for the International Federation of Business and Professional Women (BPW International). She is a member of the California Federation of BPW.

Ms. Hironimus joined as a Young BPW in 1973. Since then, she has been an involved and contributing member at Club, District, State, National, Region and International levels, often holding several offices concurrently. She has organized and chaired conferences, symposiums and seminars for BPW International and NFBPWC. Bessie Hironimus served as National President for 3 years and organized the reestablishment of National Federation, drafted documents, chartered and chaired it as its first elected president. Additionally, she served 5 years as a Board of Directors member from 2009-

2012 and continues to be involved at the national level while still honoring her commitment at the international level. We are honored to have such a dedicated NFBPWC member on the International Executive Committee!



Bessie R. Hironimus is a small business owner, a retired Advanced Real Estate Appraiser for the State of California, a certified Translator, Simultaneous Interpreter, and a trained Parliamentarian. She majored in business administration and holds an Executive Development Program certificate with ESAN, the Stanford University Graduate School of Business in Lima, Peru.

Bessie started her career as an Executive Secretary and Administrative Officer in a multinational corporation in Lima, Peru, working with high level government officials including the Advisor to the President of Peru. Upon moving to California, she worked at the Butte County Assessor's Office for 28 years, being the first female Real Estate Appraiser in Northern California.

In her volunteer service she has been CEO, President, Executive Secretary, Parliamentarian, etc. in several State and National non-profit organizations, providing her with an extensive administrative and analytical process experience, good public relations with multigenerational, cross-cultural groups, government agencies, civic societies and business sector. Her experience as CEO and Board member of several organizations and as a government elected official administering a budget of US\$85 million and over 800 employees have given her a solid leadership and administrative background.

### Civic, Educational activities

Bessie was an elected member of the California County Boards of Education for 26 years, serving on its Executive Board for 9 years. She was also a member of the California School Boards Association, elected to its Board of Directors. She was Board President of the Butte County Board of Education for 4 years.

Bessie was selected to work on a committee of 14 elected officials in California, representing the State's County Boards of Education. This Committee of the National Association of Elected Officials (NALEO) studied child obesity issues and drafted a pilot plan for school nutrition which led to the Healthy Kids initiative, changing the way meals are served at schools in the USA. While being an officer on the California School Boards Association, CSBA worked with the Building Trade Unions promoting apprentice programs for young students in the different Building Unions.

Bessie is a member of the American Institute of Parliamentarians, has an extensive background in advocacy and community service on various advisory boards, steering committees and local boards. She founded the Dollars for Scholars Foundation, is a Committee Chair and Ambassador of the Chamber of Commerce, Secretary of Lions International Club, Past Commodore of Oroville Yacht Club, appointed to two State of California Task Forces and participated in the White House Forum for Working Families

Bessie is an incredible woman who inspires many members. There was so much more that she has accomplished and we simply didn't have the room to share it all. Thank you, Bessie Hironimus, for being a phenomenal woman and an inspiration to us all.

As we continue to grow and become a more vibrant organization, it is imperative that we recognize the leaders who give of their time and hearts to serve our members. Take a moment to thank Bessie Hironimus for her incredible dedication to NFBPWC and BPW International at [bessie-epwusa@hotmail.com](mailto:bessie-epwusa@hotmail.com).

## ADVOCACY NEWS BY NANCY WERNER

By: Nancy Werner, NFBPWC, 2nd Vice President of Advocacy

### THE VAWA - VIOLENCE AGAINST WOMEN ACT (VAMA)

**Important News** – The Violence Against Women Act of 1994 expired in February. The Democrats are trying to reauthorize the VAWA. The current bill sponsored by Rep. Elise Stefanik (R-NY), provided a one-year extension to continue funding services to survivors of sexual assault and domestic violence while Congress works on a bipartisan reauthorization of VAMA. It was introduced to the 115th Congress and reintroduced in March 2019 which is now the 116th Congress. The Stefanik's bill only drew the attention of one group-the NRA.

The Republicans discussed the use of the NRA as the cover to vote against Reps. Karen Bass (D-Calif.) and Brian Fitzpatrick's (R-Pa) VAMA reauthorization bill. The bill overwhelmingly sponsored by House Democrats and the lone Republican proposed gun control legislation on protection for survivors of domestic violence and stalking.

H.R. 1585, Bass and Fitzpatrick's version of VAMA reauthorization bill also allowed law enforcement officials to take weapons from domestic abusers who can't legally own them. The vote on April 4 in the House of Representatives was 263-158. The bill is now heading to the Senate for a vote.

The NRA opposes domestic violence and all violent crime and spends millions of dollars teaching Americans how not to be a victim and how to safely use firearms for self-defense. But during the past two years, the NRA has upped its lobbying efforts by spending \$10 million rather than spending on federal elections. The NRA and other gun rights organizations with the Republicans will be tested in the Senate Judiciary Committee. They are committed to oppose this legislation.

We need our members to respond to this very important bill. Please take a moment to google the VAMA and learn more and then write, email or call your Senators about passing this very important legislation.

### EQUAL RIGHTS AMENDMENT UPDATES

**Louisiana is on the move.** The Equal Rights Amendment (SCR 2) sponsored by Sen. J.P. Morrell has been scheduled to be heard in the Senate and the Governmental Affairs Committee at the State Capitol in Baton Rouge on Wednesday, April 24.

**Really Important News** -The U.S. House Judiciary Chair Jerrold Nadler announced the first official Equal Rights Amendment hearing in 36 years will be held on Tuesday, April 30. "The ERA is simple as well as necessary. Nearly 230 years after our Constitution was ratified and nearly 100 years since the ERA was introduced, it is shocking the Constitution still fails to guarantee gender equality, It is time for the Congress to examine why the ERA is necessary and how to ratify it as quickly as possible."

**First ever, ERA DAY will be held on June 30 at the Alice Paul Institute, Mt. Laurel, New Jersey.** Time will be 12-5. Suggested donation is \$15.00. There will be a panel discussion by legal professionals and ERA advocates. They will highlight the history of the ERA and the current efforts across the nation to ratify it. Visit their web site to learn more. <https://www.equalrightsamendment.org/blog>.



## UNITED NATIONS CORNER BY ELIZABETH VANARDENNE

By: Elizabeth Vanardenne  
NFBPWC United Nations Liaison



## LEADERSHIP & LEARNING COMMITTEE REPORT (INDIVIDUAL DEVELOPMENT PROGRAM OR IDP)

By: Kathy Kelly  
Committee Chair, Leadership & Learning Committee, NFBPWC

In support of our Mission Statement, the Lifelong Leadership & Learning Committee is in the process of creating instructional modules (approximately 15 modules, 1-2 hours each) that will empower our members with knowledge, communication skill building and confidence. The project is under the working title: Lifetime Leadership & Learning Program, or L3P.

Our first segment, **Module 1: History and Benefits of BPW – 100 Years in One Hour** (Local, National and International levels) is available for our member use. We are working with NFBPWC executive to deliver the webinar at a regular time each month for new members and other interested parties.

The following Modules have completed Committee review and are also available for member use:

- Module 1: History and Benefits of BPW
- Module 2: Discovering your Strengths (DISC personality assessment)
- Module 3: Enhancing your Profile: Interpersonal and Transferable Skills for the Workplace
- Module 4: Taming your Tension: Creating Presentations
- Module 5: (in review) The Art of Public Speaking: Speeches and Presentations
- Module 6: Engage and Shine: Networking – A Skill for Life

General Amy Courter (BPW/Michigan) launched the first modules at a full-day seminar with great success!

For more information or to receive the PPT and Facilitator's Script, please contact the L3P Chair, Kathy Kelly, at [kathy@ppiadvantage.com](mailto:kathy@ppiadvantage.com), Cell: 303-517-6399.

Be sure to check out the IFBPW Leadership Webinars beginning June 12: The History of BPW: Knowing our Roots. The webinars will be delivered via ZOOM and registration is required. You can find more information on Facebook: Leadership in BPW: Webinar Training Series.





## GREEN NEWS

By: Laurie Dameron, BPW Boulder Member  
Chair BPW Colorado Environment and Sustainable Development Committee  
Chair NFBPW Environmental and Sustainable Development Committee

I hope everyone had a wonderful Earth Day and celebrated for the whole month of April! I know I did! I presented Spaceship Earth: What Can I Do? several times. As I've probably mentioned, I wish I were doing three or four of them a week to really make a difference. I continue to have a difficult time booking it and with attendance, but the feedback is tremendous, so I keep on!

Recently, I received a voice mail from someone saying something like, "Laurie, I just wanted to know I've been thinking of you lately. I saw your presentation about four years ago and learned so much and inspired me to do more to help the planet."

I shared the program with a hundred students and teachers at Boulder Prep school. I had three of their science teachers come up after with great enthusiasm and agreeing that combining science, art and music uses both sides of the brain, thus making more of an impact.

I do half of these for free as it's a labor of love. I need all the support I can get. Please remember that I can accept tax-deductible donations and am always looking for partners and sponsorship. If you have not already, please like my Facebook page at <https://www.facebook.com/WhatCanIDoSpaceshipEarth/>

Our Business and Professional Women (BPW Boulder chapter) Celebration of Women on April 25th, was one of the best ever! It was nearly sold out and our theme of "Women Warriors" was powerful. We honored Shannon Watts of Moms Demand Action, Jean Hodges of PFLAG, Rosie Briggs of Eco-Cycle and Linda Shoemaker CU Regent and past BPW. I was so honored and excited to introduce Rosie. She is the Eco Leader Volunteer coordinator at Eco-Cycle. Most of my mentors are older women, but Rosie, over thirty years younger than me, is one of my top mentors as her energy and demeanor is so upbeat and positive and I SO strive to be that!

And above all else...celebrate Earth Day EVERYDAY!

We left off with Pope Francis's Encyclical: *Praise Be to You Laudato Si': On Care for Our Common Home*:

### II. The Issue of Water

28. Fresh drinking water is an issue of primary importance, since it is indispensable for human life and for supporting terrestrial and aquatic ecosystems. Sources of fresh water are necessary for health care, agriculture and industry. Water supplies used to be relatively constant, but now in many places demand exceeds the sustainable supply, with dramatic consequences in the short and long term. Large cities dependent on significant supplies of water have experienced periods of shortage, and at critical moments these have not always been administered with sufficient oversight and impartiality. Water poverty especially affects Africa where large sectors of the population have no access to safe drinking water or experience droughts which impede agricultural production. Some countries have areas rich in water while others endure drastic scarcity.

29. One particularly serious problem is the quality of water available to the poor. Every day, unsafe water results in many deaths and the spread of water-related diseases, including those caused by microorganisms and chemical substances. Dysentery and cholera, linked to inadequate hygiene and water supplies, are a significant cause of suffering and of infant mortality. Underground water sources in many places are threatened by the pollution produced in certain mining, farming and industrial activities, especially in countries lacking adequate regulation or controls. It is not only a question of industrial waste. Detergents and chemical products, commonly used in many places of the world, continue to pour into our rivers, lakes and seas.

Read the entire encyclical: [POPE FRANCIS](https://www.vatican.va/holy_father/francis/encyclicals/laudato-si/20150618_laudato-si_en.html)

<https://laudatosi.com/watch>



**YOU ARE A PART OF THE SOLUTION!!!**

To sign up for Laurie's monthly music and "Green News," write to [WindchimeL@aol.com](mailto:WindchimeL@aol.com)

Or visit [www.LaurieDameron.com](http://www.LaurieDameron.com)

Please visit and LIKE <https://www.facebook.com/WhatCanIDoSpaceshipEarth>

**HEALTH COMMITTEE REPORT BY MARION WAELSCHLI**

By: Marion Waelschli  
NFBPW Health Committee Chair

The weather is finally getting around to warm sunny days. Remember to use sunscreen, even if it is cloudy or overcast, those nasty harmful damaging rays get thru.

May is Arthritis month. If you have swollen fingers, sore joints, you may want to check with your PCP. It's also National High Blood Pressure month. Have your BP checked at your checkup appointment. Reducing salt is one way to help your BP lower. Remember exercise is also helpful to keep your BP under control. Use bug spray when going out doors.

Enjoy your summer.

**SEXUAL HARASSMENT AND SEXUAL ABUSE AGAINST WORKING WOMEN COMMITTEE**

By: Jackie Melvin, NFBPWC Task Force Chair  
[jamelvin@pacbell.net](mailto:jamelvin@pacbell.net)

"You can say you support #MeToo, and you can say you support women, but you have to be able to demonstrate that in your own organization and in your own behavior." [Kelly Dittmar, a political scientist at Rutgers University's Center for American Women and Politics]

The eruption of sexual misbehavior claims against powerful, previously unassailable men has done much to make public what used to be private misconduct. But when it comes to upending the power dynamics of Hollywood and other industries the internal investigation remains an opaque instrument that often favors the company and the accused, notes journalist Stacy Perman in the *LA Times*, 3/27/19.

"The system perpetuates harassment rather than getting rid of it. After #MeToo we've seen changes but not in these investigations [of industry leaders] ...because there is an inherent bias in favor of the company. Unfortunately, this is where we have failed." [Nancy Erika Smith, Attorney Litigator of numerous SH cases, including Fox anchor Gretchen Carlson]

Conversely, noting the exit in January of 2019 of oft accused *LA Times* Publisher and CEO Ross Levinsohn, "The attitude toward these untouchable leaders in an organization has changed" noted the lawyer who has worked on several company investigations, "largely because of "MeToo."

Victims' rights attorneys have long held that nondisclosure agreements and forced arbitration further preserve the state of play by protection and enabling serial abusers while shrouding allegations and settlements in confidentiality. [Perman]

And as issue discussion and activity move forward, we must consider “There is a spectrum of bad behavior; not every offense should be career ending; not all transgressions are equally unforgivable. Some require a reprimand while at the other extreme, some require criminal charges. Meanwhile, the useful and important discussion about how men should, and should not, treat female colleagues, co-workers, subordinates and service workers should continue.... Check your behavior before you get checked, because the days in which a president or a presidential candidate could blithely massage the shoulders of another world leader or rub noses with a volunteer or kiss a state assemblywoman on the back of her head are happily gone.” *LA Times* editorial, 04/02/19.

Don’t let your legislators forget that sexual harassment and abuse are unacceptable, and you expect them to keep workplace safety and gender equity at the forefront of their agendas.

### Getting the attention of our legislators is ONE BIG VICTORY!

[https://outreach.senate.gov/igextranet/iqClickTrk.aspx?&cid=SenFeinstein&crop=19295QQQ281804338QQQ171380044QQQ9161810&report\\_id=&redirect=http%3a%2f%2ffeinstein.senate.gov%2f&redir\\_log=482823668539196](https://outreach.senate.gov/igextranet/iqClickTrk.aspx?&cid=SenFeinstein&crop=19295QQQ281804338QQQ171380044QQQ9161810&report_id=&redirect=http%3a%2f%2ffeinstein.senate.gov%2f&redir_log=482823668539196)

I close out the year’s columns with a quote from December of 2015 which this writer finds pertinent and important and inspiring by Barbara Streisand to an audience of young women at a Women in Entertainment breakfast:

“Anything is possible if you have a dream or a vision. Speak up until women are treated equally by the people who pay us, by the people who heal us and by the people who claim to represent us. Remember the more we support each other, the stronger we become.” [12/13/15]



# State Federation & Clubs News

## NFBPWC CALIFORNIA FEDERATION

### Executive Committee 2018-2019:

Katherine Winans	President
Rosemary Enzer	President-Elect
Lynn Brandstater	Vice-President
Maryann Wesson	Secretary
Elaine Wakeham	Treasurer
Trudy Waldroop	Parliamentarian

For more information about this club, go to: <https://www.nfbpwc.org/California>



By: Katherine Winans, President, NFBPWC California

California's clubs and districts are wrapping up one year and beginning another as they have done for more than 99 years. California voted to join the National Federation of Business and Professional Women at its 1920 Annual Convention. Since then, CFBPW has shared its leaders with the National Federation. We are proud of the leadership our member has provided BPW and their communities and I am honored to have served as CFBPW President.

### CFBPW members are leaving their mark:

Downtown **Sacramento BPW** was recognized by the City of Sacramento at its 100th Anniversary celebration on April 9. In 1919 the club sent a delegation to St. Louis to establish the National Federation and soon thereafter received its Charter.

PICTURED L to R: Katherine Winans, CFBPW & Downtown Sacramento BPW President  
Bessie Hironimus, BPW International Executive Secretary, Founding EPW-USA, CFBPW and Downtown Sacramento Past President  
Sandy Thompson, NFBPWC President and Past CFBPW President  
Medora Allen, member of BPW since 1946 - 73 years!



**Berkeley BPW** member **Juelle-Ann Boyer** was honored by the City of Alameda for her 21+ years of service to the City of Alameda and the community by the Mayor proclaiming March 5, 2019 Juelle-Ann Boyer Day. Their member **Ellora Easton** Age 18, (Manjul Batra's granddaughter) was recognized for her volunteerism by both the Contra Costa County Board of Supervisors at the California State Senate.

**Hollywood BPW** member **Ashley Maria** represented BPW as a Young Professional at the 2019 Leader Summit and UNCSW.



PICTURED L TO R: MAVIS HANSEN WITH CONGRESSWOMAN JUDY CHU

April 13th Congresswoman Judy Chu's 10th Annual Congressional Women of the Year: **Mavis Hansen** was recognized for her service to the community including to the El Monte BPW

**East Los Angeles-Montebello BPW** member **Theresa Amador** is this year's Honorary Grand Marshall of Monterey Park's Play Day Parade.

Our succession planning efforts are paying off with the election of a full slate of officers at its Annual Conference later this month. We are truly poised to carry the BPW message for as long as it takes to achieve full women's equality...to *Keep going forward!.*

### A Message from BPW California Member Ashley Maria

BPW California member and Young BPW Chair, Ashley Maria, is hosting a fundraiser for her documentary film *Pioneers in Skirts*, set to be released later this year.

A film about pioneering ambition.



*Pioneers in Skirts®* is a social impact documentary addressing the gender-bias and sexism that can chip away at a woman, hurt her potential, and make her feel like she must re-think her dreams.

Watch the trailer to see for yourself!!

WE NOW NEED TO COMPLETE THE FILM. We are currently working the many final post-production efforts of the Theatrical (85min) and Event (60min) versions of the film. Yes, TWO VERSIONS! We will soon be ready to screen the film in educational, community and corporate platforms.

Please help us finish! Visit: <https://www.gofundme.com/pioneersinskirts> to donate! Thank you!



## NFBPWC COLORADO FEDERATION

### Executive Committee:

Deborah Fischer	President
Heidi Halus	Vice-President of Membership
Sharon Simmons	Vice-President of Advocacy
Cheryl Rotkovich	Treasurer
Teresa McEldowney	Secretary
Nancy Litvak	Immediate Past President

For more information about this club, go to: <https://www.BPWColorado.org>



By: Deborah Fischer, President, NFBPWC Colorado (2017-2019)  
[president@BPWColorado.org](mailto:president@BPWColorado.org)

*"Each time a woman stands up for herself, she stands up for all women." – Maya Angelou*

As I approach my last month in office, I am in awe of the many women I have met and so many BPW sisters who stood beside me to realize another two years of progress in women's rights and in supporting each BPW woman's individual goals. My time as president has been fulfilling and inspiring and I look forward to supporting our future administration in reaching their goals.

Each chapter, BPW Aurora, BPW Boulder, BPW Cherry Creek, BPW Denver, BPW Northwest Metro, and BPW Virtual have been steadfast in their support of each other and the women in the community who look to make the world a better place. I'm so grateful to each and every chapter.

This year we celebrate our 100th anniversary along with NFBPWC. The BPW Colorado Centennial Jubilee details can be found at <http://centennialbpwco.org>! The date is Saturday, June 15th from 2:00 – 7:00 pm. Tickets are only \$40 and there are also many sponsorships and ad space available starting at \$25.

Our current membership totals 72 members.



PICTURED L TO R: US REP JOE NEGUSE, LINDA SHOEMAKER, THERESA SZCZUREK (AT BPW BOULDER CELEBRATION OF WOMEN EVENT) PHOTO BY T. SZCZUREK

AWARD FROM BPW BOULDER CELEBRATION OF WOMEN EVENT - PHOTO BY T. SZCZUREK





## NFBPWC Colorado Federation – Advocacy News

By: Sharon Simmons, VP of Advocacy, NFBPWC Colorado

### Climate Change/Environmental Issues

Laurie Dameron and I are in a group called Our Sacred Earth in Boulder: 10-year Earth Care Gathering, which was started by non-profit extraordinaire Bonnie Sundance. Our group looks at what we are doing to our planet daily to help or hurt it AND how to work on moving forward to save ourselves for the 10-year allotted time we have to make a difference. This month we had an EARTH DAY Challenge in Boulder with Ms. Sundance and it is almost at an end. The challenge gave our team insight and points for each item we did to change our own and area environment. We had 4 members in our team and did almost 2,000 points earned. Bill McKibben (one of the originators of climate change/environmental work) spoke in Boulder on April 24, 2019 about 'Falter-Has the Human Game Begun to Play Itself Out?' Laurie is going! If you haven't seen Laurie's presentation on Spaceship Earth, schedule her soon for one of your chapter meetings. IT'S AMAZING!! She will show you climate change in a whole new light.



PICTURED L TO R: TOP ROW: JESSICA DEWELL, SHONI ?, SHARON SIMMONS, EVIE HUDAK, DEB FISCHER, DIANNE LADD, TERESA McELDOWNEY, BARB FLOOD. BOTTOM ROW: THERESA SZCZUREK, LINDA SHOEMAKER, MARY ELLEN LEWIS, KAREN MCGEE. AT THE CELEBRATION OF WOMEN BPW BOULDER DINNER.

### Celebration of Women – BPW Boulder

Boulder had a successful COW awards ceremony on April 25, 2019 at Element Bistro in Boulder CO. We awarded three outstanding women for their work in our communities helping women/families. This was a fundraiser for Colorado Women's Education Foundation CWF, that is a partner organization to BPW Colorado. 34% of our proceeds go to CWF to help women of non-traditional age go back to school and get an education to enable them to support themselves and their family. This event is the third year we have raised money for CWF and it has been a huge success. We urge others do choose an organization to partner with and raise money for women-it's very rewarding! See [www.bouldercelebrationofwomen.com](http://www.bouldercelebrationofwomen.com) for more details on the winners. Thanks to everyone who helped pull off this great event.

### Building Bridges Wrap Up

I worked with the City of Boulder on the Building Bridges wrap up session from the last 6 month or so. We worked on communication with all people of any race, nationality, color, homeless, sexual orientation, YOU NAME IT! We came up with procedures for the city and any boards/commissions that could use some direction in communications. Seems Boulder needs it now, so I am glad I was on that task force. A new task force is starting for the racial tensions over the two incidents in Boulder with the men of color. BIG changes best be coming. I will be involved as the Human Relations Commission representative with BPW Boulder/CO.

### Homeless Shelter Tours in Boulder

I went on another homeless shelter tour in my town of Boulder with the HRC group and staff. I learned a lot about our homeless population in Boulder County. There is much to learn. The women are kept in a separate area and families are moved to another location. They have apartments on the same property, if you work hard and qualify you get truly affordable housing right there where you are supported! Great program. Lots left to

do for our women/families in shelters. Many more are coming in every day.

### Legislative Wrap Up in Boulder and Bills Committee BPW CO

BPW Boulder has been very involved in the Bills Committee work with Evie Hudak and the Women's Collaborative of Boulder County. We do our wrap up panel and discussion at Gondolier Restaurant in Boulder on May 21 at 5:30. Join us if you can. We will be doing a MEETUP soon so sign up! There will be legislators there, our non-profit groups, and Evie's wrap up information will be handed out from our committee's hard work! We had a great group this year. A lot was accomplished for women/families and our advocacy platform. Good work all!

### Volunteer Tours

The City of Boulder had tours of many services in our city for all of its volunteers. I just want to say I had a blast at the Police Department tour, Emergency Operations Center and the Carnegie Library. I have to say the Carnegie Library was amazing. It holds all of our BPW Boulder information/history and stopped doing that recently, so we are very lucky to have gotten our hard work stored there for the public. They are working on having all of the history of Boulder County and the area on line so you can pull it up and get copies! There is history back to the 1800's and amazing to go through on a tour. There are hundreds of Carnegie Libraries! I did not know that. Mr. Carnegie had no family and when he got older he offered ANY community in the United States to apply for funds to build a library and use his architecture (Greek). People do tours of all the libraries.

### Edie Hooten and Jonathan Singer

I attended a panel with legislators and county/city officials on housing for seniors (which affects women!) in Longmont April 13. We had great feedback on affordable housing for the representatives. Boulder County and council members were there to help with moving forward on assisting seniors and low-income citizens. Much legislation this year for all of us to support!

## NFBPWC FLORIDA

### Interim Executive Committee 2018-2019:

Liz Benham	Interim President
Colleen Kelly	Interim Treasurer
Lynne Hale	Secretary
Patty Harris	VP of Membership
Dawne Richards	Interim Vice President of Advocacy

For more information about this club, go to:  
<https://www.nfbpwc.org/Florida>

By: Liz Benham



APRIL 2ND EPD "UNHAPPY HOUR"





SO. FLORIDA APRIL SOCIAL "WINE TASTING EVENING"

SO FLAT APRIL MEETING SPEAKER (MEMBER) SUSAN GINGERICH ON "HOW TO SAVE ON YOUR TAXES" HER BUSINESS IS ATLANTIC TAX SERVICES



## NFBPWC LA GRANGE-CHICAGO

### Executive Committee 2017-2018:

Kathleen Ray	President
Barbara Yong	Vice President
Barbara Miller	Secretary
Mary Lou Lowery	Treasurer

For more information about this club, go to: <https://www.nfbpwc.org/LaGrange-Chicago>

## NFBPWC NEW YORK CITY

### Executive Committee:

Francesca Burack	President
Harriet Friedlander	Vice-President of Membership
Julia Forman	Secretary
Isabella Hutchinson	Young NFBPWC
Michelle Kawka	Webmistress

For more information about this club, go to: [www.NFBPWC-NYC.org](http://www.NFBPWC-NYC.org)

## NFBPWC NORTH CAROLINA

### Executive Committee 2018-2019:

Marsha Riibner-Cady	President
Barbara Bozeman	NBPWC-NC President and Momentum Club Liaison
Lea-Ann Berst	NFBPWC-NC Webpage Master and Facebook page

For more information about this club, go to: <https://www.nfbpwc.org/NorthCarolina>



By: Marsha Riibner-Cady, President, NFBPWC North Carolina

We are putting our final touches on North Carolina's Convention 2019 on June 21-22 in Goldsboro, NC. Register now at <http://www.bpw-nc.org/event-3300353>!

There will be a special advanced screening of the true-story social impact documentary *Pioneers in Skirts* during the upcoming BPW/NC Convention in Goldsboro, NC.

The film, which will premiere in 2019, will be shown Friday, June 21. Featuring BPW member and movie director – Ashley Maria, 3 North Carolina girls who compete on a robotics team, and film icons Joan Darling & Norman Lear, among others, *Pioneers in Skirts* addresses the stereotyping and sexism that can chip away at a woman, hurt her potential, and make her feel like she must re-think her dreams.







It's a character-based story that any viewer will enjoy. BPW/NC Convention attendees will have the opportunity to meet the producers too! Producers (and BPW members) Ashley Maria and Lea-Ann W. Berst are a daughter-mother team dedicated to fast-tracking the cultural change we need in order to achieve gender parity in the workplace. They will join us on stage to answer audience questions after the screening.

NFBPWC-NC invites all BPW members to travel to beautiful Goldsboro, NC to attend this special screening as well as the convention June 21-22! To RSVP for the

convention, go to <http://www.bpw-nc.org/event-3300353>.

To see the trailer and to learn more about the film, go to <https://www.pioneersinskirts.com/> or "like" it on Facebook at <https://www.facebook.com/PioneersinSkirts>.

Our national president, Sandy Thompson and VP of advocacy Nancy Werner will also be attending. Francesca Burack from the NYC club will be our featured speaker on Saturday! Anyone interested in a booth and or ad space in our program should contact Marsha Riibner-Cady Co-Convention chair at [romarsci@gmail.com](mailto:romarsci@gmail.com)

NC, it's time to vote! Several key positions are being sought after by our NFBPWC-NC members. Thank you, ladies, for your dedication to the mission of BPW!

Barbara Bozeman, candidate for President, Dr. Jo Naylor, candidate for Vice President, and Vivian McPherson, candidate for Secretary

Best of luck to you all!

BPW-NC members attended the Southern Women's Show in Raleigh, NC. They came away with almost 200 contacts from NC and around the country interested in more information about BPW! Those leads will be shared with you soon. Each day a red purse with a \$150 gift card was given to a lucky winner. When asked if ladies wanted to register for the drawing, they said yes, but they were more interested in what BPW does! How cool is that?



Special thank you to Lea Ann Berst for updating our NFBPWC-NC website page and our face book page.

Looking forward to seeing everyone in Goldsboro, NC June 21-22, 2019!



## PENNSYLVANIA AFFILIATE CHAPTER

### Executive Committee:

Nancy Werner	President
Cathy Collins	Vice-President
Marion Waelchli	Recording Secretary
Nancy Thomas	Treasurer
Laura Whetstone	Parliamentarian
Cathy Collins	Membership
Lilly Gioia	Advocacy/Public Policy



For more information about this club, go to: <https://www.nfbpwc.org/Pennsylvania>

By: Nancy Werner  
President, NFBPWC Pennsylvania

The PA Affiliate Chapter of the NFBPWC was represented at the Equal Pay Rally on Monday, April 8, 2019 at the Capitol Rotunda in Harrisburg, Pennsylvania. It was held separate from the National April 2, 2019 since both Houses were not in session. It made more sense to be there when they were.

Partnering with the AAUW, the rally brought the makers of the newest legislation in both the House of Representatives and the Senate together. We learned that Pennsylvania is well behind in the wage gap for women. Even with the 80 cents to the dollar that a man earns for the previous year, we learned that the last time any legislation was passed in PA to help women was sixty years ago. Way too long ago. We also learned that every year a rally is held when new legislation is introduced. We need to become vocal and share our views with our legislators. We were most fortunate to have time at the podium to share the position of the BPW/PA group as well as our own.

Our highlight was the PA Pay Equity Quilt that was created by all local organizations in the BPW/PA back in 2002-2003. Every local was encouraged to create a square that would depict the need for Equal Pay. Our District 2 took all the squares and sewed a quilt that measures 12 feet by 12 feet. The hemming around the edges is not done and will not be finished until the women of PA receive equal pay. We are most proud of this quilt as it has been hung in the PA State Capitol many times, but it is our proud symbol that we must persevere.

Nancy Thomas and I traveled to Harrisburg to join in this rally.



PICTURED L TO R: PA AFFILIATE PRESIDENT NANCY WERNER, BPW/PA PRESIDENT, AND DENICE ROBINSON AT THE PA CONFERENCE FOR WOMEN IN OCTOBER 2018. THE FAMOUS BPW/PA PAY EQUITY QUILT IS BEHIND THEM.

## NFBPWC EL PASO TEXAS WEST

### Executive Committee:

Rocío González	President
Minerva Villareal	Vice President
Virginia Chacón	Treasurer
Laura Jurado	Secretary
Gloria Flores	Past President

El Paso West meets the second Tuesday of every month at 11:00 a.m. at member's homes and sometimes at La Madeleine Restaurant.

Whether you are in the area and would like to attend, just contact Laura Jurado (El Paso West secretary) for the address at [laurajuradoa@yahoo.com](mailto:laurajuradoa@yahoo.com) (don't miss the 'a' after jurado). We'll be delighted to see you!

## NFBPWC HOUSTON

### Executive Committee:

Paola Ferrari	President
Simin Banister	1st Vice President of Membership
Desyre Morgan	Vice President At Large
Sheryl Tuttle	Treasurer
Maya Ford	Recording Secretary
Soheila (Sue) Nawamooz	Events Chair

For more information about this club, go to: <https://www.nfbpwc.org/Texas-Houston>

## NFBPWC PASO DEL NORTE

For more information about this club, go to: <https://www.nfbpwc.org/Texas-Paso-del-Norte>

## NFBPWC VIRTUAL CLUB

For more information, you can visit the website at: <https://www.nfbpwc.org/Virtual>  
Or email: [ccbpw@aol.com](mailto:ccbpw@aol.com)

### Executive Committee:

Daneene Monroe Rusnak	President
Sue Oser	Secretary
Leona Phillips	Treasurer

By: Daneene Monroe Rusnak  
President, NFBPWC Virtual Chapter

Be sure to stop by the [Virtual Chapter page](#) on the NFBPWC website. We've added a few "bells and whistles," including a calendar and some of our "open to the public" webinars.

Stay tuned for more updates soon!

## NFBPWC YOUNG BPW

By: Ashley Maria  
Young BPW Chair, NFBPWC  
Contact: [YoungBPW@NFBPWC.org](mailto:YoungBPW@NFBPWC.org)

### Join Young BPW!

Let's work together to build up Young BPW in the USA! Members of Young BPW (18 - 35 years old) have the opportunity today to create a new community of support.

Ashley Maria, Young BPW Chair pictured to the right, had the honor of representing North America at the United Nations this year as a Young BPW Delegate. Let's create more opportunities like this for our Young BPW members!



If you qualify for Young BPW, please fill out our survey (<https://www.surveymonkey.com/r/CSYGSCCL>) and tell us what you'd like to get out of this new community of support. Thank you for jumping in to support Young BPW!

Link to Young BPW Website: <https://www.nfbpwc.org/Young-BPW>

- Photos, poems, collages, and creative writings are welcome for submissions for future newsletters.
- State and Local Chapters - Have you reached a milestone or an accomplishment that you would like to share? Toot your own Horn!

Send your submissions to Michele Guarino at: [Michele@ASecondOffice.com](mailto:Michele@ASecondOffice.com)

**Submission Deadline for the  
June eNewsletter is  
Friday, May 24<sup>th</sup> at  
5:00 pm Mountain Time**



DISCLAIMER: We reserve the right to reject any submissions that are not in line with the mission statement of The National Federation of Business and Professional Women's Clubs.

## ENGAGE WITH NFBPWC ON SOCIAL MEDIA



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