



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

November 2019
Newsletter

Upcoming Events

Lifelong Leadership Monthly Webinars

"History and Benefits of BPW - 100 Years in One Hour"

12 November 2019

6:00 PM Pacific | 7:00 PM Mountain | 8:00 PM Central | 9:00 PM Eastern

REGISTRATION at: <https://www.nfbpwc.org/event-3614458>

Board of Directors Meeting

10 December 2019

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

Email reports to Marsha at: romarsci@gmail.com

In This Issue

Upcoming Events	1
About NFBPWC	2
President's Letter - Sandy Thompson	3
NFBPWC Advocacy Platform (18-20)	5
Membership News - Megan Shellman	6
NFBPWC Secretary Letter - Marsha Riibner-Cady	7
Flyer - Benefits of Connecting with NFBPWC	8
Advocacy News - Nancy Werner	10
Leadership & Learning - Kathy Kelly	11
Green News - Laurie Dameron	11
Sexual Harassment Committee Report - Jackie Melvin	13
State Federation & Club News	15
NFBPWC California Federation	15
NFBPWC Colorado Federation	16
NFBPWC Florida Affiliate	17
NFBPWC La Grange Chicago	18
NFBPWC New York City	18
NFBPWC North Carolina	19
Pennsylvania Affiliate Chapter	20
NFBPWC El Paso Texas West	21
NFBPWC Houston	21
NFBPWC Paso Del Norte	22
NFBPWC Virtual Club	23
NFBPWC Young BPW	23

**Submission Deadline for the
December eNewsletter is Friday,
November 22nd at 5:00 pm Mountain
Time**

Daylight Savings Day
November 3rd

U.S. General Election Day
November 5th (UNESCO 27 C/INF.7)

Veteran's Day
November 11th

Sadie Hawkins Day
October 24th
(<http://www.holidayinsights.com/other/sadie.htm>)

Children's Day
November 20th
(<http://www.holidayinsights.com/other/children.htm>)

Thanksgiving November 28th

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
Bylaw and Resolution Chair, Katherine Winans

vpmembership@nfbpwc.org
vpadvocacy@nfbpwc.org
evanarden27@gmail.com
ldameron@bpwcolorado.org
lulureyna23@gmail.com
leomarion2@zoominternet.net
tytyadisa@yahoo.com
Bessie.hironimus@bpw-international.org
kathy@ppiadvantage.com
daneene1124@gmail.com
ash@ashley-maria.com
jkw@gbis.com

Special Committees:

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

Barbara.bozeman@ymail.com
michele@asecondoffice.com
manjulum@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!

When you read this newsletter, many of us will be cruising the Caribbean celebrating BPW's 100th Birthday! We are sorry that you cannot all be with us for this wonderful adventure. Next month we will share pictures and stories with you.

As our history continues in 2006 our members were instrumental in getting Johanna's Law signed into law. This law authorizes a national gynecologic cancer early detection and awareness targeted for women and their healthcare providers.

I hope you received lots of treats and no tricks in October. November is a month for us to be thankful for all that we have. We honor our veterans on November 11 remembering the sacrifice that they and their families have made for us to live in a country where we can be free and pursue our dreams.

We also celebrate Thanksgiving when we can reflect on all of the things for which we are thankful. Of course, it is also a time to eat too much and celebrate with family and friends. I hope that each of you have a most wonderful Thanksgiving.

I leave you with a poem to share how thankful I am for each of you.

You Make a Difference

As Thanksgiving Day approaches,
Our blessings we recall;
The things we are most thankful for,
We recollect them all.
You are really special,
In all you say and do.
You've made a difference in our lives;
We're thankful now for you.

Happy Thanksgiving!

WE DID IT!

Thank you to all of our members for your support of the Pasadena Celebrates 2020 Rose Float. Through your efforts we have collected a little over \$5,000.

At a recent meeting in California President, Sandy, presented a check to the float's representative Martha Wheelock. We are one of ten organizations that have contributed \$5,000 or more. We will be listed in their ad in the Rose Parade Program. We will have one person walking representing BPW in the Parade. She is one of our young BPW, Riley Wagner, from the Conjeo Valley Club in California.

Once we have made a final reconciliation of the funds collected, we will forward the additional money to the float. They have raised approximately \$225,000, but still need an additional \$75,000.

One way you might want to help is to purchase a rose vial in memory or honor of someone for \$20.20. You can purchase up to 10 vials at a time, with different names. Just go to their website for the Rose Vial at: <https://pasadenacelebrates2020.org/rose-vial-program/>

The link will take you to an online form to complete. When you purchase one it then gives you an option to have a card sent to you to give to the person you honored, or you can have the card sent directly to them.



President, Sandy Thompson, presents a check to Martha Wheelock from Pasadena Celebrates 2020.



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
1st Vice President of Membership, NFBPWC

NFBPWC did not receive a submission for the 2019 November NFBPWC Member Spotlight. Please consider sharing your successes. Let's be our own best news!

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

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](#).

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. For less than \$4 per month of your annual membership fee that goes to NFBPWC, we provide 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, 1st 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.

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

- Grow through NFBPWC's formal **Leadership and Learning Program**.
 - Join the next online event, BPW: 100 Years in One Hour, on November 12th, 2019 at 7PM Mountain. Register here: <https://www.nfbpwc.org/event-3614458>

- 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 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:

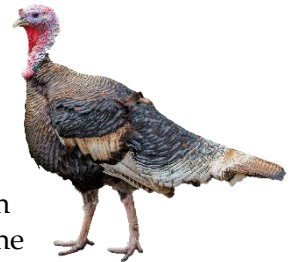
- Private **discussion forums** on issues relating to women hosted on the website.
- **Members' only information** related to NFBPWC and women's issues.
- **Private Membership Directory** supporting members and their organizations.
- Participate in the **United Nations System** worldwide through CSW 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!

FROM THE DESK OF THE SECRETARY

By: Marsha Riibner-Cady
Secretary, NFBPWC 2018-2020

The September 17, 2019 meeting minutes were sent to attendees and board members on October 24, 2019. They are available upon request by any member in good standing.

When your club elects its new officers for the 2019-20 BPW year, please send me the list with emails so that I can update our records. Thank you to those of you who have sent the information already!



Our next Board of Director's meeting is December 10, 2019 at

5:00PM Pacific Time / 6:00 Mountain Time / 7:00 PM Central / 8:00 PM - (US/Eastern).

Call in information will be available on the nfbpwc.org website. All board reports are due by December 1, 2019 to Marsha Riibner-Cady at romarsci@gmail.com.

Do you need help with your profile on the website? I am delighted to help you update your look. Please contact me at the e-mail above.

Looking forward to "seeing" you soon!



DEVELOPING THE BUSINESS, PROFESSIONAL, AND
LEADERSHIP POTENTIAL OF WOMEN SINCE 1919

Benefits of Connecting with NFBPWC: 100 Years of Empowering Women

Since 1919, the National Federation of Business and Professional Women Clubs, Inc. have been working to empower women through our mission to develop the business, professional and leadership potential of all women through education, advocacy, mentoring, networking, skill building and economic empowerment programs and projects.

The National Federation of Business and Professional Women's Clubs (NFBPWC) is a 501(c)(3), member-driven and member-led organization dedicated to empowering women to reach their full potential in the workplace, with equal participation in power and decision making roles.

We are an affiliate of the International Federation of Business and Professional Women, which spans across 5 regions and over 110 countries throughout the world. BPW International has consultative status at the United Nations with members serving on various United Nations committees globally.

NFBPWC takes action to achieve women's equality in social, economic, community and political terms. By developing policy, collaborating on projects and advocacy. NFBPWC strives to obtain equal rights, equal pay, equal representation, equal opportunities and safety for women.

Our NFBPWC Heritage



Dr. Lena Madesin Phillips,
A Founder of NFBPWC
Founder of BPW International

"Each woman, as a citizen, must bring to the national policy of her own country, the contribution of forward-looking and constructive thought followed by determined actions. Each woman must dedicate herself to protect and promote the interests of all other women in business and the professions."

Our ambition

*Equal participation of women and men in power
and decision-making roles.*

- Take professional responsibility on all levels in the economy, politics and society.
- Think and act locally, nationally and internationally.
- Engage in networking and mentoring programs.
- Enjoy lifelong learning.
- Develop the professional, business and leadership potential of all women.
- Work cooperatively with the United Nations and other national and international organizations.

Incredible benefits available to leaders, members, and affiliate organizations for less than \$4* per month per member!

Benefits of Affiliation

- Dedicated Board of Directors working to achieve the mission and goals of the organization while supporting a member-based organization.
- Connection to a network of hundreds of women nationally and over 30,000 women internationally in 110 countries.
- Opportunity to be part of an organization that has 100 years of legacy and strength supporting it.
- Leadership opportunities regionally, nationally, and globally.
- National support through a coordinated digital communication platform: social media, email, website, video conferencing, and monthly e-newsletter.
- Opportunity to help envision and create our mutual goals for the next century.
- Connection with other leaders nationally and globally.
- Dedicated Executive Committee with the goal of seeing the organization and its members succeed.
- Platforms and leaders that support membership growth and brainstorm for recruitment.
- Programming for members available digitally every month.
- Access to a national 501c3 parent organization and guidance in creating localized nonprofit status.
- Planned events for members that empower and inspire advocacy for women worldwide through education and information.
- Support and guidance for documents and procedures needed to run an effective, efficient, and thriving organization.

Individual Benefits

- Formal Lifetime Leadership and Learning Program.
- Formal Mentoring Program.
- Business Network to market business and professional services.
- Business opportunities for partnering and procurement, nationally and globally.
- Member Spotlight in the newsletter, e-alerts, website, and social media platforms.
- Private Membership Directory supporting members and their organizations.
- Participate in the United Nations System worldwide through the Commission on the Status of Women and other programs annually.
- Advocate for women's issues on a national and international level.
- Cultivate worldwide friendships in one of the original women's networking organizations.
- Access to programming through digital platforms on a monthly basis.
- Invitation to attend the Biennial General Assembly for NFBPWC, the Triennial Congress for BPW International, Regional BPW International Conferences and the BPW International Leaders Summit.
- Access to a Young BPW Program that is supported both globally and nationally.
- Informative monthly newsletter that compiles our efforts across the globe and empowers members through education.

*Membership dues are less than \$4 per month, per member for a total of \$45.75 each year (\$25 to BPW International). This amount does not include dues to local organizations (club/chapter and affiliate/state), which are determined by each organization. Please see specific organization for more information on their dues structure.

ADVOCACY NEWS BY NANCY WERNER

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

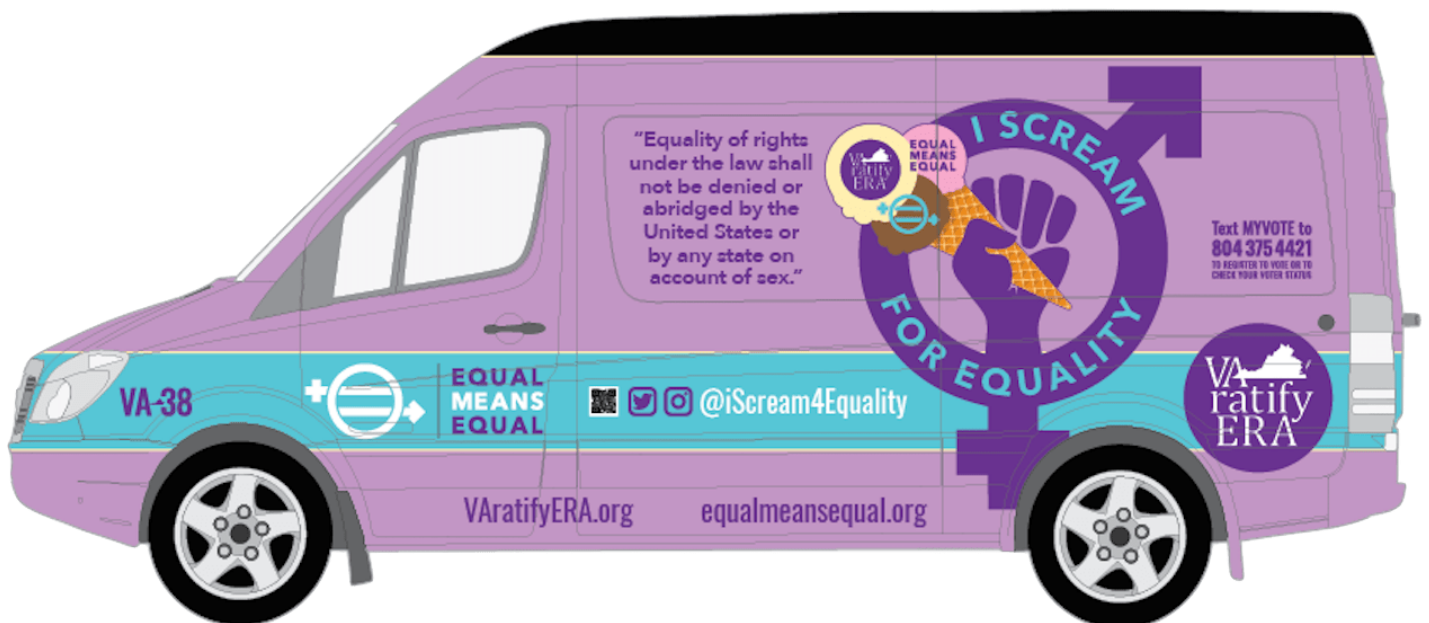
Advocacy –Equal Rights Amendment. “Equality of rights under the law shall not be denied or abridged by the United States or any State on account of sex” needs to be placed into our Constitution. While most states have laws prohibiting discrimination of any kind based on sex, proponents of the ERA say laws can be reversed or eliminated. Having a Constitutional Amendment would cement those rights. So, what is happening right now?

Virginia seems to be leading the way. In the 26 districts that were changed by the federal judges in early spring, many politicians are up for reelection. The VAratifyERA campaign is working overtime to ensure Virginians are aware of the importance of this November election and to know the candidates that support ratification. One item to note is that the VAratifyERA advocates for the passage of the Equal Rights Amendment and does NOT endorse or support candidates.

The Virginia election is on November 5. They lost by one vote earlier this year and the ERA will be up again in early 2020. It is essential that pro-ERA legislators are elected. We are talking about the 38th and final state needed to ratify the ERA. The Feminist Majority and the National Organization for Women are organizing on Virginia college campuses to get out students involved with this historic effort.

Update on the sponsorship of HJ Res 38. This is Jackie Speier’s HJ Res 38, to remove the deadline in the 1972 ERA’s preamble. DC Director and COO Bettina Hager shares that there are 210 co-sponsors, but we need 217. Check to see whether your representative has signed on to this Representative list. We need only 7 more people.

Billion Dollar Commitment was announced by Melinda Gates. She is pledging one billion dollars to gender equity. The Equal Rights Amendment must be part of that work. We are informing Ms. Gates that there must be constitutional equality at the base of the transformation of women’s lives.



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

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

The L3P Committee is halfway through 15 professional development modules. If you are interested in becoming a facilitator, please contact Kathy at 303-517-6399 to discuss, or kathy@ppiadvantage.com.

The first module, **BPW: 100 years in 1 hour**, will now be given on the **SECOND Tuesday of every month** via ZOOM. Please register and join from the link on the NFBPWC website. We especially encourage **Membership Chairs** to join us on a webinar and then download the presentation for local use.

The next presentation held via ZOOM is November 12 at 7 PM MDT. We hope you'll join us!

Use this link to Register: <https://www.nfbpwc.org/event-3614458>

We are looking for a **vector artist** to help us customize the L3P slides. We will be introducing "Savannah," our "every member" BPW character, during the Jubilee Cruise for member approval. As well, we will be presenting BPW:100 Years and an overview of the L3P modules.

It took us all summer, but the committee finalized Business Etiquette and created three modules: Social Media, Meetings and Correspondence. We now have 10 modules reviewed and Parliamentary Procedure is in progress.

GREEN NEWS

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

China and Our Opportunity

Several months ago, Americans learned that China would no longer be taking our "stuff," like plastics, to recycle. Friends and other folks who read my "Green News" were very concerned and asked me what is going to happen with what some were labeling as the "recycling crisis."

In 1992, China began taking our recyclables. However, according to some sources, most of it ended up in rivers and oceans. Over the years, recyclers here in the USA came to know this. A lot of our shipments were "contaminated" (e.g., items in wrong bins, unrecyclable items, food not being rinsed off), but US shippers seemed to be more concerned with the quantity than the quality of stuff they sent to China in order to make as much profit as possible.

We, here in America, let our recycling system deteriorate and basically passed the buck on to another country, instead of investing in technology to recycle properly at home.

But Steve Alexander of the Association of Plastic Recyclers views this problem as an opportunity, saying, "China didn't break recycling. It has given us the opportunity to begin investing in the infrastructure we need in order to do it better."

I also view this as an opportunity. I've always been confused as to why we send our stuff so far away, when it involves so much CO2 going into the atmosphere from trucking tons of material to ports and then all the energy it takes to get it on to huge ships to travel thousands of miles to get to China, emitting more CO2 all the way.

As we begin to develop better recycling infrastructure at home, I hope we will restructure the whole plastics number labeling system and packaging. One article I read stated, "Improved facilities won't mean a thing, of course, unless US consumers improve their recycling hygiene." I think a big part of recycling contamination is because the plastics numbering system of 1 through 7 is so confusing!

I also hope to see a bottle deposit system initiated in all states, as giving people financial incentives to recycle has been shown to increase recycling. Finally, please remember that recycling is the last resort for sustainable living, after reduce and reuse.

In the meantime, China is investing in better ways to take care of its own recycling and other pressing environmental concerns. I heard someone say that China will surpass us in becoming "green" because they know they have to or they will die.

For further information, I recommend this great article, "The US Recycling System Is Garbage," available at https://www.sierraclub.org/sierra/2019-4-july-august/feature/us-recycling-system-garbage?utm_source=insider&utm_medium=email&utm_campaign=newsletter

Now, let's see where we left off with Pope Francis:

III. LOSS OF BIODIVERSITY

37. Some countries have made significant progress in establishing sanctuaries on land and in the oceans where any human intervention is prohibited which might modify their features or alter their original structures. In the protection of biodiversity, specialists insist on the need for particular attention to be shown to areas richer both in the number of species and in endemic, rare or less protected species. Certain places need greater protection because of their immense importance for the global ecosystem, or because they represent important water reserves and thus safeguard other forms of life.

Read the entire encyclical: [POPE FRANCIS https://laudatosi.com/watch](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 Or visit www.LaurieDameron.com
Please visit and LIKE <https://www.facebook.com/WhatCanIDoSpaceshipEarth>
Join a chapter of Business and Professional Women <https://www.nfbpwc.org>



SEXUAL HARASSMENT AND SEXUAL ABUSE AGAINST WORKING WOMEN COMMITTEE

By: Jackie Melvin, NFBPWC Task Force Chair
jamelvin@pacbell.net

“SHE SAID”

I bought a book online a while back after reading a review by Mary McNamara in the *Los Angeles Times* [9/13/19] entitled “Must Read What ‘She Said’”. The book is by *New York Times* journalists Jodi Kantor and Megan Twohey and has been compared in impact with *All the President’s Men* with the Woodward and Bernstein classic coming out “on the short end,” as stated by Rachel Maddow on her MSNBC show during which she interviewed the two women journalists. Maddow described *She Said* as “an xray into the abuse of power” by the notorious film producer Harvey Weinstein and others also accused of sexual harassment and abuse in the workplaces of Hollywood, New York, and London.

Noted is that the Woodward/Bernstein revelation unseated a sitting United States President, whereas the Kantor/Twohey classic-to-be unearths what is already becoming a change in the culture of our country and beyond. McNamara notes: “There was a finite number of people responsible for the crimes of the Nixon administration; the alleged crimes of Harvey Weinstein are also the crimes of our culture; and they continue to be committed every day by many men all around the world.

Although now, one hopes, without as much silence, secrecy and cultural complacency.”

I’m about halfway through the book with the sub-title “*Breaking the Sexual Harassment Story That Helped Ignite a Movement*.” I admit to being, in my last third of life, a lover of fiction as I had plenty of other type reading required to get me through college, a teaching career, law school, and 30+ years of lawyering. But *She Said* is easy reading. The authors have a comfortable style and the unfolding of the “history” is engrossing even for this writer who has been quite on top of the movement since its inception in 2016. The personal stories of the victims and their development toward revelation of their stories that unfold are stories of modern heroines whom the reader roots for all along the way. Enough said. I hope you will get your own copy of **SHE SAID** and check out what I said.

THE EDUCATION OF BRET KAVANAUGH

Then there’s the September released book by *New York Times* reporters Robin Pogrebin and Kate Kelly. NPR host Hanna Rosin notes in her review, that “What [the authors] do...is almost too cruel: use his mother’s words against him. In an extremely satisfying epilogue, Pogrebin and Kelly invoke as a guide something Martha Kavanaugh, who was a state prosecutor, would often say at the dinner table: ‘Use your common sense. What rings true? What rings false?’ With this standard they come to a generous but also damning conclusion, which is that Blasey Ford and [Deborah] Ramirez are believable and were in fact mistreated by Kavanaugh as teenagers, but that over the next 35 years he became a better person.”

Favorite *LA Times* journalist Robin Abcarian notes:

“There are two kinds of people in this country today: Those who believe that men who are credibly accused of sexually assaulting or harassing women are perfectly appropriate candidates for the U.S. Supreme Court... and the infuriated rest of us...”

“I would never suggest that he be charged with a crime for his alleged high school and college misbehavior. That would be pointless all these years later.

“The issue was and is whether a man with such an explosive and accusatory temperament, who has been credibly accused of sexually assaulting women-even if the bad behavior occurred decades ago-should have been rewarded with a lifetime appointment on the highest court.

“Surely our country deserves better.” [09/17/19]

And so, because this societal movement, this cultural change, is monumental...like a pit bull's grip, it just won't let go ... and to continue my literary education on history in the making, I will buy this book, too, as disgusting as its contents may be.

CATCH AND KILL

And more on Harvey Weinstein and others, but in somewhat different journalistic style, Ronan Farrow, son of famous/infamous director/actor Woody Allen and actress Mia Farrow, now the *New Yorker* magazine contributor who shared the 2018 Pulitzer Prize gold medal for public service with Jodi Kantor and Megan Twohey, has authored *Catch and Kill* and sub-titled *Lies, Spies, and a Conspiracy to Protect Predators*. An investigative non-fiction report, Farrow also cited noted detective novelists Raymond Chandler and Dashiell Hammett as inspirations. “I did want it to live in a dramatic structure” said the author of his narrative. [Agatha French, *LA Times*, 10/24/19]

Reflecting precisely my feeling, and why, I will buy this book too, was Maria L. LaGanga's *LA Times* book review:

“At first, I wasn't sure I wanted to read [this] book.

“I didn't want to spend hours with a revolving cast of powerful men accused of doing unspeakable things to women, with impunity or the next best thing.

“I didn't want more evidence that women can matter so little, that we can be interchangeable orifices to a not-that-small group of rich guys in high places.

“I know the world can be like this. But I didn't want to *know* the world can be like this.

“Now I *know*, in painful detail, thanks to Farrow and *Catch and Kill*.

“And you should too. Read this book.”

State Federation & Clubs News

NFBPWC CALIFORNIA FEDERATION

Executive Committee 2019-2020:

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

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



By: Rosemary Enzer, President, NFBPWC California
Valley Sunset District celebrated BPW's 100th birthday at their Fall Conference, *A Day of Issues, Awards and Expo*.



NFBPWC PRESIDENT SANDY THOMPSON.
PRESIDENT SANDY PRESENTS \$5,000 CHECK
TO MARTHA WHEELOCK FOR THE ROSE PARADE
FLOAT HONORING WOMEN WINNING THE VOTE.



VICE PRESIDENT LYNN BRANDSTATER
PRESENTS 2019 WOMAN OF ACHIEVEMENT
AWARD TO NFBPWC PRESIDENT SANDY
THOMPSON



LEFT: VALLEY SUNSET DISTRICT
PRESIDENT ANNE MARIE JOHNSON,
NFBPWC PRESIDENT SANDY
THOMPSON AND CFBPW
PRESIDENT ROSEMARY ENZER
SHOWN WITH A CAKE CELEBRATING
BPW'S 100 YEARS.



BPW'S 100TH BIRTHDAY CAKE SERVED
AT VALLEY SUNSET DISTRICT'S FALL
CONFERENCE.



GUEST SPEAKERS AT THE CONFERENCE WERE HISTORIAN AND AUTHOR KATE KELLY AND FILMMAKER MARTHA WHELOCK

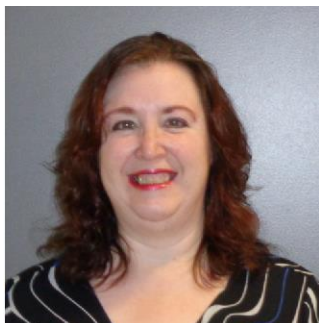


2019 WOMEN OF ACHIEVEMENT WITH CERTIFICATES FROM STATE SENATOR ANTHONY PORTENTINO

NFBPWC COLORADO FEDERATION

Executive Committee 2019-2020:

Kathryn Wallace	President
Evie Hudak	1 st Vice-President
Sharon Simmons	2 nd Vice-President
Cheryl Rotkovich	Treasurer
Teresa McEldowney	Secretary
Deborah Fischer	Immediate Past President



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

By: Kathryn Wallace, President, NFBPWC Colorado (2019-2020)
president@BPWCOLORADO.org

NFBPWC FLORIDA

Interim Executive Committee 2019-2021:

President
Treasurer
Secretary
VP of Membership

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

By: Liz Benham

NFBPWC-South Florida held our General Assembly on October 14th

Elections were held and a new executive for the term 2019-2021 was installed by member Marianne Miccoli.

The outgoing interim executive were acknowledged with gifts and certificates for their wonderful work in the club.

They worked in unison as a great team that built up the club which now has an excellent core group of members.

President Liz Benham gave a presentation about BPW for the benefit of the members and guests.

It was a wonderful evening with exciting raffles and the prospect of (2) new members



ABOVE: OUTGOING EC: COLLEEN KELLY, PATTY HARRIS, LYNNE HALE, LIZ BENHAM



ABOVE: INCOMING EC: LIZ BENHAM, LYNNE HALE, PATTY HARRIS, PAOLA LEVI, SUSAN GINGERICH

There are (6) club members going on the 100-year celebration cruise so there is lots of excitement.

The South Florida club members will also be meeting up with many of the cruise participants for a Happy Hour the night before we depart.

NFBPWC LA GRANGE-CHICAGO

Executive Committee 2019-2020:

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

NFBPWC NORTH CAROLINA

Executive Committee 2018-2019:

Marsha Riibner-Cady President
Barbara Bozeman NBPWC-NC 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

NFBPWC-NC would like to congratulate our members on their recent successes:

Barbara Bozeman for a “shooting” a national dog competition. Like her face book page: Sights & Hounds Photography. Barbara also does professional people head shots!

Dr. Jo Naylor will be presenting two papers in Florida at the Assistive Technology Industry Association meeting in February. Check out her unique handmade jewelry, hats, scarves, red purse gifts and more at [etsy.com/shop/joniquas](https://www.etsy.com/shop/joniquas).

Lea-Ann Berst, Producer and Ashley Maria, Director (CA affiliate) on their “Pioneers in Skirts” movie premier. Their face book page is Pioneers in Skirts.

Vivian McPherson is not only a sport fishing boat captain with Simbad Sportfishing, she is also a realtor with Village Realty OBX. Congratulations to her on her latest home sale on the Outer Banks of NC!

And lastly, I’m going to congratulate myself and my husband Lyle on our 30th wedding anniversary. It’s been an exciting adventure!

Happy Thanksgiving to you and yours from NC!



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

Domestic Violence has been our topic project for the past two months. Marsy's Law is on our November election ballot in the Commonwealth of Pennsylvania. It is a law that would codify crime victim's rights into our State Constitution. There has been much discussion on this proposed piece of legislation with ads and editorials in the local newspapers, radio and television, and meetings conducted by BPW local organizations to explain why this is so important not only for women but for men too.

With October being Domestic Violence Month, we have been wearing our purple outfits and our purple domestic violence pins to show our support of Marsy's Law. Our State Legislature of both the Senate and House of Representatives passed this proposal with extremely high votes. With our election day on November 5, we are hoping for the citizens of Pennsylvania to vote "yes" for Marsy's Law and have it placed into our Pennsylvania Constitution.

Now we have learned that there are some challenges to remove Marsy's Law from our ballot. However, our Commonwealth Court has not responded as to hearing these challenges. Our absentee ballots are already being collected and are due by October 29. Always a twist and turn, I will report back next month to share what the Pennsylvania voters elect.

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 (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>

Submitted By: Laura Gerik
President, NFBPWC Houston – Communications VP

Every 80 seconds, a woman dies of cardiovascular disease. In fact, heart disease and stroke cause 1 in 3 deaths in women – that's more than all cancers combined. But there is hope! Nearly 80% of cardiovascular disease is preventable through healthy lifestyle changes. That's where NFBPWC-Houston aims to make a difference, cohosting an annual women's heart health educational event, [Heart of a Woman](#), on February 15, 2020. We invite NFBPWC members to join us either in person or remotely in our initiative to prevent heart disease in women.

Gender disparities are striking at every point that heart disease affects women. For instance, compared to men:

- Women are more likely to have atypical and subtle symptoms of heart disease, and most women do not know the warning signs
- Women are less likely seek medical care
- Women who go to the emergency room with symptoms of a heart attack are more likely to be misdiagnosed and dismissed

- Women are less likely to survive their first heart attack
- Women are more severely impacted by risk factors such as high blood pressure and diabetes
- Women are underrepresented in cardiovascular disease research and clinical trials, making up only 38% of participants

Lack of awareness is at the heart of these disparities. In 2018, NFBPWC Houston took action to address these disparities by teaming up with Houston Methodist Hospital to develop Heart of a Woman. Now in its third year, this one-day event educates women, men and healthcare providers about the unique aspects of heart disease in women and strategies for prevention, diagnosis and treatment. With both in-person and live-streaming options, women from around the world, regardless of background and healthcare access, have the opportunity to learn directly from Houston Methodist's cardiovascular experts in sessions exploring heart disease symptoms, treatments and lifestyle strategies, including physical fitness and tips for maintaining a heart-healthy diet. Attendees will enjoy a heart-healthy lunch created by MasterChef Season 4 winner Luca Manfé, who will show how he made the dishes and answer questions about heart-healthy cooking. In the afternoon, attendees can customize their experience with small-group breakout sessions that offer the chance for discussion with the experts. [Click here to watch the 2019 highlights video.](#)

NFBPWC Houston invites our sisters around the world to join us for this important event. If you have a business or other organization that would like to support Heart of a Woman or register as an exhibitor, please let us know! We would love to work with you. Register to attend or sponsor Heart of a Woman at events.houstonmethodist.org/how, and feel free to email NFBPWC Houston (info@bpwhouston.org) for more details.

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

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

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

Submission Deadline for the December eNewsletter is Friday, November 22nd 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



<https://www.facebook.com/NatlFedBPWC/>



<https://plus.google.com/104658286477356273688>



<https://twitter.com/nfbpwc>



https://www.youtube.com/channel/UC2l_ciXLyvbu1dbBOsV9Tg



<https://www.instagram.com/nfbpwc/>



<https://www.linkedin.com/company/national-federation-of-business-and-professional-women%27s-clubs>