



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

October 2019 Newsletter

Upcoming Events

Lifelong Leadership Monthly Webinars

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

8 October 2019

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

9:00 PM Eastern

REGISTRATION at: <https://www.nfbpwc.org/event-3562941>



Momentum Club

14 October 2019

9:00 AM Pacific | 10:00 AM Mountain | 11:00 AM Central | 12:00 PM Eastern

REGISTER at: <https://www.nfbpwc.org/events>

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
Important Cruise Information	4
NFBPWC Advocacy Platform (18-20)	5
Membership News - Megan Shellman	6
Member Spotlight - Barb Yong	7
NFBPWC Secretary Letter - Marsha Riibner-Cady	8
Advocacy News - Nancy Werner	8
Leadership & Learning - Kathy Kelly	9
Monthly Webinars	10
Green News - Laurie Dameron	10
Health Report - Marion Waelschli	12
Sexual Harassment Committee Report - Jackie Melvin	13
State Federation & Club News	14
NFBPWC California Federation	14
NFBPWC Colorado Federation	15
NFBPWC Florida Affiliate	16
NFBPWC La Grange Chicago	17
NFBPWC New York City	17
NFBPWC North Carolina	18
Pennsylvania Affiliate Chapter	19
NFBPWC El Paso Texas West	21
NFBPWC Houston	22
NFBPWC Paso Del Norte	22
NFBPWC Virtual Club	22
NFBPWC Young BPW	23

International Day of Non-Violence

October 2nd (United Nations A/RES/45/106)

International Day of the Girl Child

October 11th (United Nations A/RES/66/170)

World Cities Day

October 31st (United Nations A/RES/68/239)

World Teacher's Day

October 5th (UNESCO 27 C/INF.7)

United Nations Day

October 24th

Halloween

October 31st

Submission Deadline for the November eNewsletter is Thursday, October 24th at 5:00 pm Mountain Time

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

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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

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Special Committees:

Military Affiliated Women, Barbara Bozeman, North Carolina Barbara.bozeman@ymail.com
Newsletter, Michele Guarino, Colorado michele@asecondoffice.com
Nominations, Manjul Batra manjulum@aol.com

Taskforce:

Elimination of Sexual Harassment, Jackie Melvin jamelvin@pacbell.net
Rapid Response – Linda Wilson lindalwilson@juno.com

PRESIDENT'S MESSAGE



By: Sandy Thompson
President, NFBPWC

Greetings!

I will start this month's greeting with a bit of history. As you all know the third week of October is National Business Women's Week. The first observance of NBWW was April 15-22, 1928. The first NBWW began with a nationally broadcast speech by Dr. Lena Madessin Phillips, the president of the National Federation of Business and Professional Women's Clubs (NFBPWC). Phillips stated in her speech NBWW was created "to focus public attention upon a better business woman for a better business world."

Although Phillips launched the first NBWW event, the idea for NBWW should correctly be attributed to Emma Dot Partridge the executive secretary for NFBPWC (1924 through 1927).

A bit of Trivia - U.S. President Herbert Hoover was the first president to issue a letter recognizing NBWW and the contributions and achievements of workingwomen.

If any of you are planning a celebration or recognition, please write it up and let us know about your events.

We are very proud that this important recognition was started by NFBPWC.

Many of us are busy getting ready for our 100th Anniversary Celebration Cruise next month. There are still a few cabins left if anyone would like to join us. Immediate Past President Liz is planning some wonderful adventures for us. So, sign up and come and help us celebrate. It is also a wonderful opportunity for you to get to meet several of our International Officers.

Mark your calendars next August we will have our Biennial Meeting in Orlando, Florida. It will be just before the XXX International Congress. This will be a great opportunity for you to attend two important meetings in one. We will be doing the business of the Federation which will include the election of new officers, bylaw amendments and resolutions. These items all come from you so you can submit both resolutions and bylaw amendments to be considered at the meeting. Also, please think about serving the National Federation as an officer. More information will be provided soon. We hope that you will all join us.

I hope the month brings you lots of Treats and no Tricks!

Support the Votes for Women float by buying a yellow rose for friends or relatives to celebrate the victory in 1920.

It takes thousands of roses to decorate a 55-foot long and 18-foot wide float in the Rose Parade® resented by Honda. And our float will be covered with yellow roses to pay tribute to the women who struggled for 72 years to win Women's Right to Vote. To celebrate that victory, our rose vial program allows you to do the same. Just purchase a rose in a vial and we will put the name of someone you want to honor on that vial, which will hold a rose, that will be used to decorate the Votes for Women Centennial float.

For \$20.20 per flower, you will have your chosen names on vials, holding a rose, riding down Colorado Boulevard in Pasadena, CA, on New Year's Day in the parade. Flower vials make fun and easy gifts that support our float and make it possible for you to be a part of history by knowing your contribution made a difference.

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.



Important Cruise Information

from Liz Benham, NFBPWC Immediate Past President

NFBPWC 100th Anniversary Cruise Celebration

Sneak Peak on the Fun!

There is still time to book and join us!

Itinerary					
Day	Date	Time	Port or Activity	Arrive	Depart
Sat	Nov 2		Fort Lauderdale , FL Book your embarkation time logon to ship account.		3:30 PM
Sun	Nov 3	5pm	Welcome meeting details to follow		
			At SEA		
Mon	Nov 4	9am -4pm	100th Anniversay Program -details to follow		
		8.15pm	Gala Dinner 20's theme		
Tues	Nov 5		Grand Turk, Turks and Caicos Book an excursion wih the ship or stay onboard and spa , swim etc	7.00 am	2.30pm
Weds	Nov 6		Princess Cays , Bahamas - Private Island,Beach day, snorkeling/shopping	9.30am	6.30pm
		5pm-6pm	Cocktail Party - Theme: Pirates! Presentation Women Pirates of the Carribbean!		
Thurs	Nov 7	10.00am	Nassau Bahamas BPW - excursion to Pirates museum and Rum cake factory/ shopping OR: Book your own excursion throught the ship	7.00am	5.00pm
		5pm -6pm	Cocktails Farewell		
			Fort Lauderdale , FL	8.00am	

Use this link if your wish to book the cruise

<https://secure.vacationstogo.com/vtg/group/unavailable.cfm?uuid=DB1B548BE3B642DADC287524467EC563>

Use this link to manage your booking on the cruise

<https://www.carnival.com>

Log into your account and complete the required documentation details

Recommendation: Pay your gratuities before you board \$13.99 per day

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

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. Our next meeting is at 10 AM (Mountain Time) on October 14th, 2019 via Zoom.

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 October 8th, 2019 at 7PM Mountain. Register here: <https://www.nfbpwc.org/event-3562941>
- 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!

MEMBER SPOTLIGHT – BARB YONG



NFBPWC is proud to recognize Barb Yong from our NFBPWC affiliate in La Grange – Chicago, Illinois.

On August 6, 2019, Barb Yong was the distinguished honoree awarded the Sapphire Award of the League of Women Voters of Illinois. Ms. Yong is shown above, second from right, in the red jacket. The Sapphire Awards, through a competitive external review process, honor outstanding individuals, programs and organizations whose effectiveness and services are distinguished by exemplary leadership, innovation in service delivery and demonstrated successes in community health.

Attorney Barb Yong is the founder of Equal Pay Day Chicago, a rally that serves as a focal point to raise awareness of pay equality, and a platform for organizations to collaborate across Illinois. Founded in 2010, this important rally brings together female

leaders across the city, not in celebration, but as a reminder of the work we still have to do to guarantee equal pay.

Yong has had a spectacular career that included opening her own private practice and serving as the Special Assistant Attorney General in the Office of the Illinois Attorney General. In 1999, Yong joined Golan Christie Taglia where she negotiated a \$10 million settlement with GE on behalf of the Retirees of Montgomery Ward to compensate for benefit loss after the Montgomery Ward bankruptcy. She also was retained to pursue over 120 avoidance actions in the Eagle Food Centers Bankruptcy.

Please send a note of thanks to Barb Yong for all of her hard work and dedication to this organization and the success of women worldwide.



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

FROM THE DESK OF THE SECRETARY

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

On September 17, 2019 we had our fifth Board of Director's meeting virtually. Present were the entire executive committee, 6 affiliate presidents, 4 board members, 7 guests (of which 4 were there representing their state affiliate). The minutes will be distributed for review to the board of directors and the executive committee soon. 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!

ADVOCACY NEWS BY NANCY WERNER

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

Advocacy -Equal Rights Amendment Update from the ERA Coalition

There is a support letter that is available for all NFBPWC members to sign. It is a letter to be sent to Representative Jerrold Nadler to work on getting the HJ Res 38 sponsored by Jackie Speier to eliminate the deadline on the ERA. Please visit www.eracoalition.org/ERANOW

Please look and share with your federations and affiliates. Kudos to California for already sending their letters in the form of postcards. We need one more state to ratify the ERA to make the 38 needed. Don't forget we need all the help we can to have Virginia maybe become this number.

U.S. Equal Employment Opportunity Commission

Another topic was brought to my attention by Linda Wilson. I wish to share. The U.S. Equal Employment Opportunity Commission announced that they are planning to halt the pay data collection, which requires employers with 100 or more employees to submit pay information based on gender, race, and ethnicity in their annual EEO-1 reporting to the agency. AAUW strongly opposes any rollbacks of this collection. At the House Education and Labor Committee oversight hearing in the Subcommittee on Civil Rights and Human Services, several members pressed witnesses on the pay data collection and maintaining the EEO-1. Pay data collection helps employers and enforcement agencies to better analyze and act on gender and racial pay disparities. Continuing this data collection at the federal level is critical to helping close the gender pay gap.



Please take action by submitting a comment to the EEO urging them to continue the data collection. Please visit <http://eeoc.gov>

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 kkelly@bpwcolorado.org.

The first module, **BPW: 100 years in 1 hour**, will now be given on the **SECOND Tuesday of every month** via ZOOM. Please note our 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 focus of the webinar is on the past and present legislative and advocacy work of NFBPWC over the last 100 years, including the 19th Amendment, Equal Pay, Title IX and the Equal Rights Amendment. We will also discuss BPW's consultative status at the United Nations, the Global Sustainable Development Goals, and of course some time for networking, feedback and Q&A.

The next presentation held via ZOOM is October 8 at 7 PM MDT. We hope you'll join us!

Join ZOOM URL: <https://zoom.us/j/9424658965>

The L3P Committee is seeking out past Individual Development Program (IDP) facilitators as we would appreciate your input and hope that you will volunteer your talents once again to facilitate the new L3P program.

We are also looking for a **graphic artist/designer** to help professionalize our slides.



The following modules have completed committee review:

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

For more information or to receive the PPT and Facilitator's Script, please contact the L3P Chair, Kathy Kelly, at kkelly@bpwcolorado.org, Cell: 303-517-6399.

LIFELONG LEADERSHIP MONTHLY WEBINARS

The Lifelong Leadership & Learning Committee is pleased to offer a regular monthly webinar, "History and Benefits of BPW – 100 Years in One Hour." Check your calendars for the second Tuesday of every month. FREE to all members and guests. REGISTRATION IS REQUIRED.

GREEN NEWS

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

Divest and Invest

Thanks again for all who helped with and attended our Global Climate Strike on Friday, September 20! Millions of people all around the world joined in this historical event. I won't put in names because I don't want to forget anyone and there were so many of you. Upwards of 300 folks from ages 6 months to 90 years showed up with passion and energy. The one person I will mention is the environmental movement's newest hero, the Swedish 16-year-old, Greta Thunberg.

I also want to publicly thank the management of the Starbucks at the corner of 28th and Pearl Streets in Boulder, Colorado, who gave us moral support and put pitchers of ice water and REAL glasses on the tables outside for all involved in the event!



Over the years, I have met SO many Starbucks employees and management who care about sustainability and zero waste, but we need to reach out to the corporate level. So I'm asking you to keep writing and emailing Starbucks and Whole Foods. Information is posted on my web page at <https://www.facebook.com/WhatCanIDoSpaceshipEarth/>; please follow me there for updates.

Another Action item I've been meaning to write about for a long time is divestment. I still cannot believe I had the presence of mind, at age 22, to sell the Exxon stock that my grandmother had given me and my siblings. I did not want to be supporting a company doing so much damage to the planet!



Today, it should be a top priority for folks to divest from huge corporations that are wreaking havoc on our environment, especially fossil fuels companies, and to invest in small business and companies that are following a positive course of action that helps people and our planet. Of course, wind and solar energy companies come to mind.

A few years back, my Business and Professional Women Boulder Chapter colleague turned me on to changing my billing from Xcel Energy to Arcadia Power. It is free to sign up and continues to be free. I feel good that 50% of my energy is coming from wind! Of course, the more folks who do this, the more it creates a demand for wind energy, and thus more wind farms to be built. Please Google Arcadia Power to learn more.

Divestment has been around a long time, but in 2012, 350.org launched its **Go Fossil Free: Divest from Fossil Fuels** campaign, which called for colleges and universities, as well as cities, religious institutions, and pension funds, to withdraw their investments from fossil fuel companies. There are several good articles at <https://350.org/category/topic/divestment/>.

There are other ways to help the cause. For example, you can join a local chapter of Citizens' Climate Lobby (<https://citizensclimatelobby.org>), which uses average citizens, like you and I, to lobby their Congressional representatives to enact legislation that would put a fee on fossil fuels, and then return that money to American households. Even if you don't join this organization, I encourage you to write your Congressional representatives to urge them to support the Carbon Fee and Dividend Act (H.R. 763), which is currently in the U.S. House of Representatives. You can point out to them that this is bipartisan, revenue-neutral legislation that allows for a market-driven way to hasten the transition to renewable energy – something the majority of their constituents of both parties' support!





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

III. LOSS OF BIODIVERSITY

36. Caring for ecosystems demands far-sightedness, since no one looking for quick and easy profit is truly interested in their preservation. But the cost of the damage caused by such selfish lack of concern is much greater than the economic benefits to be obtained. Where certain species are destroyed or seriously harmed, the values involved are incalculable. We can be silent witnesses to terrible injustices if we think that we can obtain significant benefits by making the rest of humanity, present and future, pay the extremely high costs of environmental deterioration.

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>

HEALTH COMMITTEE REPORT BY MARION WAELSCHLI

By: Marion Waelschli
NFBPW Health Committee Chair

Back to school: Keeping your child safe, especially college bound folks. Be on the lookout for signs of Bacterial meningitis--if not caught quickly it can be fatal. Viral meningitis is spread just as the flu is spread, from person to person. There are some vaccines to prevent some kinds of viral meningitis.

CANCER:--Breast cancer is the 2nd most common cancer among women. Some ways to help combat this is disease is keeping a healthy weight, exercise and limit alcohol (no more than one drink a day). Hormone replacement therapy (birth control pills) check with you Doctor. Most breast cancers are found in women over 50, however younger women can also be affected. The Center for Disease Control is working to increase awareness, improve the health and quality of life for all women.

If ever in doubt if you have a lump or suspect one, don't hesitate: GO GET IT CHECKED!



SEXUAL HARASSMENT AND SEXUAL ABUSE AGAINST WORKING WOMEN COMMITTEE

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

“THE ONLY TIME WE LOSE IS IF WE QUIT”

What inspires you? What motivates you? Someone as old as I am has a long history of such times and persons. But occasionally something pops up that hits this old feminist anew and makes her want to get out and do something important for women's rights.

Here's what happened. On August 20 this year, Dolores Huerta got arrested. What? Who? Why?

Well let's go back a few years first. In 1943, during WWII, a talented artist created a poster that is alive and well even today. “We Can Do It” it said, with the working woman showing the muscle of her right arm as she flexed it. The purpose, of course, was to boost female work morale as women poured into jobs left vacant by the boys and men going to war in Europe and in Asia.

Flash to 1972, California, where the great union leader Caesar Chavez with Dolores Huerta beside him created the United Farmworkers of America, a union seeking rights for farmworkers and their families in the central valley of California, and during one of his numerous hunger strikes, the phrase “Si, se puede” was coined - Change we can believe in was the emotion expressed, and more casually “Yes We Can,” it pronounced.

Flash ahead again, to 2008, when a community organizer and first term Senator by the name of Obama runs for President of the United States. “Yes We Can” becomes his campaign slogan, and you know the result.

During his term as President he presented a Medal of Freedom, America's greatest civilian honor, to Dolores Huerta, recognizing her lifetime of work for civil rights and her contribution of “Si, se puede” as an historical motivation for society.

And on August 20, 2019, in California, Dolores Huerta, with seven others, was arrested outside the hallway of the meeting room of the Fresno Board of Supervisors where she was protesting on behalf of county home care workers for a livable working wage. This woman has been arrested, over her lifetime, some 12 times for similar protests on behalf of working people - and now, at age 89, she's been arrested again. Oh, my.

When she was arrested, she is quoted as saying, “The only time we lose is if we quit.” Oh, my.

“Yes, We Can” has been called the road to women's liberation, and Dolores Huerta is one of our most inspirational, motivational living persons.

While we celebrate women's right to vote in its centennial year, let's continue to “not quit” on those issues that fester in our society to stifle that liberation, such as sexual harassment and assault of working women. Let's step forward every day to protect and advance our rights, to change a culture where predators reside, because “the only time we lose is if we quit.”

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/>

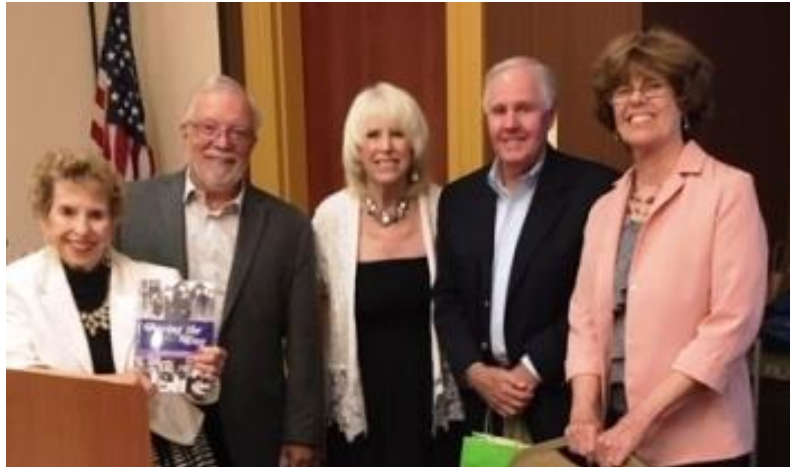


By: Rosemary Enzer, President, NFBPWC California

The California Federation held its Fall Board meeting in Sacramento on September 14-15. In addition to the business of the federation, members participated in training and round table discussions. Topics included marketing BPW, local legislative advocacy, making our voice heard in our communities and planning for the 100th anniversary of the Federation. The luncheon speakers were the authors of a new book, *"Paving the Way: Women's Struggle for Political Equality in California"*. Steve Swatt, Susie Swatt, Jeff Raimundo and Rebecca LaVally, the authors, described how women won the vote in California, as well as more recent achievements in our struggle for equality.

Pictured to the Right: l-r Marjory Hopper, CFBPW Program/Project Chair; authors Steve Swatt, Susie Swatt, Jeff Raimundo and Rebecca LaVally.

NFBPW President Sandy Thompson is the recipient of Valley Sunset District's 2019 Woman of Achievement Award. Sandy was honored not only for her work in BPW, but also for the service that she has provided to her community of Burbank.



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

BPW Colorado held a special event on September 7 – the “Second Century Kickoff.” It was a strategic planning meeting and potluck to celebrate the 100th year of Business and Professional Women. We had 13 enthusiastic BPW members from around the state attend, including someone who had been a member 30 years ago and has been following us on Facebook.

We focused on 4 areas – Finances, Membership, Communications, and Our “Brand.” We did brainstorming in small groups and then shared the ideas people generated. Here is a brief summary of what we came up:

- Finances – BPW members should sign up for the King Soopers/Kroger rewards program; only about one-fifth of our members belong to currently. Becoming a 501c3 nonprofit organization is an option to be explored; it could bring in grant money. Our dues need to be restructured so that the state receives more money; a special committee was set up to generate ideas and present them to our state organization later in the year.
- Membership – BPW would benefit if we would reach out to young women, other women in business, and women who are active in other women’s organizations. Our membership needs to be more diverse; we are seeking a Diversity and Inclusion chair. BPW needs more visibility in the community; our members should wear their name tag when they attend community events.
- Communications – A ready-to-go box will be assembled for a table display that members can borrow whenever they find opportunities to participate in a community event. Some items from our recent Centennial Jubilee will be used. We would also like to start a member recognition program for new members and for members who reach certain levels of longevity as members. We should do more to “advertise” our meetings through social media.



- Our "Brand" – Using the mission of BPW Colorado and NFBPWC as a starting point, we discussed how to "brand" BPW as unique among women's organizations. It is still being worked on, but we believe that "Empowering Women Personally and Professionally for Over 100 Years" might be one.

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

NFBPWC South Florida September meeting was a "Get to know your members night" It was great to hear things about members which we did not know. What a rich experience and wonderful insight into the lifetime career and personal accomplishments of all.

It was so enjoyable that our meeting ran late but nobody minded.



We will certainly do it again!

President Liz went to Quito Ecuador where, as past IFBPW International President, presented a Leaders Summit on "Ethical Leadership" at the BPW Latin America Regional Congress Sept 13-15th and received a standing ovation.

Members felt it was great take home value.

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

Bookmarks and NFBPWC information will be added to the “Swag Bags” for the Sanford Club Women’s Exchange happening on October 10. (A big thank you to Sandy Thompson, President of NFBPWC for making this happen!) For more information on the Women’s Exchange please go to: <https://www.sanfordbpw.org/>

We hope to be announcing an increase in our membership in the next couple of months. Please stay tuned. Meanwhile we are 12 members strong. There will be a virtual meeting in a couple of weeks.

Weather and other updates:

Hurricane Dorian missed many of our members or had little impact. However, in Eastern North Carolina, where everyone is “family” we feel the devastation when our Hatteras and Ocracoke neighbors are affected by storms. Anyone interested in donating to the Outer Banks Community Foundation storm relief fund, please go to: <https://www.obcf.org/>

To the Right is my picture in yellow. Unfortunately, due to storm preparations, many of our members were a bit pre-occupied to forward pictures.



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

PAULSDALE, we were there with Alice Paul! We started the opening the 2020 Women's Right to Vote Project with a field trip experience. Visiting the Alice Paul Home in Mt. Laurel, New Jersey, on September 7,

was an event never to be forgotten. With 60 of our best BPW sisters from PA and MD, we were greeted by Lucy Beard, the director of the Alice Paul Institute, her three volunteer guides and Kristy Niles, her ERA spokesperson. The members were thrilled to learn about Alice Paul via a video and then a tour of the house and grounds. Alice was a remarkable woman who had six degrees and always believed that women were equal to men. Her story inspired all of us. Her Equal Rights Amendment was just part of her legacy. We enjoyed Lucy Beard sharing what she learned about the NFBPWC and Alice Paul. Back in 1937, our organization put into motion that we would support the Equal Rights Amendment as long as it would take. Alice Paul was eternally grateful to our NFBPWC for we lifted her aspirations as the years traveled on. Regrettably she passed on in 1977, but she never lost hope.



**"The bell signifies justice,
and justice is the most important
thing in the world today."**

Katharine Wentworth Ruschenberger



KATE CAMPBELL STEVENSON AS ALICE PAUL

Kate Campbell Stevenson, our actress portrayor, (pictured to the Left) presented an hour-long program with songs and recreating women in our history. Dressing into costumes as she shared her narrative was creative. She began with Abigail Adams writing to John Adams, to the Suffragists who paved the way at Seneca Falls, to Rose Crabtree of Wyoming, and finally Alice Paul. Everyone was riveted to her every word. We all agreed that we must continue Alice Paul's work for the ERA.

We were honored to provide a \$1,000 check to Lucy Beard and the Alice Paul Institute. Please google the name and read about all the marvelous programs that they provide for the younger women.

After visiting the Paulsdale, we traveled to the Valley Forge Hotel and Casino for an overnight stay. Some of the members had a very enjoyable time at the casino. Nothing like winning at a few slot machines. But it was also a time for just socializing and reminiscing on the day's activities.

On Sunday morning, we were thrilled to be having Amanda Owen, Chair of the Justice Bell Foundation,

speak to us about the famous bell. We learned about its travels throughout the 67 counties of Pennsylvania in 1915. It was the best idea ever for the Pennsylvania suffragists as they needed a clever gimmick to get men to listen to their plea for "Votes for Women." Individual states were determining the right for women to vote and a lot was at stake. The



AMANDA OWEN, CHAIR OF THE JUSTICE BELL FOUNDATION

November election would have the question on the ballot. For three months the Justice Bell went from county to county and town to town. (Spoiler alert - PA women didn't get the vote.)

She discovered the Justice Bell at the Valley Forge Memorial Church and Museum a few years back. It was just sitting there with no information and when she asked about it, no one knew why it was there either. Everyone thought it was a replica of the Liberty Bell. Amanda researched every bit of information about the Justice Bell. She has written a book called the Justice Bell. Now the movie about the Justice Bell is in production and will be available in March of 2020. As for the cost, her movie partner and she have NOT determined it. I will keep you informed. We were honored to be one of her first audiences in time for the 2020 Women's Right to Vote celebration.

Now if any of you are interested in her work, please google-Justice Bell Foundation.org and read all about it. She would really love to reach out to other states and present this story.



KATE CAMPBELL STEVENSON AS ROSE CRABTREE OF WY

As it turned out, our hotel was only a mile from the National Valley Forge Park. I went into my teacher mode (I taught the elementary intermediate grades for 35 years) and I put on my trifold hat. Having done this tour with real tour guides, I had practiced only a few days before as I took our BUS from the West on a tour of the grounds. We went back to the winter of 1779. "Encampment" was our word of the day as I explained that no battles were fought here but hours of drills under Baron Von Steuben. He was the hero at Valley Forge. Getting the colonial soldiers to work together was another big success. It was a shame that the 12,000 occupants including men, women and children, did not practice the best of sanitary habits and 10% of the population died. Martha Washington did travel to Valley Forge to be with her husband, George, and made the Washington Headquarters a larger place with an addition of rooms and a kitchen outside the house. Located only 20 miles west of Philadelphia, stop and visit sometime. The 3,500 acres are a treasure that have been preserved among the urban sprawl.

A great big hug to our Affiliate members who made the journey: Cathy Collins, Diane Lewis, Susan Vladika, Laura Whetstone, Ginny Bailey, Nancy Thomas, Denice Robinson and myself. Another bigger hug goes to Denice Robinson for co-chairing this adventure with me. As soon as I finish this article, I will be submitting an article for the National Women's History Gazette. We have a story to share that one can make a dream come true...only took many hours of planning and more planning but we persisted.



NANCY WERNER AT VALLEY FORGE NATIONAL
PARK TOUR

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	1 st 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: ccbpu@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 November eNewsletter is Thursday, October 24th 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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