

NFBPWC Magazine

JULY 2023 ISSUE

EMPOWERED WOMEN EMPOWER WOMEN



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Submission Deadline for the August Magazine is Monday, July 24th at 7:00 pm Eastern Time

Previous Issues of our e-Magazine can be found on our website at: [Magazine Archives](#)

Events Calendar

National Events

July 11, 2023

2nd Tuesday of the Month

4:00 pm PST / 7:00 pm EST

Young BPW Committee Meeting (Young BPW Members Only)

<https://www.nfbpwc.org/event-5320869>

July 18, 2023

5:00 pm PST / 8:00 pm EST

JDEI Workshop

<https://www.nfbpwc.org/event-5337420>

July 20, 2023

2nd Thursdays of the Month

4:00 pm PST / 7:00 pm EST

Advocacy Committee Meeting (BPW Members Only)

<https://nfbpwc.org/event-4973892>

July 25, 2023

NFBPWC National Board Meeting

5:00 pm PST / 8:00 pm EST

Advocacy Committee Meeting (BPW Members Only)

<https://nfbpwc.org/event-5328710>

1st and 3rd Mondays of the Month

5:00 pm PST / 8:00 pm EST

Membership Committee Meeting

Email for info: VPMembership@NFBPWC.org

2nd Monday of the Month

Health Committee Meeting

Email for info: Health@NFBPWC.org

4th Monday of the Month

4:30 pm PST / 7:30 pm EST

NFBPWC Environment & Sustainable Development Committee Meeting (BPW Members Only) Not meeting in July!

Email for info: Environment@NFBPWC.org

1st Wednesdays of the Month

2:00 pm PST / 5:00 pm EST

Wednesday Web Wisdom: Digital Training Team Assistance (Open to All Members)

Email for info: DigitalTraining@NFBPWC.org

2nd and 4th Fridays of the Month

8:30 am PST / 11:30 am EST

L3 Committee Meeting

Email for info: L3Chair@NFBPWC.org



Last Thursday of Every Other Month (Next one in August 2023)

Connecting NFBPWC Committees

2:00 pm PST / 5:00 pm EST

Hosted by Young BPW Chair, Emily VanVleck

September 13, 2023

2nd Wednesdays of the Month

4:00 pm PST / 7:00 pm EST

NFBPWC Entrepreneur & Small Business Committee Meeting (BPW Members Only)

<https://nfbpwc.org/event-4962129>

Regional Events

July 9, 2023

Virtual Tea Party to honor First Women's Rights Convention

12:00 pm PST / 3:00 pm EST

NFBPWC / North Carolina and Virtual Clubs Hosting (Open to All BPW Members)

<https://nfbpwc.org/event-5336617>

July 20, 2023

5:00 pm PST / 8:00 pm EST

NFBPWC / North Carolina Monthly Club Meeting (Open to All BPW Members)

<https://nfbpwc.org/event-4973877>

August 13, 2023 (None in July)

4:00 pm PST / 7:00 pm EST

NFBPWC / Pennsylvania Monthly Club Meeting (Open to All BPW Members)

About NFBPWC

Developing 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 at all levels.

Objectives

The objectives of the NFBPWC are to develop the professional, business and leadership potential for women at all levels, to advocate and to strive toward equal participation of women and men in power and decision-making roles.

Theme for 2022-2024

Cultivate Connections, Create Community

Focus Issue for 2022-2024

Women on the Move

Contacting your NFBPWC Executive Committee (2022-2024):

Megan Shellman-Rickard, President
Kathy Kelly, VP Membership
Daneene Monroe Rusnak, VP Advocacy
Sondra Nunez, Secretary
Kalee Carmel, Treasurer
Emily VanVleck, Young BPW
Sandy Thompson, Immediate Past President

president@nfbpwc.org
vpmembership@nfbpwc.org
vpadvocacy@nfbpwc.org
secretary@nfbpwc.org
treasurer@nfbpwc.org
youngbpw@nfbpwc.org
immpastpresident@nfbpwc.org

Standing Committees:

Advocacy, Daneene Monroe Rusnak, Virtual
Bylaw and Resolutions, Trudy Waldroop, California
Environment & Sustainable Development, Marikay Shellman, Colorado
Finance, Open
Health, Keri Hess Laursen, California
International Liaison, Sandy Thompson, California
Justice, Equity, Diversity and Inclusion, Sher Singh, California
Legacy Fund, Deborah Fischer, Colorado
Lifelong, Leadership & Learning, Jane Taff, California
Membership, Kathy Kelly, Colorado
Mentoring, Valentina Solarin, Virtual
Nominations, Manjul Batra, California
Public Relations, Suzette Cotto, NFBPWC Virtual
Rapid Response, Sue E. Oser, Michigan
Small Business, Marsha Riibner-Cady, North Carolina
Women on the Move, Nermin Ahmad, NYC

vpadvocacy@nfbpwc.org
bylaws@nfbpwc.org
environment@nfbpwc.org
finance@nfbpwc.org
health@nfbpwc.org
international@nfbpwc.org
dei@nfbpwc.org
legacyfundchair@nfbpwc.org
L3chair@nfbpwc.org
vpmembership@nfbpwc.org
mentoring@nfbpwc.org
nominations@nfbpwc.org
PRchair@nfbpwc.org
rapidresponse@nfbpwc.org
smallbusiness@nfbpwc.org
womenonthemove@nfbpwc.org

Special Committees/Taskforces:

Digital Training, Marsha Riibner-Cady, North Carolina
Gender Based Violence, Open
Marketing, National Team
Magazine/Newsletter, Michele Guarino, NFBPWC Virtual
Military Affiliated Women, Alice Gallop West, North Carolina
Social Media, Suzette Cotto, Virtual
United Nations, Susan O'Malley, NYC
Website, Kemi Oyebade

digitaltraining@nfbpwc.org
cesh@nfbpwc.org
marketing@nfbpwc.org
newsletter@nfbpwc.org
militarywomen@nfbpwc.org
socialmedia@nfbpwc.org
UNchair@nfbpwc.org
website@nfbpwc.org

President's Message



President's Letter

Celebrating the Spirit of Women and Freedom this July 4th

It's the time of the year again when America celebrates its Independence Day and freedom. Let us take this moment to celebrate the women and their undeniable role in the continued fight for freedom and equality. As we celebrate this July 4th, it is imperative to reflect on the challenges women continue to

face in America today. The past year has brought some big blows to the equitable treatment of women. As an organization, we know that the only way to enshrine equality is by passing the Equal Rights Amendment. We have made progress throughout our country's history, however, there is still much work to be done in areas such as equal pay, reproductive rights, access to quality healthcare, and combating gender-based violence. We need to continue fighting for equality, not just for ourselves but for our daughters and the generations to come.

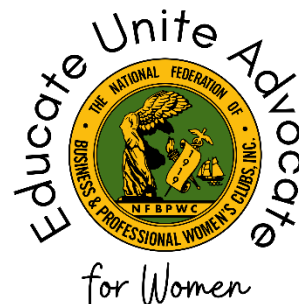
As we at NFBPWC celebrate the spirit of women and freedom this July 4th, let us remember and honor the remarkable women in our own organization who have brought about change and helped shape our nation's history. Let us also continue the fight for equality and liberty for all American women. Together, we can work to create a future America that truly is the land of the free and the home of the brave, where every person's rights and freedoms are respected and protected.

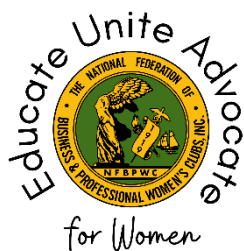
Please remember, you have an opportunity to provide constructive input and to find your own unique path in this organization. Here is a link to our online Advocacy Platform, <https://www.nfbpwc.org/Policy-Advocacy>, review it and find an issue resonates with you. This is a chance to develop your potential, and that of NFBPWC, in a safe and welcoming space. Please continue to bring your ideas, projects, and your own light forward. Let us celebrate our successes as individuals and as an organization!

NFBPWC is truly living our theme for this biennium: Cultivate Connections, Create Community. Sending personal wishes of celebration, health, and progress around the globe!

Kind Regards,

Megan Shellman-Rickard
NFBPWC President
2020-2024





2022-2024 NFBPWC CULTIVATE CONNECTIONS, CREATE COMMUNITY

"From founding organizations, like our own NFBPWC, that fight for gender equality to acting against injustice and inequality, women have been at the forefront of social change throughout history. As we honor those who helped pave the way for us, let's also take this opportunity to work together in creating a better future for all. From issues such as equal pay and reproductive rights to supporting each other in our endeavors, let's stand proud and united in celebrating our accomplishments while continuing to fight for an ever-evolving world that values women from all walks of life".



Megan Shellman-Rickard
2022-2024 National President



NFBPWC is pleased to announce **OVER 150 new members** since the beginning of this year! We've been on a roll since winning the Regional Membership award in St. Kitts. We appreciate your support!

Double or More by '24! *

We continue our goal to re-establish Affiliates in all 50 states here in the US. This last quarter, sisters from BPW Michigan, Maryland and Washington State have moved forward to re-establish their ties to BPW at the National, Regional, and International levels. They have been very impressed with the advocacy and networking opportunities afforded by NFBPWC and BPW International and look forward to expanding their resources and support.

The NFBPWC Membership Committee revised several organizational documents, including the infamous, "How to Build Your Club in 8 Weeks" with recruiting tips, community outreach suggestions, sample press releases, radio announcements, agendas, social media suggestions, etc. Shout out to Bessie Hironimus and BPW California for their support in dusting off this valuable tool. Want one? Contact Kathy Kelly, vpmembership@nfbpwc.org

The National Membership Committee meets twice a month, and all are welcome to attend. We also invite our Regional sisters to join us for Zoom meeting hangouts

"Meet our Members" (MoM) meetings, randomly added to our events calendar at different times and dates so we can expand our outreach. Keep a watch out and we hope you'll join us!



Kathy Kelly
2022-2024 NFBPWC
VP Membership





Sondra Nunez
2022-2024 NFBPWC
Secretary



Kalee Carmel
2022-2024
Treasurer



Sandra Thompson
NFBPWC 2022-2024
Immediate Past President

BPW-USA's Advocacy Committee currently has heavy attention on the need for constitutional laws prohibiting discrimination based on sex to be written into the Equal Rights Amendment. With One Click Politics, members can easily contact their senators and let them know they support the ERA. Unfortunately, a vote to remove the deadline for state ratification was rejected in April but this will not stop the Advocacy Committee's fight or silence them.



Daneene Monroe Rusnak
2022-2024 NFBPWC VP Advocacy



BPW-USA's Environment and Sustainable Development Committee is focusing this year's efforts on "simple acts" that members can participate in to address environmental degradation. Each month a member of the committee writes an article for the magazine empowering members with knowledge to address climate change. This year's topics have included: bringing back pollinators, reducing food waste, addressing climate migration, visiting farmer's markets and participating in CSA's, and the No Mow May initiative. The committee also hosted an Earth Day event in April featuring Candace Fallon, Senior Conservation Biologist at Endangered Species Program Xerces Society. The pre-recorded and streamed event was titled "Fireflies: Jewels of the Night" focusing on conservation techniques to save the endangered fireflies. The event was attended by over 100 members and guests.

BPW-USA's Justice Diversity Equity Inclusion Committee has been diligently working throughout the year to host events that bring awareness to discrimination and abuse. The committee hosted Women & Resilience: A Conflict Resolution, Financial Security and Life Necessity Presented by Alia Ismail and Violence Against Women Under the Light of Justice panel discussion with guest panelists sharing real life stories of escaping violent situations and those representing organizations working to end violence against women.

BPW-USA was delighted to have BPW delegates worldwide join us in New York City for the Leader's Summit and Clare Fulcher dinner as well as the 67th Commission on the Status of Women (CSW) in March. It was a busy two weeks filled with engaging panels, events, and BPW fun. We look forward to hosting our BPW sisters again next year at CSW68.

BPW-USA has started an exciting new initiative to end period poverty. Led by Young BPW in partnership with Advocacy and Health Committees, the Period Poverty Initiative aims to bring awareness to the issue of period poverty, advocate for legislature to increase access to period products, and end the stigma around menstruation and menopause. This initiative has inspired local chapters to conduct period product drives. We look forward to seeing this initiative grow. Photo credit: Burbank Club, California Federation.



Emily VanVleck
2022-2024 NFBPWC
Young BPW Chair

1st Vice President Membership News



By: Kathy Kelly
1st Vice President of Membership, NFBPWC (2021-2024)

AND THERE'S MORE! WELCOME NEW MEMBERS!

Please reach out to welcome our new members:

Veera Mahajan	California
Dr. Rita Thornton	Virtual/New Jersey
Dr. Joanne Jensen-Hawkins	California
Cheryl Edora	California
Angelita Gunn	Michigan
Larisa Traill, MD	Michigan
Cassandra Drake	Michigan
Belle Coty	Michigan
Leah Porter	Colorado Student
Jennifer Williams	Colorado Student
Christine White	Colorado Student
Veera Mahajan	California

Be sure to forward information on new or renewing members to newmember@nfbpwc.org.

BPW HERITAGE CONVENTIONS – Can you help us?

NFBPWC is eager to re-connect with our BPW Heritage sisters around the country. A Heritage Club shares BPW roots back to 1919, but because of the Great Schism circa 2008, they remain separated from BPW National and International. Some Heritage clubs don't know we have a vibrant national organization again, or that BPW is represented in over 100 countries around the world.

Many Heritage clubs and federations are doing amazing work at the local and state level. We are excited to be represented at several state conventions this season. If you are aware of a local convention and can get us connected, please let Kathy Kelly know. **The Membership Committee has outreach resources available, including updated Benefits of Membership pamphlets, How to Start a Club in 8 Weeks Guidebook, Sample Bylaws and Momentum Club opportunities.** We also enjoy inviting Heritage leaders to our NFBPWC Board of Directors meetings. What could be more impressive!?

Have questions about your membership? Need updated materials? Looking for fresh ideas? **Join us at our bi-weekly Membership Committee meetings on Zoom.** First and Third Mondays (one hour), 5 PM Pacific, 6 PM Mountain, 7 PM Central, 8 PM Eastern.

Contact VP Membership Kathy Kelly at VPMembership@NFBPWC.org for more information.

Welcome Michigan Members

Amy Allen	Diana Hayter	Kathy Taylor
Amy Courter	Donald D Crawford	Kelli Malone
Angela Machnik	Elizabeth Steinhurst	Kerri Sleeman
Angela McIntire	Felicia Horton	Kim Coberley
Anita Aeillo	Gabriella Bach	Kristi Kirkpatrick
Anne Cooke	Gail Curtis	Kurt Mitchell
Anne Marie Revett	Ginger Roberts	LaDonna Schultz
Anne Monroe	Heather Leszczynski	Leah Pauley
Annie Parrish	Heather Neihaus	Lezlie Bowles
Ashley Huerd	Heidi Wenzel	Linda Stright
Barb Fuller	Helen Glandon	Linda Vollwerth
Barb Montgomery	Janet Rice	Lisa Brown
Barbara Henton	Janet S. Davidson	Lisa Tyler
Barbara Smith	Jean Barker	Lori Masters
Beth Shafer	Jean F. Porter	Lynda Zeller
Betty Lou Marx	Jean George	Lynnette Card
Beverly Blankertz	Jeanmarie Hagan	Margaret Cunningham
Brandy Eggleston	Jesse Whitfield	Margaret Eaton
Brooke Harris	Jim Haadsma	Margaret Landsparger
Carol Layman	Joan Rogers	Marie Bonkowski
Carol Moore	Jodi Snyder (Clark Lk)	Mary Ann Ellis
Carolyn Gilg	Jodi Snyder (Jackson)	Mary Beebe
Carrie Raymond	Johanna Betts	Mary Jane Flannery
Cathy L. King	Judith Dabanian	Mary Lenardson
Celeste S. Bennett	Judith Ganton	Melissa Parker
Cheri Lynn Lampinen	Judy Jove Landau	Melissa Wangler
Cheri Poynter	Julie Johnson	Nancy Cappello
Cheryl L Ragland	Julie Portman	Nancy Jo Lutzke
Christine Dunn	Karen Gyles	Nancy McLaughlin
Cierra Sowle	Karen Hawley	Natalee Witt
Dana Ashlock	Karen Richard	Pam Withrow
Darlyne Rozenbaum	Karlee Bailey	Pamela Hilts
Dawn Ketchum	Katherine Beeny	Pamela Manor
Dawn Stiles	Kathleen Mahoney	Pat Willis
Deborah Francis	Kathy Collins	Patricia Gougeon

Patricia VanOosten
 Patsy Ann Geeting
Patty Rayl
 Renee Odette
 Robin Vafiadis
 Roselyn Argyle
 Sally Richard
 Samantha Ringler
 Sandra Osterland

Sandra Savage
 Sara Tackett
 Sharon Johnson
Shirley Zeller
 Stacy A. Moore
Sue Oser
 Sue Ott
 Sue Shink
 Susan Murphy

Tammi Peterson
 Teresa Borowski
 Terry Hale
 Toni Ann Buys
 Tori Connors
 Tracey Simon
 Tricia Cramer
Vicki Seltz-Barnes

2nd Vice President Advocacy Report



By: Daneene Monroe Rusnak, 2nd Vice President of Advocacy, NFBPWC 2020-2024

ERA Centennial Convention in Seneca Falls, NY

I encourage you to consider attending the 100th anniversary of the ERA in Seneca Falls, New York. It is free for folks under 25 years of age. Here is the link to the eventbrite event where



you can learn more about the event, register and review the daily itinerary:

https://www.eventbrite.com/e/era-centennial-convention-tickets-461810366237?internal_ref=social

Purpose: The ERA Centennial Convention seeks to mark the important historic milestone of the ERA Centennial, celebrate the women and queer people who have fought for the ERA for 100 years, push for finalizing the federal ERA, and launch the grassroots fight for a New York state-level ERA ballot initiative. The goal is to mark the century-long fight to get the ERA into the Constitution by ending it.

Objective: The objective of the ERA Centennial Convention is to hold an intergenerational convening on July 21-22, 2023 in Seneca Falls, NY at the [First Presbyterian Church of Seneca Falls](#) where the National Woman's Party first unveiled the ERA—at the exact same podium Alice Paul gave her speech that day, 100 years ago. The event will be focused on cultivating the next generation of ERA activists and helping them see their place in history as constitution makers. The target will be to have at least one ERA activist from all 50 states attend the in-person event to build a nationwide network of advocates, and set goals for constitutional equality for the next year.

The Convention will be action-oriented. We will ground ourselves in a critical examination of the past in order to make choices for the future that will help create a more diverse, inclusive, effective ERA movement going forward.

As always, please check the magazine for supplemental submissions from Sue Oser (LGBTQIA+) and Nancy Werner (ERA)

Thank you for all you do!

All the best, Daneene

ERA Team Report

By: Nancy Werner, NFBPWC Advocacy Team ERA Lead

EQUAL RIGHTS AMENDMENT-E.R.A. IS BIG TIME in the News

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 E.R.A. say laws can be reversed or eliminated. Having a Constitutional Amendment would cement those rights.



Information News to Date -6/23/23 – Continuation - The Feminist Majority has put out the sign your signature to the ERA. Everything you need to know is right there. <https://www.sign4Era.org> As Eleanor Smeal of the Feminist Majority has shared that our society is now a virtual society. We will be able to reach more individuals and provide the evidence that Americans support the ERA.

Please pass to all your family members and fellow friends and neighbors. Your name will be logged and any new information on the ERA will come your way via your email. This is the communication that we have been waiting for. If you wish to applaud the creators, the 4 Rhode Scholars of Hunter College are to be congratulated. I mentioned them in May's article when they were introduced at the Hunter College ERA Conference in New York City.



Another Important Road Trip -Seneca Falls or BUST- Yes, we are traveling to this historic event. Denice Robinson and myself, Nancy Werner, of the PA Affiliate are heading to The Generation Ratify and the Columbia Law School's ERA happening. They are hosting a conference in Seneca Falls, New York. Dates – July 21-22 and the Sunday, July 23 is optional. It will be held in the First Presbyterian Church of Seneca Falls where the National Woman's Party was held 100 years ago to the very day. The exact podium that Alice Paul spoke from will be used. She gave her ERA speech there. Both Friday and Saturday events are both planned, and the speakers are everyone that has been a leader in the ERA movement.

Please visit <https://eracentennial.org> for all the information and schedule. The tickets are with Eventbrite. The cost is \$267.70 for those over 25 years. The disclaimer that the extra money raised will be dedicated to those under 25 years that wish to attend is the perfect gift. It is our young generation who are promoting these momentous few days. That to me is the most inspirational part of the conference. But Denice and I have our tickets and accommodation and we should have a great article for August. Promise to take photos of both days and write a photo essay. NFBPWC will be there in our green and white outfits. Can't wait for this mini vacation and the stories we will share.

Keep going to our NFBPWC One Click System and use it. We appreciated every “yes” vote for the ERA back in late April. If your Senator (s) voted in favor, please tell them. But maybe this wasn't the case and you saw a “no” from your Senator(s). Tell them what you are thinking. Let them know that you support the ERA. Keep making that NOISE NOW. It looks like the Legislative Process is our way to travel to see the ERA become our 28th Amendment to the Constitution. Don't forget the <https://www.sign4era.org/>

Nancy Werner, E.R.A. Chair

(Pictured Right) Nancy Werner and Denice Robinson, PA Affiliate Chapter, planning their getaway to Seneca Falls for the 100th reenactment of Alice Paul's historic speech on July 21, 1923.



From the Desk of the Secretary



By: Sondra Nunez, NFBPWC Secretary 2022-2024

In October of 2022, my daughter and son-in-law took in two young children removed from their parents due to neglect and abuse. The family was homeless at the time the children were placed in the foster care system. Before this our family had no experience with or understanding of the foster care system and the challenges faced by all involved. The information below is from the website of The Annie E. Casey Foundation and is a very brief highlight regarding the nationwide situation of youth homelessness.

The Annie E. Casey Foundation and Youth Homelessness-March 28, 2023

Not all young people have the benefit of growing up in a safe and stable home. In fact: Across America, 1 in 30 youth between the ages of 13 to 24 and 1 in 10 young adults between the ages of 18 to 25 will experience homelessness over the course of a year. This scenario — which occurs during an important developmental period — can inject trauma into a young person's life, limit their growth and carry costly community consequences.

In recognition of these challenges, the Annie E. Casey Foundation is joining partners in the field, such as Funders Together to End Homelessness, to ensure that young people have safe, stable housing access to meaningful educational and economic opportunities.

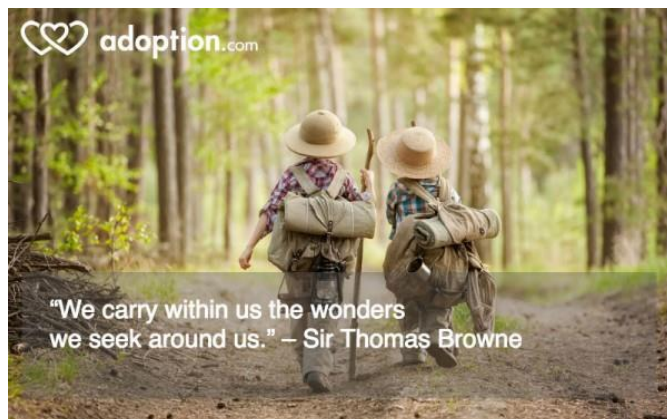
To ensure that all young people have a safe and stable place to live, and the resources needed to thrive and grow into adulthood, the Foundation makes the following recommendations:

- develop a unified definition of youth homelessness.
- focus on prevention.
- target funding to basic needs and other youth homelessness risks
- support cross-systems partnerships.
- advance equity.
- elevate youth voices.
- transform the justice system response; and
- help young people leaving foster care prepare for adulthood.

Unstable, unsafe housing situations sets youth on a pathway to greater trauma, risk and instability.

Youth experiencing homelessness on their own are more likely than their peers in the general population to endure threats to their health, safety, and well-being. These threats include:

- missing school, resulting in higher rates of dropping out, poverty and involvement in the criminal justice system.
- struggling with mental health issues, including suicidal thoughts and suicide attempts.
- abusing alcohol or drugs.
- being physically assaulted.
- being sexually assaulted.
- being trafficked for sex or labor; and
- resorting to “survival crime,” including selling drugs, stealing, and exchanging sex for basic needs.



Findings & Statistics

Millions of Youths Affected

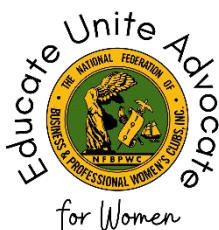
About 3.5 million young adults ages 18 to 25 and 700,000 youth ages 13 to 17 experience some form of homelessness in a given year, according to Chapin Hall, an independent, nonpartisan policy research center at the University of Chicago.

The Risk of Homelessness Varies

Not all young people experience homelessness at the same rate. Youth who are Black (83% higher), LGBTQ (120% higher) and non-white Hispanic (33% higher) all experience greater rates of homelessness.

Wanted: A Unified Definition of Homelessness

Establishing a unified and inclusive definition of youth homelessness is key. Such work makes data collection, sharing and analysis easier across systems and also helps to improve how quickly and effectively these systems can identify and support youth in need.



NFBPWC National Board Meeting:

Date: July 25, 2023

Time: 5PM Pacific, 6PM Mountain, 7PM Central, 8PM Eastern

Time zone tool: [Convert Time Zone Instantly](#) | [Time Difference Calculator](#)

Main Topic: Honoring NFBPWC Herstory and Memories

We will be sending an email requesting a written report from each officer, committee chair, and affiliate president. Please be prepared to submit your written report by July 15, 2023 to secretary@nfbpwc.org.

Meeting agenda: TBA

April 24, 2023 Board of Directors Minutes: TBA

All members are welcome and guests are encouraged for this Board of Directors meeting. We continue to highlight this term's theme to "Cultivate Connections, Create Community" with the focus issue of Women on the Move.

Verbal report question for Board of Directors and Leaders:

Share one inspired NFBPWC memory that is part of your own herstory in this organization.

- Zoom details to be sent after registration.
 - Register at: <https://www.nfbpwc.org/event-5328710>
- BPW International Theme 2021-2024: New Actions through Cooperation

Treasurer's Report



By: Kaley Carmel, NFBPWC Treasurer 2023-2024

At a banking conference a couple weeks ago, I had the pleasure of listening to Robyn Benincasa speak about her tales of adventure racing. Going into the speech, my first thought (and I am sure I was not alone), what does adventure racing have to do with banking. She spoke for an hour, telling us about past races both won and lost, a career ending injury, and lastly about the non-profit she founded called Project Athena Foundation. When it was over, I was left wishing it was longer and finally understood why a banking company hired an adventure racer as their keynote speaker. She was motivational, a leader, but most of all a team player.

Each adventure racing tale she spoke of was tied to leadership qualities that can be applied to any industry. Her 8 Essential Elements of Human Synergy are an acronym for TEAMWORK and a roadmap for building a world class team that can overcome any obstacle and achieve any goal they set out to.

Total Commitment

Empathy/Awareness

Adversity Management

Mutual Respect

We Thinking

Ownership

Relinquishment of Ego

Kinetic Leadership

Robyn closed out saying: "If you want to go fast go alone, if you want to go far go together." I know that NFBPWC has the ability to accomplish anything we set out to because we have the right people here. This organization is filled with women who embody these 8 essential elements and who work extremely hard to make incredible things happen each day. We are all adventure racers; small teams trying to make it through a seemingly endless series of checkpoints in pursuit of a nearly impossible goal, working against extreme time pressures and constantly changing conditions with the goal of doing it better than anyone else. Our goals are so audacious we can't accomplish them alone, but we can blow them out of the water by working together.

NFBPWC Young BPW

By: Emily VanVleck
Young BPW Chair, NFBPWC 2022-2024



BPW members are invited to join the next NFBPWC Young BPW Meeting

If you're between the ages of 18-35 and are looking to collaborate on BPW local and international initiatives -- including career, leadership and women's rights -- then Young BPW is for you!

Join us on the second Tuesday of each month to exchange ideas, information, and support each other.

Time Zones: 4PM PST, 5PM MST, 6PM CST, 7PM EST

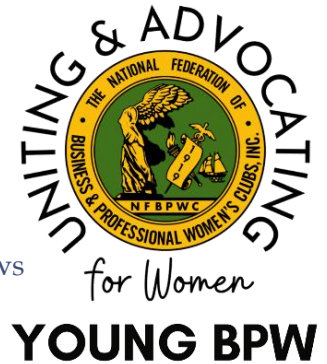
How: Online via Zoom. Details will be provided upon registration.

Who: All interested members are welcome.

Register: <https://nfbpwc.org/event-5320869>

Share With Us!

Are you a YBPW with something exciting to share? Are you working on a cool project or get a promotion? Maybe you are studying abroad! Send me your great news so we can all celebrate your success.



What is Young BPW?

If you're between the ages of 18-35 and are looking to collaborate on BPW initiatives, career, leadership, and women's rights -- then Young BPW is for you!

When you join NFBPWC at the local, chapter, or virtual club level, you automatically become a member of Young BPW. We participate in formal and informal activities that allow us to network with members in our local communities as well as all over the world to exchange ideas and information. We even host an international conference for Young BPW every 3 years!

Email youngbpw@nfbpwc.org to get involved as a Young BPW or Student today!

Keep in the loop of Young BPW activities and join in on them by either following us on:



@YoungBPWUSA



<https://www.facebook.com/groups/YoungBPWUSA>

Immediate Past President Report



By: Sandra Thompson, NFBPWC's Immediate Past President

A couple of months ago I attended a League of Women Voters event. A young lady read a poem that moved me, and I wanted to share it with you. I am printing it with her permission. Her name is Arielle Davis. We are very lucky to have young women like Arielle. This is why we do what we do for this organization.

America's Love Letter to Women on February 14, 1920

*My valentine,
I thought to bring you brownies,
or perhaps a sweet wine.
But I recall you swore off alcohol
and wish your chocolates kept in line.*

*Do not be afraid.
The war's end is in sight.
I will answer your prayer
despite turbulent times.*

*For no love letter, reads sweeter, than a
Ballot.*

To be treated like citizens
is not a difficult request.

To have a say in the laws men made,
a form of expression for women denied
the right to change their own children's lives.
It feels silly to imagine a time when it seemed
the majority were blind,
or could not, should not pick up a pen,
a good education reserved for the "talented tenth."

Woman screamed as she ripped down yellow walls.
She hadn't seen the sunlight in centuries.
Pandora's music box rang out of Woman's throat.
A curse, broken, with a vote.

A mighty thing is a woman's mind,
with the ability to live in between the lines,
in and out of the shadows, under the noses of men.
That small piece of paper was how the government recognized
that there was some semblance of thought behind a woman's eyes.
This ratified the buttresses that women have been,
the confidants of their sins,

the procreator of kin.

We wanted agency, and we took it.
I Walked out of the house,
walked out on our jobs,
marched through the streets.

And then came the first taste of freedom.
She slowly stepped forward.

Suddenly, women had a choice
about whose voices were worthy to uplift.
Suddenly, women could be leaders,
outside of motherhood,
nursing, or teaching.
Suddenly, women had control
over their bodies, boundaries, and souls.
The will of a woman is powerful.

We celebrate one hundred years
of finally being seen and heard.
A seat at the table is what we deserve.

*So when you dream of me, my darling,
remember the gift I gave to you today.
Do not be sad it's not a ring,
it's something better, per se...*

*One of the largest investments I've ever made,
and trust me, you will be paid. The first return
is in six months, actually.*

Love,

America

Signed by the afro of Angela Davis,
Signed by the DNA of Rosalind Franklin,
Signed by the red lipstick of Marsha P. Johnson,
Signed by the senate seat of Mazie Hirono,
Signed by the spaceship of Sally Ride,
and signed by the women who prove everyday that the ballot was made for
us all

Poem by Arielle Davis, WriteGirl Alum and admirer of determination

Environment & Sustainable Development Committee

By: Marikay Shellman, BPW Colorado Virtual
Chair, NFBPWC Environment and Sustainable Development Committee (2022-2024)

Simple Acts: Curbing Your Carbon Emissions: 3 New Driving Habits and 6 Tricks to Making them Stick

By Dina Fesler

When it comes to curbing carbon emissions out on the road, we already know to choose fuel efficient vehicles, keep tires properly inflated, and, of course, carpool when we can. But many of us may not be aware we have some bad driving habits that are significantly increasing our carbon emissions.

BAD HABIT #1: Driving-thru.

Whether at banks, pharmacies, or fast-food chains, idling engines contribute to needless emissions of greenhouse gases. The US [Department of Energy](#) estimates that idling in a car for as little as 10 seconds produces more emissions than restarting a car's engine, and that eliminating idling would be like taking five million vehicles off the roads!

BAD HABIT #2: Searching for parking.

Motorists spend an average of *17 hours a year* searching for parking spots on streets, in lots, or in garages. According to the analysis by INRIX, a leading specialist in transportation analytics, parking hunting adds up to about \$345 per driver in wasted time, fuel, and emissions—not to mention contributing to traffic congestion, which increases emissions even more.

BAD HABIT #3: Being late! Running late not only tempts us to drive at faster speeds, but accelerate faster at stoplights and onramps, increasing our carbon emissions. Even speeding up to pass other cars can lower your gas mileage by 33 percent at highway speeds.

But just like with any other bad habits, we can replace them with new, healthier habits! Here are three new habits to incorporate into your daily driving routine:

NEW HABIT #1: Start skipping the drive-thru lane and, instead, park the car and walk inside to do your business. You'll get more "steps" logged on your FitBit, too.

NEW HABIT #2: Instead of slowly crawling through the parking lot looking for the closest possible spot to the store, try entering the lot from the back. Take the first open spot you find and you'll park in a fraction of the time, lower carbon emissions, get a little exercise, and probably get to the store even faster than you imagined.

NEW HABIT #3: Calm down on your commute by leaving ten minutes earlier. You'll worry less about being late, stay chill during traffic jams and road construction congestion, and burn a lot less fuel!

Now anyone who ever made a New Year's resolution knows that new habits can be hard to maintain. Here are six tricks that help make your new habits stick:

1. Write them Down

The act of writing a goal on a piece of paper actually increases the likelihood of success. Goals that are written will help keep you motivated, accountable, and on track.



2. Commit to 30 Days

According to studies, 30 days is how long it takes to rewire your brain and make a new habit become automatic. If you can power through the first month, the new behavior becomes much easier to sustain.

3. Start Simple

Trying to adopt three new habits at the same time can feel overwhelming. Pick just one of the three new habits to commit to for the first month. Once you make the first one stick you can add the next one, and the next.

4. Remind Yourself

Placing reminders of your goals on post-it notes on your dashboard will help you stay motivated.

5. Run it as an Experiment

Considering the cultivation of a new habit as an “experiment” (rather than a permanent life alteration) can provide a psychological boost to get us started and keep going.

6. Remind yourself of the benefits

Write post-it note reminders about how your new habits are helping the planet!

Three Simple Acts to help the Planet:

Ditch the drive-thru.
Park in the back.
Keep calm... and leave earlier on.

Image:

"File:McDonald's Drive Thru- Manitowoc, WI - Flickr - MichaelSteeber.jpg" by [Michael Steeber from USA](#) is licensed under [CC BY-SA 2.0](#).

Sources:

<https://www.weforum.org/agenda/2019/10/fast-food-cities-ban-drive-throughs-restaurants-climate-change-air-pollution/#:~:text=Drive-through%20lines%20%E2%80%93%20where%20people%20order%20food%20through,%20bad%20for%20drivers%27%20wallets%20and%20the%20planet.>

<https://www.usatoday.com/story/money/2017/07/12/parking-pain-causes-financial-and-personal-strain/467637001/>

<https://www.reefrelief.org/act/tips-for-eco-friendly-driving/>

<https://www.sciencenews.org/article/climate-change-actions-reduce-carbon-footprint>

<https://www.epa.gov/transportation-air-pollution-and-climate-change/what-you-can-do-reduce-pollution-vehicles-and>

<https://www.lifehack.org/articles/featured/18-tricks-to-make-new-habits-stick.html>



How to Boil Water

DURING A BOIL WATER ADVISORY OR ORDER



A BOIL WATER ADVISORY IS A PRECAUTIONARY RECOMMENDATION. A BOIL WATER ORDER IS ONLY ISSUED IF CONTAMINATION HAS BEEN **CONFIRMED**. IN EITHER INSTANCE, RESIDENTS ARE ASKED TO BOIL THEIR TAP WATER BEFORE:



Washing Dishes



Drinking



Cooking



Brushing Teeth

1



Fill pot with water and bring water to full boil (212°F).

2



Allow water to boil for 1-3 minutes.

3



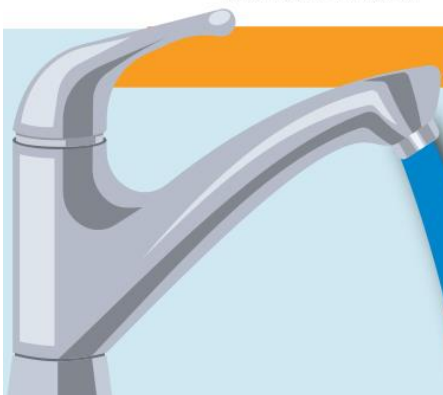
Turn off the heat and allow water to cool for 30 minutes.

4



Pour the cooled water into a container with a sealed lid and store for emergency use.

ADDITIONAL TIPS



IF THE WATER IS CLOUDY BEFORE BOILING IT, PLACE A CLEAN CLOTH OVER A JAR AND POUR WATER THROUGH THE CLOTH TO FILTER IT.



A CAMPFIRE, PORTABLE STOVE OR MICROWAVE CAN ALSO BE USED TO BOIL WATER.



IMPROVE THE TASTE OF BOILED WATER BY ADDING A TEASPOON OF SALT TO EVERY 1/4 GALLON OF WATER.

Zero Waste Initiative by Laurie Dameron

By: Laurie Dameron, BPW Boulder Member

It's Summer: Conserve Water!



It's summertime and water usage goes up. Here are some tips to save water:

- Take showers instead of baths
- Turn off the water while soaping up or install low-flow shower heads
- Take fewer showers
- Install low-flow toilet
- When it's clear leave it here, when it's brown flush it down
- Wear clothing more than once before washing
- Do only full loads of laundry with shortest cycle and use cold water
- Water your garden early morning or evening
- Don't overwater your lawn and garden
- Consider creating Xeriscape in place of grass

I receive emails from gary@SaveTheColorado.org and get updates on our fight against the Gross Reservoir Expansion Project and updates on our Colorado River. Our Colorado River is basically an endangered species. The Glen Canyon Dam and Hoover Dam are at historical low levels which will affect 40 million folks out west getting electricity.

You can visit Save the Colorado (<https://savethecolorado.org/>) and learn more and find out how to support the fight against the Gross Reservoir Expansion. In the next ten years there may not be enough water to fill the DAM thing up!!!

Thank you!

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>

BPW Colorado Chair of Environmental and Sustainable Development
Join a chapter of Business and Professional Women

Health Committee Report

By: Keri Hess Laursen, NFBPWC Health Committee Chair, Downtown Sacramento Member

Health Committee meets the 2nd Monday of each month (except December), at 5pm Pacific time. Please email Health@nfbpwc.org to receive a Zoom link.

Rapid Response Committee Report

By: Susan E. Oser, NFBPWC Rapid Response Committee Chair

If you would like to be involved and help shape what defines the Rapid Response committee, please contact me at rapidresponse@nfbpwc.org and let me know what would be a good day and time for your as well as contact information so you can be added to a WhatsApp group for discussion as issues come forth in the news cycle.

Small Business Committee Report

By: Barbara Bozeman and Marsha Riibner-Cady, NFBPWC Small Business Chairs

Goal Setting (in Business and in Life)

from Entrepreneur and Small Business Committee

They say that some truths are universal – so are some practices. They work for us in life and are as powerful in business as well.



“You gotta have a goal? Do you have a goal?”

How many times have we heard those words? I don’t know about you, but I always hear them in the voice of Kit from the movie Pretty Woman, played by Laura San Giacomo.

When you are setting goals, try using these four words as the foundation of your goal setting process, and you will be in the best position to hit your target.





Question: How will you know if you achieved your goal, if you aren't **SPECIFIC** about what "it" is?

Would a marathon runner run a race if they didn't know where the finish line was?

When you determine your goal, be sure you can recognize your "**finish line**."



Focusing on the good is a better goal setting practice than adopting a negative perspective. Accept that failure or less than perfect is a part of the process but be **POSITIVE** in your goal measurements and standards.



There's an aphorism about having "skin in the game" that speaks to the next term: **IMPORTANT**. When something is important to you, it takes on a more personal priority. When it comes to goal setting, if you can explain why it makes a difference to you – it tends to push up the success rate.



Goal Setting and Wishful Thinking are two different things. One important distinction is that with realistic, achievable goal setting, there must be some element of **CONTROL** within your grasp.

You could buy a lottery ticket, but you have no control over winning.

Examples:

Vague vs Specific: "I want more clients" / "I will get 10 more clients quarter"

Negative vs Positive: "Don't be late for appointments" / "Arrive early"

Making it Important: "The website needs updating" / "Updating the website will keep the customers coming back and shopping"

Out of my control / in my control: I can't control where my ideal clients are, but I can control where I position my products (visibility/proximity to them).



this

Creating specific, positive, important goals that are within your control can be challenging, but it is a worthwhile method for achievement.

Hello from your Chair and Vice Chair of the Entrepreneur and Small Business Committee!

We hope you have enjoyed the programming provided by the Entrepreneur and Small Business Committee over the past 10 months and will join us in September when we resume our monthly programs.

Hosting monthly events that provide education, tools and opportunities to our working members, professionals and business owners has been challenging, successful and from the feedback of attendees, very valuable.

We have had to make a change to the ESB program calendar. We will continue to provide information via one-on-one connections, and share news and information via the website, Facebook and the magazine throughout the summer, but the monthly programs scheduled for June, July and August have been cancelled.

Monthly programs will resume on September 13th. *The ESB schedules events on the 2nd Wednesday of the month at 7pm EST.

We look forward to hearing from you and hope you have a terrific summer.

Women on the Move Committee Report

Nermin K Ahmad, NFBPWC Women on the Move Committee Chair

Members: Sher Singh, Emily VanVleck, Veronica Sexton, Cathleen Jeanty

By: Nermin K. Ahmad

Afghan Women Project:

We wish all our sisters Ramadan Mubarak.

If you are interested in welcoming these new Americans, and answering their questions of offering the hand of friendship please contact us at Afghanwomen@nfbpwc.org, visit our home page at <https://www.nfbpwc.org/Afghan-Women-Project>.



Military Affiliated Women Committee Report



By: Alice Gallop West, NFBPWC Military Affiliated Women Committee Chair

Reminder: Military Affiliated Women (MAW) Committee is open to all members of NFBPWC. We are a committee of individuals that are connected to military women. Are you a spouse of a military woman, a parent, a sibling, a cousin or just a friend..... we have a space for you!

Our Committee will meet every even month this year, contact the Committee Chair to find out how you can support this emerging NFBPWC program. Send your email to: MilitaryWomen@NFBPWC.org

Social Media Committee Report



By: Suzette Cotto, NFBPWC Public Relations Chair

Engage with NFBPWC on Social Media



Organization Page:

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



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



Group Page

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



<https://twitter.com/nfbpwc>



Organization Page

<https://www.linkedin.com/company/nfbpwc>



https://www.instagram.com/nfbpwc_usa/

July Highlights in US Women's History

July Highlights in US Women's History

In July we celebrate essential democratic anniversaries — the birth of the United States on July 4, 1776 and the birth of the Women's Rights Movement on July 19-20, 1848.

Anniversary of the First Women's Rights Conference (July 19 and 20)

On July 19-20, 1848, Elizabeth Cady Stanton and Lucretia Mott spearheaded the first women's rights convention in American History. Over 300 women and men came to Seneca Falls, New York to protest the

mistreatment of women in social, economic, political, and religious life. This marked the first public meeting calling for women's right to vote.

July Women's History Events

- July 2, 1979 – The Susan B. Anthony dollar is released
- July 2, 1937 – Amelia Earhart's plane is lost in the Pacific Ocean near Howland Island
- July 2, 1964 – President Lyndon Johnson signs the Civil Rights Act; Title VII prohibits sex discrimination in employment
- July 4, 1876 – Suffragists crash the Centennial Celebration in Independence Hall to present the Vice President with the "Declaration of the Rights of Women" written by Matilda Joselyn Gage
- July 6, 1957 – Althea Gibson is the first African American woman player to win a Wimbledon title in women's tennis singles
- July 7, 1981 – President Reagan nominates Sandra Day O'Connor as the first woman Supreme Court Justice?
- July 12, 1984 – Representative Geraldine Ferraro (D-New York) is chosen as the first female to run for Vice President of the United States on the Democratic Party ticket with Walter Mondale (D-Minnesota)
- July 14, 1917 – 16 women from the National Women's Party were arrested while picketing the White House demanding universal women's suffrage; they were charged with obstructing traffic
- July 19-20, 1848 – The Seneca Falls Convention, the country's first women's rights convention, is held in Seneca Falls, New York [Women's Rights Movement](https://nationalwomenshistoryalliance.org/events/july/)
- July 20, 1942 – The first class of Women's Auxiliary Army Corps (WAAC) begins at Fort Des Moines, IA
- July 29, 1974. "Philadelphia Eleven" deacons (Merrill Bittner, Alla Bozarth-Campbell, Alison Cheek, Emily Hewitt, Carter Heyward, Suzanne Hiatt, Marie Moorefield, Jeannette Piccard, Betty Schiess, Katrina Swanson, and Nancy Wittig) ordained as the first women Episcopal priests

(Source: <https://nationalwomenshistoryalliance.org/events/july/>)

United Nations Report



By: Susan O'Malley, IFBPWC UN Representative
 NGO CSW/NY, Chair ex officio
 Professor Emerita, City University of New York
UNChair@nfbpwc.org susanomalley4@gmail.com



International Relations Chair Report



By: Sandra Thompson, NFBPWC's International Chair,
international@nfbpwc.org

Reminders of some upcoming events

- Latin America Regional Conference will be held September 6 to 10, 2023 in Santiago, Chile. Santiago, the capital and largest city of Chile, is located in a valley surrounded by the Andes snow-capped peaks and the Chilean mountain range. A place to connect with each other in harmony, surrounded by an exuberant nature.

Their speakers include Michelle Bachelet Former President of Chile Former High Commissioner for Human Rights, Jessica López Sae Minister of Public Works and

Mónica Martínez Co Directora Ethical Business Building the Future. There are also several workshops planned including one led by our own Bessie Hironimus, Past National President USA. For more information, go to the International Website.



- **August 26 is BPW Day.** This will mark the 92nd Anniversary of BPW International. Be sure to wear yellow on that day and post your picture.



Be sure to mark your calendars for the next BPW International Congress which will be held in Mar del Plata, Argentina November 17 to 21, 2024. This is a great opportunity to attend an International Congress and meet sisters from around the world.

BPW-USA Report

By: Emily VanVleck, NFBPWC's Young BPW Chair

BPW-USA was delighted to have BPW delegates worldwide join us in New York City for the Leader's Summit and Clare Fulcher dinner as well as the 67th Commission on the Status of Women (CSW) in March. It was a busy two weeks filled with engaging panels, events, and BPW fun. We look forward to hosting our BPW sisters again next year at CSW68.

BPW-USA has started an exciting new initiative to end period poverty. Led by Young BPW in partnership with Advocacy and Health Committees, the Period Poverty Initiative aims to bring awareness to the issue of period poverty, advocate for legislature to increase access to period products, and end the stigma around menstruation and menopause. This initiative has inspired local chapters to conduct period product drives. We look forward to seeing this initiative grow.

BPW International President's Report



Dear Presidents of BPW

Dear Members

First of all, I would like to excuse myself for the delay in sending out the Newsletters. The long trip to Asia Pacific and two infections of my respiratory system during my trip did not advance this task. To compensate, there will be no summer break. You might even have more leisure to read the BPW News during this time.

During my travel to our Asia-Pacific Region, I attended the 3rd Young BPW International Asia Pacific Symposium 2023 in Taiwan. Totally, there were over 100 young members attending from 13 Asian countries. You will get an impression of this very interesting conference with the title: "Women Leadership: Thriving In A Post-Pandemic World." through this newsletter. The conference was opened by the Keynote of H. E. Dr. Hsiu-Lien Lu, former Vice

President of Taiwan (2000-2008). She sketched the way women had struggled to better their situation in the economic, political, and social sphere in Taiwan and elsewhere. She also highlighted the actual situation of Taiwan and stressed that her country wanted independence and peace.

The main part of the conference focused on three pillars: Smart Education, Transformational Leadership in Economy, and the Cultural Connection: A new Power of Arts and Culture Industry. All three panels were of excellent quality and gave new insights into the three fields. Education will be profoundly transformed through artificial Intelligence, leadership in economy and politics, has to be sustainable to be effective in the long run and Arts and Culture will have a great impact on tourism and preservation of our heritage, but it has to be carefully restored and preserved.

Have a relaxing and wonderful summer (or winter for the southern hemisphere) break!

Your BPW International President 2021-2024

Dr. Catherine Bosshart

Women Leadership Thriving Post-Pandemic World



3rd Young BPW Asia Pacific Symposium 2023 Taiwan

Women Leadership :
Thriving Post-Pandemic World



Dr. Catherine Bosshart
BPW International
President 2021-2024



Dr. Narudee Kiengsiri
BPW International
Regional Coordinator Asia
Pacific



Chularat (Toyting)
Israngkool Na Ayutthaya
1st Vice President United
Nations



Hyun Park (Catarina)
BPW East Asia
Sub Regional Coordinator



Guo Shou Zhen
President of BPW Taiwan



Li Chia Hua
BPW International
Asia-Pacific Region
Young Representative



Group Photo



Speakers/Moderators

Lu Hsiu-lien Annette

Founding President of Taiwan BPW

San-cheng Chang, PH.D

Mayor of Taoyuan City

Wu Zhu Jun

Deputy Director General, Department of
NGO International Affairs

Yang Deng Jin Hua

Counsel of Executive Yuan

Wang Pei Yu

Councilor of Taiwan City Council,
Consultant of BPW Taiwan Taoyuan Young Club

Hou Chia-Lin

Director of Department of Youth Affairs,
Taoyuan City Government

Chularat (Toyting) Israngkool Na Ayutthaya

1st Vice President United Nations

Dr. Catherine Bosshart

BPW International President 2021-2024

Dr. Narudee Kiengsiri

BPW International Regional Coordinator Asia
Pacific

Hyun Park (Catarina)

BPW East Asia Sub Regional Coordinator

Guo Shou Zhen

President of BPW Taiwan

Li Chia Hua

BPW International Asia-Pacific Region Young
Representative

Yeh Gin Rung

Chairman of board Goater Kitchen

Yu Mei Nu

Honorary President of BPW Taiwan

Cai Shu Miao

Chairman of board Laozhuang Garden

Chen Shuang Hsi

Honorary President of BPW Taiwan

Ho Chu Tzu

Honorary President of BPW Taiwan

Pan Carol

Honorary President of BPW Taiwan



Speakers/Moderators

Dr. Samuel K.C. Chang
Chairman, board of Trustees, and Chair Professor
of Chung Yuan Christian University

Dr. Jenny Lind Elmaco, Regional Coordinator,
EURAXESS Worldwide

Dr. Kai-yi Chin - Professor, Department of Data
Science and the Director of
Teaching and Learning Center, Soochow
University

Dr. Trista Chen - Director, AI Research Center,
Microsoft

Dr. Jennifer Chi-ya Chang, Adjunct Visiting
Associate Professor, Department of Business
Administration, Chung Yuan Christian
University

Ms. Carolyn Savage - Sub-Regional Coordinator,
IFBPW Oceania (2017-24)

Ms. Patty Tsai - Founder of Wunjo

Ms. Avipsa Prasai - Young BPW member,
Director of Recycle for a Cause and
Aatmarakshya

Dr. Narudee Kiengsiri, BPW
International Regional Coordinator Asia
Pacific

Dr. Marcantonio Savelli
Art Historian

Dr. Yu-chiou Tchen, Former
Minister of the Council for
Cultural Affairs, Executive Yuan

Shun-Jen Tsai, Founder of TSJ
Art Restoration



Young BPW Breakfast with BPW International President

4
/ 22



6th BPW Mediterranean Symposium in Nicosia, Cyprus (2023)

November 17-18, 2023 – Save the Date!

BPW Cyprus is hosting the 6th Mediterranean Symposium on November 17-18, continuing the success of the past years. More information on this year's Symposium agenda and registration will follow. Save the date.

[Semeli Hotel](#) in Nicosia has provided a special rate for BPW members who join the events!

[> Hotel Reservation with special rate - book now](#)

We are looking forward to seeing you in Cyprus in November 2023!!

[> Website](#)



BPW International Congress, Mar del Plata, Argentina (2024)

BPW International Congress 2024 in Mar del Plata, Argentina, in the period November 17-21, 2024

The XXXI BPW International Congress with General Assembly is planned in the Latin America region and is slowly taking shape.

Thus, the date is set for the period of the week of **November 17-21, 2024**. The venue Mar del Plata and BPW Argentina cordially invite and entice you with a video that can now be viewed on the website.

Allow yourself to be seduced! Plan your big trip for 2024 to Mar del Plata and attend the XXXI BPW International Congress with the theme "New Actions Through Cooperation".

[> Website](#)



XXXI BPW INTERNATIONAL CONGRESS
XXXI CONGRESO INTERNACIONAL BPW



New Actions through Cooperation
Nuevas Acciones de Cooperación

State Federation & Clubs News

NFBPWC Arizona

Executive Committee:

Theresa Dolan President

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

NFBPWC California Federation

Executive Committee 2023-2024:

Maria C. DeSousa	President
Vacant	President-Elect
Anne-Marie Johnson	Treasurer
Katherine Winans	Secretary
Sandy Thompson	Parliamentarian
Bessie Hironimus	Immediate Past President



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

By: Maria C. DeSousa, California Federation President

NFBPWC Colorado Federation

Executive Committee 2023-2025:

Evie Hudak	President
Linda Sue Shirkey, BPW Cherry Creek	1 st Vice President
Angie Layton, BPW Northwest Metro	2 nd Vice President
Sharon Simmons, BPW Boulder	Secretary
Cynthia Wieme, BPW Denver	Treasurer

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

By: Evie Hudak, BPW Colorado - President



BPW Colorado held our **Annual Convention** on **Saturday, June 17**, with the Business Meeting in the morning via Zoom and the social event in person in the afternoon. It was quite an eventful day.

At the Business Meeting, the current slate of officers was re-elected; they were installed in the afternoon at the social event. Therefore, the “new” officers for 2023-2024 are the following:

- President – Evie Hudak (*this is a 2-year term, per the Bylaws, thus 2023-2025*)
- 1st Vice President – Linda Sue Shirkey
- 2nd Vice President – Angie Layton
- Secretary – Sharon Simmons
- Treasurer – Cynthia Wieme

Reports were given at the Business Meeting by all the officers, committee chairs, and chapter presidents. The report on Membership revealed the good news that BPW Colorado has been slowly increasing its membership. We also had reports from special NFBPWC guests – Kathy Kelly, Vice President for Membership, and Kalee Carmel, Treasurer – as well as a letter from National President Megan Shellman-Rickard, which was read to the attendees.

BPW Colorado's affiliate organization, Colorado Women's Education Foundation (CWEF), reported that it has raised \$95,000 to provide scholarships for the next year (which go to women over 25 who are furthering their higher education). CWEF has received 73 applications for this year! Two of the past year's recipients spoke at the social event in the afternoon and told how impactful the scholarship they received from CWEF has been in improving their lives.

At the end of the Business Meeting, I took a moment of personal privilege to thank the Executive Committee members for their extraordinary effort over the past year. Despite each one of us facing some personal challenges at one time or another, the group met faithfully every month to ensure that BPW Colorado remained fiscally sound and fulfilled its obligations. BPW Colorado is fortunate to have such a dedicated group who are willing to continue for another year!

At the social event, we had the opportunity to hear from two members of coalitions we worked with on the passage of our top-priority legislation. Ellen Buckley from the Plaintiff Employment Lawyers Association (PELA) spoke about Senate Bill 23-172, Protecting Opportunities and Workers' Rights. One of the key provisions of this bill is that it eliminates the harsh standard of "severe and pervasive" for employees who suffer from harassment on the job to take legal action. Colorado is the 3rd state in the U.S. to pass this kind of law (New York and California are the others). Louise Myrland from the Colorado Women's Foundation spoke about Senate Bill 23-105, Equal Pay for Equal Work. This bill builds on the state's equal pay law passed a few years ago, when Colorado became the first state to require pay transparency; the bill improves the process for filing complaints against employers who violate the equal pay law, and it expands enforcement of the law.



BPW Colorado officers installed by immediate past president Kathryn Wallace. (Pictured Left)

One of the CWEF recipients speaking at the Social Event. (Pictured Right)



Ellen Buckley
from PELA.
(Pictured Left)

Louise Myrland from the
Colorado Women's
Foundation. (Pictured Right)



Evie Hudak gave her fellow officers a small thank-you gift.
(Pictured Left)

NFBPWC South Florida

Executive Committee 2021-2023:

President	Liz Benham
Vice President Advocacy	Marianne Miccoli
Vice President Membership	Mariela Borrello
Treasurer	Paulina Kucharska
Secretary	Mary Antoine
Immediate Past President	Susan Gingerich

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

By: Liz Benham, President, NFBPWC South Florida Affiliate Chapter

The South Florida BPW Club had our June social at a beautiful venue on the IntraCoastal.

The Summer "Happy Hour" at the Sands Harbor Marina and Resort was well attended and everyone had a wonderful evening!

The club collected 5 bags of clothing for Women In Distress.

Our next Social is scheduled for July 10th as our last summer retreat and our formal meetings will begin again in August.

Wishing all our members a wonderful summer with lots of fun and enjoyment!



Pictured Left: Clothing collected for Women in Distress

Pictured Top Right: VP Marianne and President Elect Wendi



Pictured Left: Members at June Social

NFBPWC Michigan Federation

Executive Committee 2023:

Shirley Zeller	President
Susan Oser	Vice President, Membership
Amy Courter	Vice President, Advocacy
Sue Murphy	Treasurer
OPEN	Secretary

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

By: Shirley Zeller, President, NFBPWC Michigan Affiliate Chapter

The Michigan Affiliates are adding new members. There are three more since the original entry of all Michigan Federation members to NFBPWC. Very exciting!!

We have members participating in various committees at the NFBPWC level. Patty Rayl is working with the Advocacy Committee and Sue Oser is participating in Rapid Response and several others.

That's all for this month!! Have a great summer!!

NFBPWC New York City

Executive Committee:

Nermin K. Ahmad	President
Vanessa Awa	1 st VP Membership
Veronica Sexton	2 nd VP Advocacy
Emily VanVleck	3 rd VP Programs
Voyka Soto	Secretary
Anne Sebestyen	Treasurer
Francesca Burack	Immediate Past President
Djenabou Bah	Young BPW Board Member



For more information about this club, go to: www.NFBPWC-NYC.org or become involved on our social media site, nfbpwc.ning.com.

By: Nermin K. Ahmad, President, NFBPWC New York City Affiliate Chapter

As always, if you have any questions – NYC@nfbpwc.org

NFBPWC North Carolina

Executive Committee for 2023:

Marsha Riibner-Cady	President and Magazine Contributor	nfbpwcnc@gmail.com
Lea-Ann Berst	NFBPWC-NC Webpage Master and Facebook	
Varnell Kinnin	SDG/ Advocacy	
Jo Naylor	Secretary and Bylaws Chair	



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

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

We invite everyone to attend our meetings on the third Thursday of the month at 8:00 pm Eastern by registering online at: www.NFBPWC.org.

Or contact Marsha at 252-423-0819 (text is ok) or nfbpwcnc@gmail.com

Varnell's Relay for life team raised \$15,000 to support Breast Cancer patients in her area! Way to go! Varnell thanks everyone who supported her team!

Our most distant member pays a visit to the homelands!

(Our Secretary and Bylaws Chair, Jo Naylor currently resides in Utah)



Jo Naylor and her daughter, Diana, visited Marsha in NC.

Alice popped in for a visit!

This was the first time Jo and Alice met in person! They had attended Zoom meetings together, been secret Santa's and everything but had never met in person.

A fun time was had by all, even Jo's teenage daughter Diana who took these pictures had a good time!



Our world-renowned advocates need your help!

A word from Marsha:

Lea-Ann and Ashley attended our last meeting.

A stunning but fixable situation regarding *Pioneers in Skirts* was revealed.

Since its release, the feature film, *Pioneers in Skirts*, has garnered user ratings on IMDb.

While the film is currently sitting at a positive 8.7 (weighted) average score, 20% of the ratings are 1 star, the lowest possible option.

From 2021-2022 the filmmakers – NC member Lea-Ann W. Berst and California member Ashley Maria – were enjoying a very high 9.6 (unweighted) average rating.

But recently their score had dropped to a low of 6.4. And, since IMDb detected unusual voting activity on the film, a weighting calculation was applied. Called 'review bombing', many films are being targeted by anti-woke groups.

To combat this effort Lea-Ann and Ashley asked friends and family to log into IMDb and rate their movie fairly. This caused the numbers to go back up, but not to where they should be.

I ask that you please consider joining us as we band together – Women Joining Forces – to support the film and help Lea-Ann & Ashley combat the unfair backlash they've been experiencing.

Pioneers in Skirts

2020 · 1h

Documentary

Pioneers in Skirts is an inspiring documentary addressing the obstacles that can limit a woman or girl's pioneering ambition.

Director [Ashley Maria](#)

Writers [Lea-Ann Woodward Berst](#) · [Ashley Maria](#) · [Stephanie Woodward](#)

Stars [Ashley Maria](#) · [Joan Darling](#) · [Norman Lear](#)

IMDb RATING

★ 8.7/10

62

YOUR RATING

★ Rate

Watch on CuriosityStream

with Prime Video Channels

More watch options

+ Add to Watchlist

3 User reviews

What can you do?

Go to the *Pioneers in Skirts* IMDb page and rate the movie as you see is a fair rating:
<https://www.imdb.com/title/tt3833348/>

(it's going to prompt you to make an IMDb account, it's painless, really, and FREE)

Haven't seen the movie yet? Go here to find out how you can watch it for free:

<https://www.pioneersinskirts.com/watch-the-movie/>

It's unfortunate this is happening with this and many well-deserving films that have the potential to make real positive change in our culture. Thank you for helping them out! Marsha

Marsha's car update:



This is our new Kia Carnival. I'm happy to say that it is fun to drive! It also holds 2 big dog crates for Rotties Astoria and Indie.

And my car insurance only increased 50% since the accident. Well, I wasn't cancelled!

Be well and stay safe out there.

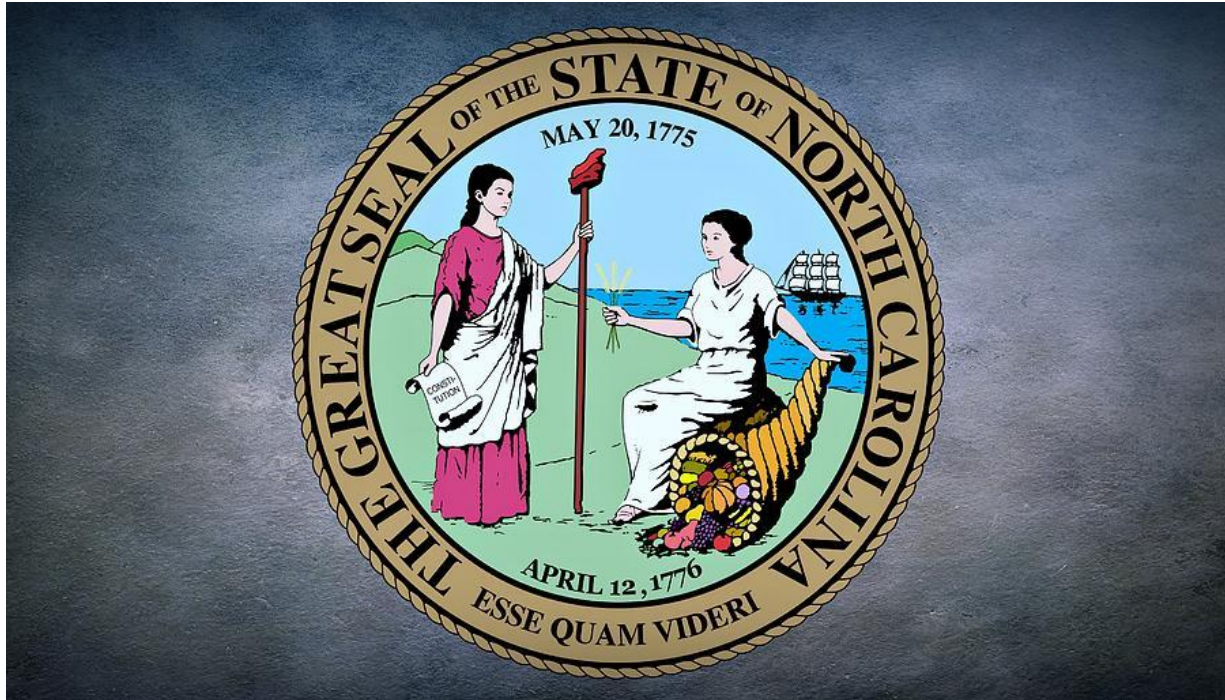
Happy 4th of July to all from NC and beyond!



Women of the Great Seal by Barbara Bozeman

From the early days of the United States, when the first states were colonized, every state has been represented by a seal. Since North Carolina declared its independence, there have been 10 versions of the Great Seal of the State of North Carolina. Most recently, changes / standardizations were made official in 1971 and then the last modification was made by the General Assembly in 1983.

This is the Great Seal of the State of North Carolina:



There are two women in the Great Seal. They are the figures known as “Liberty” and “Plenty.”

Liberty is on the left (red). In her left hand is a pole with a cap on the top. In her right is a scroll with the word “Constitution” on it. Liberty is a version of Athena and Minerva. Athena (Greek goddess) and Minerva (Roman goddess) both represented liberty in their respective country’s mythology.



The cap – came from the Roman Pileus – a cap worn by freed slaves in the Roman era. In colonial times, this liberty cap was a strong symbol of freedom in America and France.

The scroll containing the word Constitution, in her right hand, makes the statement that the Constitution protects Liberty.

Plenty, the woman seated on the right, has her hand on a cornucopia – a symbol of food and abundance. Though what filled the cornucopia over the years has changed, it is also known as the “horn of plenty” which is a symbol for the vast and diverse resources of this state.

The Great Seal of the State of North Carolina is one of only nine state seals (including the District of Columbia) with women on their state seals.

State Seals with Women: Arkansas, California, District of Columbia, Florida, Idaho, New Jersey, New York, and South Carolina.

You are cordially invited to
**A Virtual Tea
Party**



Sunday, July 9th,
3pm Eastern Standard Time

We will welcome your attendance
As we honor and commemorate
the first Women's Rights Convention
held in July of 1848.

Sign up to attend via the NFBPWC
website Events Page

Your Hosts:

Mrs. Marsha Riibner-Cady
NFBPWC-North Carolina President
And

Mrs. Barbara Bozeman -
NFBPWC -Virtual Chapter President



Pennsylvania Affiliate Chapter

Executive Committee 2023:

Catherine (Cathy) Collins	President
Laura Whetstone	Vice-President
Nancy Werner	Recording Secretary
Denice Robinson	Treasurer
Teresa Miller, Esq.	Parliamentarian
Lilly Gioia	Legislation/Advocacy
Nancy Werner	Immediate Past President and Membership

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

By: Cathy Collins, President

PA AFFILIATE CHAPTER MEMBERS pictured below were in attendance at the 103rd Annual BPW/PA Convention in Langhorne, PA June 9-11, 2023. Pictured below are Denice Robinson, Diane Lewis, Julian Doyle, Donna Weinstein, Nancy Thomas, Joan LaSalle, Ella McElwee, Carole Turk, in the middle row. Jennifer Forest, Nancy Werner, and Cathy Collins in the front. In the back row- Amanda Collier, Laura Whetstone, Joyce Turner, Mary Stevens, and Terry Miller.



Our goal this year is to focus on increasing membership through increased visibility and interpersonal contact. Members staffed a vendor table at this Convention and promoted PA Affiliate Chapter Membership. The 2023 National Women's History Alliance publication was provided to our members and copies were available at the vendor table. We placed an ad in this publication promoting the PA Affiliate Chapter. We also held a drawing to award two cash prizes. Those in attendance at the Convention could sign up at our table for a chance to win.

Membership applications were available as well as brochures, my Annual Report, the NFBPWC Advocacy Platform, the most recent NFBPWC Newsletters, business cards noting the NFBPWC Website, candy, keychains, pens, and pins with a special label and stickers created by member Amanda Collier and her husband. The label promotes ERA NOW!! Both the label and vendor table are pictured below.



MEMBER RECOGNITION: Member Emily Holgash was named BPW/PA State Woman of the Year at the 103rd BPW/PA Convention. Emily is a very active member in not only the heritage organization, but also our Affiliate Chapter. She holds a degree in Chemistry from Indiana University of Pennsylvania and is currently employed as a Business/Cost Analyst at BCL Manufacturing in Windber, PA. Ms. Holgash has held many Chairs and Offices at all levels of BPW to include Past State President of the Heritage organization. Emily is a 20+ year member of the National Contracts Management Associates where she has held various officer positions. In her spare time she served as a Director of Music Ministries at St. Anthony of Padua Church in Windber and holds several certifications in Lay Ministry as well as Cantor's Certifications. Congratulations to Emily!

PA affiliate Chapter members Nancy Werner and Cathy Collins attend NFBPWC Membership Committee Meetings via Zoom with Kathy Kelly, Vice President (Membership) and the Membership Committee twice per month.

Lilly Gioia, PA Affiliate Chapter Legislation/Advocacy Chair continues to provide the members with the latest legislation issues affecting women and Pennsylvania happenings affecting women. Lilly attends monthly NFBPWC Advocacy Meetings as part of the NFBPWC Advocacy Team.

Lilly reported that one issue that was discussed was the Period Poverty Initiative. This committee, chaired by Emily VanVleck, is focused on raising awareness about those girls and women unable to afford period products and are missing school and other things because of this. The committee tried to assist members in Florida where the legislature intended to pass a bill prohibiting any mention of "menstruation" before the 6th grade in public schools. Lilly drafted a letter to editors of a half dozen Florida newspaper editors condemning the bill, particularly because many girls begin menstruating in 4th and 5th grades. A Florida member sent the letters, but the bill passed anyway. Lilly also wrote to the U.S House of Representatives Democratic Women's Caucus, requesting that they add menstruation education and period poverty to their mission statement agenda. She

also sent four letters to our four Pennsylvania Congresswomen, asking them to take leadership in the Democratic Women's Caucus on this issue. Since then California Rep. Judy Chu introduced a bill on this issue.

At the NFBPWC Advocacy meeting Lilly spoke about FEMICIDE and the potential for more guns being returned to domestic abusers who were forced to relinquish their firearms under Protection Orders. The 2022 Supreme Court Ruling NY State Rifle & Pistol Association v. Bruen ruling is being used, not only by abusers seeking to get their guns back, but can be used as a legal means of having ALL gun safety laws declared unconstitutional as violations under the Second Amendment. Refer to Lilly Gioia's update on Femicide Part I, which follows this Report. Femicide Part II will be available in the August newsletter. We are grateful for all of Lilly's research and in-depth analysis.

We continue to provide information on our Facebook page thanks to members Ginny Bailey and Emily Holgash, who continue to research and place information on this page.

Members have been encouraged to continue to review the NFBPWC Website and monthly newsletter and to take advantage of the great programs that are offered. The International BPW Newsletter is also available to members.

The next meeting of the PA Affiliate Chapter has been scheduled for August 13, 2023, at 7:00 pm. Via Zoom. We will not have a meeting in July.

Pennsylvania Advocacy Report

By: Lilly Gioia, BPW Pennsylvania Legislation (Advocacy) Chair

*** FEMICIDE – PART I ***

DO WOMEN'S LIVES MATTER TO FEDERAL COURTS?

NEW YORK STATE RIFLE v. BRUEN – VIRTUALLY NO GUN REGULATION IS SAFE:

In its 2022 session the U.S. Supreme Court overturned Roe v. Wade. As all attention turned to women's reproductive health advocacy, the immediate focus was on protecting access to abortion care in individual states. But another 2022 blockbuster ruling called N.Y. State Rifle & Pistol Association v. Bruen was not then identified as the equally serious threat to women's lives it has become. In the 12 months since, federal courts in several states have ruled in favor of restoring gun access to domestic abusers based upon the Bruen 6-3 majority ruling written by Justice Clarence Thomas. Bruen trashed more than a decade of case law governing which gun laws are constitutional. It is just as much a life and death threat to women as the Dobbs ruling because now Orders of Protection in some states can no longer prevent domestic abusers from getting or keeping their guns! Just days after the Bruen ruling struck down New York's 100 year-old law restricting concealed carry, President Joe Biden signed the Bi-partisan Safer Communities Act. As the first major gun safety legislation passed by Congress in nearly 30 years, the Safer Communities Act does allow those convicted of misdemeanor domestic violence crimes to restore gun rights after five years if no other crimes are committed. However, Second Amendment expert, UCLA Law Professor Adam Winkler, noted much of the new bi-partisan bill could be endangered by the Bruen opinion. (2022 was the second highest year on record for mass shootings in America.)

In March of 2019 Stephanie Miller drove to a Radnor PA Wawa to pick up her son in what was supposed to be one of her regular custody exchanges with his father. Over the years her ex-husband had threatened her. Miller had received a Court protection from abuse order which had expired only months earlier. She chose a crowded, public spot for the custody exchange thinking it would protect her. It didn't. That day Miller's ex-husband shot and executed her. Stephanie Miller was one of more than 1,600 people who died in Pennsylvania over the past 10 years as a result of domestic violence. In 2021 alone, 112 Pennsylvania victims lost their lives during violent incidents involving family or intimate partners, according to the PA Coalition Against Domestic Violence.

Writing in Vox, Ian Millhiser concluded “Vast swaths of American gun laws are now in terrible danger.” The 2022 Bruen ruling now puts the burden on the government to prove in courts that a gun regulation “is consistent with this nation’s historical tradition of firearms regulation.” Under this twisted and confusing standard, gun regulations from the 1700’s based on historical evidence, will determine the availability of guns now in the 21st century. Among other things, early American laws rarely offered much, if any, protection to victims of domestic violence. Post Bruen, many judges who once depended on a 30-year federal law calling for gun removal, are struggling now with murky guidelines.

State lawyers who are not trained as historians and who may know very little about how to research ancient gun regulation, now must learn those skills on the fly. Should they fail to convince a judiciary dominated by conservative Republican appointees, their state’s firearms laws could be declared unconstitutional. In a domestic abuse case a Texas appeals court initially ruled for gun removal, but the case was subsequently refiled after the Bruen decision to seek a different outcome. The very conservative 5th Circuit Court ruled that a man who pleaded guilty to violating a protective order and threatening his ex-girlfriend, their child and a neighbor at gun point, can keep his weapons based on Bruen. Six conservative Supreme Court Justices who overturned Roe v. Wade, simultaneously have authored a devastating decision for anyone who cares about reducing gun violence.

KENTUCKY JUDGE STRIKES DOWN LAW BANNING GUNS IN DOMESTIC VIOLENCE CASES:

In February 2023, saying it violates the Second Amendment rights of gun owners, a Kentucky federal judge struck down a law that bans subjects of domestic violence orders from buying or possessing firearms. Kentucky has the second highest rate of domestic violence, according to reported data. Domestic violence advocates say the ruling will put them and others at risk, according to a Kentucky Courier Journal report. “When people who commit domestic violence have access to firearms, the lethality risk increases by 1,000% for survivors, their families and for community members,” a Kentucky Coalition Against Domestic Violence statement said. Kentucky courts handle nearly 4,000 domestic violence cases a year. Charges were dismissed against Sherman Combs, a “prohibited person,” for possessing a .357 Magnum revolver after a protective order was issued to his wife. U.S. District Judge Danny Reeves said the federal statute violates the Second Amendment which says the “right to keep and bear arms shall not be infringed.” Judge Reeves cited the U.S. Supreme Court 2022 decision *N.Y. State Rifle & Pistol Association v. Bruen*, stating a gun control law can only stand if it “aligns with the nation’s historical tradition of firearms regulation.” For now the decision is only binding in the Eastern District of Kentucky. Thomas Lyons, Combs’ attorney, acknowledged it could increase the risk of harm for domestic violence victims but said, “Protection of constitutional rights often has societal costs.”

CNN reported that striking down gun control measures will discourage victims from coming forward. When a victim decides to come forward and seek a court’s intervention, it is a particularly vulnerable time for her. Victims feel safer when protective orders come with a two-prong effect of both keeping their abuser away and depriving them of a lethal weapon. More abusers are now returning to courts since Bruen. They are asking their prior convictions be thrown out under the new 5th Circuit Appeals Court ruling that the law removing their firearms is unconstitutional. Heather Bellino, CEO of the Texas Advocacy Project, said, “People are going to know that their abuser still has their gun. They’re going to continue to live in absolute, abject fear.” According to the Centers for Disease Control & Prevention, guns are used to commit nearly two-thirds of intimate partner homicides. Some state jurisdictions have used federal law to force an alleged abuser to turn over his weapons once he is placed under a protective order, according to Julia Weber, director of the National Center on Gun Violence in Relationships at the Battered Women’s Justice Project.

That makes federal law a critical tool for urging survivors to leave their abusive situations, even if the law’s enforcement has been inconsistent across the country. Ruth Glenn, a domestic violence survivor who was shot by her estranged spouse, recalled to CNN how simply being aware that her abuser owned a firearm made her fearful, even when he wasn’t actively wielding it against her. “The entire idea was there was always a threat and knowing that the firearm was there, was such a control mechanism,” Glenn said.

FEMICIDE IS UP; AMERICAN HISTORY SAYS THAT'S NOT SURPRISING:

“Father of Idyllic Family Charged After Driving Tesla Off Cliff”

“Utah Man Kills Wife, Five Children & Mother-in-Law, Police Say.”

In February the Washington Post reported these January headlines in a story about 2023 being on pace to top the previous years' rates of femicide, the crime of men, nearly always current or former intimate partners, killing women. Between 2014 (the lowest year on record) and 2020, the incidence of femicide in the United States has increased by 24%, according to a September 2022 Violence Policy Center report. Intimate partner violence rose an estimated 8% during the coronavirus pandemic and does not appear to have subsided. Among our peer countries, the United States accounts for 70% of incidents of femicide (in large part due to accessibility of firearms in the US). Media reports often neglect to shine a light on this chilling reality, Kimberly Hamlin wrote in the Post 2/3/23. Feminist activist Diana Russell began using the term “femicide” in 1976 at the first International Tribunal on Crimes Against Women, to describe the “killing of females by males because they are female.” Yet in the U.S., the term “femicide” is rarely used to describe the killings of women by men that takes place on American soil every day.

After the 1994 passage of the Violence Against Women Act (VAWA), rates of domestic violence decreased. Why, then since 2014, are more women dying? The Post noted how in 2018 and 2019, Congress floundered over a VAWA provision that would have limited gun access for perpetrators of domestic violence. Arguments about closing the “boyfriend loophole” raged based on fierce N.R.A. opposition. Kimberly Hamlin called out the arc that runs “from former president Donald Trump’s crass comments about groping women’s bodies to the overturning of Roe v. Wade” having implications not only for public policy, but also for the lives and deaths of women. A significant change is the normalization of a national discourse that dehumanizes women by describing them as sexual objects and/or reproductive vessels, Hamlin wrote.

FEMICIDE IN THE U.S. – THE SILENT EPIDEMIC FEW DARE TO NAME:

This headline in The Guardian covered FBI statistics on nationwide homicides. Homicide is the 4th leading cause of death for girls and women ages one to 19 and the 5th leading cause of death for women 20-44, according to the Centers for Disease Control & Prevention. An average of 70 women are shot and killed by an intimate partner every month in America.

According to FBI analysis of all female homicides accounted for in 2018 where the relationship between perpetrator and victim could be identified, 92% of cases involved women or girls killed by a man they knew. (63% of them were killed by a current husband or ex-husband or current boyfriend). American female intimate gendered killings are happening at a staggering rate. An essential and consistently missing part of the puzzle precedes physical violence and has more to do with power and male entitlement over women according to Mississippi judge Scott Colom. He told the Guardian, “Toxic masculinity does not know class. Historically, there’s been a problem with how men have been taught to view women. What I see is that they are treating women like their property. Like, ‘This person belongs to me. If I can’t have her, nobody can have her. If I am not happy, it’s her fault.’ It’s a frame of mind, of toxic masculinity that I see all the time,” Colom says. Teaching men to get out of this frame of mind is crucial. Without doing this, we are left living in a country that has silently accepted femicide as a by-product of its structure – to the extent that it doesn’t even bother mentioning it.”

Five women each day are killed by men, double what it was 30 years ago. Homicide is now a leading killer of pregnant women. Men fearlessly threaten and commit violence against women because there are rarely consequences, noted Equal Means Equal lead attorney Wendy Murphy in a Boston Globe Op-Ed. The CDC estimates that about 1/3 of American women report experiencing some form of “severe physical violence” from intimate partners during their lifetime. This can have long-term consequences for them and their children.

“Scranton Man Pleads Guilty to Murder of Wife”

This headline tells local newspaper readers how Thomas R. Evans, 38, stabbed and shot his wife, Tara, to death in their Lackawana County home on 9/13/20. He “slashed Tara Evans’ throat, stabbed her and shot her in the back of the head after learning she planned to leave him. Her 14-year old son found her body wrapped in plastic

and stuffed inside a trunk in a bedroom.” Paul Ackourey, Evans’ attorney said in court, “It’s tragic that steps were not taken before to address the root problem.” The son who found his mother’s body was offered counseling services, but declined them.

NFBPWC Paso Del Norte

Executive Committee:

Lourdes Reynes President

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

NFBPWC Virtual Club

Executive Committee:

Barbara Bozeman	President
Valentina Solarin	Secretary
Kalee Carmel	Treasurer
Daneene Monroe-Rusnak	Immediate Past President

For more information, you can visit the website at: <https://www.nfbpwc.org/Virtual>
Or email: virtual@nfbpwc.org

Defend yourself against cyber hackers this July with the Virtual Chapter of NFBPWC.

Dodge dastardly cyber hackers with cyber safety advice from risk management professional Kalee Carmel. Kalee is the Cash Management Portfolio Manager at Adams Community Bank in the Berkshires, MA, where she protects her customer's assets and educates them in current cyber trends and best practices to stay safe in today's digital world. July's program will provide attendees with tips and tricks for staying safe online and provide ample opportunity for attendees to ask live questions.

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**Secure Your Cyber Life**

*Learn to protect yourself in today's digital world from cyber safety and risk management professional Kalee Carmel.*

Learn to:

- Quickly identify hacking attempts
- Lower your risk profile
- Protect and monitor your personal information

Virtual Chapter programs are scheduled for the third Wednesday of the month and meet at 8pm EST via Zoom.

Registration for all Virtual Chapter programs/ meetings is available on the NFBPWC website.

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Virtual Chapter Welcomes Our Newest Member, who joined in June

Rita Thornton



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### **Virtual Chapter Members who celebrate their special day in July**

**Valentina Solarin – July 4<sup>th</sup>**

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Getting “Sentimental” and Celebrating our history in July. How about a tea party?

Most of us are aware that the first convention on women’s rights was held in Seneca Falls, NY on July 19th and 20th, 1848.



As often is true, there is more to the story – and it began with a simple tea party on July 9th, 1848, at the home of Jane Hunt. On the guest list were Elizabeth Cady Stanton, Lucretia Mott, Martha Wright, and Mary Ann McClintock.

Though the fare was light – the conversation was not, and by the close of the evening, this team of five took the first steps that would change women's history forever.

Enjoy a cup of tea on July 9th and celebrate!

It was a thrill for me to visit Seneca Falls and the Women's Rights National Historic Park in May of 2022.



Images above are from the interior of the Wesleyan Chapel



Images above are the Wesleyan Chapel (left) the open area is a lovely water feature with the complete Declaration of Sentiments and names of all the signers and the museum (right).

See the full Declaration of Sentiments at:

<https://www.nps.gov/wori/learn/historyculture/declaration-of-sentiments.htm>

Happy July from the Virtual Chapter – NFBPWC

Barbara Bozeman, President

Virtual Club | NFBPWC Benefits

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 for members not associated with another NFBPWC organization.) Click here for more information: [NFBPWC Virtual](#). Check out this link for more news (below) about the [NFBPWC Virtual Club](#)

Which NFBPWC Benefit is most valuable to you?

As our organization continues to grow, it is imperative to communicate the value of a membership at NFBPWC. For less than \$5 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 the time to access and utilize of what is offered.

Please email Kathy Kelly, 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.

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

- **Regular Zoom meetings to support members and the ability to use our Zoom platform.**
- Grow through NFBPWC's formal **Lifelong Leadership and Learning Program**.
- Share your successes on the **NFBPWC Spotlight**: <https://www.nfbpwc.org/spotlight>.
- Partake in **business opportunities** for partnering and procurement, nationally and globally through BPW.
- **Member Spotlight** in the magazine, on the website, and on social media platforms (Email vpmembership@nfbpwc.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.
- **Advocate for women's issues** on a national and international level and **cultivate worldwide friendships** in one of the original women's networking organizations!



Advertising Opportunities with NFBPWC

The Executive Committee has approved the following Advertising Opportunities in the NFBPWC monthly e-Magazine. Your targeted audience ... women who support women.

If you are interested in advertising your business in our monthly e-Magazine, please follow the following procedure:

DEADLINES FOR SUBMISSIONS OF ADVERTISING are 2 weeks before the end of the month.

As an example, if you wish to advertise in the upcoming March e-Magazine, you must send your submission and payment on or before February 14, 2023.

1. Submit your digital image to the Executive Committee as an attachment to: ec@nfbpwc.org

Format requirements: Static images only in JPG or PNG format. NFBPWC reserves the right to refuse any advertising that does not conform to our mission statement.

2. Submit the appropriate payment amount using the pricing schedule below by Zelle, Venmo, or PayPal to: treasurer@nfbpwc.org

You can submit a check, but this may cause a delay in your advertisement being approved if payment is not received before the deadline submission date. Checks are made payable to: "NFBPWC" and mailed to Deborah Fischer/NFBPWC, 748 North Downing Street, Denver, CO 80218.

If you are paying by check, I would also suggest that you email the treasurer@nfbpwc.org to let her know that the check is being mailed.

3. You will receive a response from the Executive Committee after they have reviewed your submission.
4. If your submission is accepted by the Executive Committee, they will forward your submission to the Newsletter Chair (newsletter@nfbpwc.org) for publication in the next monthly newsletter.

Here is our pricing per month for current NFBPWC Members:

- Full page \$85
- Half page horizontal \$50
- Half page vertical \$50
- Quarter page \$25

Here is our pricing per month for Non-Members:

- Full page \$100
- Half page horizontal \$65
- Half page vertical \$65
- Quarter page \$40

National Federation of Business and Professional Women's Club's (NFBPWC) Advocacy Platform 2022-2024

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

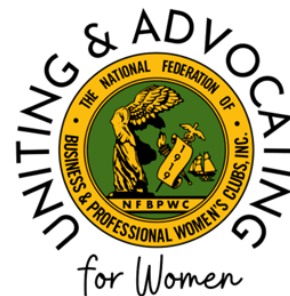
- Access to pay equity and retirement equity
- Access to education, training, and promotional opportunities
- Access to equal opportunities in the workplace and corporate boards
- Access to women business enterprise procurement process
- Access to quality, affordable dependent care (child, elderly or disabled)
- Access to funding and capital for entrepreneurial activity
- Access to affordable and attainable housing
- Support repeal of Forced Arbitration as a sole means of dispute resolution

Health Equity and Justice

- Access to affordable reproductive healthcare, including contraception and legal abortion 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

- Passage of the Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW)
- Ratification of the Equal Rights Amendment (ERA)
- Eradicate Domestic Violence and the Electronic and Physical stalking, sexual harassment, sexual abuse and discrimination
- Support universal background checks for all ~~firearm~~ gun purchases
- Reinstate the Violence Against Women Act
- Oppose human trafficking, sexual exploitation and slavery
- Equal education opportunity including adequate funding of public education, preschool through postsecondary
- Support equal rights for LGBTQ+ persons
- Support equal treatment of and end discrimination against all women
- Support policies and practices that promote environmental sustainability
- Support the endeavors of and improve conditions for military-affiliated women
- Support our women in prisons
- Support protection of human rights and equitable treatment of all migrants, including refugees and asylum seekers



Since 1919, the National Federation of Business and Professional Women Clubs, Inc. have been working to empower women through our mission to develop the professional, business and leadership potential of women at all levels.

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 five regions and 100 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 legislative 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 Ambitions

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 globally.
- Engage in networking and mentoring programs.
- Continuous development of personal and professional skills through the Lifelong Leadership and Learning© Program.
- 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 Executive Committee and Board of Directors working to achieve the mission and goals of NFBPWC while supporting a member-based organization.
- Connection to a network of hundreds of women nationally and over 30,000 women internationally in 100 countries.
- Leadership opportunities locally, regionally, nationally, and globally.
- National support through a coordinated digital communication platform: social media, email, website, video conferencing, and monthly e-magazine.
- Platforms and leaders that support membership growth and brainstorm for recruitment.
- Access to a national 501c3 parent organization and guidance in creating localized nonprofit status.
- Support and guidance for documents and procedures needed to run an effective, efficient, and thriving organization.
- Vibrant Young BPW and BPW Student programs to support growth and new leadership.
- Rapid response system for members to advocate for legislative issues affecting working women.

Individual Benefits

- Cultivate worldwide **friendships** in one of the original women's organization.
- Formal Lifetime Leadership and Learning (L3) personal and professional growth education programs.
- Formal Mentoring Program.
- Business networking opportunities to market and support your own business and professional services.
- Access to the Young BPW Program (age 18-35) that is supported both globally and nationally.
- Access to Student Membership opportunities.
- Members-Only 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.
- 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.
- Informative monthly e-magazine 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 \$50.00 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 organizations within NFBPWC for more information on their dues structure by visiting:

www.NFBPWC.ORG



LADIES, YOUR HEALTH IS IMPORTANT!

The **Good Health Program** was designed to help NFBPWC members and their families save on costly health care and wellness expenses. Enjoy discounts on telemedicine, vision, dental, prescription drugs and more!



Good Health Program makes it easy to save money on the care you need. As a member, you can save 15% to 50% on your prescription medications along with vision care savings of 15% off contact lens exams. You'll also see dental savings of 20% to 50% off most dental procedures. Plus, as an added bonus, plan members will receive virtual access to round-the-clock doctors and mental health professionals. Sign up for the Good Health Program today and start saving!

GOOD HEALTH PROGRAM FEATURES:



Save 20% to 50% on most dental procedures including routine oral exams, unlimited cleanings and more



Direct access to state-licensed and fully credentialed doctors, via phone or video consultations



Save on eye exams, contact lens exams, glasses and more



Access to mental health assistance from licensed counselors via virtual or telephonic counseling sessions



Save on generic drugs and brand name prescriptions

See the reverse side for more plan information.

What's Included in this plan?

Telemedicine

DialCare Physician Access is a modern, easy-to-use telemedicine solution for non-emergency illnesses and general care. Members and their families have direct access to state-licensed and fully credentialed doctors, via phone or video consultations, to receive treatment and advice for common ailments, including colds, the flu, rashes and more.

Mental Wellness

DialCare Mental Wellness is a program designed to provide safe, secure and private means of seeking mental health assistance from licensed counselors via virtual or telephonic counseling sessions.

A consult fee of \$70.00 applies to all consults.

Dental Care

Save 20% to 50% on most dental procedures including routine oral exams, unlimited cleanings, and major work such as dentures, root canals, and crowns through one of the largest dental networks nationally with a focus on neighborhood dentists.

Vision Care

VSP Vision Savings Pass is a discount vision program that offers savings on eye care and eyewear. Members receive Exclusive Member Extras and special offers in addition to access to discounts through trusted, private-practice VSP doctors on eye and contact lens exams, glasses, and sunglasses.

This plan is not insurance.

Not available in WA.

Prescriptions

Members are entitled to prescription savings from 15% to 60% off the retail price of generic drugs and from 15% to 25% off the retail price of brand name drugs at over 62,000 participating pharmacies nationwide.

Plan Options

 **Member Only**
\$16.00 / month

 **Member + 1**
\$20.00 / month

 **Member + Family**
\$25.00 / month

Use Promo Code **NFB10** for 10% off retail rates.

To learn more about how you can get started today, visit
nfbpwc.solutionssimplified.com or call us at **(855) 335-2255**.

Disclosures: THIS PLAN IS NOT INSURANCE and is not intended to replace health insurance. This plan does not meet the minimum creditable coverage requirements under M.G.L. c.111M and 956 CMR 5.00. This plan is not a Qualified Health Plan under the Affordable Care Act. This is not a Medicare prescription drug plan. The range of discounts will vary depending on the type of provider and service. The plan does not pay providers directly. Plan members must pay for all services but will receive a discount from participating providers. The list of participating providers is at nfbpwc.solutionssimplified.com. A written list of participating providers is available upon request. You may cancel within the first 30 days after effective date or receipt of membership materials (whichever is later) and receive a full refund. Discount Plan Organization and administrator: Careington International Corporation, 7400 Gaylord Parkway, Frisco, TX 75034; phone 800-441-0380. This plan is not available in Vermont or Washington.

