

NFBPWC Magazine

SEPTEMBER 2023 ISSUE

**93RD ANNIVERSARY
OF BPW INTERNATIONAL**

BECOME A MENTOR
APPLY TODAY!

PERIOD POVERTY
Join the Fight!

**GENDER-BASED
VIOLENCE**
**CONFRONTING OUR
INNER DEMONS**

ARE YOU READY FOR BUSINESS WEEK?

*Honor and Recognize the
Achievements of Working Women!*



In This Issue for September 2023

Events	2
About NFBPWC	3
President's Message – Megan Shellman-Rickard	4
Membership News – Kathy Kelly	5
Advocacy Report – Daneene Rusnak	6
LGBTQ+ Team Report – Susan Oser	7
ERA Team Report – Nancy Werner	7
Secretary Report – Sondra Nunez	11
Young BPW – Emily VanVleck	13
Immediate Past President Report – Sandra Thompson	14
Environment Report – Marikay Shellman	15
Bring Back the Pollinators – Marikay Shellman	15
Zero Waste Initiative – Laurie Dameron	16
Health Committee Report – Keri Hess Laursen	17
Rapid Response Committee – Susan E. Oser	17
Small Business Committee – Marsha Riibner-Cady	18
Women on the Move Committee – Nermin K. Ahmad	22
Gender Based Violence Committee – Veera Mahajan	22
Military Affiliated Women Committee – Alice Gallop West	23
Public Relations Committee – Suzette Cotto	24
United Nations Report – Susan O'Malley	25
International Relations Report – Sandra Thompson	27
Justice, Equity, Diversity and Inclusion Report	28
Mentoring Report	28
BPW International – Happy 93rd Anniversary	30
BPW International Project – A Van for Chernihiv	30
BPW International – Help for Turkey	31
NFBPWC Arizona	33
NFBPWC California Federation	33
NFBPWC Colorado Federation	36
NFBPWC Florida Affiliate	37
NFBPWC Michigan Federation	37
NFBPWC New York City	38
NFBPWC North Carolina	38
Pennsylvania Affiliate Chapter	42
PA Advocacy Report – Lilly Gioia	44
NFBPWC Texas Affiliate	48
NFBPWC Virtual Club	49
Virtual Club NFBPWC Benefits	51
Advertising Opportunities with NFBPWC	52
NFBPWC Advocacy Platform	54
Benefits of Connecting with NFBPWC	55

Submission Deadline for the October Magazine is Friday, September 22nd at 7:00 pm Eastern Time

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

THE NFBPWC MAGAZINE ARCHIVE			
2022-2023 NFBPWC Magazine EDITIONS			
2022 NFBPWC Magazine	2023 NFBPWC Magazine		
• NFBPWC 2022 January Magazine.pdf	• NFBPWC 2023 January Magazine.pdf	• NFBPWC 2021 January Newsletter.pdf	• NFBPWC 2021 October Newsletter.pdf
• NFBPWC 2022 February Magazine.pdf	• NFBPWC 2023 February Magazine.pdf	• NFBPWC 2021 February Newsletter.pdf	• NFBPWC 2021 November Newsletter.pdf
• NFBPWC 2022 March Magazine.pdf	• NFBPWC 2023 March Magazine.pdf	• NFBPWC 2021 March Newsletter.pdf	
• NFBPWC 2022 April Magazine.pdf	• NFBPWC 2023 April Magazine.pdf	• NFBPWC 2021 April Newsletter.pdf	
• NFBPWC 2022 May Magazine.pdf	• NFBPWC 2023 May Magazine.pdf	• NFBPWC 2021 May Newsletter.pdf	
• NFBPWC 2022 June Magazine.pdf	• NFBPWC 2023 June Magazine.pdf	• NFBPWC 2021 June Newsletter.pdf	
• NFBPWC 2022 July Magazine.pdf	• NFBPWC 2023 July Magazine.pdf	• NFBPWC 2021 July Newsletter.pdf	
• NFBPWC 2022 August Magazine.pdf	• NFBPWC 2023 August Magazine.pdf	• NFBPWC 2021 August Newsletter.pdf	
• NFBPWC 2022 September Magazine.pdf	• NFBPWC 2023 September Magazine.pdf	• NFBPWC 2021 September Newsletter.pdf	
• NFBPWC 2022 October Magazine.pdf	• NFBPWC 2023 October Magazine.pdf	• NFBPWC 2021 October Newsletter.pdf	
• NFBPWC 2022 November Magazine.pdf	• NFBPWC 2023 November Magazine.pdf	• NFBPWC 2021 November Newsletter.pdf	
• NFBPWC 2022 December Magazine.pdf	• NFBPWC 2023 December Magazine.pdf	• NFBPWC 2021 December Newsletter.pdf	
2021 NFBPWC NEWSLETTERS			
• NFBPWC 2021 January Newsletter.pdf	• NFBPWC 2021 April Newsletter.pdf	• NFBPWC 2021 July Newsletter.pdf	• NFBPWC 2021 October Newsletter.pdf
• NFBPWC 2021 February Newsletter.pdf	• NFBPWC 2021 May Newsletter.pdf	• NFBPWC 2021 August Newsletter.pdf	• NFBPWC 2021 November Newsletter.pdf
• NFBPWC 2021 March Newsletter.pdf	• NFBPWC 2021 June Newsletter.pdf	• NFBPWC 2021 September Newsletter.pdf	• NFBPWC 2021 December Newsletter.pdf

Events Calendar

National Events

September 7, 2023

4:00 pm PST / 7:00 pm EST

Period Poverty Meeting hosted by Young BPW, Advocacy and Health Committees (Open to the Public)

<https://www.nfbpwc.org/event-5395510>

September 12, 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-5320875>

September 13, 2023

2nd Wednesdays of the Month

4:00 pm PST / 7:00 pm EST

"Point, Scan, Engage: QR Codes as Your Business's New BFF"
NFBPWC Entrepreneur & Small Business Committee Meeting
(Open to the Public)

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

September 14, 2023

2nd Thursdays of the Month

4:00 pm PST / 7:00 pm EST

Advocacy Committee Meeting (BPW Members Only)

<https://nfbpwc.org/event-4973894>

September 18, 2023

1st and 3rd Mondays of the Month

5:00 pm PST / 8:00 pm EST

Membership Committee Meeting

Email for info: VPMembership@NFBPWC.org

<https://www.nfbpwc.org/event-5379954>

September 30, 2023

Open Enrollment for the NFBPWC Mentoring Program (BPW Members Only)

<https://nfbpwc.org/event-4742968>

More Information: [Mentoring Report](#)

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

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

Connecting NFBPWC Committees

2:00 pm PST / 5:00 pm EST

Hosted by Young BPW Chair, Emily VanVleck

2nd and 4th Fridays of the Month

8:30 am PST / 11:30 am EST

L3 Committee Meeting

Email for info: L3Chair@NFBPWC.org



October 17, 2023

5:00 pm PST / 8:00 pm EST

NFBPWC Board of Directors Meeting (BPW Members Only)

<https://nfbpwc.org/event-5361444>

October 25, 2023 & November 8, 2023

Webinar: Launch, Sustain & Grow Your Business in the Digital World

More info: [1st Vice President Membership News](#)

Regional Events

September 17, 2023

4:00 pm PST / 7:00 pm EST

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

More info: [Pennsylvania Affiliate Chapter](#)

September 21, 2023

5:00 pm PST / 8:00 pm EST

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

<https://nfbpwc.org/event-4973882>

September 2023 California Monthly Meetings

More info: [NFBPWC California Federation](#)

International Events

September 6, 2023

"Van for Chernihiv Ukraine Project," United Kingdom BPW Wednesday Talk (Open to All BPW Members)

More Information: [International Relations Chair Report](#)

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, NFBPWC 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, NFBPWC 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, Teresa Gerhke, BPW Colorado
Gender Based Violence, Veera Mahajan, California
Marketing, National Team
Magazine/Newsletter, Michele Guarino, NFBPWC Virtual
Military Affiliated Women, Alice Gallop West, North Carolina
Social Media, Suzette Cotto, NFBPWC Virtual
United Nations, Susan O'Malley, NYC
Website, Kemi Oyebade, NFBPWC Virtual

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

International Women's Friendship Month

Heading into our second year of the NFBPWC 2022-2024 term, our Board of Directors, leaders at all levels, and members have a myriad of accomplishments from our first 12 months! Each member has their own path in this organization and a space to share their experiences and enthusiasm for empowering women with people from around the nation and the world. In

the spirit of International Women's Friendship Month in September, take a moment to reach out to current friends and create new connections.

As a member of NFBPWC you are connected to nearly 30,000 members worldwide in over 100 countries. Reach out on social media. Register for the BPW International directory and find members who share your passion for women's issues from around the world: <https://www.bpw-international.org/directory/>. Update your profile on our NFBPWC directory, <https://www.nfbpwc.org/Directory>, and find other members. Take advantage of your membership in this wonderful organization and create the phenomenal opportunities that are waiting for you.

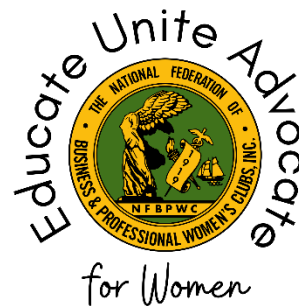
As a member of NFBPWC for over 10 years, I have made countless friendships with members from around the world. It is inspiring to work with people from across the globe as we continue an uphill battle for women's equity. As we engage with one another and connect, we do create a unique community in which we can make a difference as we create friendships. I personally invite each of you to reach out to me and other leaders in our organization. Let's take the time to get to know one another and build friendships that will support the ideals that we hold dear for women's rights globally. We are stronger together as we craft these bonds of friendship.

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



1st Vice President Membership News



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

Do you want to increase your membership?

Please save the dates!

October 25 and November 8

Whenever we talk about membership, we often want to target certain demographics to keep the organization fresh and current. We also think of new and interesting allies for membership in BPW (see the 8 Weeks Guidebook for ideas). We understand that social media is pretty much the only way to reach them... and... there we stop.

Are you ready to learn this important skill? NFBPWC is thankful to Suzette Cotto and her team for this exclusive offer to our members:

“Affiliate NFBPWC Clubs will learn the importance of digital marketing to attract new members, retain current members and successfully sustain the organization into the future. By using the tenants of digital marketing, you will learn what a great, intentional online presence and targeted marketing can do to amplify your organization, career, and professional persona.”

The cost is \$49 (see details below), and we have confirmed that there are scholarships available from the local to national levels upon request and completion of the course.

We want to challenge every Club and Affiliate to sponsor at least
one member for this course.

Don't let your club miss out! If we can all learn these skills together, we can collectively amplify the BPW message and our invitation to join the cause.

Registration information will be posted soon.

Contact Kathy Kelly, VPMembership@NFBPWC.org for more information.



WEBINAR
LAUNCH, Sustain & Grow
Your Business in a
Digital World

October 25 & November 8

Educate Unite Advocate
for Women

THE NATIONAL FEDERATION OF
BUSINESS & PROFESSIONAL WOMEN'S CLUBS, INC.
NFBPWC

Double or More by '24!



Join our membership drive! We are ON TARGET to double our membership by the end of the next term.

How can we do that? Simple! Each member pledges to bring in one new member. In fact, we challenge you to bring in one new member and one new member under the age of 35.

Be sure to keep track! We are working on some fabulous incentives and prizes, and every member brought in is another chance to win.

Need some help? We have outreach resources available, including updated **Benefits of Membership** pamphlets, **How to Start or Grow a Club in 8 Weeks Guidebook**, PowerPoint presentations and more.

Please consider joining a national membership committee meeting as a visitor – no commitment required. We promise a lively discussion with new ideas, strategies, tools, and resources. Also, please consider inviting your current membership chairs to check us out.

We (usually) meet on Zoom the First and Third Mondays (one hour), 5 PM Pacific | 8 PM Eastern.

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

2nd Vice President Advocacy Report



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

BPW members are invited to join the A-Team for the next NFBPWC Advocacy Committee Meeting

We will discuss current and future issues, initiatives and goals.

When: September 14, 2023

Time: 7pm ET | 6pm CT | 5pm MT | 4pm PT

Meetings are held monthly on the second Thursday of the month.

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

Who: All interested members are welcome.

Register: <https://www.nfbpwc.org/event-4973894>

Helpful Links:

- [Committee webpage](#)
- [Projects we are currently focused on](#)
- [View the 2022-2024 Advocacy Platform Flyer](#)

All the best, Daneene

LGBTQ+ Team Report

By: Susan Oser, NFBPWC Advocacy Team LGBTQIA+ Lead

If you have an idea of an organization that you would like to highlight or would like to help and become more involved as an LGBTQ+ advocate, please contact Sue Oser at soser@nfbpwc.org or angelbpw1719@gmail.com.

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.

Seneca Falls or BUST- Yes, Denice Robinson and I, of the PA Affiliate, traveled to the 100th ERA Convention historical event, leaving on July 20 from Harrisburg, PA. We took the scenic Route 15 that parallels the Susquehanna River into southern New York. We had booked lodging in Geneva, NY, only a short distance to the south of Seneca Falls. (The town was quite full of guests.)

The Generation Ratify and the Columbia Law School’s ERA were our hosts. Generation Ratify has over 13,000 students in high schools and on college campuses across the country. We learned that they had been planning this event for a very long time. On July 21-22, we participated in the two-day event. Sitting in the First Presbyterian Church of Seneca Falls was quite an inspirational moment as Alice Paul was remembered. Only 21 years old at the time, the Woman’s Party and she were so hopeful that they thought her amendment would only take 10 years to travel through Congress.

The program on Friday was jammed back. We were introduced to the team that put so much work into the planning. Kathy Kelly, Esq., author of Ordinary Equality, and Rosie Couture, Co-Founder of Generation Ratify and student at Harvard College, shared the front of the church with a host of dynamic guests. We met Belan Yeshigeta, Co-Founder of Generation Ratify and student at Columbia, Ting Ting Cheng, Director of the Columbia Law’s School ERA Project, and from Nevada, U.S. State Representative Susie Lee. Each spoke from the podium where Alice Paul once stood. The church was full of many Generation Ratify students. Maybe about 150 plus and the rest were the activists who still want to see the Equal Rights Amendment passed. (That would be Denice and myself.) Each speaker gave an individual view on what is happening and ideas to help the ERA move forward.

Another impressive moment was the breakout groups hosted by the Generation Ratify members. One was called, “Organizing for Equality: Direct Action 101” and the other was named, “The Best Way to Protect Abortion & LGBTQIA rights? Federal and State levels.” The presentations were power points with discussions and input from the participants. What was learned was how well the Generation Ratify students are informed. Six weeks prior to the event they held weekly zooms to update their members on the ERA. They knew the information and came prepared to discuss. They took copious notes as they were all expected to return with information to their high school or college Generation Ratify groups. Let’s just say, they came to make a statement. Alice would have been so proud.



During lunch, Denice and I felt like movie stars. What?? Guess I was startled that these young students wanted to interview us. Questions - What was it like 50 years ago? What did you do during the early 1970's? Were you on a college campus? Did you have marches? I could only share my activism on my college campus. Yes, we had marches and rallies. We were united and then I graduated as an educator in 1971. But I soon learned of an organization called the National Federation of Business and Professional Women's Clubs, Inc. that was supporting the ERA amendment. I even showed my red, white, and blue pin that stated, "ERA Is for Everyone." I was 22 years old. Those pins were sold to our many NFBPWC members and worn proudly. Looking back to those years, I couldn't believe 50 years had passed and we were now the senior mentors. But we did spread the word about NFBPWC.

We returned from lunch to three breakout groups. Again, they were led by the Generation Ratify leaders. Gender Justice, Voting Rights and Organizing for State/Local ERA action, Intergenerational and Cross Movement Coalition Building and Faith Organizing Workshop. Amazing topics and the strategies that were shared in the discussions were well prepared. Everyone was welcomed into the talks.

Our Friday keynote speakers were Senator Pat Spearman, President of the Pro Tempore of the Nevada Senate, and U.S. Representative Cori Bush, Founder of the Congressional Caucus for the Equal Rights Amendment. She represents the state of Missouri. Both were dynamic in their presentations and shared their plans for the ERA to make the U.S. Constitution. When Cori shared that this would be the last generation to stand up and pass the ERA, the church went wild. Those young people were up on their feet and giving it their all. Must say, these two women have "spunk" and the charisma to make it happen.

In the back of the First Presbyterian Church is a group photo of the attendees at the July 21, 1923, gathering. So, to commemorate this date, the entire group went out in front of the church to do a retake for the 100-year ERA Anniversary Photo. Our group was a little bit larger, but they had the traffic stopped, boom crane in place and Denice and I sure hope we can find ourselves in the photo.

Now, there were 2 more events that evening. A March was held down one street. There were banners and lots of activity. The New York NOW, Rochester NOW and Women's March of Seneca Falls led the march and everyone took part.

Finally, at 8:00 p.m. Cori Bush and Generation Ratify had a birthday party. It was to celebrate the birth of the modern youth-led movement for the ERA with a birthday cake, party games and feminist fun! But it was also the birthday of Cori Bush! Thought that was special.

Now that was Day 1. I was exhausted as the heat of the church was not pleasant. I kept wondering how hot it was 100 years ago when the women wore the long dresses and buttoned blouse. We did receive green fans when we came in the early morning, but they didn't do the work of a real fan. Denice and I arrived in our white jackets and pants with green tops. We looked the part of the ERA leaders. But those jackets were NOT needed. The younger people were not affected by the summer heat. They were still going strong and enjoying every minute. Generation Ratify did quite a lot for many students who were helped with financial aid to fly to Seneca Falls. Some received hotel rooms, but the majority were sleeping on the church floor in their sleeping bags. It was engaging to see so much energy all around us. I will leave Day 2 for next month. I need to get my wind as Day 2 was just as empowering as Day 1.

Repeat Information- 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 it to all your family members, friends, neighbors, and colleagues. 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.

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. 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/>



Pictured Left: Denise Robinson and Nancy Werner getting ready for Day 1.

Pictured Right: Nancy Werner and Denise Robinson outside the First Presbyterian Church.



Pictured Above: ERA Picture of July 21, 1923.



Pictured Left: Alice Paul greeting us at the church.



Pictured Above: Looking at the front of the church was breathtaking. We are in a breakout session.



Pictured Left: The back of the church with the July 21, 1923, photo on the back wall.

From the Desk of the Secretary



By: Sondra Nunez, NFBPWC Secretary 2022-2024

As our family continues to navigate the CA foster care system, I have been spending time doing as much research as possible to educate myself and others about the realities surrounding children in need of help. The below information is taken from the FCCA (Family Connections Christian Adoptions) website.

Five Important California Foster Care Statistics

1. California makes up about 7% of the number of kids in foster care nationwide.

California, one of the most densely populated in the United States, faces unique challenges when it comes to foster care. The scale of the state's population alone contributes significantly to the foster care numbers in California. In fact, California accounts for approximately [7% of children in foster care](#) nationwide. This statistic highlights the immense need for support and resources within the state's child welfare system.

By providing a range of adoption services, including foster-to-adopt programs, home studies and post-placement support, FCCA ensures that prospective families are equipped with the necessary tools and guidance throughout the adoption process.

2. Roughly 4,000 children age out of foster care in California every year.

When [children age out](#) of the foster care system in California, they face a daunting transition into adulthood without the stability and support typically provided by a family. The consequences of aging out can be severe and long-lasting. Without the safety net of a permanent home or a reliable support system, these young adults often experience challenges in various aspects of life.

They may struggle to find stable housing, pursue higher education, secure gainful employment and maintain good physical and mental health. So, when you think about children in foster care statistics in California, it's important to recognize the significance of providing children with the necessary resources and support to thrive as they navigate the challenges of adulthood.

3. On average, children and teens stay in the foster care system for 12-20 months.

Children and teens often stay in the foster care system for extended periods due to various factors and complexities. The primary goal of foster care is to ensure the safety and well-being of children while their birth families receive the necessary support and services to address the issues that led to their removal.

During their time in foster care, children and teens undergo a comprehensive assessment of their family situation, including evaluations of parental fitness and efforts toward reunification. This process requires time to gather evidence, conduct investigations and provide opportunities for birth parents to address the concerns that led to their children's placement.

While efforts are made to expedite permanency for children, ensuring their safety and well-being remains paramount, and this often means they need to stay in foster care for an extended period. FCCA's [fos-adopt program](#) plays a significant role in reducing the number of kids in foster care. Our program combines foster care with the goal of adoption, providing a unique pathway to permanency for waiting children.

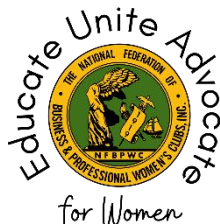
4. There's been a drop in the number of kids in foster care in recent years.

While there has been a decline in the number of kids in foster care, it is important to recognize the impact COVID-19 had on the foster care system. [The COVID-19 pandemic](#) had far-reaching effects, including the closure of schools and a reduction of in-person interactions with mandatory reporters, such as teachers and counselors, who play a crucial role in identifying children that were being abused or neglected.

With remote learning and limited opportunities for face-to-face interactions, there is concern that cases of child abuse and neglect may have gone undetected or unreported during this period. Therefore, the decrease in the number of kids in foster care may not necessarily mean an improvement in child welfare but rather a lack of awareness due to the limitations of the pandemic.

5. There are 60,000 children in California waiting for a loving family.

In California, there are [approximately 60,000 children](#) in the foster care system, and [15,386 are waiting](#) to find a loving and nurturing family through adoption. These children, who have experienced the trauma of separation from their birth families, long for the stability, support and care that a permanent home can provide.



NFBPWC National Board Meeting:

Date: October 17, 2023

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

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

Main Topic: Legacy, Leadership, and Succession Planning

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 October 1, 2023 to secretary@nfbpwc.org.

Meeting agenda (tentative/advanced): [10.17.2023 NFBPWC Board of Directors Meeting Agenda.pdf](#)

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:

What kind of support do emerging leaders get in our organization? And/or what is missing? How can we build talent and leadership from within NFBPWC?

Board of Directors Report Templates:

Executive Committee only:

[2022-24 BOD Meeting 5 - Executive Committee Report.docx](#)

NFBPWC Affiliate/Federation Presidents only:

[2022-24 BOD Meeting 5 - Affiliate-Federation President Report.docx](#)

NFBPWC Committee/Special Committee/Taskforce Chairs only:

[2022-24 BOD Meeting 5 - Committee Report.docx](#)

- Zoom details to be sent after registration.
- BPW International Theme 2021-2024: New Actions through Cooperation

NFBPWC Young BPW

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

Summer is finally coming to a close, and after bearing the heat of another NYC summer, I am glad to see it go. September is bringing a new season, as well as a host of new opportunities for youth. The 8th International Youth Conference will be held in New York and virtually September 21-24. This event offers a platform for young people around the world to discuss progress being made to achieve SDGs and share ideas and strategies. I encourage each of you to participate in IYC!

September 18th also marks International Equal Pay Day, reminding us that there is still much work to be done to achieve economic equality for women. International Equal Pay Day was established in 2019 by the UN General Assembly and furthers the commitments made by the UN in SDG 5 to achieve gender equality. We can continue fighting for equal pay for all women by advocating for pay equity and transparency laws.

In BPW news, we continue to make progress with our period poverty initiative. Stay tuned for more on this front as we approach October and Period Action Day, held on the second Saturday of October each year. A few YBPW announcements – we'd like to acknowledge and congratulate Bryn Norrie (CO) on her new job and move to Washington, D.C., and Djenabou Bah (NYC) on establishing her own business as a travel agent!

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-5320872>

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!

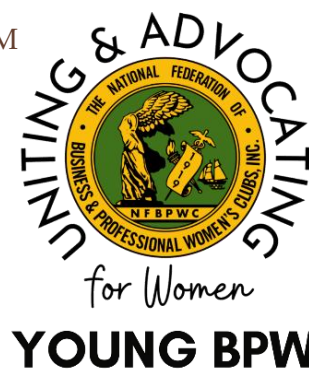
Keep in the loop of Young BPW activities and join in on them by either following us on:



@YoungBPWUSA



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



Immediate Past President Report



By: Sandra Thompson, NFBPWC's Immediate Past President



Burbank Members Gloria Salas, Sandy Thompson and Janet Diel along with members from Zonta receive a proclamation from Burbank Mayor Constatine Anthony for Women's Equality Day.

It was nice for our city to recognize this important day.



Thanks to Deb Schuster for sharing this bit of history. We can be very grateful to the women of Colorado.

This is the Women's Bank building at 821 17th (Seventeenth) Street in downtown Denver, Colorado; the brick structure has stone trim, arched windows and doors.

Up until 1974, many women needed to have a male co-signer to open a bank account or acquire a line of credit. So, eight women came together to change that by opening their own U.S. Women's Bank!

Carol Green, Judi Wagner, LaRae Orullian, Gail Schoettler, Wendy Davis, Joy Burns, Beverly Martinez, and Edna Mosely founded the bank's board by each pitching in \$1,000.

On July 14, 1978, people stood in line on 17th Street in downtown Denver to deposit their checks. The bank took in \$1 million dollars that day.

The bank also offered classes and got involved with the community. They financed rejected projects including the Tattered Cover Book Store and Wynkoop Brewing Company.

The Women's Bank continued until 1994 when it was sold to the Colorado Business Bank. Many of the founding women continued on with successful careers!

This bit of history reminds us of why we do what we do and we can never go back!

scream
so that one day
a hundred years from now
another sister will not have to
dry her tears wondering
where in history
she lost her voice

jasmin kaur

Environment & Sustainable Development Committee

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

Simple Acts: Backyard Gardening

All of us that garden are well aware of the many benefits good for the heart, reduces stress, builds self-esteem, improves hand strength, gives a vitamin D boost, to name a few. But does having a **home garden** have an effect on Climate Change? Yes! Home-grown food reduces carbon emissions from burning fossil fuels by decreasing the impact from food packaging, refrigeration, & transportation. When we harvest fruits & vegetables from our garden, no plastic packaging is required. Beneficial insects including bees, bumblebees, butterflies & wasps pollinate most plants, all playing a part in climate change.



Sustainable gardening means more than growing vegetables. It combines organic gardening with resource conservation. **Soil** is the foundation to grow a healthy garden. Maintain your soil microbial health & prevent plant diseases by rotating annual crops such as heavy feeders- beans, corn, squash family with nitrogen rich legumes such as peas. Add compost, mulch, and dead plants and leaves to feed the **microbes** & animals that live in the soil. Management of soil and growing plants will absorb carbon dioxide and other air pollutants by capturing and removing greenhouse gas emissions. Plants act as highly effective air cleaners and release oxygen. A dense plant cover holds soil in place, which reduces erosion and keeps sediment out of streams and storm drains and roads.

To have a sustainable backyard garden:

- 1) Replace plants that require less water. Native plants are good choices.
- 2) Choose plants that perform well in your area.
- 3) Minimize fertilizer use; use compost instead.
- 4) Avoid invasive plant species.
- 5) Save your seeds.
- 6) Keep learning.

Bring Back the Pollinators

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

Soil Health is a Climate Solution. While we all know that pesticides kill pollinators, fertilizer application causes widespread harm to soil health killing a wide world of **soil invertebrates** that live below our feet. In the Farming with Soil Health webinar, I was reminded of basics of Soil Invertebrates: Only 2% of insects are harmful, 40% of invertebrate pollinator species are at risk of extinction, and By minimizing disturbance, maximizing biodiversity in planting Native plants that bloom throughout the season, & Creating species habitat by leaving the leaves & stems & some dead branches or logs, we develop Soil Health.

(Photo courtesy of Xerces Society.)

What fascinates me are the invertebrates living in the soil- **25% of total diversity in life is found in soil!**

Fungi & Bacteria, Protozoa, Rotifers, Tardigrades, Nematodes, Potworms, Earthworms, all the Arthropods (Springtails, Woodlice, Millipedes, Centipedes, Spiders, Mites) and Insects such as Flies (Crane Flies, Moth Flies, Snake Flies, Dance Flies, March Flies, Flower Flies) and Beetles (Soldier Beetles, Fireflies, Tiger Beetles, Ground Beetles, Rove Beetles, Burying Beetles,



Dung Beetles, Ants, Ground Nesting Bees, Wasps, Scarab Hunting Wasps)- all are **Decomposers**. These animals tunnel and burrow in the soil, bringing subsoil to the surface, hydrating and aerating the soil. As I learned about these amazing creatures, such as Millipedes can live up to 11 years and Woodlice ("rolly-pollicies") nurse their young and are good for detecting metals, and spiders are useful diggers, I was amazed by how many of these invertebrates live in **leaf litter**, under stones, overwinter in soil & under bark.



Tardigrades live in leaf litter & within soil & are great scavengers & predators eating bacteria, fungi, algae.

Not only does healthy soil filter & purify our water, reduce flooding, and provide greater crop yields and thus food production, it plays a crucial role in capturing and storing large amounts of carbon. Healthy Soil is second only to oceans as a carbon sink, surpassing forests, reducing the impact of Climate Change. **Healthy Soil is a win-win for sustainability and for the human species.**

Zero Waste Initiative by Laurie Dameron



By: Laurie Dameron, BPW Colorado Chair of Environmental and Sustainable Development

Cut Down Plastics Use

Choose glass or aluminum whenever possible but when those are not available you can cut down your plastics usage simply by purchasing the largest plastic container and refilling the smaller container to use over and over!

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>

Health Committee Report

Keri Hess Laursen, NFBPWC Health Committee Chair, Downtown Sacramento Member Health@NFBPWC.org



What is Period Poverty?

One in four people struggle to purchase period supplies due to a lack of income. This is called period poverty.

NFBPWC.org

Join NFBPWC's Fight Against Period Poverty!

NFBPWC has started a new collaborative initiative between YBPW, Advocacy, and Health Committees, to tackle period poverty.

Did you know that 11 million menstruators couldn't afford period products in 2021? Or that in 2022, 22 states still imposed an additional tax on period products, ranging from 4.7% to 10%?

Come work with us to bring an end to period poverty and the stigma around a basic, life-sustaining bodily function.

When: September 7, 2023

Time: 4:00 PM Pacific | 7:00 PM Eastern

Register at: <https://www.nfbpwc.org/event-5395510>

Health Committee meets the 2nd Monday of each month (except December), at 5pm Pacific time.

Rapid Response Committee Report

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

Elections and issues heating up.


As we get into the throws of thinking about next year's presidential election as well as a lot of local elections that will be happening this year and next year, many major issues will be on the voting ballot. Which of those issues are happening in your city and what issues are you responding to?

A few organizations out there on the local level have a rapid response team covering issues of concern. Have you joined to learn about what they do? If so, how can that be of help to NFBPWC?

Please connect with Sue Oser at rapidresponse@nfbpwc.org if you have any ideas on topics that should be focused on and discussed as we get into the big election cycle.

Entrepreneur and Small Business Committee Report


CURIOUS ABOUT QR CODES?
Wondering how you could use them?





Join the NFBPWC Small Business Group for...

Point, Scan, Engage:
QR Codes as Your Business's New BFF

An interactive, Virtual Think & Work Session
 Wednesday, September 13– 7 pm



PRESENTED BY:

We are so excited to welcome back Brooke Burns, as she helps us master the art of the QR system.

Be sure to join us on Wednesday, September 13th at 7pm EST

Whether you're an aspiring or seasoned entrepreneur or small business owner, we're here to offer an environment for:

- building connections with experienced professionals who believe in you,
- sharing tools and resources that help you build influential, profitable businesses, and
- inspiring you to grow personally and professionally.

Time Zones: 7pm ET | 6pm CT | 5pm MT | 4pm PT

Meetings are held monthly on the second Wednesday of the month.

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

Who: All interested members are welcome.

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

Are you a NFBPWC member and do you own a business? You can add your business to the [NFBPWC Member Business Directory](#) by following the steps detailed here: <https://nfbpwc.org/Business-Directory-Submission-Form>.

Be sure to check out the NFBPWC Entrepreneur & Small Business (ESB) Committee page on the website, and the Blog Page for NFBPWC, as well as the NFBPWC Facebook page(s), and the NFBPWC Marketplace page.

ESB Page - <https://nfbpwc.org/entrepreneur-business-program>

Blog Post - <https://nfbpwc.org/NFBPWC-Blog>

NFBPWC FB - <https://www.facebook.com/NatlFedBPWC>

NFBPWC Marketplace - <https://www.facebook.com/groups/nfbpwcmarketplace/>

Are You Ready for National Business Women's Week?

from Barbara Bozeman and Marsha Riibner-Cady

Many of you know that Marsha (Marsha Riibner-Cady) and I have held many posts within BPW – both nationally and in our home state of North Carolina.

Every year, around this time, comes the question “What are we going to do during National Business Women's Week??? The longer we have been around, the more we learned that for some things, it is very late to be asking that question in *August*, when NBWW is always the third week in October – but it is **NEVER NEVER NEVER** too late to do something.

For our newer members, who might not have heard of National Business Women's Week:

Since 1928 – National Business Women's Week has stood as a special time for us to honor and recognize the achievements of working women – **all working women**.

First observed in April (15th – 22nd), 1928, Lena Makesin Phillips (the then National and BPW International President) is quoted as saying it's purpose was:

“to focus public attention upon a better business woman for a better business world.”



Ten years later (1938), President Herbert Hoover was recognized the efforts of women in business via a letter which stands as a template of the proclamations made by presidents who came after him. This same year NBWW was moved from April to the third full week in October.



So, what do we do? What can we do?

One of the original ideas for this week was to use each of the five days to recognize a certain area of interest / activity.

Goodwill Day – working with / connecting with other women's organizations,

Education Day – putting the spotlight on equitable education opportunities,

Club Rally Day – celebrating your own club with a membership drive activity,

Legislative Day – focusing on legislation of interest to women, on any level, local, state, or national, and

Community Day – where you recognize the leaders in your community.

Taking on one of the topics above, or all of them, is a great way to celebrate and raise awareness and maybe help someone or gain new members.

Another way is to involve your local businesses – ask them to participate by recognizing their women workers, or clients.

Involve local, state, and federal level government offices by asking for proclamations, or that they recognize the women who work there during that week.

Don't forget the media. Social media, local media, national media – it can all play a part in making National Business Women's Week a positively "noisy" event.

Regarding proclamations – below find two examples. One was issued by a Governor, one by a small-town mayor. These are good examples - but keep in mind, getting a governor, a mayor or even a town council to sign one may take time. They should be submitted with as much detail as possible, ahead of time. The higher the office, the longer lead time is needed, so do your research – contact the office you wish to submit and find out how they need the information and when.

Additionally – the information / text of both examples, including the date and fact checking, is not done by the officials' office, but that of those who submit the request.

State of North Carolina

ROY COOPER
GOVERNOR

NATIONAL BUSINESS WOMEN'S WEEK

2022

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

A PROCLAMATION

WHEREAS, we celebrate the accomplishments of women entrepreneurs across the nation and their contributions in the public and private sectors; and

WHEREAS, women-owned firms contributed nearly \$1.8 trillion in revenue and employed over 10.1 million workers with an annual payroll of \$388.1 billion in 2018; and

WHEREAS, women-owned businesses made up nearly 20 percent of all firms across the country in 2019 according to the United States Census Bureau; and

WHEREAS, while women in North Carolina comprised 57 percent of the state's work force in 2018 and owned over 35 percent of businesses, they earn an average of \$8,600 less than men according to the North Carolina Council for Women and Youth Involvement's Status of Women in North Carolina: Employment and Earnings Report; and

WHEREAS, in response to the effects of COVID-19 on minority communities and businesses across the state and nation, the Office for Historically Underutilized Businesses launched the NC Minority Business Development Agency Business Center in Research Triangle Park in 2021, and continues to administer resources in collaboration with advocacy partners to aid historically underutilized businesses post-pandemic; and

WHEREAS, Governor Roy Cooper issued Executive Order 268, to further the economic development of disadvantaged communities, improve health and wellness outcomes in underserved communities, and advance equitable and inclusive practices within state agencies; and

WHEREAS, the National Federation of Business and Professional Women's Clubs remains committed to improving the lives of women and their families by promoting equality and helping to create better social, educational, economic, and political conditions for women entering or participating in the workforce; and

WHEREAS, we encourage all North Carolinians to join in celebrating the many contributions of professional women in our state;

NOW, THEREFORE, I, ROY COOPER, Governor of the State of North Carolina, do hereby proclaim October 16 – 22, 2022, as "NATIONAL BUSINESS WOMEN'S WEEK" in North Carolina, and commend its observance to all citizens.




Roy Cooper
Governor

IN WITNESS WHEREOF, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this eighteenth day of October in the year of our Lord two thousand and twenty-two and of the Independence of the United States of America the two hundred and forty-seventh.

Similar styled proclamations can be created for other organization/offices to adopt. See here, a sample for use at the more local level:

PROCLAMATION

WHEREAS, the [REDACTED] Business and Professional Women's Club, a local organization of the National Federation of Business and Professional Women, an organization whose objective is to elevate the standards of women in business and in the professions; and

WHEREAS, members shall be joined by the other organizations throughout the state and the nation; and

WHEREAS, our City, County, State and Nation benefit from the contributions of business and professional women in the industrial, scientific, educational and vocational sectors of the economy;

NOW, THEREFORE, I, [REDACTED], Mayor of the Town of [REDACTED], North Carolina, do hereby proclaim the week of October 21 through October 25, 2013 as

NATIONAL BUSINESS WOMEN'S WEEK

In the town of [REDACTED] and commend its observance to our citizens.

WITNESS, my hand and the official seal of the Town of [REDACTED], North Carolina, this 12th day of October, 2010.

I [REDACTED]
Mayor

ATTEST:

[REDACTED]
Town Clerk

In the above example, the date is high lit, because that would be something they would adjust.

Hopefully from these two examples, you can create proclamations specific to your needs and create a successful buzz and recognition for National Business Women's Week in your area.

How ever you chose to celebrate National Business Women's Week – we salute you!!!

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:

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>.



Gender Based Violence Committee Report

Veera Mahajan, NFBPWC Gender Based Violence Committee Chair

cesh@nfbpwc.org

Unraveling Gender-Based Violence: Confronting Our Inner Demons

Gender-based violence, a pervasive and insidious social issue, continues to cast a dark shadow over societies worldwide. Its roots run deep, intertwining with cultural norms, power dynamics, and personal attitudes. In our quest to eradicate this menace, it's essential to recognize that the problem often lies not only in external forces, but within ourselves – in our discomfort, fear, and pride.

At the heart of the matter lies discomfort. We are often uneasy discussing gender-based violence, as it forces us to confront uncomfortable truths about the society we live in. This discomfort can lead to avoidance, denial, and harmful behaviors. It's crucial to acknowledge this discomfort and actively engage in open dialogues, creating safe spaces to challenge and transform the narratives that sustain gender-based violence.

Fear, too, plays a significant role. Fear of backlash, ridicule, or retaliation can prevent individuals from speaking out or intervening. Fear of losing societal acceptance or personal relationships can keep victims trapped in silence. By acknowledging these fears, we can work towards fostering a culture of empathy and support, empowering survivors to come forward and allies to stand up against violence.

Pride can also be a stumbling block. Our ego sometimes blinds us to our own biases, making it challenging to recognize and address harmful behaviors. A culture that normalizes toxic masculinity or reinforces outdated gender roles feeds into this pride. Unlearning these ingrained beliefs is essential for dismantling the foundations of gender-based violence.

To combat gender-based violence effectively, we must embark on an introspective journey, examine our discomfort, fear, and pride. By acknowledging these internal barriers, we can actively work towards creating a more equitable and just society.

Only through collective self-awareness and action, can we hope to bring an end to the cycle of violence and abuse, fostering a world where every individual can thrive without the shadow of gender-based oppression.

Combating Period Poverty: Ensuring Menstrual Hygiene for All

Period poverty, a grave concern that affects women and girls in impoverished societies, sheds light on the need for comprehensive education about menstrual biology and hygiene, as well as the provision of essential period products. Menstrual cycles are a fundamental aspect of female biology, serving as a natural process indicating reproductive health. However, societal taboos and misinformation have led to a lack of understanding and proper management of menstrual hygiene.

Understanding menstrual biology is crucial for both genders. Menstruation is a sign of reproductive health and is essential for fertility. Proper menstrual hygiene is not only vital for health but also for dignity and confidence. Lack of access to menstrual products can lead to unhygienic practices, affecting physical health and psychological well-being. Girls may miss school, limiting their education and future opportunities.

Addressing period poverty requires a multifaceted approach. Comprehensive sexual education that covers menstrual health, anatomy, and hygiene must be integrated into school curricula. Open conversations about menstruation help dispel myths and reduce stigma. Moreover, access to affordable and sustainable period products is pivotal. Governments have a role to play in ensuring that basic menstrual products are available to all women and girls, regardless of their socioeconomic status.

Government-mandated provision of period products could help break the cycle of period poverty. By considering menstrual hygiene as a basic human right, governments can empower marginalized communities. Collaborating with NGOs and private sector partners can make these products accessible in schools, healthcare facilities, and public spaces.

In conclusion, menstrual hygiene education and the provision of period products are essential components in the fight against period poverty. By promoting awareness about menstrual biology, dismantling stigmas, and ensuring affordable access to period products, societies can uplift women and girls, contributing to their overall well-being, educational attainment, and empowerment. Government initiatives that mandate the availability of menstrual products are crucial steps towards a more equitable and inclusive future.

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

Public Relations Committee Report



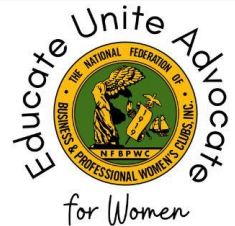
By: Suzette Cotto, NFBPWC Public Relations Chair

Save the Date



**LAUNCH, Sustain & Grow
Your Business in a
Digital World**

October 25 & November 8



Engage with NFBPWC on Social Media



Organization Page:

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



Group Page

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



Organization Page

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



<https://www.youtube.com/channel/UC2l-ciLxLyvbu1dbBOsV9Tg>



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

September Highlights in US Women's History

[Celebrate Anniversary of the Signing of the Constitution – Constitution Day September 17th](#)

[Celebrating Women & Democracy Kit](#)

September Highlights in US Women's History

- **September 12, 1910** – Alice Stebbins Wells, a former social worker, becomes the first woman police officer with arrest powers in the U.S. (Los Angeles, CA)
- **September 14, 1964** – Helen Keller receives the Presidential Medal of Freedom along with 4 other women: Dr. Lena Edwards, Lynn Fontaine, Dr. Helen Taussig, and Leontyne Price
- **September 14, 1975** – Elizabeth Ann Seton is canonized and becomes the first American-born saint, founded the first U.S. Order of the Sisters of Charity of St. Joseph
- **September 20, 1973** – Billie Jean King defeats Bobby “No-Broad-Can-Beat-Me” Riggs in the battle of the sexes tennis match
- **September 25, 1981** – Sandra Day O'Connor is sworn in as the first woman U.S. Supreme Court Justice
- **September 26, 1971** – Rep. Shirley Chisholm (D-New York) announces she will enter the Democratic presidential primaries
- **September 26, 1973** – Capt. Lorraine Potter, an American Baptist minister, becomes the first woman U.S. Air Force chaplain
- **September 29, 1988** – Stacy Allison becomes first American woman to reach the summit of Mt. Everest



JUSTICE SANDRA DAY O'CONNOR

(Source: <https://nationalwomenshistoryalliance.org/september/>)

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

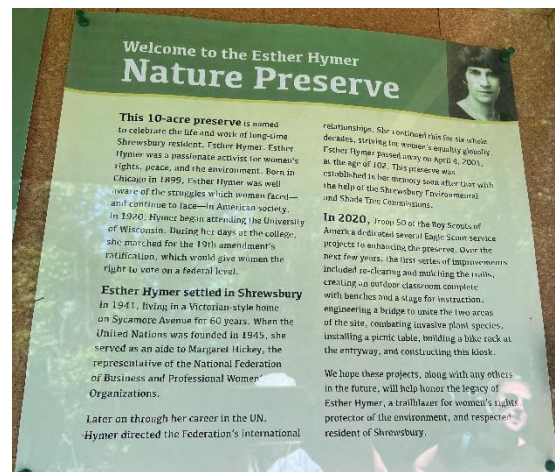


On August 23, 2023, a number of NGO CSW/NY executive committee members past and present travelled by train to a Nature Preserve and Trail named for Esther Hymer in Shrewsbury, New Jersey where she lived with her family from 1941 to 2001 when she died at age 102. It is a lovely place as you can see from the photos. Esther Hymer was an important foremother for IFBPW, the first chair of NGO CSW/NY, and important for the formation of the UN. We have been working on writing the 50-year history of NGO CSW/NY. It should be completed in September. To read more about Esther

Hymer's life I recommend *Esther Hymer A Bus to 42nd Street* by Sylvia G. Perry and Livia M. Ricci.

Pictured Right: Houry Geudelekian, Ivy Koeck, Pamela Morgan, Susan O'Malley, Devan Zingler

Esther Hymer Nature Preserve and Trail



Below is the draft of the Esther Hymer Chapter 1972-1982 for the NGO CSW/NY History.

1972-1982 | ESTHER HYMER

In 1998 on the occasion of Esther Wanner Hymer's 100th birthday UN Secretary General Kofi Annan wrote, "For half a century, as the representative of the International Federation of Business and Professional Women (IFBPW) at the UN, you actively promoted the concerns of women. Your untiring efforts influenced almost all of the resolutions of the General Assembly and its subsidiary bodies which affect the status of women." The previous year SG Annan had also honored Hymer: "Still active in promoting women's equality, Mrs. Hymer represents the best tradition of NGO activism in the United Nations."

Born in Chicago in 1898, Hymer marched for the ratification of the 19th Amendment which gave women the right to vote in 1920. Her involvement with the work of the National Committee for Lasting Peace (1942-1951) led her to the June 1945 conference in San Francisco that established the United Nations. At the conference Hymer became aware of the potential influence of NGOs. She became Director of International Relations for IFBPW and its NGO Representative to the UN for 60 years. IFBPW was granted ECOSOC consultative status in 1947.

Interestingly, there is no reference to NGO CSW/NY and Esther Hymer in *Esther W. Hymer, A Bus to 42nd St.* by Sylvia G. Perry & Livia M Ricci. Nor is there a reference to NGO CSW/NY in the descriptions of the contents in the 50 boxes of Hymer's papers housed in the Schlesinger Library at the Radcliffe Institute in Cambridge, MA.

When the International Women's Year was set for 1975, Esther Hymer was elected Chairperson of the NGO Committee of the International Women's Year, a position she held from 1972-1982 (Perry & Ricci, 34). In 1972 Helvi Sipilä from Finland was appointed the first woman UN Assistant Secretary-General. Hymer chaired the 85-member NGO Committee on the Decade of Women. In 1975 the first UN World Conference on Women was held in Mexico City, and A World Plan of Action was adopted. INSTRAW, an Institute for Training and Research for Women, was established after the Mexico City Conference; in 1976 UNIFEM, a Voluntary Fund to Support the Decade for Women, was established.

In 1980 at the second UN World Conference on Women in Copenhagen, which Hymer attended, the Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW) was signed by 75 Member States making it legally binding. CEDAW had been unanimously adopted by the 34th session of the UN General Assembly.

During Esther Hymer's 10-year term as Chair of NGO CSW/NY, she was an integral part of the NGO women's movement to increase the representation and participation of women in the UN. From 1972-1982 NGO CSW/NY was not a membership organization with monthly meetings and the yearly NGO CSW Forum with hundreds of parallel events. NGO CSW/NY was just getting started. Esther Hymer died on April 1, 2001, at age 102.

There is a Nature Preserve and trail named for Esther Hymer in Shrewsbury, New Jersey, where Esther and her family lived from 1941.

International Relations Chair Report



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

This is a reminder about the UK event that is coming up on September 6.

BPW United Kingdom has a series of talks on Wednesdays. The following is one that they have that is coming up in September



that might be of interest to you. This might be an opportunity for us to help our BPW sisters in the Ukraine.

United Kingdom BPW Speaker Events: 'Wednesday Talk'

Speaker: Victoria Filatova and Jo Kinsey, BPW UK President Talk Title: 'Van for Chernihiv' Ukraine Project

Date: Wednesday 6th September 2023 Time: 7pm London Time or 11 a.m. Pacific, Noon Mountain, 1 p.m. Central and 2 p.m. Eastern.

To register for the event please copy and paste the link below into your browser: Van for Chernihiv Ukraine Project

<https://www.eventbrite.co.uk/e/van-for-chernihiv-ukraine-project-tickets-674390368747?aff=oddtcreator>

Tickets: Join us to hear more about this project that has been granted funding from BPW International to buy a vehicle to help distribute humanitarian aid in Chernihiv, Ukraine.

BPW UK President Jo Kinsey has worked with Amelie LeClerc from BPW France and together they have secured funding totaling €25,000 or \$27,815. Next, they aim to raise further funds to fill this with useful items needed to help people, with the help of BPW Chernihiv member Victoria Filatova and Yulia Zayka. Victoria will be joining this webinar to explain how the funds will be used, and what day to day life is like for Ukrainian women. You can hear in the media what life can be like, but UK is honored to welcome Victoria who will share her first-hand knowledge. This webinar is open to all, and friends of BPW UK are welcome.

Regional news –

St. Kitts held readiness workshops on how to be prepared for the workplace.

Concordia held a panel discussion International Women's Day promoting technology for women and girls.

Canada held their Annual General Meeting in August.

International Dates to remember: Latin America Regional Conference will be held September 6 to 10, 2023 in Santiago, Chile.

BPW International Congress which will be held in Mar del Plata, Argentina November 17 to 21, 2024.

Justice, Equity, Diversity and Inclusion Report

Sher Singh, NFBPWC's JDEI Chair, dei@nfbpwc.org



Mentoring Report

Valentina Solarin, NFBPWC's Mentoring Chair, mentoring@nfbpwc.org

Mentoring Program Application

We're excited to announce another session of the Mentoring Program! The NFBPWC Mentoring Program matches members with each other and facilitates a mentor/mentee relationship.

Open to all members at any point in their career, mentor/mentee pairs meet virtually to discuss various topics ranging from skills, strategy, equity, and more.



We have a plethora of expertise among our members. Become a mentor!

There are equal numbers of members who are yearning to find someone to learn from and gain an understanding of something. What do you want to learn?

Vocalize an area of interest in an application so the Mentoring Program Team can find a mentor to assist you.

1. THE FIRST STEP is to submit an application [HERE](#) to the Mentoring Committee and explain your goals with the program.
2. The Mentoring Committee will then partner you and coach you through launching your mentoring relationship!

Our goal is to have every local or virtual Affiliate take part in the mentoring program. We encourage each Affiliate to have a member serve as a liaison to assist in empowering members to participate as either a mentor or mentee.

The Mentoring Process

STEP 1: COMPLETE THE APPLICATION

Tell us about your mentoring expertise/skills in an area OR tell us what you would like guidance in.

Application: Apply by clicking on the registration button on this page.

You must be logged into the membership database to apply.

- In the log in field, enter your email and password, then click the LOGIN button.
- If you do not remember your password, click the FORGOT PASSWORD link next to the LOGIN button. Enter your email address to receive a reset password link via email.

STEP 2: APPLICATIONS ARE REVIEWED AND MATCH ATTEMPTS MADE

New matches will be asked to have an initial meeting to confirm:

1. there is a good fit,
2. goals can be established for a successful outcome, and
3. a time-frame for the mentoring process can be achieved.

STEP 3: COMPLETE THE MENTORING AGREEMENT

Mentor/Mentee teams are required to document their goals and agreed-to time-frame.

STEP 4: CHECKPOINT

The Mentoring Program Chair will contact the participants at random points to check on their progress and ensure that teams are working.

STEP 5: EVALUATIONS

Mentor/mentee teams submit evaluations of the process. This is invaluable feedback for the program as we move forward to determine future processes.

BPW International – Happy 93rd Anniversary



Happy BPW International Anniversary 2023!

BPW International was founded 93 years ago today in Geneva. BPW members can be found in 111 countries worldwide. We are a professional network of incredible women, full of expertise and rich in achievements. Congratulations to us all! 🌸

[#BPWDay](#) [#bpwdirectory](#)

[#bpwinternational](#) [#professionalnetworking](#)

(Source: <https://www.facebook.com/bpw.international/>)

BPW International Project – A Van for Chernihiv

New BPW International Club & Federation Project with BPW UK - A Van for Chernihiv

BPW UK and A. Leclercq have a fundraising campaign to acquire, equip, and transport from Bulgaria a van for the benefit of BPW Chernihiv, Ukraine. Invitation for information meeting on September 6, 2023.

Read more here: <https://www.bpw-international.org/a-van-for-chernihiv/>



BPW Help for Ukraine

'Van for Chernihiv' Ukraine Project

Register to Join us on 6th September, 2023
from 19:00 to 20:30 (United Kingdom Time)

<https://www.eventbrite.co.uk/e/van-for-chernihiv-ukraine-project-tickets-674390368747>



With the support of **BPW International** and of the Bulgarian NGO **Gorata Fondatsia**, **BPW UK** is launching a fundraising campaign to acquire, equip, and transport a multifunctional van for the benefit of a Ukrainian NGO of the city of Chernihiv. BPW International Executive, under the leadership of our International President, Catherine Bosshart, is donating 25 000 euro to the project which goes a long way towards the acquisition of a second-hand van.

The aim of the current fundraiser is to :

- equip the van according to the needs of the residents of Chernihiv
- cover the administrative costs of the acquisition and
- the travel expenses of two persons of BPW Chernihiv coming to Sofia in September for administrative formalities and to drive the van safely to its destination.

You can participate !

By clicking this link – please mark contribution with 'Van'

<https://bpwpayment.aplusready.com/bpw-help-for-ukraine-refugees>

For more information, please contact BPW UK (Jo Kinsey) president@bpwuk.org.uk or presechni.tochki.eood@outlook.com (Amélie Leclercq).



(Source: BPW International Facebook post August 31, 2023)

BPW International– Help for Turkey

BPW Members from Turkey have reported about the Opening of the Container Village Antakya and MoU with Fotos.

In the container village of Antakya, BPW International was able to realize 2 containers as temporary accommodation thanks to donations from all over the world. BPW Adana represented BPW International on site at the signing of the MoU and at the opening of the container village. The International President is planning her visit to the earthquake region of Turkey in the next weeks.

See the photos here: [>Website](#)

(Source: BPW International Facebook post September 1, 2023)

Signing of the Memorandum of Understanding



On 26 April 2023, representatives of BPW and Rotary signed the Memorandum of Understanding concerning two BPW Containers in the Container Village of Antakya.

From BPW Adana, the document was signed by President Sinem Ozgen and Vice President Ayça Katlav, both representing the International President Dr. Catherine Bosshart.

Dr. Emre Öztürk, Governor of Rotary Turkey, signed on behalf of Rotary.

State Federation & Clubs News

NFBPWC Arizona

Leadership Team:

Theresa Dolan	President
Debra Gomez	Vice President
Katherine Stevenson	Recording Secretary
Connie Dierks	Corresponding Secretary
Linda Duval d'Adrian	Treasurer
Katherine Peterson	Parliamentarian

For more information about this club and for their **Events Calendar**, go to:
<https://www.nfbpwc.org/Arizona>



Connect on Facebook at: <https://www.facebook.com/ArizonaBPW/>

NFBPWC/Arizona consists of 5 local affiliates and a non-profit State Foundation.

Arizona Clubs are located in:

Arizona (state leadership)	West Valley
Phoenix	Wickenburg
Scottsdale	



NFBPWC California Federation

Executive Committee 2023-2024:

Maria C. DeSousa	President
Anne-Marie Johnson	Treasurer
Katherine Winans	Secretary
Sandy Thompson	Parliamentarian
Bessie Hironimus	Immediate Past President, Membership/Marketing Chair
Rosemary Enzer	Public Policy Chair
Monique Lee	Young Professional Chair
Marjorie Hopper	Program/Projects Chair
Manjul Batra	Small Business Chair
Barbara J. Davis	Lifelong Leadership & Learning Chair
Denise Luckhurst	Finance Chair



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



Connect on Facebook at: <https://www.facebook.com/californiabpw/>

By: Maria C. DeSousa, California Federation President

PATH TO SUCCESS: TEAMWORK, COOPERATION, PARTNERSHIP. INSPIRATION

BPW California North District

Berkeley BPW and Nike Club (past Presidents) had a fun and interactive noon potluck at Manjul Batra's residence in Walnut Creek on August 19, 2023.

A variety of drinks & snacks were served by the host with special contribution of cheese & wine by Zilola & Linda.

The food had many surprises, contributions to the food were multicultural.

A special thanks to Manoj Joshi who spoke on Yoga/health & the importance of breath while exercising with practical demonstrations.

First timers, Vasuki & Zilola, new members of Berkeley BPW & a special guest. Linda's granddaughter were welcomed.



Berkeley Club has added three new members.



Vasuki Arumugam, principal lead in healthcare industry specializing in healthcare, artificial intelligence (AI), telecommunication and digital transformation.



Niharika Srivastav is the author of the best-selling book 'Security and Compliance - A Must-Have Visual Guide'. She is the President of CyberEdx, a cybersecurity training and advisory company.



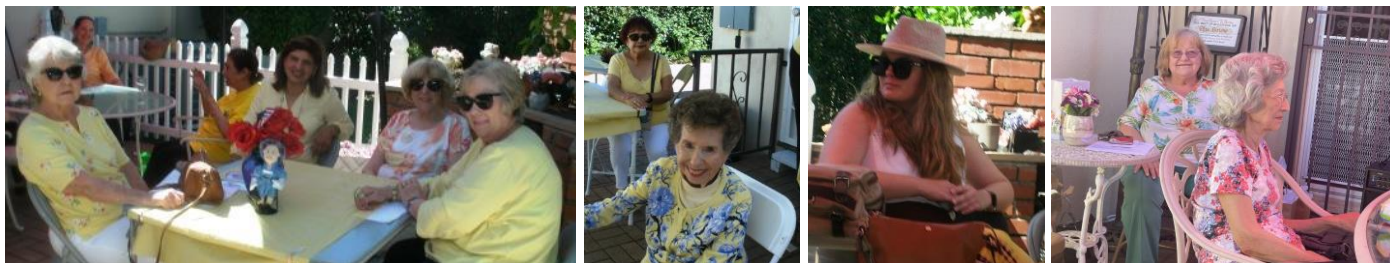
Zilola Khashimova, MD is a Doctor of Obstetrics-Gynecology, Laparoscopic Surgeon; Honors Professor of Dominican University of California; Member of Beta Gamma Sigma Honor Society for AACSB-International; Certified in International Workshop Women Entrepreneurs and Information and Communication Technologies (ICTs); Member of European Women's Management Development, International Network (EWMD); Member of SC OBGYN Society

- Berkeley Club continues to meet monthly on 4th Monday at 6 pm. via Zoom. Please visit the website for details.

Downtown Sacramento BPW continues to meet monthly on the second Tuesday of the month via Zoom. Their next meeting will be Tuesday, September 12th at 6:00 P.M. **via Zoom. Program: Contact Judy Bell at (916) 961-0316 or judybell9a@comcast.net for Zoom link. Deadline for reservation is September 8th. Contact President Katherine for more information.**

Sierra Mar District

- East Los Angeles-Montebello BPW held its annual Patio Party fundraiser on Saturday, August 26th at Marjory's in Whittier, California. August 26th is known as Women's Equality Day in recognition of the 19th Amendment where women won the right to vote. It is also the anniversary of the founding of BPW-International in 1930. Attendees celebrated both events and wore yellow in recognition. The event went very well. Special Thanks to Marjory Hopper and Linda Wilson for their efforts. There were door prizes, raffles, fundraising and lots of good food.



- East Los Angeles-Montebello BPW will meet Tuesday, September 26th starting at 4:30 P.M. networking and 5:00 P.M. dinner and program at Marie Callender's, 220 S. Atlantic Blvd., Monterey Park. Program: NFBPWC Period Poverty Committee member Sally McMahon (*Pictured Right*) will speak on "Period Poverty." Attendees are asked to bring period products to donate to local non-profits helping unhoused. She will also speak on the results of State legislation that CFBPW supported. Reservations need to be made by contacting President Linda at (626) 307-5650 or lindalwilson@juno.com.
- El Monte BPW will meet Monday, October 2nd at 11:00 A.M. at Annia's Kitchen, El Monte Airport, 4233 Santa Anita Avenue, El Monte, CA. Contact President Mavis for more information and to make a reservation newmavis08@outlook.com.



Valley Sunset District

- Burbank BPW will meet Thursday, September 14th at 6:00 P.M. via Zoom. Contact burbankbpw@gmail.com for the Zoom link and more information.
- Conejo Valley BPW meets on the first Thursday of the month. Their next meeting is **Thursday, September 7th at 6:00 P.M.** Contact Cherril-Lou Jacobson retiredbees@gmail.com for the location and more information.
- Valley Sunset and Sierra Mar BPW Districts will attend the "The Right Is Ours!" at the Sierra Madre Playhouse in Sierra Madre, California on Saturday, September 17th starting at 2:00 P.M. The musical is about Elizabeth Cady Stanton and Susan B. Anthony.

NFBPWC Colorado Federation

Executive Committee 2023-2025:

Evie Hudak

Linda Sue Shirkey, BPW Cherry Creek

Angie Layton, BPW Northwest Metro

Sharon Simmons, BPW Boulder

Cynthia Wieme, BPW Denver

President

1st Vice President

2nd Vice President

Secretary

Treasurer



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

By: Evie Hudak, BPW Colorado - President



BPW Colorado's summer continued to be relatively slow, but there were a few events:

- BPW Northwest Metro held its annual potluck barbecue on Aug. 2.
- BPW Colorado's sister organization CWEF (Colorado Women's Education Foundation) held an informative workshop "Learning How to Write a Professional and Impactful Resume" on August 18.
- BPW Boulder had a game night on Aug. 24.



BPW Northwest Metro's barbecue attendees (Pictured Left).

The Executive Committee resumed its regular schedule of monthly meetings in August, planning for events during the upcoming year. Future newsletters will include those plans.

NFBPWC Colorado Federation has 6 affiliate chapters:

BPW Aurora

BPW Boulder

BPW Denver

BPW Cherry Creek

BPW Northwest Metro

BPW Colorado Virtual

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



Connect on Facebook at: <https://www.facebook.com/groups/1602574376734737/>

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>



Connect on Facebook at: <https://www.facebook.com/bpwmichigan/>

By: Shirley Zeller, President, NFBPWC Michigan Federation

The Michigan Affiliates have added four new members to those already forwarded to the NFBPWC Membership Chair – Kathy Kelly. We have formed a committee to determine our next steps in connecting with the benefits and possibilities for our members to be an integral part of NFBPWC. You'll hear more about it in the future.

In the meantime, we have some active participation on committees with Sue Oser and Pattie Rayl. They will be reporting on their activities in the next issues of the Magazine. Each of our Michigan "Monday Minutes" includes a section on why it's beneficial to be members of the Michigan Affiliates of NFBPWC.

Stay tuned for more "moving forward" info from Michigan.

NFBPWC New York City

Leadership Team:

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

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

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



Connect on Facebook at: <https://www.facebook.com/nfbpwcny/>



Connect on LinkedIn at: <https://www.linkedin.com/groups/12479683/>



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	
Barbara Bozeman	NFBPWC-Virtual President and Representative	

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



Connect on Facebook at: <https://www.facebook.com/NorthCarolinaBPW/>

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





At our August 18, 2023, meeting where we celebrated BPW!

Present in the picture are: L-R top row: Mary Lou, Marsha, and Alice. Bottom row L-R Jo and Barbara

We are gearing up for a ROAD TRIP to King of Prussia, PA for the 2024 NFBPWC event! WE have a secret weapon, our very own Jo Naylor is from King of Prussia, PA and already has a list of places for us to visit! Watch out for the NC members, we know how to party! We discussed renting a van and piling in or possibly checking out the train! Stay tuned for more details and let us know if we can pick you up along the way!

Support your favorite teacher and school at Staples! Jo Naylor is a Speech Language Pathologist at Dixon Middle School in Provo, UT. If you don't have a child in school, consider going to staples.com and supporting Jo!

Quotable quotes from our meeting:

You are born looking like your dad and die looking like your decisions. (Author unknown)

All roads lead to King of Prussia, PA! (Author unknown or might have been Jo Naylor)

Check out the national park service!

<https://www.nps.gov/articles/series.htm?id=AE1E7FC4-F086-8BFF-D02A7546E6D258C8>



Happy Labor Day and Enjoy the rest of your summer!

NFBPWC North Carolina member Lea-Ann W. Berst and her daughter, Ashley Maria (NFBPWC California), are heavy into pre-production for their next impact film called, "Super Human Anxiety." Set in an all-girls boarding school in Upstate New York, "Super Human Anxiety" is a short film about a young teenager, Whitney, who has always had strong emotions, but recently they have been presenting themselves as super human strength.

“Super Human Anxiety” is a creative project that involves informative storytelling and post-screening educational tools to empower mental health programs that **strengthen a teen's capacity to regulate emotions, build resilience for managing difficult situations and adversity, and promote supportive social networks**. Ashley wrote and is producing and directing this film. Lea-Ann is the Impact Producer and an Executive Producer of the film.

Their all-female crew begins filming during the first week of October. You can learn more about the film and read about the impact partnerships they're seeking by visiting: <https://ashley-maria.com/film-projects/#In-Development>.

Let's Share A Recipe or Two from Varnell

With all the gloom and doom going on in the world, let's do what makes us feel good....eating good food. It is getting close to the end of the summer and something that can be made to snack on while watching TV or watching a game while keeping you cool is perfect. Oh, please be mindful to let people know the recipes have nuts in them.

Cheese Ball

- 2 8 oz. blocks of cream cheese
- 1 small can crushed pineapple (drained)
- 1 ½ cup chopped pecans. *Use ½ cup in mix and 1 cup to roll ball in.
- ¼ cup chopped green pepper
- 2 teaspoon chopped onions (more or less to taste)
- 1 teaspoon seasoned salt

It is easier to mix cream cheese at room temperature.

Mix all ingredients (except the 1 cup of chopped pecans).

Chill in refrigerator for about 15 – 20 minutes.

Make into a ball and roll ball in remaining cup of chopped pecans.

Note: you can put the cheese ball on a plate or platter and pour the pecans onto the ball that way.

Chocolate Delight

- 2 -8 oz packages of cream cheese
- 1- cup self-rising flour
- 1- stick margarine
- 2 -small Jello chocolate instant pudding
- 2 -8 oz. carton Cool Whip
- 1/2 cup chopped pecans
- 1 cup sugar
- 3 cups of milk for pudding. ** I follow the instructions on the box.

First layer: Mix flour, pecans and melted margarine and press in to a 9x13 inch sheet cake pan. Bake for 15 -18 minutes. Let cool.

Second layer: Mix cream cheese and sugar. Stir in one carton cool whip.

Third layer: Mix chocolate pudding as directed.

Top with last bowl of cool whip. Garnish with crushed pecans & cherries.

Note:

For the chocolate pudding, I substitute the large chocolate pudding and mix using the directions on the box.

When Did Politics Go Crazy? Get Ready, It is Almost That Time

By: Varnell Kinnin, Member of NFBPWC North Carolina

I know this is a dangerous subject, but we are all adults. I don't know your political affiliation and you don't know mine. But I do have common sense and I believe you do also. So let's talk.

For all the many years we have voted, there have been some bumps and bruises. But not in my wildest dreams would I have ever imagined what is happening today.

Oh, just to let you know, I don't vote straight party. If I don't think a person is right for the position, they won't get my vote. Anyway, I hope you listen to the facts, read up on the candidate and find out what they are about.

For one thing, I don't follow any man or woman blindly. There is no mortal on this earth that has made me lose friends, family and money to vote for them.

What do you look for in a candidate? I look for humility. I look for personal interaction, honesty and how they interact with all people. I don't want a politician to tell me what I want to hear. I want them to tell me how they will help the city, state, and country.

As for the politicians that are already in office, I want to know where they stand now on major points like Medicare, Social Security, Abortion Rights, gun control, etc. Why did I choose those you ask? Well let's dive in.

Medicare, when it started, is something we paid into when we started working right? It is like an insurance. I pay in and when I retire, I have some health insurance. Sounds like a plan to me. Why would you want to privatize that? The government has done a great job running it and as far as I know, no one is making a profit on it...except for the government. I say that because, some people who paid into Medicare and Social Security don't make it to retirement age. That money is in the coffers for another use.

Social Security is another plan where you pay into. And Lord knows there are a lot of people who has thanked God that they had a social security check. Why would you want to privatize social security? For some politicians, I am sure, their rich political donors, would make money and they may get extra in their campaign donations. You think?

Abortion rights for woman is current and is well known. But why are these politicians not listening to the voters? Now I don't know if anyone is making any money on this or not so I will move on.

Gun control is another hot issue. I have nothing against guns. I have one. I was raised with guns. My cousins hunted regularly during hunting season. But why do you need 5, 10, 15, 20 guns in your house? For my thinking, I can't shoot but one at a time. But that's neither here nor there, guns in your house is your business but when it goes in the church, the schools, grocery, mall and the work place, it's everybody's business. So where does my politician fit in on all this? Is he getting money for his campaign to stay in office by voting against my child, grandchild, cousins and friends' safety?

Anyway, I am off my soap box. I am not a politician or have I ever been one. I have worked the polls and it was not as scary as it is today.

I hope you read this as it was intended, as food for thought. I know you all are super smart and are on top of things, but I wanted to share my thoughts.

Pennsylvania Affiliate Chapter

Leadership Team 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>



Connect on Facebook at: <https://www.facebook.com/groups/671796126783219>

By: Cathy Collins, President

I am pleased to recognize member Juliann Doyle. Juliann was recently named “Distinguished Citizen of the Year” by the Forest City News in Forest City, PA.

Congratulations Juliann!

In other news, I am pleased to welcome the return of Barbara Schmouder to the PA Affiliate Chapter. Barbara served as a Past State President for BPW/PA previously and will be an asset to the PA Affiliate Chapter bringing experience from her long time service in the Pennsylvania BPW heritage organization. With the addition of Barbara, since April, I have been happy to welcome a total of 4 new members.

Nancy Werner attended the webinar “The ERA: The Time is Now!” on August 19, 2023. This Webinar was sponsored by the National Women’s History Alliance. The program was moderated by Christine Pelosi, author and political analyst. We support the National History Alliance and their support of the ERA.

PA affiliate Chapter members Nancy Werner and Cathy Collins continue to 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. Her report follows this article.

Several of our members attended the BPW/PA Summer Board Meeting on August 4, 2023, in State College, PA. I presented a report on the PA Affiliate Chapter and had Membership applications available. As members of the BPW/PA heritage organization, we attend BPW/PA State and Local Meetings and promote Membership in the PA Affiliate Chapter. Membership applications are provided to those interested.

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

Please check our Facebook page out. We are also working on adapting our Facebook page as a Membership recruitment tool.

Members are encouraged 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 PA Affiliate Chapter met on August 13, 2023. The next meeting of the PA Affiliate Chapter has been scheduled for September 17, 2023, at 7:00 pm. Via Zoom.

If you are in the area, check out this fun event hosted by BPW PA District 12:

(Source: Facebook - <https://www.facebook.com/BPWPA>)



Business and Professional Women / PA - District 12

A MURDER MYSTERY AND NIGHT AT THE CASINO

Saturday, September 30th

3:00 p.m. to 7:00 p.m.

BPW District 12 is hosting an interactive Murder Mystery Dinner with a Casino theme to benefit the Barbara J. Myers-Ciccone Memorial Scholarship Fund at the Masontown American Legion Post 423, 1977 McClellandtown Rd, Masontown, PA 15461

\$50.00 Ticket - includes Dinner and Fun Money

(Additional Fun Money will be available to purchase during the event.)

Raffle baskets

Prizes for:

- * Best Character/Costume
- * Outstanding Acting
- * Outstanding Detective Award for Solving the Murder
- * Winning the most Fun Money in the games of chance



To purchase tickets or for more information,
please email murdermystery2023@gmail.com or contact



Barbara Harmon at 724-322-3918

or

Aleta Richmond at 724-344-4453



BPW PA District 12 Present 50 Handmade Pillowcases to Aide Foster Children

#becauseofbpw #BPW. #pabpw District 12 President, Dr. Elder Twila Lee Wynn, Vice President, Kathy Cohen, Past-President Bobbi Dobbler presented 50 handmade Pillowcases by Samaritan Quilters to Director, Rebecca Taylor, at the Child Youth Services Offices in Uniontown, PA, to aide Foster Children with free clothing provided by Saint Vincent dear Paul. Uniontown's BPW Project, "Pillowcases Full of Love" is helping unite our community through the love of helping Foster Children by helping Foster Parents cloth them in their time of need.

(Source: NFBPWC PA District 12 Facebook post August 29, 2023)



Pennsylvania Advocacy Report

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

** CONTENT**

- August 26, 2023 Women's Equality Day
- Pennsylvania Proposals to Expand Reproductive Healthcare Access
- Convenient Contraception Act
- Appeals Court Rules on Mifepristone Availability
- New F.D.A. - Approved Post-Partum Depression Medication
- Woman Awarded \$1.2 BILLION in "Revenge Porn" Case
- Women's Alcohol-Related Deaths Rising
- The "Mom Economy" & Working Moms Equal Pay Day
- Major Reforms to the Uniform Code of Military Justice
- Recognizing Achievements of Amazing Women

AUGUST 26, 2023 WASHINGTON, D.C. RALLY:

Since 1971 Women's Equality Day has been celebrated annually on August 26th, the anniversary of the 19th Amendment's ratification. Women's voting rights efforts gained traction in the mid-1800's and were officially introduced on January 10, 1878. The right to vote in every state became law on August 26, 1920. Fifty years later on August 26, 1970, Betty Friedan and the National Organization for Women organized a nationwide Women's Strike for Equality. Women across the political spectrum joined together to demand equal opportunities in employment and education as well as 24-hour childcare centers. This was the largest protest for gender equality in U.S. history with demonstrations and rallies in more than 90 major cities and small towns across the country. Over 100,000 women participated, including 50,000 who marched down Fifth Avenue in New York City. That record stood until millions joined the Women's Protest Marches on January 21, 2017 following President Trump's inauguration.

As American women have seen their rights and safety stripped away by a conservative Supreme Court majority, thousands joined 100 organizations on the National Mall August 26, 2023, when Women's Equality Day coincided with the 60th anniversary of the civil rights march to the Lincoln Memorial. Participating groups

rallying for justice included many environmental organizations, gun safety advocates, voting rights advocates, the National Urban League, the Human Rights Campaign, NAACP Legal Defense Fund, National Council of Jewish Women, Lawyers' Committee for Civil Right Under Law, National Council of Negro Women, the Anti-Defamation League, American Association of University Women, National Organization for Women and many more. "This is not a commemoration, but a continuation...an opportunity to recenter and engage, following another disastrous term of Supreme Court decisions and continued erosion of our rights," rally organizers stated.

In June Rep. Pramila Jayapal (D/WA) and Senator Elizabeth Warren introduced legislation to modernize our nation's courts, judicial ethics laws, and restore public trust in our federal court system. The Judicial Ethics & Anti-Corruption Act of 2023 will overhaul the judicial recusal process, establish a Supreme Court Code of Conduct, and ban federal judges from owning individual stocks. As trust, approval and respect for the U.S. Supreme Court has greatly declined in recent years, passing the Judicial Ethics & Anti-Corruption Act would strengthen restrictions on judicial gifts and privately funded travel by improving disclosure in the federal judiciary. New mechanisms for judicial accountability are urgently needed. Marches are important. Actual legislative reforms are essential.

PA PROPOSALS TO EXPAND REPRODUCTIVE HEALTHCARE ACCESS:

The "Abortion Protection Package" being introduced by Senators Amanda Cappelletti (D-Delaware) and Judith Schwank (D-Berks), offers safeguards for providers and for in-state and out-of-state patients looking to access reproductive care, including abortion, in Pennsylvania. "This legislation would bolster Pennsylvania's commitment to legal abortion while sending a clear message to neighboring states that we will not be bullied," Senator Schwank said in a statement. "This package will ensure the safety of patients who are getting the care they deserve and our abortion providers—who we are grateful to have helping patients in a time of need," Senator Cappelletti said. According to a 7/18/23 Capital Star report, the Abortion Protections Package: 1/ Prohibits Pennsylvania courts from cooperating with out-of-state civil and criminal cases involving reproductive health care services and prevents out-of-state officials from arresting individuals in Pennsylvania for abortion-related crimes. 2/ Prohibits Pennsylvania courts from enforcing another state's judgment in a case related to reproductive health care services. 3/ Instructs health care licensure boards not to take adverse action against providers who offer reproductive health care services to out-of-state patients. 4/ Instructs insurance companies not to take adverse action against providers who offer reproductive health care services to out-of-state patients. 5/ Protects abortion providers' home addresses from public discovery. 6/ Protects reproductive health care records from disclosure in civil actions or criminal investigations.

SENATORS FETTERMAN & CASEY INTRODUCE "CONVENIENT CONTRACEPTION ACT":

"Convenient and reliable access to contraceptives reduces unintended pregnancies, improves maternal health outcomes, and promotes equity," Senator John Fetterman said after introducing legislation to allow people covered by private health insurers to receive a full year's supply of their contraception at the time a prescription is issued, rather than the current limit of a three-month supply. In a statement Senator Bob Casey said, "This bill will live up to the promise of the Affordable Care Act by reducing the barriers many women, particularly low-income women, face when it comes to family planning and maternal health. This is a commonsense policy to make it easier for women to fill their prescriptions." The bill aims to address inconsistencies where rules vary across states and insurance plans over how much of a prescription a patient can pick up at a pharmacy at one time and prescription length.

APPEALS COURT RULES ON MIFEPRESTONE AVAILABILITY:

The abortion pill Mifepristone should remain available for now, but with significant restrictions on patients' access to it, a federal appeals court ruled in mid-August. Mifepristone remains legal, but cannot be sent through the mail or prescribed by telemedicine, a three-judge panel ruled. Shortly afterward, the Justice Department indicated it would request the Supreme Court hear this case, according to an 8/16/23 New York Times report. The Supreme Court could agree to hear the appeal or deny a review, leaving in place the appeals court's ruling that curbs, but does not eliminate access to Mifepristone. Importantly, beyond Mifepristone approval, this case calls into question the Food & Drug Administration's regulatory authority over other drugs as

well. While the appeals court decision kept the F.D.A.'s approval in place, it also kept an approval in place for the generic version of the drug. More than five million women in the United States have used Mifepristone to terminate their pregnancies, and many studies have found it to be highly safe and effective. Years of research has shown that serious complications are rare. The drug is also approved for use in dozens of other countries.

The original 4/7/23 Texas ruling against Mifepristone's safety by U.S. District Judge Matthew Kacsmaryk, relied on studies authored and conducted by anti-abortion activists. They seek to suspend F.D.A. approval and force a recall of the drug. The study and peer review process used in the Kacsmaryk ruling are now under investigation. Pharmaceutical sciences professor Chris Adkins told PA Capital Star States Newsroom that the anti-abortion study authors exaggerated their findings and visually misrepresented them in ways that are "grossly misleading." "I have significant concerns about the merits, legality, and use of shoddy studies and personal anecdotes to upend national healthcare policies essential to women's reproductive health and bodily autonomy," Adkins said. Many U.S. scientists and mainstream national medical institutions like the American Medical Association have asked the courts not to overturn F.D.A. Mifepristone approval, and have called out the misuse of science in the lawsuit. Professor Adkins said his opinions are his own and not those of his Savannah, Georgia college, South University School of Pharmacy. "Scientific communication is something I deeply value, and I think this is an example of one way that misuse of science through improper communication can influence how public policy manifests itself, through a result of dishonest science," Adkins said.

NEW POST-PARTUM DEPRESSION MEDICATION GETS F.D.A. APPROVAL:

F.D.A. approval of the first post-partum depression medication is an advance that could increase recognition and treatment of a debilitating condition afflicting nearly a half million American women every year. This medication was explicitly designed for post-partum depression to ease symptoms in as little as three days. Clinical trials indicate the medication works quickly and is to be taken for just two weeks, not months. During pregnancy levels of estrogen and progesterone rise many-fold and then fall precipitously at the time of childbirth, noted Dr. Samantha Meltzer-Brody, Director of the Center for Women's Mood Disorders at the University of North Carolina at Chapel Hill. For genetic and other reasons women who develop post-partum depression seem especially sensitive to that surge and drop-off. An estimated 10 to 15 percent of women giving birth in the United States experience depression during pregnancy or in the year afterward, according to 8/4/23 New York Times reporting. The condition can be accompanied by intense anxiety, shame, guilt, impaired sleep, panic attacks and suicidal thoughts or attempts. This medication, zuranolone, will be marketed as Zurzuvae. Its introduction may help reduce the stigma of post-partum depression by underscoring that it has biological underpinnings and is not something women should blame themselves for. The main side effects of Zurzuvae were sleepiness and dizziness. This pill was not tested in women who were breastfeeding their babies.

BLOCKBUSTER "REVENGE PORN" RULING AWARDS \$1.2 BILLION TO VICTIM:

"Revenge Porn" is the term used for distributing sexually explicit photos or videos of someone shared without their consent. A Texas woman identified in court documents as D.L., sued her former boyfriend who posted her images on social media platforms and websites, including a pornographic website, publicly identifying her by name and address. The images were shared with her family, friends and co-workers, seen by her employer and at her gym. According to an 8/15/23 NY Times report, the former boyfriend used D.L.'s personal bank account to pay his rent, harassed her with calls and text messages from masked numbers, and told her loan officer that she had submitted a fraudulent loan application. After they broke up, the former boyfriend's threat was, "You will spend the rest of your life trying and failing to wipe yourself off the internet." Marques Jamal Jackson did not appear in court when a Houston jury ordered him to pay \$200 million for past and future mental anguish and \$1 billion in punitive damages. Brad Gilde, D.L.'s attorney, saw the ruling as a deterrent for others.

"The communication from the jury is that you make it your mission to ruin someone emotionally for the rest of your life, then you are going to be facing a judgment that's going to ruin you financially for the rest of your life," Gilde said. Rather than using the term "revenge porn," advocates for survivors of sexual abuse and lawyers who represent them, prefer the violation to be called "image-based sexual abuse." The term "revenge porn" trivializes the actions and can suggest that victims did something to cause their privacy to be violated. The term

also overlooks situations in which a person shares images without consent for financial gain, entertainment or social status instead of personal grievance.

ALCOHOL-RELATED DEATHS ARE RISING AMONG WOMEN:

Particularly for people over 65, Centers for Disease Control & Prevention data on over 600,000 deaths linked to alcohol between 1999 and 2020, show death rates for women are rising at a faster rate than those among men. Lead study author, Dr. Ibraheem Karaye, assistant professor of population health at Hofstra University, noted that alcohol affects women differently. Women's bodies tend to have less fluid to dilute alcohol compared with men's bodies, which results in higher blood-alcohol concentrations and may make women more vulnerable to health complications, Dr. Ibraheem noted. George F. Koob, National Institute on Alcohol Abuse and Alcoholism Director, said women are also at higher risk for depression and anxiety.

EQUAL PAY DAY FOR WORKING MOMS & THE "MOM ECONOMY" RESOLUTION:

August 15, 2023 represented the extra months working moms are on the job to earn what men earned in just 12 months. It's Equal Pay Day for Working Moms, which, of course, gets next to no attention in the media. It should. That's why Senators Amy Klobuchar (D/MN) and Tammy Duckworth (D/IL) and Rep. Grace Meng (D/NY) introduced the "Empowering Working Mothers Resolution" S.Res. 306 and H.Res. 605. Post-Pandemic, Congress must act to level the playing field in America's 'MOM ECONOMY.'" With the onslaught of COVID-19, maternal employment fell by 15.7%, while paternal employment fell by 9.6%. 1,800,000 men left the workforce compared to 2,500,000 women in just the first year. Half of American families with children under age 18 have a working mom making at least 40 percent of household income. The cost to U.S. industry of ignoring the Mom Economy was painfully obvious in the COVID-19 pandemic. The childcare crisis costs \$122 billion annually, with an estimated \$78 billion in lost earnings. \$23 billion is lost in workforce productivity and \$21 billion in tax revenue, according to Resolution sponsors. The Empowering Working Mothers Resolution promotes family-friendly workplaces, paid family and medical leave, health insurance, retirement plans, parental leave, maternity and paternity leave, robust funding for Head Start and Early Head Start programs. It addresses America's serious maternal mortality crisis and women's health issues by providing paid leave and remote accommodations for workers experiencing debilitating menstrual or menopause symptoms. The U.S. economy benefits with a stable female workforce that increases the U.S. Gross Domestic Product in a highly competitive world economy.

FINALLY, A REFORM OF THE MILITARY CODE OF JUSTICE:

The largest overhaul of the Uniform Code of Military Justice since 1950 removed commanders' authority over cases of sexual assault and other high profile crimes. In late July, President Biden signed a far-reaching executive order after two decades of pressure from lawmakers and advocates of sexual assault victims. When military commanders had the sole power to handle cases of rape, sexual assault and murder, advocates argued that victims in the military too often were denied justice.

Congress finally passed a bipartisan law mandating changes. For years Senator Kristen Gillibrand (D/NY) tirelessly persisted in trying to implement necessary reforms requiring the Department of Defense to create special prosecutors who would specifically handle sexual assault and other high profile crimes. The Offices of Special Trial Counsel will be staffed by experienced military prosecutors who will report to the civilian leaders of the military's branches. Decisions by the special prosecutors will be final and binding and cannot be overridden by military commanders. "We've heard horrific cases of women being brutally, brutally assaulted and then disbelieved and retaliated against for coming forward," Gillibrand said. "And so we needed to create a justice system that was worthy of the sacrifice they make every day." Under President Biden's executive order the special trial counsel offices will have their authority expanded in 2025 to include cases of sexual harassment.

CELEBRATING LADIES WHO DID & ARE DOING BIG STUFF:

Dr. Jennifer Marrazzo

After almost 40 years heading the National Institute of Allergies and Infectious Diseases, Dr. Anthony Fauci, retired last December, on the job since 1984. A Harvard-educated physician and epidemiologist in her early 60's,

Dr. Jeanne Marrazzo, will now head the Institute this fall. An HIV expert from the University of Alabama at Birmingham, Dr. Marrazzo will oversee an annual budget of \$6.3 billion. NPR reported in early August that Dr. Marrazzo's cautions during the height of the coronavirus pandemic were "clear, down-to-earth, with dashes of humor." Dr. Marrazzo grew up in Pennsylvania near Scranton and was valedictorian of her high school class. Her undergraduate education was at Harvard with her medical training at Thomas Jefferson University in Philadelphia. Today the world of infectious diseases is particularly challenging as many infections once only found more in the tropics are moving into sub-tropics with climate change. There is also a burgeoning epidemic of sexually transmitted infections where Dr. Marrazzo's wide breadth of expertise will serve her well in her new position.

Remembering Rhoda Karparkin, at Consumer Reports

For more than 40 years as Consumers Union counsel, executive director and president, Rhoda Karparkin pressed for painstaking product testing for safety and quality while promoting comparison shopping for value. She died at her Manhattan home on August 4th, 2023 at age 93. A New York lawyer and civil rights advocate, Karparkin was the first woman to hold the position as the nonprofit organizations counsel. Consumers Union, the publisher of Consumer Reports, later changed its name to Consumer Reports. In 1993 Lear's magazine called Ms. Karparkin "the nation's smartest shopper." Under her leadership, subscriptions to the magazine, which accepts no paid advertising, more than doubled to 4.3 million. She also raised \$40 million to build a new headquarters in Yonkers, N.Y. and an automobile testing track. As executive director of Consumers Union, Ms. Karparkin's early commitments were to labor, civil and women's rights. The organization struggled during the Reagan administration, its revenues pummeled by a weak economy at a time when the government's consumer protections were rolled back. In 1982 Ms. Karparkin told the New York Times that the Reagan administration had "eviscerated the Consumer Protection Agency." Former Consumer Reports editor Kimberly Kleman said, "Rhoda combined an unwavering passion for the little guy with a smart, strategic sense of how to effect change. Working for and with Rhoda was more than a job - it was a mission."

NFBPWC Texas Affiliate

Leadership Team:

Lourdes Reyna President of Paso Del-Norte

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

Texas has 1 active affiliate:

BPW/El Paso-West: Meetings the 2nd Tuesday of every month at 11:00 am Central Time at member's homes and sometimes at La Madeleine Restaurant.

NFBPWC Virtual Club

Leadership Team:

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



VIRTUAL CHAPTER

Monthly Meeting & Networking Event

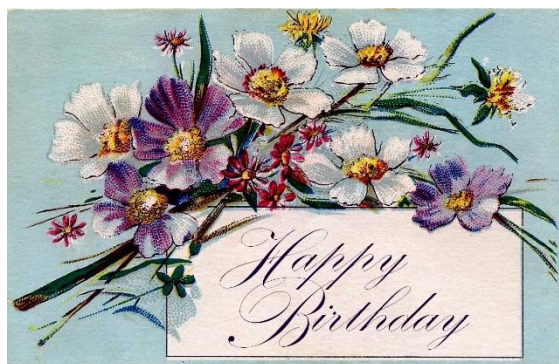


Our members with September Birthdays:

Monique Claybone - September 14th

Virtual Chapter Welcomes Our Newest Member, who joined since the last newsletter:

Carrie Thomas



We spent a wonderful hour discussing and sharing about the 19th Amendments and learned a good deal about our sisters to the north.

The Virtual Chapter enjoyed a great celebration at the August meeting – thank you to all the attendees and our guests from both the Executive Committee and from Washington State.



We will welcome you any time you would like to attend a Virtual meeting.

We look forward to seeing you all at our next meeting:

September 20th

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.

~~~

Enjoy Stepping into September!!!

**Barbara Bozeman**  
**President, Virtual Chapter**





## 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, 1<sup>st</sup> VP of Membership, with any questions about the opportunities available to all members and share with us which membership opportunity holds the most value to you.

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](mailto: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!



NFBPWC is looking for your submissions for the next Magazine.

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

Submission Deadline for the October Magazine is Friday, September 22<sup>nd</sup> at 7:00 pm Eastern Time

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

@VestaBlueStudio

## 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](mailto: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](mailto: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](mailto: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](mailto: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**

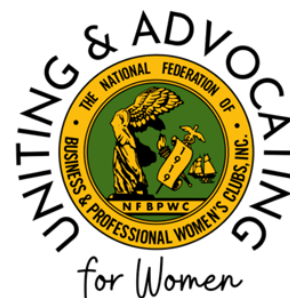
- Access to affordable reproductive healthcare, including contraception and legal abortion care
- Reproductive choice
- Paid sick leave
- Family and medical leave
- Equal research funding for women's and girl's health issues
- Health education funding for women's and girl's health issues
- Health education 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

## NFBPWC MEMBERSHIP

A BROAD RANGE  
OF BENEFITS



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](http://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](https://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](https://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.