

# Tar Heel Woman

A publication of the North Carolina Federation of Business and Professional Women's Clubs, Inc.

VOLUME 87 NUMBER 4

JANUARY 2012



## Believe in Your Own Greatness

### President's Message Rhonda Hunter

#### February Has Great Meaning to Me



Many great things have taken place in the month of February in my life. As a child in school I always loved Valentine's Day and the exchanging of valentines and candies with my classmates was always exciting to me. So early on as most girls who are forever planning their perfect wedding day and have this great romantic notion that the great white knight will ride in on his stead and sweep you off your feet and carry you away for a life of happily ever after.



Well my wedding day was perfect it was February 14<sup>th</sup> and my great white knight was actually a soldier who certainly swept me off my

feet, the stead was a Chevy Impala and we have been happily married for 39 years this coming Valentine's Day. So as we reach another milestone I look back and reflect on the other happy occasions that have occurred in February. Our daughter was born on February 26<sup>th</sup> and our first son was born on February 11<sup>th</sup> and on February 1st I found out they are having a "Boy" my first grandson. I am one lucky lady who still loves valentines and candy and the month of February.

I wish everyone love and happiness and hope you celebrate with your special person not only Valentine's Day but every day!



2011 - 2012  
BPW/NC  
Leadership Team

BPW/NC Executive  
Committee

President:  
Rhonda Hunter

President-Elect:  
Virginia Adamson

Vice President:  
Mimi Zelman

Treasurer:  
Tonya Holbert

Secretary:  
Leanne Schuller

Past  
State President  
Gail Harper

Parliamentarian:  
Barbara Bernard



# Go Red for Women

February is Heart Health Month

Virginia Adamson, President Elect



We speak often of breast cancer as a major health issue for women. The chance of developing invasive breast cancer at some time in a woman's life is a little less than 1 in 8. It kills 1 in 36 each year. But did you know that heart disease is the No. 1 killer of women? Heart disease causes 1 in 3 deaths each year. People just like you and your BPW sisters are dying at the rate of one per minute.

The **Go Red for Women** campaign is a program of the American Heart Association. In 2010, they set a strategic goal of reducing death and disability from cardiovascular disease and strokes by 20% while improving the cardiovascular health of all Americans by 20% by the year 2020. By encouraging awareness of the issue of women and heart disease, the

**Go Red for Women** campaign is a great educational tool we can all use. You can see a small selection on the included website picture. Visit [www.goredforwomen.org](http://www.goredforwomen.org) for more information.

February is Heart Health Month and **February 3<sup>rd</sup> is National Wear Red Day<sup>®</sup>**. Start planning now what you will wear that day. I will have my Red Dress pin on and will be wearing red that day. I will be travelling for work and will explain the problem to my colleagues. Women everywhere need to know about the risks of heart disease and the signs of a heart attack.



NATIONAL **WEAR RED DAY<sup>®</sup>** FEB. 03. 2012



# February - Women's Heart & History Month



**Mimi Zelman, Vice-President**

Happy New Year to all BPW sisters! I can't believe the year is almost half over on our BPW/NC calendar. The first half of our year was a busy one, with the fall ID program, WEE event in Pembroke, NBWW event that was held at our club in Charlotte as well as more events that were held in clubs across our great state! All the events that were held have these common denominators: education, empowerment, and connecting with other women.

If you haven't attended any events the first half of the year please make sure to mark your calendars for our State Convention in Hickory the weekend of the 23<sup>rd</sup> of June. I know it will be a weekend of learning, empowerment and connecting with BPW/NC sisters from all over the state. I promise you won't be disappointed.

February marks Women's Heart Month and Women's History Month. The 2012 National Women's History Month Theme is Women's Education– Women's Empowerment. This is what BPW is all about. Let's all go out and take this month to get the message out about our great organization. Invite guests to your club meetings, and get them to join us. As the month begins, make sure you wear **red** on February 3<sup>rd</sup>, **National Wear Red Day**. To ensure we are informed women, there is information below about heart disease and actions to reduce risk that was taken from womenshealth.gov (<http://www.womenshealth.gov/publications/our-publications/fact-sheet/heart-disease.cfm#a>):

## What is Heart Disease?

Heart disease includes a number of problems affecting the heart and the blood vessels in the heart. Types of heart disease include:

- **Coronary artery disease** is the most common type and is the leading cause of heart attacks. When you have CAD, your arteries become hard and narrow. Blood has a hard time getting to the heart, so the heart does not get all the blood it needs.
- **Heart attack**. A heart attack occurs when an artery is severely or completely blocked, and the heart does not get the blood it needs for more than 20 minutes.
- **Heart failure** occurs when the heart is not able to pump blood through the body as well as it should. This means that other organs, which normally get blood from the heart, do not get enough blood. It does *not* mean that the heart stops. Signs of heart failure include:
  - Shortness of breath (feeling like you can't get enough air)
  - Swelling in feet, ankles, and legs
  - Extreme tiredness
- **Heart arrhythmias** are changes in the beat of the heart. Most people have felt dizzy, faint, out of breath or had chest pains at one time. These changes in heartbeat are harmless for most people. As you get older, you are more likely to have arrhythmias. Don't panic if you have a few flutters or if your heart races once in a while. **If you have flutters and other symptoms such as dizziness or shortness of breathe, call 911 right away.**

## Do women of color need to worry about heart disease?

Yes. African American and Hispanic American/Latina women should be concerned about getting heart disease because they tend to have more risk factors than white women. These risk factors include obesity, lack of physical activity, high blood pressure, and diabetes. If you're a woman of color, **take steps to reduce your risk factors**. (These steps can be found at: <http://www.womenshealth.gov/publications/our-publications/fact-sheet/heart-disease.cfm#d>)

## Actions to reduce heart disease risk:

1. Be physically active
2. Don't smoke
3. Eat healthy
4. Maintain a normal weight
5. Know your numbers (blood pressure, cholesterol, and triglycerides)





## *Membership Retention*

**Gail Harper, IMP and Membership Chair**

The membership of most clubs is made up of individuals with various types of connections. The connections may be between family members, coworkers, neighbors, professionals—a number of relationship networks.

BPW is comprised of women with similar interests who meet together to improve themselves personally, professionally and politically. Encouraging relationships and friendships among your members helps ensure membership retention.



All that sounds nice, but in reality, we as members must make other members feel welcome. Set aside networking time of at least fifteen minutes before the actual meeting starts for women to network. Even though we are a professional organization, remember to ask others about their family and get to know the entire person. It is more difficult to miss a meeting, a workshop, a conference, or a social if your friends are going to be there. Keep a copy of the membership directory handy and send cards or call during times of joy and sorrow. Contact members who are not well and cannot attend meetings. Let them know you care.

Another practice, that determines whether members choose to renew their membership, is that of time. Start your meetings on time. Choose a time slot and venue that works for the majority of your members. Use Evite or another program to invite your members to the meeting complete with RSVP and meal scheduling. The more little things you handle before the meeting the more productive your time is. Keep meetings to a manageable timeframe. Regardless of how well executed a meeting is or how great the speaker, a meeting that consistently lasts for an exceptional period of time will lose members. Try to keep meetings to no longer than an hour and thirty minutes. If members expect a meeting to end at a certain time, try to stay on task and end as close to that time as possible.

Invite interesting speakers to your meetings. Programs that meet the needs of members will help retain members. Take time to plan your calendar for the year and get input from other members regarding the type speakers and meetings they wish to have. Why invite a speaker whose message is prostate screening if your members are mostly interested in women's health?

Remember the Golden Rule and treat others as you wish to be treated. Think of those meeting elements that are important to you and encourage those practices for your club. Start on time, keep the meetings to a reasonable length, be welcoming, and choose great speakers. Using these practices will help your club retain members and your members to grow personally, professionally, and politically.

**BPW/NC  
Board of Directors  
Standing Committees**

**Finance: Paisley Wessel**

**Foundation BPW/NC:  
Linda Hardy**

**Foundation (USA):  
Joanna Moses-Elliott**

**Membership:  
Gail Harper**

**Legislative:  
Kacey Case**

**Issues Management:  
Pat Sledge**

**Public Relations:  
Carol Ambrose**

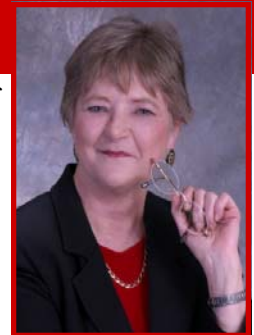
**Young Careerist Chair:  
Mimi Zelman**

\*\*\*



# Love Yourself, The Best Gift You Can Give

Pat Sledge, Issues Management Chair



February is a natural month to think about hearts and the people we love because many of us celebrate St. Valentine's Day. The American Heart Association puts an additional focus on heart health during the month and activities are going on with "Go Red for Women™" around the nation and in several countries around the world. One of the most important things we can do for those we love is to love ourselves!

The website for AHA offers a number of programs that you can participate in online. From the Go Red program you can join a program called **Better U™**. **Go Red BetterU™** is a FREE 12-week online nutrition and fitness program that can makeover your heart. Each week will focus on a different area of your health and provide step-by-step guidance. You'll have access to everything from daily expert tips to an online journal. The link to the website is:

<http://www.goredforwomen.org/BetterU/index.aspx>.

Imagine this. What if you had a guide that would guarantee you a longer life, prevent heart disease, and help you feel stronger and healthier starting right now? What if you had a road map that would improve your quality of your life and give you the energy and time to invest in your life goals? Believe it or not, there is such a guide. Another program offered through the American Heart Association is called **My Life Check™**, **Life's Simple 7™**. The link to that program is: <http://mylifecheck.heart.org/>.

I hope that you have taken a few minutes to look at the video that is posted on the BPW NC website home page called "Just a Little Heart Attack". Please take a look at the video from the Go Red™ program which talks about the way women can experience the symptoms of a heart attack, and sometimes minimize them because they are not like the way we often think of heart attacks. These are the signs of a Heart Attack that women often experience:

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more

likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

If you have any of these signs, don't wait more than five minutes before calling for help. Call 9-1-1...Get to a hospital right away.

In the coming months, events are being held in Charlotte and in the Triangle for Go Red events. You can join other outstanding and dedicated women and men at the **Charlotte Go Red for Women luncheon** on May 10, 2012 from 9:30am - 2:00pm at The Charlotte Convention Center. Hear the survivor stories, remember the expert advice, and Make it Your Mission to share in the commitment to fight the No.1 killer of women. For more information go to:

[www.heart.org/charlottengoredluncheon](http://www.heart.org/charlottengoredluncheon).

**In the Triangle** a luncheon is planned for Friday May 11 from 10:00am -1:30pm at the Marriott City Center, 500 Fayetteville Street, Raleigh, North Carolina, 27601. Get inspired. Get informed. Join health and fitness experts, medical professionals, and women like you to hear the concrete steps you can take today for better heart health. Enjoy a morning of learning through our educational breakout sessions before lunch. In the past, sessions have included Cooking from Heart healthy cooking demonstrations, CPR Anytime lessons, Life's Simple 7 for Women healthy lifestyle tips, and other heart healthy topics. More information will be available soon. To find out more, contact:

[kelly.rogers@heart.org](mailto:kelly.rogers@heart.org).

You can receive a **Free Red Dress** pin to show your support for the **Go Red for Women™** program, by signing up at the website:

<https://www.goredforwomen.org/Registration.aspx>.

The AHA website also has a number of items that can be ordered from cookbooks to apparel.

Learn more about a healthy heart this month. Love yourself, and give those you love the best gift of all. The life you save could be your own!



# BPW Foundation USA Scholarship

Joanna Moses-Elliott,  
BPW/NC Board Chair for Liaison with BPW Foundation USA

It was with personal satisfaction that I was your representative in presenting Christine Palmer with a deserving \$2000 grant from BPW Foundation USA in December. The national BPW Foundation notified our organization in the fall that an additional Career Advancement grant would be made in 2011 through the legacy BPW State organizations. Many of you have contributed over the years and I am happy to report that the BPW Foundation is fulfilling its mission and deserving students are receiving benefits. Our BPW/NC recipient provided the following letter describing her interest in this grant and I wanted to share her inspiring thoughts with you.

Christine writes -

*" I have overcome many challenges that prevented me from obtaining a college degree. I began a college career over thirty years ago, but was unable to complete my goal at that time. Throughout the years, child abuse, domestic violence, and cancer delayed my return to college. These challenges tested not only my strength and fortitude, but that of my children as well.*

*Yet, two years ago, I enrolled at UNC Charlotte to complete my journey towards graduation. As an older, nontraditional full time student, I truly believe I possess the qualities a scholarship committee desires. I have become a leader and mentor for many undergraduates. As the president of the student chapter of the American Society of Civil Engineers, I have created an energetic and enthusiastic environment within the Civil Engineering Department. It is my goal to help these students obtain their full potential.*

*Upon returning to college, I have a sense of accomplishment at this juncture in my college career. I truly appreciate not only the opportunity, but the value a college education provides. I am no longer the student lost in the crowd, walking obscurely through the halls. I have learned to seize every opportunity to be a results driven student. Throughout all of this, my younger*

*children have seen and learned from what I am doing. I am a mentor for them and hope to inspire not only my children, but to all those I meet at UNC Charlotte as well.*

*Providing financial stability for my two children and I has become a challenge. Quite frankly, this inspired my decision to return to college. As the sole financial provider for my children and me, it has become difficult to balance the financial responsibilities and continued success at school. My path to college was diverted many times throughout my life. Yet, I have made a commitment to finish this time and receive a college degree. The Career Advancement Scholarship would help provide financial stability for my children and I; providing a level of comfort and peace for me to focus further on my education and career goals in the engineering field. I truly appreciate your consideration."*



# BPW/NC Foundation Has Something For You

Linda Hardy, BPW/NC Foundation Chair

Are you interested in being recognized with a Starbright Membership Award? If you are unaware of this individual member award, check it out at the BPW/NC webpage (<http://www.bpw-nc.org>) under awards. So why is the Foundation Chair telling you about this? Well, the simple answer is that one way to collect enough points to qualify for recognition is to donate to the BPW/NC Foundation. If you donate before March 1, 2012, you will receive 50 points for every \$10 you donate. This qualifying activity could be worth up to 10,000 points. If you donate between the March deadline and May 31, you will receive 20 points per \$10 donation. Of course, since this is for a 501(c) (3) organization, all donations are tax deductible to the extent allowed by law. What a great deal; points toward an award and a tax deduction, both for the price of one.



We would like to remind everyone of the **“Red Purse Campaign,”** the cute red glitter purse lapel pin being sold for \$10.00 plus shipping and handling as a way to raise money for scholarships. This campaign was launched at the WEE event and promoted in the November *Tar Heel Woman*. These pins are still available. The order forms can be found in this newsletter and online on the BPW webpage (<http://www.bpw-nc.org>), look under the Foundation tab at the top, and click on **“Fundraisers for Foundation.”**

At the State Convention in June, the BPW/NC Foundation will be awarding five scholarships. All the scholarships require that the applicant be currently enrolled in either an accredited community college or a four year college or university; must need financial assistance to obtain goals; and must have a definite career plan. There are three named scholarships, each with different criteria, and two general scholarships. If you know someone in need of a scholarship, suggest they investigate to see for which one they may qualify. The criteria and revised applications for all of these scholarships can be found on the BPW/NC website – [www.bpw-nc.org](http://www.bpw-nc.org) under the Foundation tab, BPW/NC Scholarships.

PR & COMMUNICATIONS



**Carol Ambrose, Public Relations Chair**



As we are entering into the second half of the year for BPW/NC, it is a good time to consider your status and your club's status in BPW. Many of us do this introspection at year's end to set our personal goals for the upcoming year. This might also just be an excellent time to consider your goals in BPW.

In a few months we will be meeting at State Convention in Hickory to celebrate our successes of 2011 – 2012. Join in the fun and friendly competition for one of our favorite events, the Awards Ceremony. Each club and individual has multiple opportunities to receive recognition for the accomplishments of the year.

It is not too early to consider the many awards available. You can peruse the criteria on the BPW/NC website at <http://www.bpw-nc.org/Default.aspx?pageId=853366> to get information on each award. In the past, many awards had a low number of applications. Check out all the awards and consider applying. Take a look now and be ready in June to celebrate with your BPW sisters from across the state!



## Attention BPW Members!

Be one of the first to reserve your Red Purse Lapel Pin  
 North Carolina Business and  
 Professional Women's  
 Foundation, Inc.

Shown slightly larger than  
 actual size of 1 1/2" x 1 1/2"

### Scholarship Fund-raiser.

The Red Glitter pins are **\$10.00 each** with your contribution benefiting our Scholarship Fund. Wear your pin to show your support, or present the pins as gifts for speakers at special events. Each pin is presented in a heat-sealed, poly bag with a card of thanks and the mission statement of the Foundation.

Name of BPW Club Or Individual	Quantity of Pins reserved	\$10.00 each	Total (\$10.00 each x Quantity)
First Class Mail Shipping and Handling: \$3.00 for the first pin, \$1.00 for each additional pin.			
TOTAL			

Name and Address for delivery: \_\_\_\_\_  
 (Please Print Clearly) \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Make checks payable to: **North Carolina BPW Foundation, Inc.**  
 Mail orders to: Kay Jones, Treasurer  
 3011 Fairmead Drive  
 Concord, NC 28025-0425

*This organization is a 501(c) (3) organization. Donations are tax deductible to the extent allowed by law.*

# Applications for State Officer Deadline

**Deadline: March 1, 2012**

**Linda Karolak, Nominations Chair**



If BPW has served you well, are you willing to step-up and serve it? It is very important that we have good officers to manage the business of our state organization.

Remember...this is your organization, and you will get out of it what you put into it. Serving at the state level is a great way to get to know more women across this beautiful state. Having a say in state events is one way to ensure that items important to you get covered.

If you would like to discuss a particular state office further, you may contact me, Linda

Karolak, at [LKarolak@aol.com](mailto:LKarolak@aol.com), 919-383-4233, or contact one of the Nominating committee members, Susan Benton Wilson, at [Scbenton@wagnernoble.com](mailto:Scbenton@wagnernoble.com), or Gail Harper, at [gailgarper@embarqmail.com](mailto:gailgarper@embarqmail.com).

Once again, the Executive Committee is comprised of the President, President-Elect, Vice President, Secretary, Treasurer, Immediate Past State President, and Parliamentarian. (Reminder that the Immediate Past State President, and Parliamentarian are NOT elected positions, so we do NOT need candidates for those two positions).

Now is the time to complete a nominations form for a state office, get it endorsed by your club (signed by your club president), and send it via email or snail mail to **State Nominations Chair Linda Karolak, at 2718 Heather Glen Rd., Durham, NC 27712-1030, phone 919-383-4233, email [LKarolak@aol.com](mailto:LKarolak@aol.com)**.

The State Nominations form can be found on BPW/NC's website. Download, and complete it!

## Women Empowered & Enlightened

**Mary Shelton Drum, WEE Chair**

BPW/NC is quickly building steam for the down hill run to Annual Convention in Hickory on June 22-23, 2012. However, before we get to Hickory, just think about all of the programs that you and your club members could be participating in throughout the spring of 2012.

So why, then, am I pushing the *Women and Empowered and Enlightened Event* to be held in the fall of 2012? Well, let me ask you a question or maybe several questions:

- How many of you have attended a WEE Event?
- How many of you have returned home "Empowered and Enlightened?"
- How many of you have shared these experiences with your fellow club members?
- How many of your club members have said, "We could do that!"?

If this chain reaction has happened in your club, now is the time to start the ball rolling. Maybe no one in your club has attended. Should that stop you? Could you get that ball rolling for fall of 2012?

Check out the website at [www.bpw-nc.org](http://www.bpw-nc.org) and go to the WEE FAQs to help you get started. The questions are simple and will give you a head start on finding a venue and locating informative speakers.

If you begin thinking about this now, you can send in your bid once the deadline has been established and if you win, you can get the ball rolling in a positive direction. We just all might be coming to your Region and learning about its uniqueness, your club and your membership in the fall. What a fantastic way to showcase who you are as Business and Professional Women.

Any more questions?



**Special Committee  
Chairs**

**Foundation Chair:  
Linda Hardy**

**Trustees Chair:  
Mary Wells**

**Awards:  
Caryl Sinfield**

**PR/Communications:  
Carol Ambrose**

**Governance:  
Susan Benton Wilson**

**Hospitality Chair:  
Faye Painter**

**Information  
Technology:  
Lindsay Kornegay**

**WEE:  
Mary Shelton Drum**

**Career Woman of  
the Year:  
Elva Jones**

**State Conference:  
Judy Smith**



# Women Joining Forces

Trina Hines



This month features career opportunities and resources, Job Fairs and employment information for veterans and their family members.

## Career Opportunities and Resources

The Veteran Gold Card provides post-9/11 veterans with transitional support and assistance. The **Veteran Gold Card** provides six month access of personalized case management, assessments and counseling. For more information visit: <http://www.dol.gov/vets/goldcard.html> White House Joining Forces Resources provides veteran and their families with transitional and employment resources. <http://www.whitehouse.gov/joiningforces/resources> The Department of Labor created an online tool My Next Move that let veterans put information about their knowledge, skills and experience in the database and the database will match their skills with civilian careers. The web site also includes salaries, education training and apprentice information. For more information: <http://www.mynextmove.org/vets/>

## Job Fair and Employment Opportunities

### 2012 Hiring Our Heroes Job Fair , Fayetteville NC

Location: Crown Center  
1960 Coliseum Drive, Fayetteville, NC  
February 10, 2012  
Time 9:00 AM to 12:00 PM  
For more information: <https://hoh.greatjob.net/sc/viewEvent.action?id=105284>

### 2012 Hiring Our Heroes, Job Fair Charlotte

February 13, 2012  
9:00 AM - 12:00 PM  
Location: Embassy Suites  
5400 John Q. Hammons Drive NW  
Concord, NC  
For more information: <https://hoh.greatjob.net/sc/viewEvent.action?id=105286>

### Orion International Hiring Conference

February 27-28, 2012  
Location: Embassy Suites Hotel Raleigh Crabtree  
4700 Creedmoor Road, Raleigh, NC,  
Time: 8:00 AM to 5:00 PM  
Hiring conference is by invitation only so please visit: [http://www.orioninternational.com/jobseekers\\_hiringconferences.aspx#tab=daybylist/2/27/2012](http://www.orioninternational.com/jobseekers_hiringconferences.aspx#tab=daybylist/2/27/2012)

### Hiring Our Heroes - Columbia (Fort Jackson), SC (Hero2Hired)

The U.S. Chamber of Commerce's "Hiring Our Heroes" Hiring Fair  
March 6, 2012  
Location MG Robert B. Solomon Center (Fort Jackson), SC  
6510 Strom Thurmond Blvd  
Fort Jackson, South Carolina 29207  
Time: 10:00 a.m. – 4:00 p.m. (opening ceremonies kick off at 9:45 a.m.)  
For more information: <https://hoh.greatjob.net/sc/viewEvent.action?id=86953>

### Fort Bragg Military Career Expo

May 15, 2012, 10AM-2PM  
Location: Officers Club Bldg 1-4930  
Armistead and Totten St  
Ft. Bragg, NC 28310  
For more information: <http://www.military.com/career-expo/2012-ft-bragg-career-fair/>

### Camp Lejeune Military Career Expo

May 16, 2012, 10AM-2PM  
Location: Marston Pavillion  
Bldg 730 Seth Williams Blvd.  
Camp Lejeune, NC 28547  
For more information: <http://www.military.com/career-expo/2012-camp-lejeune-career-fair/>



# ID Session 2 Completed...

**Jo Naylor,  
Leadership  
Development Chair**



**Session 2 - "We need to find the Ruby in us all!" was a success!**

My co-presenters, Virginia Adamson (BPW/NC President-elect) and Pat Sledge (Issues Management Chair) and I presented Session 2 in Sanford on January 14<sup>th</sup>. Seven BPW/NC members attended including members of the host Club Sanford BPW. On January 21<sup>st</sup> 10 BPW/NC members attended Session 2 in Lincolnton including Lincolnton BPW members. Attendees learned about Parliamentary Procedures, Virtual Teams, Negotiating and Interviewing, Business Etiquette, Leadership, and Advocacy. There were great discussions, sharing, and networking opportunities at both sessions. All attendees received the Individual Development information and activities to use in their personal, professional, and BPW lives. Four attendees won door prizes at each session. Each participant was presented a red enameled high heel pin.

**Certificates of completion are to be awarded at the State Convention in June.**

Thank you to **Sanford BPW** and **Lincolnton BPW** for hosting these events!! Thank you to all of my BPW/NC sisters who attended the sessions! I am confident that BPW/NC will continue to grow and thrive with the sharing and use of the information and insight that you have each gained by attending the Individual Development sessions. **THANK YOU** for helping make the sessions a **SUCCESS!!**

**We are hoping that more BPW/NC Members and North Carolina women will attend the Individual Development program in 2012-13!!**

S  
A  
N  
F  
O  
R  
D



Faye Painter and Rhonda Hunter counting their chips.



Pat Sledge—Sharing Parliamentary Procedure



L  
I  
N  
C  
O  
L  
L  
I  
N  
T  
O  
N

# WHAT OTHER AWARDS CAN I BE WORKING ON?

Caryl Sinfield,  
BPW/NC Awards Chair



It is January: State Convention is a mere five months away, and the deadline for most award entries is but four months off...not much time for those of you who are busy with your job, your BPW activities, your family, political commitments, studies, etc! So, let us look at a few more awards you and your Club can be working towards.

The **Foundation Award** is one of the easiest awards to earn. All you need to do is make a donation to the BPW/NC Foundation. Now that the holidays are behind us, and you are (hopefully) looking forward to a tax refund, take the time the figure out how much you can afford to donate to our State Foundation and help us continue to support our much-needed scholarships. Donations accounted for by the Foundation Treasurer, by the time the May financial are prepared, are eligible towards award status. Better yet: individual contributions also count towards Club-level contributions.

The **Leadership Award** was initiated by me at the beginning of the 2007-2008 Federation year as a means to reward our members for developing their leadership skills and helping to mentor other members in their own leadership development. This award has yet to be attempted by anyone...the various criteria for achieving each level can be a bit of a challenge to a busy woman.

So how do you win this award? First, download the form from the Awards section of our BPW/NC website. Then ask someone to be your mentor and start completing the activities required for the Self-Starter status. By midnight on May 15, 2012, you, your President, and your mentor sign the second page of the form and scan to my email ([caryl@sinfield.us](mailto:caryl@sinfield.us)). If you don't have access to a scanner, email the form as an attachment to your *mentor*, who will forward to your *Club President*, and she will forward it to me – just as good as a signature. Some of the information needs to be validated, but I will take care of that with the other State Committee Chairs.

The **Share BPW Button** is a great way to reward yourself for sharing BPW with others. Just sponsor three new members...it is that easy to achieve this recognition. To make sure your effort are not overlooked, be sure our State Membership Chair, Gail Harper, gets an email from your Club President or Treasurer when your sponsored member joins your Club.

The **Club Alignment Award** was also introduced at the 2007 State Convention as a means to more fully involve the Clubs in the objectives of the state Strategic Long-Range Plan (SLRP).

So how does your Club win this award? Simply review the SLRP and, by May 15, 2012, email a summary of the Club's activities in support of each objective (form available on the BPW/NC website) to me.

**Equal Pay Programming** is another award to start thinking seriously about. This is a Club-level award that recognizes outstanding efforts in support of Equal Pay Day. Many Clubs sponsor extraordinary events for Equal Pay Day -- make sure yours gets the recognition you all so richly deserve by reviewing the criteria for this award on our website and submitting the required application by May 15th to your state Legislation Chair, Kacey Case.

There are two more Membership awards to be considered by your Club: the **Doris Foster Membership** award and the **Regional Traveling Gavel Membership** award. Doris Foster, a past State President and State Membership Chair, gave an award to honor the Club with the greatest number of new members during the fiscal year. The Traveling Gavel award is presented at State Convention to the Region with the largest percentage of increase in membership during the fiscal year...this is one award that Clubs within a Region can pull together their efforts to earn.

Last, but not least, is the **Golden Key Award**. This award is so very easy for your Club to earn, yet we see at best only one Club each year take the time to put together the simple application and collect that \$100 prize! This award is the brain-child of your Past State Presidents Golden Key Club and honors the Club that excels in doing all the things it "should" do. So easy!

So, what are you waiting for? Remember that plan I asked you to put together with your Club, back in July? Now is the time to make sure you are working the plan you made to achieve the many recognitions you and your Club deserve for all your hard work during the year!





## **Making an IMPact Conference**

**At the Historic DUKE Mansion**

**Myers Park, Charlotte, NC**

**MARCH 20, 2012**

**9:30 am until 3:30 pm**

***IMPact Your Life, Money, Well-being and World***

***By Attending!!!***

**Four Dynamic Speakers**

**Secretary of State Elaine Marshall**

**Sherre Demao Chief Marketeer SLD Marketing/PR Unlimited Inc**

**Patty Mercer winner Mrs. South Carolina and motivational speaker**

**Stacy Simms Radio Personality WBT Radio and author**

**Limited Seating**

**\$75 per person**

**To Register:**

**[www.womenwithknowhow.com](http://www.womenwithknowhow.com)**

**Click on the Impact Conference tab**

North Carolina Federation of  
Business and Professional  
Women's Clubs, Inc.  
PO Box 276  
Carrboro, NC 27510-0276



Business & Professional  
Women  
Building Powerful Women

Professionally,  
Politically,  
Personally.

BPW/NC

"Believe in Your Own Greatness"

North Carolina Federation:  
[www.bpw-nc.org](http://www.bpw-nc.org)

Tar Heel Woman is a publication  
of the North Carolina  
Federation of Business and  
Professional Women's Clubs,  
Inc. It is published six times a  
year and distributed without  
charge to all BPW/NC members.

Submissions may be made by  
sending information to  
Lindsay Kornegay, Editor  
[lindsaybarwick@gmail.com](mailto:lindsaybarwick@gmail.com)



Reserved is the right to accept,  
edit, or reject any material  
submitted for publication.

## BELIEVE IN YOUR OWN GREATNESS



Place Your Ad Here!

Contact Lindsay Kornegay  
to place your advertisement  
in the next edition of the  
Tar Heel Woman.

E-mail Lindsay Kornegay at  
[lindsaybarwick@gmail.com](mailto:lindsaybarwick@gmail.com) for  
more details to have your  
advertisement placed here!

Place Your Ad Here!

[WWW.BPW-NC.ORG](http://WWW.BPW-NC.ORG)

