

# TAR HEEL WOMAN

a publication of BPW/NC

**Working Women**

**Helping Women Work**

**National Wear  
Red Day®**

Friday, 02 01 19

American Heart Association®



**Volume 94, Issue 3**

**January 31, 2019**

# **TAR HEEL WOMAN**

**is a publication of North Carolina Federation of  
Business & Professional Women's Clubs**

## **BPW/NC Officers 2018-2019**

**President: Barbara Bozeman, Nashville**

**Vice President: Jazmin Caldwell, Concord-Cabarrus**

**Treasurer: Linda Hardy, Nashville**

**Recording Secretary: Julie Ueleke, Concord-Cabarrus**

**Parliamentarian: Barbara High-Tyre, Nashville**

**Immediate Past State President - Elva Graham, Henderson**

### **BPW/NC Mission Statement**

The mission of BPW/NC is to provide professional and personal growth opportunities and to promote equity in the workplace.

### **BPW/NC Objectives**

- \* Improve outreach to North Carolina women to ensure membership growth of both local clubs and the Federation
- \* Promote program opportunities and resources for personal and professional growth for members across North Carolina
- \* Advocate for North Carolina working women and their families
- \* Promote structural changes to improve the effectiveness and efficiency of the Federation

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**SOUTHERN WOMEN'S SHOW**

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**FRANCIS B. LONG RAFFLE**

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**BPW COLLECT**

*Keep us, O God, from pettiness; let us be  
large in thought, in word, in deed.*

*Let us be done with fault-finding and leave  
off self-seeking.*

*May we put away all pretense and meet  
each other face to face -- without  
self-pity and without prejudice.*

*May we never be hasty in judgment and  
always generous.*

*Let us take time for all things; make us to  
grow calm, serene, gentle.*

*Teach us to put into action our better  
impulses, straightforward and  
unafraid.*

*Grant that we may realize it is the little  
things that create differences, that  
in the big things of life we are at  
one.*

*And may we strive to touch and to know  
the great common human heart of  
us all, and, O Lord God, let us  
forget not to be kind!*

*-- Mary Stewart, April  
1904*

Hello 2019 and Hello February!

**PRESIDENT: BARBARA J. BOZEMAN**

While some may see our February cover and think Valentine's Day, the cover is to remind us in addition to being National Black History Month, it is also American Heart Month. In this issue, Barbara High Tyre has shared some information about heart attack and stroke awareness.

**Remember to Go Red on Friday, February 1st.**



Thanks to my niece Gina Chapman, who works with the American Heart Association, I've enjoyed participating in a wonderful annual awareness project called "Little Hats, Big Hearts". The program focuses on bringing attention to heart issues of infants and young children. To date, I can say I've contributed more than 400 baby hats. Might be a good project for a club to tackle, if they've a mind to.

It's been a long time since our last Tar Heel Woman issue came out. I confess to you, the members, I've had something of some personal setbacks in the pre-holiday months and I feel that has led me to fall down on the job a bit. But that time has past, and between now and when the new President gets installed at convention, you might just get sick of hearing from me so much!

**So what have you all been up to? Are you getting ready?  
(Ready for what? I'm sure some of you are saying)**

Are you getting your Young Careerist Candidates ready? As discussed last year, we will be upping the ante this year to include a monetary award for the state winner.

March 1st is the deadline to get your application in for state leadership elections. All positions are open and available.

What are you doing in April? April 12th to 14th to be exact. BPW/NC and the local clubs will have a booth at the Southern Women's Show in Raleigh. Barbara High Tyre is looking for people to help man the booth. This is a great opportunity to showcase BPW and gain leads for new members from the thousands of women who attend the show daily.

Convention plans are well underway as well. Registrations should be open on the website before the end of February. Hope you are all saving the weekend of June 21st and 22nd. It is warming up to be a great event and we hope you will attend.

Remember—the key is to connect and above all HAVE FUN!



# **WANTED**

**BPW/NC members willing to:**

**RUN FOR STATE PRESIDENT**

\*

**RUN FOR STATE VICE PRESIDENT**

\*

**RUN FOR STATE SECRETARY**

\*

**RUN FOR STATE TREASURER**

\*

**RUN FOR STATE NOMINATIONS CHAIR**



**Contact State Nominations Chair**

**Marsha Riibner-Cady**

**for more information**

**WE'VE GOT A CORNER BOOTH AT ONE OF THE BIGGEST  
WOMEN'S EVENTS OF THE YEAR!**

**SOUTHERN  
WOMEN'S  
SHOW®**

**SHOPPING / FOOD / FASHION  
HEALTH / BEAUTY / FUN**

**This is a great opportunity for BPW to share the awesome benefits of membership with women from all across North Carolina.**

**Attendance at this event will put your local club and BPW/NC in front of thousands every day. Generate leads for new members!**

**It will take many hands to make this a success.**

**Help is needed to set-up, break down, and man/woman the exhibit during the 26 hours the event is open.**

**We are looking at four hour blocks (two people at a time); however, if you can do more or less, let Barbara know.**

**Barbara High Tyre is the Point of Contact for this event.  
Those who are interested in participating,  
contact her via phone or email:**

**hightyre@aol.com / 252-567-8295**

**2018-2019 FIRST ANNUAL  
FRANCES B. LONG SCHOLARSHIP  
FOUNDATION RAFFLE**

## Lifestyle Holidays Vacation Club *at Puerto Plata*



- **2 Bedroom Presidential Suite at Lifestyle Holiday Vacation Club at Puerto Plata.**
- **1 Week All Inclusive**  
*(not including airfare or daily meal plan \$85.00)*
- **Est. Value \$1,000**
- **To Be Used Anytime in 2019** *(winner picks dates)*

**Great chance to not only take a shot at winning a great vacation package, but also your opportunity to help a young lady grow to become a strong woman.**

### **fb1 Frances B. Long Foundation**

The Concord-Cabarrus Business and Professional Women's Club has established the Frances B. Long Scholarship Foundation, Inc. to award one or more scholarships for amounts to be determined, but for no less than \$ 200 each, per year. Upon satisfactory re-application by a recipient, a scholarship may be renewed annually. All recipients must be attending an accredited educational institution, public or private. Scholarships will be awarded to applicants with "full-time student" or "part-time student" status, who are working toward a GED, certification or a degree, and who are in the most need financially of all applicants.

**To Enter Raffle go to:**

<https://raffles.ticketprinting.com/raffle/8572-2018-2019-First-Annual-Frances-B-Long-Scholarship-Foundation-Raffle/>

**Raffle ends on March 31, 2019 or when 500 tickets have been sold**

**Tickets  
Cost  
\$25**

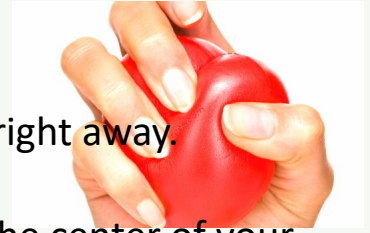


If you had heart disease, would you recognize the symptoms? You might be thinking, “Of course!” Many people are familiar with the scene of a man clutching his chest and falling to the ground, but there’s plenty more you need to know.

While there are many similarities in the symptoms of heart disease in men and women, there are even more differences – differences that could save, or end your life if you don’t know them. So before you pass that jaw pain off as the result of sleeping funny or lightheadedness as something a snack or rest can fix, learn the symptoms. And don’t ignore them.



## Signs and Symptoms of Heart Attack



If you have any of these signs, call 9-1-1 / get to a hospital right away.

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.
5. 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.



## Signs and Symptoms of Stroke

If you have any of these signs, call 9-1-1 / get to a hospital right away.

1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
2. Sudden confusion, trouble speaking or understanding
3. Sudden trouble seeing or blurred vision in one or both eyes
4. Sudden trouble walking, dizziness, loss of balance or coordination
5. Sudden severe headache with no known cause

If you have not seen the short video, "Just a Little Heart Attack", please take the three minutes to watch it now at <https://www.youtube.com/watch?v=JI487DlqTA>.

FROM OUR LEGISLATIVE CHAIR—  
STERLING M. FULTON:

Our BPW Legislative Chair attended nonpartisan workgroup session on Saturday, Nov. 19th where women leaders from across the state came together to develop a new strategy get redistricting reform in time for the 2021 redistricting cycle.



*Your Space to Thrive*  
Dream - Plan - Grow  
Sterling M. Fulton, MHA  
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Author of  
The Brain Trust Planner System  
**Powered by Values.**  
**Planned and Grown by You.**  
Available on [www.amazon.com](http://www.amazon.com)



North Carolina is one of 26 states where any redistricting reform must go through the legislature. Every decade after the national census, states draw new electoral districts. Ideally, districts should allow the voters who live in them to elect legislators who represent the diverse political views of people. However, this may not happen. Often, state legislatures purposefully draw district boundaries so that they give an advantage to a particular group or party — or put an opposing party or group at a disadvantage. This is called Gerrymandering.

He Who Draws the Lines Determines the Winners.

When politicians draw their own districts, they can rig the maps to favor their own party. The word gerrymander (originally written Gerry-mander) was used for the first time in the Boston Gazette newspaper on March 26, 1812. The word was created in reaction to a redrawing of Massachusetts state senate election districts under the then governor Elbridge Gerry. In 1812, Governor Gerry signed a bill that redistricted Massachusetts to benefit his Democratic-Republican Party. When mapped, one of the contorted districts in the Boston area was said to resemble the shape of a salamander. ... The term was a portmanteau of the governor's last name and the word salamander.

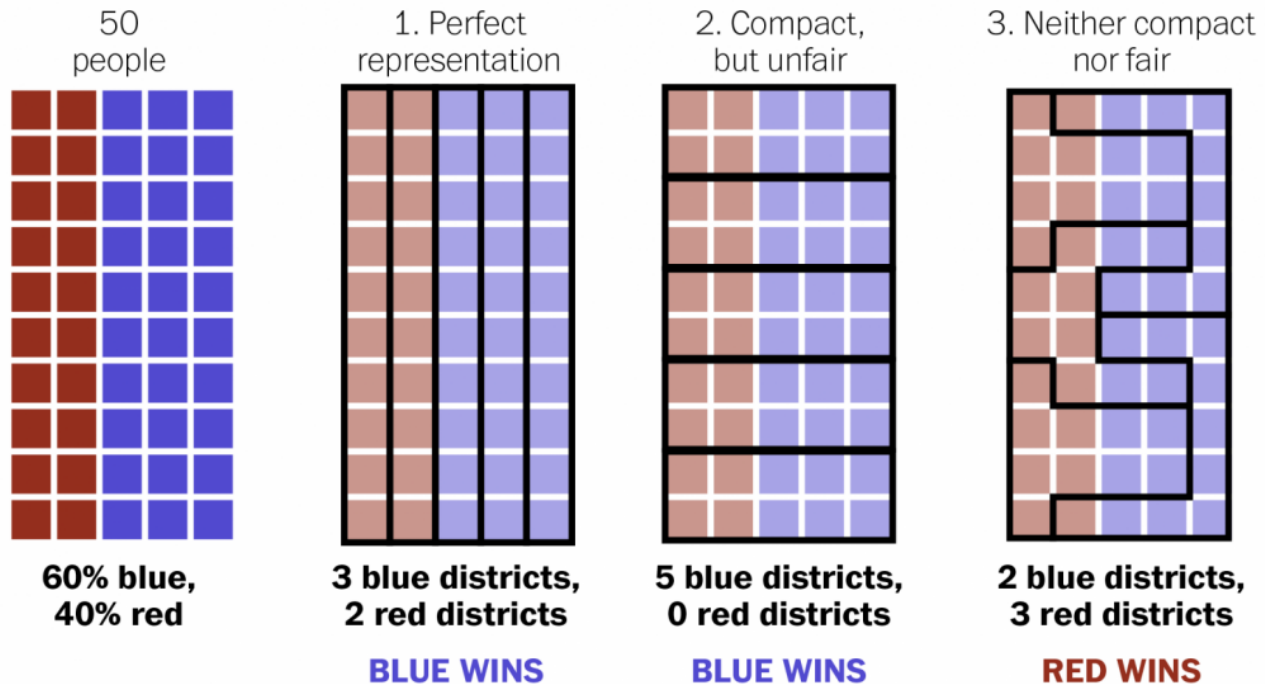
## REDISTRICTING (cont)

The way district boundaries are drawn can determine or strongly influence who gets elected. Fair redistricting helps to ensure that our legislative bodies reflect our changing population and that each citizen's vote counts equally. Gerrymandering is not a partisan issue, but an important issue that impacts each and every citizen who cares about a fair democratic process.

For more information on how to get involved visit:  
<https://lwvnc.org/act/league-action-items/fair-elections/>

## Gerrymandering, explained

Three different ways to divide 50 people into five districts



## 2019 Young Careerist

We are looking for a few young women professionals, who are members of BPW, and are between the ages of 21 and 35, to compete in the 2019 Young Careerist Program. This competition is held at the local club and state level.

The winning candidate chosen at the local club level will compete and represent their local BPW club at the 2019 BPW/NC State Convention in Goldsboro, NC; to be named the 2019 BPW/NC Young Careerist winner.

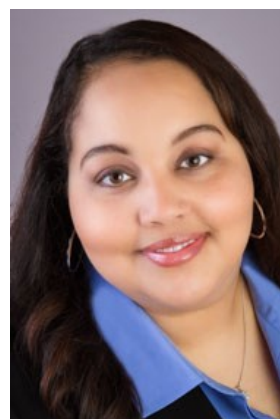
The 2019 Young Careerist application packet, qualifications, and guidelines have been uploaded to the BPW/NC website, [www.bpw-nc.org](http://www.bpw-nc.org).

Select the “Member Only” tab and click on “BPW/NC Resources and Publications.” Then click on “Club and Individual Awards.” The application packet is located at the bottom of the page. There is also a .pdf fillable application to make applying even easier.

Ensure that biographical information, YC Candidate Agreement Form, copy of four-minute speech and 5x7 photo are sent to

BPW/NC Young Careerist Chair, Jazmin G. Caldwell, at [JGCaldwell@JGCaldwellNCLaw.com](mailto:JGCaldwell@JGCaldwellNCLaw.com) or to the following mailing address: Jazmin G. Caldwell, PO Box 621991, Charlotte, NC 28262.

The post marked, or emailed deadline date is **May 2, 2019**. Young Careerist questions can be directed to Jazmin G. Caldwell, BPW/NC Young Careerist Chair, by phone at 980-272-1727 or by email at [JGCaldwell@JGCaldwellNCLaw.com](mailto:JGCaldwell@JGCaldwellNCLaw.com).



**THE POST MARKED, OR EMAILED DEADLINE DATE IS MAY 2, 2019.**

## 2019 BPW/NC



## Foundation Scholarship



The BPW/NC Foundation is now accepting applications for the educational scholarships offered each year. The qualifications for each student; as well as the updated application and packets have been uploaded to the BPW/NC website. The packet has also been uploaded to the website in a .pdf fillable form, to make applying even easier.

If you know of any women who would meet the qualifications for the foundation or named scholarships, please give them the information below, or let me know and I will forward them the application and/or give them the website where the application can be filled out.

How to Apply: Mail completed application packets to the BPW/NC Foundation Scholarship Chair by Wednesday, April 15, 2019 to Jazmin G. Caldwell, BPW/NC Foundation Chair, PO Box 621991, Charlotte, NC 28262. Applicants can obtain the necessary applications and more information from the BPW/NC website, [www.bpw-nc.org](http://www.bpw-nc.org). Go to the Foundation tab for the drop-down menu for Educational Scholarships.

Selection of Scholarship Winner: The BPW/NC Foundation Scholarship Committee will screen all applications. A personal interview may be required. The winner will be notified via phone and/or email by June 3, 2019 and presented the award at the 2019 BPW/NC State Convention in Goldsboro, NC on Saturday, June 22, 2019. Attending the presentation in June is not a requirement.

Scholarship questions can be directed to Jazmin G. Caldwell, BPW/NC Foundation Scholarship Chair by phone at 980-272-1727 or by email at [JGCaldwell@JGCaldwellNCLaw.com](mailto:JGCaldwell@JGCaldwellNCLaw.com).

**MAIL COMPLETED APPLICATION PACKETS TO THE BPW/NC FOUNDATION SCHOLARSHIP CHAIR BY WEDNESDAY, APRIL 15, 2019**

# Parliamentary Motions Match-Up

Based on Robert's Rules of Order Newly Revised (11th Edition)

Jim Slaughter, Certified Professional and Professional Registered Parliamentarian

- |   |  |
|---|--|
| 1. Request for information                    | a. Demands a rising (but not counted) vote after a voice vote                          |
| 2. Amend                                      | b. places a limit on the time or number of speakers                                    |
| 3. Parliamentary Inquiry                      | c. Allows a matter to be sent to a smaller group to consider and report back           |
| 4. Division of the Assembly                   | d. "kills" main motion   |
| 5. Rescind/Amend Something previously adopted | e. Delays consideration of a matter  |
| 6. Point of Order                             | f. Ends debate immediately   |
| 7. Adjourn                                    | g. Permits a short break   |
| 8. Recess                                     | h. Allows a member to ask a question relevant to business (not procedure)              |
| 9. Previous Question                          | i. Calls attention to an error in procedure  |
| 10. Table                                     | j. allows a member to ask a procedural question  |
| 11. Appeal                                    | k. temporarily delays a matter when something of urgency arises                        |
| 12. Postpone indefinitely                     | l. brings business before the assembly; permitted only when no other motion is pending |
| 13. Refer                                     | m. revisit motion already voted on at same meeting                                     |
| 14. Postpone                                  | n. strikes or modifies motion adopted at prior meeting                                 |
| 15. Limit/Extend Debate                       | o. allows modification to another motion by adding, deleting, or changing words        |
| 16. Reconsider                                | p. takes decision from chair and gives to assembly                                     |
| 17. Main Motion                               | q. ends the meeting  |

Test your knowledge. Answers on the last page.

# *Goldsboro*

NC



**Save The Date!**

**100 years**

**of Working Women Helping  
Women Work**

**Annual Convention**

**June 21 and 22, 2019**

**Goldsboro, North Carolina**



## BPW/NC 2018-2019 Calendar of Events

### 2019

January 11 ..... *Tar Heel Woman* article deadline  
January 18 ..... *Tar Heel Woman* published  
February 20-21 ..... Federation Board of Directors meeting  
March 1 ..... State Nominations Deadline  
March 8 ..... International Women's Day  
March 12 ..... *Tar Heel Woman* article deadline  
March 19 ..... *Tar Heel Woman* published  
April 12-14 ..... Southern Women's Show Booth, Raleigh  
April 15 ..... Equal Pay Day  
April 15 ..... BPW/NC Foundation Scholarship Deadline  
May 2 ..... Young Careerist Candidate Packages due to state  
May 14 ..... *Tar Heel Woman* article deadline  
May 21 ..... *Tar Heel Woman* published  
June 4 ..... 100th Anniversary 19th Amendment Event

This is the calendar as published on each of the place cards at the Installation Ceremony.

As the Executive Committee, various Boards and Clubs meet, there will be additions, changes and adjustments made.

We will endeavor to make you, the members, aware of the changes in as timely a manner as possible

Barbara Bozeman

**June 21/22, 2019**  
**100th Annual Convention**  
**of the BPW/NC**  
**GOLDSBORO, NC**





# ANSWERS FOR PARLIAMENTARY QUIZ:

1 h;

11p

2 o;

12 d

3 J;

13 c

4 a;

14 e

5 n;

15 b

6 l;

16 m

7 q;

17 L

8 g;

9 f;

10 k;



***EMBLEM BENEDICTION***

***This emblem binds us all  
In one great sisterhood.  
It bids us hear our conscience call,  
For nobler womanhood.***

***God guide us when we wear  
this emblem o'er our heart.  
Keep us true and always fair***

***GOD BLESS US AS WE PART.***