



WOMEN IN ACTION

San Angelo Business and Professional Women's Club

WOMEN IN ACTION

For September 2007

FROM OUR PRESIDENT

Mission: Building our Future on the Shoulders of our Past

I would like to thank everyone who attended our planning meeting. Our calendar for 2007-2008 is chocked full of exciting events. This issue of the newsletter contains information about our annual banquet during National Business Women's Week, October 15th-19th. Our club will select both a Woman of the Year and Caduceus member to be recognized. Please take a moment to nominate the woman who has helped you grow in BPW for one of these awards. We also recognize five outstanding women in San Angelo at this banquet. Nominate a boss, co-worker, friend, or relative, who has amazed you with their leadership skills at work, home, church, school, and other community activities. Make a copy of the nomination form and secretly leave it on your boss's desk! Give copies out or refer friends to our website for the form. Mary Blakeley, Marie Robertson, and Hortense Whittle are planning a wonderful National Business Women's Week! See page 4 for the activities and start inviting your friends to join us!

Our next meeting is Thursday, September 13th at Nacho's. We have a wonderful speaker, Del Velasquez, from the Downtown Committee. The heart of any city is its downtown area and we are so blessed to have so many historically preserved buildings, Fort Concho, the Art Museum, and the wonderful river as the center of our city. Come hear about the direction the committee is developing to make our downtown even better.

BPW members will be at the student center at ASU on September 18th from 10 to 2 for the 3rd annual Volunteer in San Angelo Fair (VISA). This is a great opportunity for organizations to let the students know what groups are in town that they may want to join or help out as volunteers. On October 6th from 10 to 5 we will again have a table at the Sunset Mall Community Day. At both events we will hand out information about our club, register voters, hand out info on how to vote absentee, and have printouts of the Texas State Amendments and the Amendments to our City Charter which will be on the November 2007 ballot. If you have an hour to spare and would like to help at the mall, please let me know. We had a wonderful time when we participated last May!

BPW/USA is having a contest this year entitled "10 Steps of Best Practices for Building Powerful Women." We discussed the contest at the planning meeting. Since most of the activities in the contest are activities our club does annually, we decided we might as well sign up!!! A few years ago when the contest was "Go for the Gold", San Angelo BPW won the "Silver Award"! The only part of the contest that we will really need to really work extra hard on is the Membership Participation and Retention sections. Why? Please excuse me while I revert into the editor of this newsletter for a moment.

Over the past few years we have had some really exciting and energetic women join our club. Unfortunately, because of unforeseen increases in workloads, family or health issues, financial woes, etc. we have lost the attendance of many newer members. One comment that I have heard from several of them is that they feel embarrassed because they could not attend or help with an activity. We need to convey to all our members that it is OK to miss our activities. Even our officers can not be expected to attend everything. Back in the days when I was shy...yes really...I would never have volunteered to help at a booth (might have to talk to someone). And don't ask me to help decorate anything - I'll run for the hills! That is just not something I feel I can do. But that is what makes BPW such a wonderful group of women. We have such a diverse group of personalities, dreams, and talents, that any project we undertake is do-able. I firmly believe that one of these days, the decorating talents of some in our group will finally rub off on me! In just 6 months, I was speaking in public.....so miracles do happen!

So, let's all make a commitment to our BPW members that we will help how and when we can. AND we will not stress out or feel guilty when our lives get out of our control.

Hope to see everyone soon,
Tricia Affleck, President

Inside This Issue

BPW/USA News	2
Women's Issues	3
Area News	4
Coming Soon	5
Form for BPW Awards	6
Women to Watch forms	7-8
Legislative Hotline	9

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Barbara Henton, President BPW/USA



Historic changes to our organization were adopted at the BPW/USA National Conference held July 18 – 21, 2007 in Reno, NV. Thank you to everyone who attended and made it such a wonderful success. For those of you who were unable to attend, you missed a wonderful gathering of minds and spirits that only women can provide.

It is not easy for an organization to forge a new path but that is what was achieved during the National Conference business session.

Accomplishments include:

- * Improvements in governance structure
- * Voting rights to every member (except e-based categories)
- * New member categories that will meet today's members' needs
- * Opportunity to leverage our partnerships to expand membership
- * Staggered and extended leadership terms for board of directors

In addition to a smaller board of directors, longer terms, and area representation, members voted to add two membership categories. The new e-member and e-affiliate member categories provide an opportunity for BPW/USA to expand our reach and leverage partnerships...these are the types of changes that give BPW/USA a chance to succeed! For more information on these two new categories, please visit <http://www.bpwusa.org/i4a/pages/index.cfm?pageid=4225>. Bylaw revisions are being worked on now by our Recording Secretary, Sandi Haase and will be available on the BPW/USA website by August 20th. For more information on the approved bylaw changes, visit www.bpwusa.org

Another initiative announced at National Conference is Friends of BPW/USA – a new subscription that includes the new BusinessWoman online magazine or e-zine and BPW/USA's weekly e-alert Legislative Hotline. Friends of BPW/USA provide an opportunity for women who are not members of BPW/USA to stay informed of issues impacting workingwomen and their families. At \$19.95 per year, the Friends e-subscription is a low cost, innovative way to introduce prospective members to BPW/USA. It also makes a wonderful thank you gift for a business associate, a present for a friend or family member, or as a congratulatory acknowledgement for young women entering college or a new career.

BPW/USA members continued their focus on advocacy initiatives and adopted the BPW/USA Legislative Platform and two public policy resolutions. One public policy resolution focused on prohibiting maternal profiling, which is discrimination based on marital or family status, and a second resolution focused on elder care in support of legislation to assist workingwomen with their role as caregivers for elderly family members.

Our newly elected executive officers are:

Diane Polangin	President Elect
Susan Parsons Reed	Vice President
Sandi Haase	Recording Secretary
Tina Garner	Treasurer

Col (Ret.) Kim Olson, author of *Iraq and Back* kicked off the conference with a moving and inspirational keynote speech, attributing much of the success of her book to Texas BPW members. She also enjoyed the largest selling of books in one location, as she signed books and interacted with members. Supported by the Northern Nevada Susan G. Komen for the Cure, conference attendees were cheered on as they donned race bibs and entered the largest exhibit hall BPW/USA has enjoyed in current years. Enjoying a wonderful spread of appetizers and entertainment, participants shopped and networked while anticipating several prize drawings that occurred throughout the week. Prof. John Kotter, author of *Our Iceberg Is Melting* offered a humorous and interactive presentation on the importance of change and thinking outside the box. In between workshops on topics ranging from healthcare to financial planning, conference attendees were able to receive personal career coaching, learn about BPW/USA's legislative priorities, and enjoy various luncheons, such as the one on osteoporosis with speaker Dr. Kim Templeton of the U.S. Bone and Joint Decade.

If you have not done so, please complete the national conference survey. The survey will help guide and direct us as we plan future events. Every member's voice counts, so please take a moment to complete the survey at <http://www.zoomerang.com/survey.zgi?p=U279W9PRU5ZJ>. It should only take 8-10 minutes of your time.

The Executive Committee and I are all very excited by these improvements to make BPW/USA a more vital and flexible organization. We hope you share our enthusiasm and will become a more involved member. We want your input on how we're doing, and what you think will make BPW/USA a significant resource to working women. Please contact memberservices@bpwusa.org with your thoughts, suggestions and ideas. We look forward to keeping you abreast of new developments, events and successes.

See you all in Atlanta (July 23-27, 2008)!

The Source on Women's Issues in Congress

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September 07, 2007

Ovarian Cancer Awareness Resolution Approved by Senate

On September 7, the Senate approved, by unanimous consent, a resolution (S. Res. 311) supporting the goals and ideals of National Ovarian Cancer Awareness Month.

- # Sponsored by Sen. Debbie Stabenow (D-MI), the resolution contained a number of findings, including: ovarian cancer is the fifth leading cause of cancer deaths among women in the United States;
- # all women are at risk for ovarian cancer, and 90 percent of women diagnosed with ovarian cancer do not have a family history that puts them at higher risk;
- # there is currently no reliable and easy-to-administer screening test used for the early detection of ovarian cancer;
- # due to the lack of a reliable early screening test, 75 percent of cases of ovarian cancer are detected at an advanced stage, when the five-year survival rate is only 50 percent, a much lower rate than for many other cancers; and
- # if ovarian cancer is diagnosed and treated at an early stage before the cancer spreads outside of the ovary, the treatment is potentially less costly, and the survival rate is as high as 90 percent.

Speaking in support of her resolution, Sen. Stabenow said, "This year alone, ovarian cancer will be diagnosed in an estimated 20,000 women, and approximately 15,000 more women will die of this disease. Unfortunately, ovarian cancer is usually caught in an advanced stage, meaning there is only a 29 percent survival rate over five years. We must acknowledge these statistics and overcome the challenges of diagnosing this deadly disease...While there is no definitive screening test, recent studies have shown common symptoms of ovarian cancer, such as bloating, abdominal pain, and difficulty eating. However, we must take active steps to educate the community and medical providers of the newest discoveries in prevention, early diagnosis, and treatment of this disease. Mr. President, by recognizing September as National Ovarian Cancer Awareness Month, we can show our support for ovarian cancer survivors and their families and join the fight to conquer this disease."

The Source on Women's Issues in Congress is published by Women's Policy, Inc. (WPI). WPI is a nonprofit, nonpartisan organization whose sole focus is to help ensure that the most informed decisions on key women's issues are made by policymakers at the federal, state, and local levels.

Thanks to all who attended our "Wake", in person and in spirit, as Colorado City BPW closed with its last meeting on September 4, 2007. We are proud of the many years our members worked to improve the lives of women and our community involvement. We will be seeing everyone again soon.

Thanks Shirley Delaney



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San Angelo BPW News and Upcoming Events

I would like to extend a huge thank you to the members of San Angelo Business and Professional women for their support as I moved up the ladder to serve as BPW/USA National President. I appreciate all of your well wishes, financial support and encouragement over the years.

Thank you, Nancy L. Jackson
Immediate Past President, BPW/USA

Meeting:

Sept. 13th

Nacho's Restaurant
5:30 networking, 6:00 dinner, 6:30 speaker

Del Velasquez

Update us on the many changes
coming from the
Downtown Committee

Cost of dinner is \$12.00
Please consider bringing a guest!

Birthday Wishes

Shirley Matejka	Sept. 1
Liz McGill	Sept. 30
Laura Whisenhunt	Sept. 22

I do have a brag. My grandson, Casey Stewart, has started at ASU this semester. He is planning on being a teacher & wants to be a youth pastor for a church also.
Mary Blakeley

National Business Women's Week October 15 - 19

Let's start this week off with a BIG BANG!!

Mon. October 15th	7:00 A.M. Meet at Texas Coffee Company - 2201 Knickerbocker Road Coffee, Homemade Muffins, Rolls Meet to Honor National Business Women's Week
Tues. October 16th	5:30-7:00 P.M. Meet at D'Vines Wines - 113 East Concho Wine tasting; cheese & crackers Network & meet with other business women
Thurs. October 18th	6:30 P.M. Miss Hattie's Restaurant - 26 East Concho Dinner Honor our Women to Watch, Woman of the Year & Caduceus

Fall Conference - Midland October 12 & 13th. Patti Humphrey is the committee chair. Patti is hard at work and I am sure she would appreciate all and any help. If you or one of your members would like to help her you can contact Patti at pattih@johnsonmiller.com

COMING SOON - MARK YOUR CALENDAR

"Engage Life" Seminar: Reignite and get motivated by attending the "Engage Life" seminar, sponsored by the Chamber of Commerce, on Thursday, September 20th at either 8:30 a.m. to 11:30 a.m. or from 1:00 p.m. to 4:00 p.m. at the West Texas Training Center. This seminar will inspire you to be a person committed to moving your organization forward in a positive direction and give you a better understanding of the power of being engaged professionally. This session will challenge you to reexamine your own attitude and take your life experiences to the next level. Refreshments will be provided and the program qualifies for Continuing Education Credit. Registration is \$69 per person (1-5 people from the same company), \$59 per person (6-10 people from the same company), or \$89 for non-Chamber members. Deadline to register is Friday, September 14th, so register today by calling the Chamber at 655-4136 ext. 223 or online at www.sanangelo.org.

The Annual Business Showcase will be on October 2nd. Business Showcase drew approximately 2,500 people last year and continues growing each year. Attract more visibility for your business or organization and help bring more business prospects from "Around the World" to this year's Business Showcase, which will give you a whole day of networking. The Chamber needs donations of products or services to make the auction a success, which helps to fund Chamber programs benefiting our Chamber members. Don't miss out on this opportunity to market your organization's products and/or services at this year's Silent Auction. For more information, or to donate a gift or service to the auction, contact Sandra Pomroy at the Chamber, 655-4136 ext. 223 or srp@sanangelo.org.

What: **Eco Fair and Family Day**

When: October 20, 2007 10 a.m. - 5 p.m.

Where: San Angelo Museum of Fine Arts, One Love Street, San Angelo, Texas

Admission: FREE

Contact: Jade Norris educator@samfa.org or Joy Noguess joy@samfa.org, or call the Museum at 325-653-3333

Description:

This day-long festival includes a dedication ceremony for the new eco-friendly ponds adjacent to the Museum on the Concho River, key-note speakers, demonstrations, exhibitor booths (both for and non-profit,) artist booths, food vendors, fun hands-on activities for the whole family, and much more, all in the name of environmental awareness! If you are interested in exhibiting or participating in the fair, please contact us. Website: www.samfa.org



MARY BLAKELEY
Executive Director

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**NOMINATIONS FOR
San Angelo BPW 2007
Woman of the Year
and Caduceus Awards**

The San Angelo Business and Professional Women's Club will celebrate National Business Women's Week – October 15-19, 2007. We are looking for a BPW member who is a positive, outstanding woman in her career field, is involved with her community, family life, and has distinguished herself to her BPW club/district/and or state. We will honor both the San Angelo Woman of the Year and Caduceus Award recipients at a Dinner on October 18th at Miss Hattie's Restaurant.

DEADLINE FOR NOMINATIONS IS September 30, 2007
Nomination for: **Woman of the Year** or **Caduceus** (please circle one)

Nominee's Name: _____

List BPW local, district, and/or state accomplishments and service; professional accomplishments; community involvement; achievements influencing others in a positive manner. Include biographical information or recommendation letters, if available.

Mail nominations to: **Mary Blakeley 202 Van Zandt ST. San Angelo, TX 76905**
For additional information contact Mary at home: 651-6317 or cell: 212-8791.

* * * * *

BPW/TEXAS CADUCEUS AWARD

***“A MENTOR IS SOMEONE WHO ENCOURAGES, SUPPORTS AND ENHANCES THE
PERSONAL GROWTH AND LIVES OF OTHER WOMEN”***

The purpose of the award is to honor women within BPW/Texas who stand out as exceptional mentors and leaders.

The mentor award should recognize:

- Women who are positive, open-minded and knowledgeable.
- Women who generously give of themselves and share their time with other women.
- Women who are aligned with the goals of the Business and Professional Women Organization.
- Women who have impacted others professionally, personally or who have provided additional skills, such as leadership.

Goals are:

1. To select women at the local level who are making a difference for women in the community.
2. To honor women on the Region level. We encourage Region Directors to celebrate mentoring at Fall Conferences or Spring Award Celebrations.
3. To honor one woman from each Region at State Convention in 2008.
4. To ensure that the Caduceus Award is a celebration of women. It is not a competition.

BPW/TEXAS Woman of the Year

Purpose:

The Woman of the Year program is designed to recognize outstanding BPW members who have distinguished themselves in their primary local organization and Region, in their chosen career and in their community. An honoree must have displayed commitment and leadership through BPW activities in their primary local organization; worked openly in support of the Equal Legal Rights Amendment; excelled in their chosen career; demonstrated community leadership effort; and is an exceptional role model for other working women and/or youth.

Each Region is asked to select one individual from their Region to be honored at the BPW/Texas Annual Convention.

SAN ANGELO WOMEN TO WATCH

The San Angelo Business and Professional Women's Club is looking for positive outstanding women! Do you know a woman in this community who should be recognized for her outstanding job performance, excels in her career, takes the time to help other women, makes contributions to her family and to her community and achieves personal goals? We will select five (5) women who will be honored at our "Woman to Watch Dinner" on October 18th, 2007. The dinner will be held at Miss Hattie's.

Deadline for nominations is postmark by September 30, 2007

NOMINEE'S NAME: _____

MAILING ADDRESS: _____

TELEPHONE: BUSINESS: _____ HOME: _____

E-MAIL ADDRESS: _____

BUSINESS NAME: _____

BUSINESS ADDRESS: _____

TITLE: _____

CONTACT PERSON FOR ADDITIONAL INFORMATION: _____

TELEPHONE: WORK: _____ HOME: _____

NOMINATOR INFORMATION:

NAME: _____

ADDRESS: _____

PHONE: BUSINESS: _____ HOME: _____

FAX: _____ E-MAIL: _____

Please address your nominee's achievements in the following areas:

CAREER

COMMUNITY INVOLVEMENT

POSITIVE INFLUENCE ON WOMEN

PERSONAL ACHIEVEMENTS

FAMILY INVOLVEMENT

Attach supporting documentation if required. You may also email the information to me:

**Mail nominations to: Mary Blakeley 202 Van Zandt ST. San Angelo, TX 76905
mblakeley@suddenlink.net**

For additional information contact Mary at home: 651-6317 or cell: 212-8791.

INFORMED AND ACTIVE WORKING WOMEN

Business and
Professional
Women/USA

LEGISLATIVE HOTLINE

1* September is Gynecologic Cancer Awareness Month, which provides a great opportunity to educate workingwomen about the prevention, early detection and treatment of gynecologic cancers. As you know, BPW/USA was instrumental last year in helping pass Johanna's Law into law. This bill will provide funding for public awareness and education campaigns to educate women about the symptoms of gynecologic cancers so that they have a greater chance of early detection.

BPW/USA supports President Bush and Congress declaring September Ovarian Cancer Awareness Month. Both the House and the Senate will introduce resolutions that would declare September Ovarian Cancer Awareness Month. Courtesy of The Ovarian Cancer National Alliance, please urge your elected officials to co-sponsor the House or Senate resolutions by clicking here.

2* September is also National Preparedness Month. The American Red Cross promotes National Preparedness Month in order to help Americans nationwide prepare for all types of disasters. Last week was the 2nd anniversary of Hurricane Katrina and next week is the 6th anniversary of 9/11 so let these experiences be reminders of how we should be prepared for the unexpected.

BPW State Federation and Local Organization websites can link to the "Be Red Cross Ready" educational module to their internal and external websites by clicking here. In order to download a banner here are the instructions.

BPW State Federation and Local Organization websites can also link to the Pandemic Flu information by clicking here. Banner download instructions can be found here. Since this one has a DVD to it, it should only be used on your internal site.

3* Finally on a personal note, I just returned from my hometown of New Orleans and had a wonderful experience volunteering, which I wanted to share with all of you. Last Wednesday, August 29th, on the anniversary of Hurricane Katrina Oprah Winfrey dedicated one of her show's to the slow recovery of the Gulf Coast. At the end of the show she talked about how the city is slowly rebuilding because of dedicated non-profits and thousands of volunteers who are rebuilding the city one house and family at a time.

They showcased the St. Bernard Project, a one year old non-profit founded by an innovate couple who were living in Washington, DC and relocated to New Orleans to help with the recovery efforts. Instead of building a house from scratch, the St. Bernard Project takes an existing house that has been gutted and rebuilds it for only \$10,000 in just two months, depending on the number of volunteers. They are focused on St. Bernard, the parish just outside of New Orleans, because it was the hardest hit with 100% (all 47,000) of the homes destroyed by the flooding. Many of the families are still living in FEMA trailers and the help of the St. Bernard Project is their only hope to have a home again.

Now this where you come in! They are hosting a Women's Build Week October 8-13 and they need BPW/USA's assistance in spreading the word. The Project is actively recruiting over 250 women volunteers from around the country to participate in the week-long build. Volunteers will rebuild houses for families whose homes Hurricane Katrina rendered uninhabitable. Kicking off at 9 a.m. Monday, October 9, Women's Rebuild Week volunteers will rebuild the homes of ten families who were under-insured and can not afford to pay for a contractor. Volunteers will participate in all phases of the rebuilding work including installing electrical wires and plumbing fixtures, hanging insulation and drywall, painting, flooring, and installing cabinets, trim, doors and windows. By the end of the Women's Build, ten more families will be one week closer to moving out of their FEMA trailers and back into their homes.

In the evenings volunteers will be invited to attend a series of events that highlight women leaders in the community and celebrate the culture of the area. The week's culminating awards event will honor selected women leaders, volunteers and donors.

Visiting New Orleans and volunteering for a week is a great experience. I thoroughly enjoyed my volunteer experience with the St. Bernard Project and you don't need to have construction skills. You have the opportunity to meet other volunteers from all over the country and see the results of your hard work. Please spread the word to your friends and family!

For more information visit the St. Bernard Project!

San Angelo Business and Professional Women's Club



To advertise in our newsletter, please contact Tricia @ 656-5487.

Monthly Meeting

September 13th

Nacho's Restaurant

Del Velasquez

Update us on the many changes coming from the Downtown Committee

5:30 networking, 6:00 dinner, 6:30 speaker

BPW NETWORKING LUNCH

Come join us at noon at China Gardens

Tuesday, September 25th

Have a nice lunch with old and new friends!

Cost is \$10.00 For more information, contact Tricia at 656-5487.

The Business & Professional Women of San Angelo meet on the second Thursday of the month. Reservations are required for the number of meals. Please call 656-5487 for reservations. For more information or membership applications please contact tr23@suddenlink.net

Tricia Affleck
1722 S. Park
San Angelo, TX 76901