



WOMEN IN ACTION

San Angelo Business and Professional Women's Club

WOMEN IN ACTION

May 2007

FROM OUR PRESIDENT

Mission: "The Courage to Make a Difference"



As I was preparing my Year End President's letter for our Region Director, I was overcome with all the wonderful activities that our club has been involved in this past year. I am so proud of all the work that everyone has devoted to our club. We are becoming more and more visible in the community thanks to all the extra time and effort you have made. I realize that we are all very busy with our work and personal lives, so I truly appreciate the extra time and commitment to your BPW sisters. We are our own family! I also prepared the "Hope E Conroe President's Award", for our club to be represented at the State Convention. The questions that I answered for that award also made me realize how special our members are and how lucky I was to have such an awesome group of ladies to support my year as your president. I am very blessed to have worked with you. Thank you all for making my job easy these past two years. I hope we continue to "make a difference" every day!!

I want to send a special Thank You and recognize Liz M., our Region 6 Director, for her outstanding leadership this past year! She has truly made a difference, by visiting each and every club, sharing her expertise, and mentoring for officer transition and training. Liz did an excellent job leading us at the Spring Celebration, held in Midland on April 14th. Liz always makes every meeting special by bringing a little fun into the meeting and recognizing the special events that the different clubs were involved in.

We had 16 people attend our April's network luncheon, which was held on April 24th, in recognition for Equal Pay Day. We had three men in attendance, who were all willing to put a headband on and be "a women" for the luncheon. This was an excellent time to network and share BPW's effort and fight for Pay Equity.

I would like to express my sincere gratitude to our 2007 – 2008 slate of officers and their willingness to serve. They are as follows: Tricia A. as President; Shirley M. as President-elect; Mary B. as Vice President; Marie R. as Secretary; and Marlene H. as Treasurer. Thank you to our nominating committee for doing such a wonderful job of finding such fine ladies to serve as your new officers. Please keep your mind open as to what committee you would like to be involved with. Unity and involvement is the key to a successful organization. Please show Tricia as much love and support and you have given me.

Please mark your calendars for these upcoming dates:

May 22nd, Networking Luncheon, meet at noon at China Garden

June 8th – 10th, Festival on the Concho

June 21st – 24th, BPW State Convention, Midland Hilton

June 28th, Women's Roundtable Business Event, LeGrand Alumni Center

From 5:30 pm to 8:30 pm – sponsored in part by BPW

Remember that we have changed our meeting place to Nacho's Restaurant; I hope you will be able to attend our regular meeting on May 10th; this will be our special annual meeting for awards and recognition. Please make every effort to attend.

Thank you once again for a memorable year! I will never forget this experience!

Be Powerful Women

Laura W.

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WOMEN IN ACTION is the monthly newsletter published for the San Angelo Business & Professional Women's Club.

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Meeting Minutes — April 12th

Laura W. called the meeting to order at 6:10 pm.

The following members were in attendance: Wanda Langley, Julie Macheski, Shirley M., Joyce S., Ann B., Mary B., Laura W., Tricia A., Liz M., Hortense W, Jerrie S., Mary R., Marlene H., Tamara F., and Kristan H..

Ann B. gave the invocation; Kristan H. led the Pledge of Allegiance, and Joyce S. led the Collect.

Liz M. motioned to approve the minutes as written, Mary B. seconded.

The Treasurer's report will be filed for audit, and Liz will be taking the Ida Gerber scholarship money to ASU.

Marlene H. asked for volunteers for several of the Girl's Home Events.

Tricia A. asked about participating in the mall's Community Day Event. The tables were free. Liz motioned for us to participate, and Mary B. seconded. Tricia said she would need volunteers to work the table.

At our May meeting the Committee Reports are due and officers will pass on notebooks and information to incoming officers.

Jerrie S. from the Nominating Committee gave the Nominating report.

The committee nominated Tricia A. for President, Liz M. motioned to approve and Hortense seconded.

The committee nominated Shirley M. for President Elect, Liz M. motioned to approve, and Mary B. seconded.

The committee nominated Marlene H. for Treasure, Jerrie S. motioned to approve, and Ann B. seconded.

The committee nominated Mary B. for Vice President, Liz M. motioned to approve, and Ann B. seconded.

The committee nominated Marie R. for Secretary, Mary B. motioned to approve, and Liz M.M. seconded.

The committee nominated Laura W. for the Ida Gerber representative, Ann B. motioned and Jerrie S. seconded.

The members of BPW decided not to participate in the Lake Nasworthy Drag Boat Race Event.

Laura asked if we would like to place a 7 ½ x 5 inches add in the State Convention Program. Ann B. motioned that we place an add, and Hortense seconded. The cost will be \$55.00, and the Board will decide what will be placed on the add.

Meeting was adjourned at 8:00 pm.

Respectfully Submitted,

Kristan H., Secretary

Birthday Wishes

If your birthday is not listed, our membership committee is lacking that information.

Happy Birthday!

Tricia A.
Rose N

May 23
June 21

Congratulations!

Well, I have some praise. My son, Cody was selected for the National Gymnastics Texas Team; he will travel all the way to Fort Worth on May 18 & 19th. We were very busy with his gymnastics meet last week Thursday, Friday, & Saturday.

Laura W.

Convention 2007 - "Rock-A-Hula Baby" for MDA

I hope you will plan to attend the M. D. Anderson fundraiser at State Convention in Midland! The event, "Rock-A-Hula Baby" will be held on Thursday evening, June 21, and you will NOT want to miss it!! There is a big surprise in the works, and you will love it! Plan to attend and wear your best Hawaiian luau attire.

We are planning to have a silent auction that evening, so if you will plan to bring an item or two for the auction, it would be much appreciated. If you have any questions, please feel free to contact me at tfreer50@aol.com.

Also, it is not too late to become a M. D. Anderson Star Giver for 2006-2007! All you have to do is contribute \$600 or more to the M. D. Anderson fund. You will receive special recognition at the State Convention, will be able to attend the luau fundraiser for free, AND you will receive a VERY special gift. I hope you will consider sending in your M. D. Anderson contribution today.

Thanks!

Terri Freer

2006-2007 M. D. Anderson Chair

Terri Russo - Legislative Chair BPW/TX

After we weed through all the sensational headlines on this issue we realize that our daughters can get the vaccine today.

Although it will not be added to the list of vaccinations required for school, this protection is available. Barriers remain for uninsured and low income families, but at least this year we have had the opportunity to talk about the deadly issue of cervical cancer. Because this particular disease can go undiagnosed for so long it is important that we take the time to take care of ourselves and talk to our doctors about such threats to women's health. As was the case with Johanna's Law and ovarian cancer, we should continue the effort to save women's lives by raising awareness about gynecological cancers.

Whether to mandate the HPV vaccine is a debate going on across the country. The American Academy of Pediatrics has said that it is in favor of the vaccine for routine use in girls and women up to age 26 but that it's too early to consider a mandate. The Texas bill, House Bill 1098, requires state health officials to distribute "unbiased, medically and scientifically accurate and peer reviewed" information about HPV. Bills requiring the vaccination for school aged girls are being debated in 45 other states.

Although the vaccine will not be required, parents may choose to inoculate their daughters. Many insurance companies cover the shots, and low-income parents could seek assistance from Medicaid and the Vaccines for Children program. The state expects to spend about \$13 million per year to provide the vaccine. Tuesday was the last day for the governor to sign or veto the HPV bill, which would prevent vaccination against HPV from becoming a requirement for school entry until at least 2011. As he has done neither, the bill goes into law. Some parents said the order violated their rights even though the mandate allowed parents to opt out. Others worried that girls who got the vaccine would be more likely to be promiscuous. Supporters of mandating the vaccine, which protects against strains of HPV that can cause 70 percent of cervical cancers, say it would save lives.

Last year, about 400 Texans died from cervical cancer.

terri@russogroup.com

BPW San Angelo Meeting May 10, 2007

Nacho's - 2502 Loop 306 Ste C

5:30 Networking 6:00 Dinner 6:30 Speaker

Annual Business meeting - committee reports

please bring toilet paper and any other articles for the girl's home.

I'm not a 'tree hugger', BUT... it doesn't take much to 'make a difference'!

There were some very interesting programs on the Weather Channel, Oprah, Discovery, etc. during the month of April and I hope you had a chance to view some of them. April was the month we celebrated "Red Purse" and "Earth Day". These two events have more in common than one would think. I was amazed at how I could make changes to daily routines that would save me money and help the environment!

1. Your TV set has an 'instant on' capability. This feature uses 40% of the electricity you use when your set is on. So when you are gone all day, your TV is using electricity! Put on a power strip and turn off the strip when not in use.
2. The charger for your cell phone uses the same amount of electricity while it is plugged in, as when you are actually charging your phone. Unplug it when not in use.
3. When you go out to eat, bring your own reusable container for your 'doggy bag'. This is a great idea because you save the landfill (and your garbage) from the plastic container from the restaurant and your food can be heated or frozen when you get home.
4. People use 4 to 6 paper napkins a day. Switch to washable napkins (or buy the cheap bundle packs of washcloths) for daily use.
5. Do you buy water bottles? It takes five liters of water to cool the plastic for the one liter of water you are buying. Buy reusable heavy plastic or aluminum bottles and refill.
6. Just running into the store for a few items? Bring your own canvas bag to bring home your items.
7. Keep a small bucket to catch the water from the shower while you are waiting for the hot water. Use the water to flush a toilet, wash hand washables, mop a floor, water flowers or trees.
8. Switch to biodegradable cleaning products to keep toxins out of the water system. There are many brands and most are condensed. You save money, have less packaging to throw away, and your family is healthier.
9. For about a dime a day, Greendimes will stop 70 to 90 percent of the junk mail you're now getting. They also plant a tree a month for every member. Greendimes.com
10. Elizabeth Rogers is a working mother who is passionate about our environment. She transformed that passion into The Green Book, a collection of 500 "little things that make a big difference" in changing the environment. This book comes out in June.
11. Replace regular, inefficient light bulbs with compact fluorescent flashbulbs (CFLs) can make a big difference on your electric bill because they are 70 to 75 per cent more efficient. Plus these bulbs can last 8 to 10 years!
12. Ask your utility company to come to your home to do a free energy audit to find out where you are wasting your money.

We can all 'make a difference' in small easy ways to not only help the environment but also our pocketbooks! If you have any other 'saving' ideas, please let me know. I will try to put the hints in future newsletters.

Tricia A, newsletter editor

INFORMED AND ACTIVE WORKING WOMEN

Business and
Professional
Women/USA

LEGISLATIVE HOTLINE

1*The House Energy and Commerce Subcommittee on Health held a hearing on the HEART for Women Act. The HEART for Women Act was one of the three bills that BPW members lobbied during the 2007 Policy and Action Conference. This piece of legislation would authorize outreach and training of healthcare providers, require gender-based reporting and analysis of data, and improve heart disease and stroke screening for low-income, uninsured women. Two witnesses testified at today's hearing and they were Dr. Susan Bennett, Clinical Director of the Women's Heart Program, George Washington University Hospital and Ms. Janet Wolf, a heart attack survivor. Both witnesses talked about the benefits and need for this piece of legislation to help doctors and women better understand the symptoms of heart disease, and how to prevent it.

The legislation is gaining momentum in Congress with a huge increase in co-sponsorship. Every single female Senator is now a co-sponsor and the lead sponsor in the House, Representative Lois Capps (D-CA), is challenging all female House Members to sign-on as well. We are well on our way to achieving this as 53 of the 74 female Representatives have co-sponsored the bill.

Last week the American Heart Association, one of BPW/USA's partners, held their annual lobby day on Capitol Hill. To kick off their lobby visits they held an outdoor rally to build momentum among their supporters. During that rally they announced that 20,000 red dress paper dolls were completed! The American Heart Association gave each Member of Congress a doll sample and a list of the constituents who signed them, and their names and addresses. These paper dolls were distributed to all 2007 Policy and Action Conference attendees and BPW members nationwide. In total, BPW members submitted almost 2,000 paper dolls so our efforts were a big part of their overall success. Thank you to all of the BPW members who participated in the paper doll campaign!

2*The bill that would increase the federal minimum wage was included as an amendment in the Iraq Supplemental Appropriations bill, which was passed by Congress, and expected to be vetoed by the President tomorrow. At this point, it is unclear what the next steps will be after the President vetoes the measure, but it is understood that the minimum wage will remain on any subsequent Iraq Supplemental Appropriations bills. While ideally minimum wage advocates would like to have the minimum wage increase pass on its own, supporters are using this approach to try and pass it as quickly as possible. BPW/USA will continue to update you on this important workingwomen issue.

3*BPW/USA is saddened by the loss of a great champion of women's issues, Congresswoman Juanita Millender-McDonald (D-CA). Congresswoman Millender-McDonald was a great supporter of a number of BPW/USA's legislative priorities. Her death has left open the chairmanship of the House Administration Committee and created the second vacancy of the current Congress. The Congresswoman died of cancer at her home in California. Governor Arnold Schwarzenegger will have to set a special election date in the 37th District, based in southern Los Angeles County.

4*According to Women's Policy, Inc., the Senate Health, Education, Labor and Pensions Subcommittee on Employment and Workplace Safety held a hearing on domestic violence in the workplace. The hearing examined employers' efforts to support domestic violence victims, and pending legislation, the Security and Financial Empowerment (SAFE) Act (S. 1136). The bill would allow victims to take time off from work, without penalty, to appear in court, seek legal assistance, and get help with safety planning; make victims who need to leave their jobs eligible for unemployment insurance; prohibit employers from discriminating against domestic violence victims; and address elements of the welfare system that penalize victims who are fleeing from abusive situations.

During the hearing Senator Patty Murray (D-WA) stated that, "When domestic violence follows victims into the workplace, it reveals a key connection between safety and economic independence. For many victims of domestic violence, a steady paycheck is the only thing that keeps them from relying on an abuser. In fact, economic security and independence is the most accurate indicator of whether a victim will be able to stay away from an abuser. But too often, victims are entirely dependent on their abuser for food and shelter for themselves and their families. And, too often, abusers try to undermine a victim's ability to work, harass their victims, in the workplace or worse. If we want to end domestic violence in the workplace – or anywhere else – we need to address the economic barriers that trap victims in abusive relationships."

5*Last week the New York State Assembly passed the New York Fair Pay Bill (A2712) with 117 votes in favor and 27 votes against. BPW/New York members are to be commended for their hard lobbying efforts to move this bill forward. They have been heavily involved with the pay equity advocacy efforts happening in their state for many years. Now it's up to the State Senate to pass the bill, and in the past six years the measure has died in the Senate committee.

Convention Ads - Deadline Extended

Please note that you now have until **May 15** to get your ad information to the Convention Committee!!! Regions and Local Organizations have an opportunity to honor Officers, Woman of the Year, Young Careerist, Outstanding Achievements.

2007 State Convention Program Ads

Place your ad in the Convention Program to:

- . Thank members who have served as a Local , Region or State Officer
- . Congratulate members who have been selected as Local and/or Region Young Careerist, Individual Development or Woman of the Year Representatives
- . Support members who are running for state office
- . **Recognize someone for just being a nice person or supporter!**
- . **Promote your business**

Requirements:

1. You may provide quality black & white print (laser printer or better) or digital format. Microsoft Word file (note: fonts will probably be altered in final print) will be accepted. Publisher files are not accepted, Preferred:.eps, .tif, high-resolution pdf files.
2. Include all graphics or photos files with electronic media. If black & white print is submitted, the final quality will be less than original because of printing limitations.
3. All ads must be accompanied with a check for the full amount for the appropriate ad space requested.

For technical questions, contact Shirley Harris at 432-697-4857 or shirleyd@grandecom.net.

Make check payable to 2007 TFBPW Convention Fund

2006 Convention Program ads sizes are(width x height):

Full Page	\$100.00	(printed area 7 1/2 x 10)
Half Page	\$ 55.00	(printed area 7 1/2 x 5 horizontal; 3 1/2x 10 vertical)
Quarter Page	\$ 35.00	(printed area 7 1/2 x 2 1/2 horizontal; 3 1/2 x 5 vertical)

Ad Copy and Payment should be mailed to:

Shirley Harris at P. O. Box 10593, Midland, TX 79702-7593

Please include the following information:

LO Name _____ City/Zip _____
 Contact Name and Phone(s) _____
 Size of Ad _____ Amount Enclosed: _____

Please reserve ad space by May 5, 2007.
 Materials and payment must be received by May 18, 2007!!

**BPW/Texas 87th Annual State Convention
June 20 - 24, 2007
Midland, TX**

Time/Date	Function	Amt	Total
	Registration (Mandatory)	\$25.00	\$25.00
	Late Fee (If postmarked after 6/6/07)	\$20.00	
Wednesday, 6/20/07			
4:00 p	EC Meeting/Dinner	N/C	
Thursday, 6/21/07			
9:00-2:00 p	Foundation Meeting/Lunch		
10:00-11:30 a	Leadership Workshop	N/C	
1:00-5:00 p	Offsite Tour	N/C	
2:30-4:30 p	Finance Committee Meeting	N/C	
4:00-5:30 p	Young Careerist (YC) Interview	N/C	
4:00-5:30 p	First Timer Orientation	N/C	
5:30-6:30 p	Rap with the Rep-Nancy Jackson, BPW/USA President	N/C	
7:00-10:00 p	Rock-a-hula-baby! MD Anderson Fundraiser	\$35.00	
Friday, 6/22/07			
7:15-8:15 a	Continental Breakfast	N/C	
8:15-9:30 a	Young Careerist Speak off	N/C	
8:15-9:30 a	Leadership Workshop - The Women of BPW/Texas	N/C	
9:30-11:00 a	Leadership Workshop	N/C	
9:45-11:30 a	Individual Development (ID) Speak off	N/C	
11:45-1:15 p	Training Sessions – Box Lunch	\$15.00	
1:30-5:30 p	Board of Directors Meeting	N/C	
5:30-7:30 p	On Your Own For Dinner		
5:30-7:30 p	Past State Presidents Dinner		
8:00 p	Opening Ceremonies	N/C	
10:00 p	Candidates Reception	N/C	
Saturday, 6/23/07			
7:30-8:45 a	Breakfast-Hope E Conroe & Texas Foundation Awards Presentation	\$15.00	
9:00-11:45 a	Business Session	N/C	
12:00-1:15 p	Motivational Lunch-Membership, Public Relations and Woman of the Year Awards	\$25.00	
1:30-6:00 p	Business Session	N/C	
7:00-9:30 p	President's Banquet- MD Anderson and other Award Presentations	\$35.00	
Sunday, 6/24/07			
7:00-8:00 a	Workshop 1	N/C	
8:15-9:15 a	Workshop 2	N/C	
9:30-12:00 p	Officer Installation Breakfast	\$25.00	
1:00-5:00 p	Post Executive Meeting	N/C	
Total Amount Enclosed			\$

Name: _____ LO: _____

Address: _____ Region #: _____

City, State, Zip: _____

Email: _____ Phone: (____) _____

If paying by: MasterCard Visa

Account Number: _____ Exp. Date: _____

Signature: _____

Name as it appears on credit card: _____

- State Officer BPW/USA Officer Past BPW/Texas President
- BPW/USA Comm. Chair _____ BPW/USA Comm. Member _____
- State Comm. Chair _____ State Comm. Member _____
- Region Director Region Director Elect 2006-07 Woman of the Year
- 2006-07 Young Careerist 2006-07 Individual Development Candidate
- 2006-07 LO President First Timer 2007-2008 LO President

Mail completed registration form and check made payable to **TFBPW Clubs, Inc.** no later than **June 6, 2007** to:

Glenna Haskell
4505 Falcon Place
Midland, TX 79707
Glennah1@suddenlink.net
(432)697-6791 or (432) 413-1829

PLEASE MARK ALL ACTIVITIES YOU PLAN TO ATTEND EVEN IF THERE IS NO CHARGE.

Midland Hilton
117 W Wall Ave
Midland, Texas 79701
(432) 683-6131

ROOM RATE: \$89.00

Refer to "BPW/Texas" to receive special rate.

**HOTEL RESERVATIONS MUST BE MADE BY:
June 06, 2007**

Maps/Directions, amenities and online registration are available at www.midland.hilton.com

San Angelo Business and Professional Women's Club



Monthly Meeting - NEW LOCATION!

BPW San Angelo Meeting

May 10, 2007

Nacho's - 2502 Loop 306 Ste C

**5:30 Networking 6:00 Dinner 6:30 Speaker
Annual Business Meeting - committee reports**

please bring toilet paper and any other articles for the girl's home.

BPW NETWORKING LUNCH

Tuesday, May 22nd from 12:00-1:00 p.m

China Garden Restaurant 4217 South College Hills Blvd

Cost is \$10.00 for more info. contact Tricia at 656-5487.

May 12 - **remember to vote**
May 22 - network lunch
June 8th - 10th, Festival on the Concho

June 14 - Installation of officers meeting
June 21-24 BPW/Texas state convention in Midland
June 28th, Women's Roundtable Business Event, LeGrand Alumni Center

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