

BAY STATE NEWS

MASSACHUSETTS BUSINESS & PROFESSIONAL WOMEN

January 2006

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Board of Directors Meeting February 25, 2006 The Clarion Hotel, Northampton

Friday, February 24th

3:00 pm Executive Committee

Saturday, February 25th

8:00 – 9:30 am Registration
8:00 am Continental Breakfast
8:00 am First Timers' Gathering
8:30 am Board of Directors Call to Order
12:15 pm Luncheon
1:45 -4:45 pm IDP President's Suite
1:45 – 4:45 pm CPR Meeting Room
6:00 pm Mentor of the Year Reception
& Silent Auction
7:00 pm Mentor of the Year Dinner

Sunday, February 26th

7:30 am Officer Candidate Interviews
9:00 am Board of Directors Business
Concludes
10:00 am 2006-07 Planning Meeting

Heart Health Topic at Luncheon

We are honored to have as our luncheon keynote speaker Shannon Melluzzo, Director, Strategic Alliances of the American Heart Association, Northeast Affiliate, at Winter Board on February 25.

As stated by the American Heart Association, "Heart disease is women's number one killer. While more women than men die of heart disease in America, heart disease is often connected to men. In fact, less than half of all women reported that their doctors have never discussed heart disease with them". Plan to attend to learn about this important women's health topic.

The American Heart Association created **Go Red For Women** to heighten awareness of heart disease and empower women to take better care of themselves. Shannon will provide us with vital information to benefit all of us as women. **PLEASE WEAR RED AND SUPPORT THIS EFFORT!**

*Massachusetts Business &
Professional
Women's Club, Inc*



cordially invites you to our

Mentor of the Year Event

Honoring

Margaret Everson

*(a member from Hampshire County BPW –
Western District)*

to be held on

Saturday, February 25, 2006

*Clarion Hotel and Conference Center
One Atwood Drive
Northampton, MA 01060*

Reception 6:00 p.m. Cash Bar

Silent Auction

Dinner 7:00 p.m. Attire: After Five

*Choice of: Yankee Pot Roast
Grilled Salmon
Vegetable Lasagna*

*Cost of this event is included for those
attending the Winter Board weekend*

*Reservations for guests and members
attending this event only are due by
February 15, 2006.*

*Make check payable (\$35.00) to BPW/MA
mail to:*

*Maria M. Coviello, 24 Pilgrims Path,
Sudbury, MA 01776*

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First Timers

Laura K. Bauver, Past State President

I look forward to meeting all of you who will be attending your first BPW/MA Board Meeting!

Ask at the BPW registration desk where we are meeting, and come join us for a quick overview of the day's activities. It will be fun and you'll have the opportunity to meet some new people! Hope to see a lot of new faces at our BPW/MA Winter Board Meeting. There are plans for an informative and interesting weekend.

Program Options for Members Attending Winter Board

The weekend is designed to allow opportunity for all in attendance to participate in the Board meeting and to participate in programs offered to all members. The business meeting will be conducted on Saturday morning and will conclude on Sunday morning if business is not completed during the Saturday session. Two options have been developed for the Saturday afternoon time slot. These programs are included in the registration fee. Please indicate your choice on the enclosed Registration Form.

1. CPR Certification

We will be offering certification in Cardiopulmonary Resuscitation (CPR). Lonni Krenrich, R.N., will supply the training and a CPR card will be issued upon successful completion of the course. Bring comfortable clothes to wear in the afternoon. This program offers an exceptional opportunity for our members to obtain or renew this certification during the meeting – no need to sign up for a course and commit another day or evening in your busy week!

2. IDP Certification

Jane Sheridan, IDP Committee Chair, will conduct two or three Individual Development Program (IDP) segments. Please indicate which modules listed below that you would like to complete at this meeting.

Since modules can be completed independent of each other, members are encouraged to participate even if they were not able to complete the modules at Fall Board. Participants will receive a Score Card that indicates each module completed.

Module 4: Taming the Tension Tyrant: Creating presentations.

Participants will become familiar with presentation elements and aspects, learn techniques to inspire audiences, learn to overcome presentation anxiety, and learn how to create a powerful presentation.

Module 5: Standing Up and Standing Out! Oral presentation skills.

Participants will learn public speaking and presentation skills, how to review in a constructive manner, and how to prepare for an impromptu presentation.

Module 6: Define and Shine: networking for ultimate exposure. Participants learn the skill of networking with individuals and groups by reviewing the elements of effective networking, the networking circle of influence.

What is IDP?

The IDP Leadership Program is BPW/USA's leadership development series. The program will assist people to succeed in meeting their goals for community action and change. At each state meeting this year, Individual Development Program (IDP) modules will be held to enable attendees to complete the course by the end of the year.

When all fourteen modules have been completed, a certificate of completion will be awarded. Since the program is divided into modules, participants have the option of taking each segment with a different instructor and at a convenient time. Participants do not have to commit a large block of time to complete the entire program. We will offer segments at each state meeting this year and instructors are available to offer modules in your local area as well. Modules can be completed at your own pace. There are several instructors in the state. Contact Jane Sheridan if you wish to organize an IDP program in your area or would like to have more information about program options.

BSN Distribution

This edition of Bay State News has been distributed to all members who have an email address listed in the national membership files. If you have received a paper copy and would prefer electronic, please update your email at www.bpwusa.org. If you have received this electronically but would prefer a paper copy in the future, please send an email to bpwma@netscape.net.

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Mentor of the Year

BPW/USA President Roslyn Ridgeway has developed a Mentoring Committee and has appointed Maria Coviello, BPW/MA Past State President to chair it. Our Mentor of the Year event will be the first of several that will be held throughout the country. We are honored to have one of our own chairing a national committee and to hold this event as part of our Winter Board meeting.

Margaret L. Everson of Amherst has been selected as the Massachusetts Business & Professional Women's Mentor of the Year for 2005-06.

Margaret joined Hampshire County BPW in 1952 as she had recently returned to Massachusetts after working out of the area for several years. She saw BPW as a way to get to know other working women in her community. BPW's mission to work toward equality for all women drew her to the organization. As a new BPW member she wanted to learn about the organization so attended local and state meetings. To gain more knowledge, she traveled to the national conferences and got to know other members from around the country.

Mentoring has always been part of Margaret's life. In her early years in BPW several women took her under their wings and encouraged her in her professional and personal endeavors. She values these long term friendships while continuing to remain active and encourage newer members.

As her tenure in BPW grew, she has encouraged many members to participate, to make the effort to work toward their goals, to make BPW a part of their lives. As a past state president, Margaret can often be heard commenting that she doesn't want to step on the toes of the current officers – yet they seek her out for insight and guidance. She is always looking to the future – “we used to do it ... way” – is just not part of her vocabulary. She cares deeply about BPW and about equality for all workingwomen.

Join with us in honoring Margaret on February 25th.

Silent Auction to be part of Mentor of the Year Event

A Silent Auction will be held on February 25, 2006 as part of the Mentor Award event. Proceeds will be contributed to the BPW Foundation in honor of Margaret Everson, Mentor of the Year. A variety of great items will be available waiting for your bid.

If you have an item or items you would like to contribute, please send a description to Maria Coviello, Chair, at mmcoviello@yahoo.com or leave a message for her at 978-579-9492.

Make a difference in a life.

Become a Mentor!

By Maria Coviello, BPW/USA Mentoring Chair

To be a mentor, you don't need any special skills – just an ability to listen and to offer friendship, guidance, and encouragement to a person today. And you'll be amazed by how much you'll get out of the experience.

Pass It On -

Share what you know.

Become a mentor.

Honor Your BPW/MA Mentor: Write a Tribute

Have you often thought about a BPW member who encouraged you, gave you confidence, or just pointed you in the right direction, but regret never having said, “Thank you?” Here's your chance to remember them by writing about how they made a difference in your life. What lessons – or words – of lasting value did they impart to you? Are there particular events or moments in your life that you recall in connection with your mentor? Tell us about them! Your stories, and the lessons they contain, will be of value to new and old members of BPW/MA.

Submit a mentoring story of your own:

Maria M. Coviello

24 Pilgrims Path

Sudbury, MA 01776

Email: mmcoviello@yahoo.com

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Greetings from your President

By Patricia Stowell

The Winter Board meeting will take place in my home town – Northampton. It's a great place to visit year round, but particularly nice this time of year. At last count there were 43 restaurants within 2 miles of the hotel! Downtown has a collection of locally owned shops with unique items for sale as well as several art galleries, the Northampton Historical Society Museum and the Words and Pictures Museum of Comic Book Art. The Eric Carle Museum of Picture Book Art, the National Yiddish Book Center, Hampshire College, Amherst College, Smith College and the University of Massachusetts are all within 10 miles. So arrive early and stay late – the area has lots to offer.

The Winter Board meeting has lots to offer as well. Lonni Krenrich and Jane Sheridan have two great programs for all on Saturday. Maria Coviello has planned a banquet for Saturday evening that will honor our Mentor of the Year. Sunday will include a 2006-07 Planning Session hosted by President-Elect Kristin Whitfield and discussion of activities for the upcoming months.

Plan to attend and discuss what is working for your local as far as recruiting new members, retaining current ones, and programs and events which are coming up in your area. District Annual Meetings are coming up in March and April so now is the time to finalize those plans and to invite members from throughout the state to participate.

At Fall Board we agreed to participate in the Massachusetts Conference on Women. I am delighted to report that the event was a great success. Attendees were able to share the word of BPW with hundreds of women and to network with other women, and to attend workshops on a variety of working women's issues.

Friday night, February 24th, Hampshire County BPW will be celebrating its 80th Anniversary at The Clarion and all are invited to attend – this is a separate event, but as a member of HCBPW, I couldn't resist plugging the event!

Plan to visit my hometown for the weekend – it's a great place to visit. I look forward to seeing a record number of BPW/MA members February 24-26th!

One of our own to run for National Office

Laura K. Bauver, Past State President and 32 year member, has been endorsed by the BPW Massachusetts Board of Directors as candidate for the office of BPW/USA Secretary for the 2006-07 year.

Laura has served her Hampshire County local since she joined BPW when she entered the workforce upon graduation from the University of Massachusetts. She quickly became involved in BPW at the state level, serving as Treasurer, Second Vice President, First Vice President, President Elect and President. She has served on nearly every state and local committee, has been an Individual Development Trainer since 1979, and has served as Western District Director. Currently Laura serves as state and local parliamentarian, and on the national membership committee. She has attended 27 national conventions since joining the organization.

Laura is an insurance agent with the Berkshire Insurance Group where she handles the commercial accounts and supervises the staff in that area. She lives in Granville and is married to Wesley Bauver. She has a son, Richard, daughter-in-law Michelle, and three grandchildren.

BPW has been an integral part of her life since childhood. As a second generation member, she learned to read and write by perusing *The National Business Woman* and *Bay State News*. As a child she traveled to most of the states because her summer vacation trips were to BPW national conventions.

Always thoughtful and knowledgeable, Laura speaks speak out for the rights of women and families in a professional and friendly manner. Our state federation can be proud of our candidate for national office.

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R E P O R T S

Upcoming BPW Events

Policy & Action Conference & Interim Board

February 2- 5, 2006

Wyndham Washington
Washington, DC

Winter Board of Directors

February 25-26, 2006

The Clarion Hotel
Northampton, MA

Northeast District Annual Meeting

March 25, 2006

Western District Annual Meeting

April 1, 2006

Cranberry District Annual Meeting

April 2, 2006

New England BPW Past State Presidents

April 8, 2008

Massachusetts: location to be announced

Equal Pay Day

April 25, 2006

State Convention

May 19-21, 2006

Radisson at Plymouth Harbor
Plymouth, MA

National Conference

July 19-22, 2006

Adams Mark Hotel
Dallas, TX

Nominating Committee Report

By Laura Bauver, Chair

The BPW/MA Nominating Committee is still accepting applications for candidates for all offices. President-Elect Kristin Whitfield is enthusiastically planning for 2006-2007 and looks forward to working with a forward thinking and active team!

Packets containing all nomination forms for state and district offices and nominating committee positions were distributed at Fall Board. If anyone is in need of a packet, please contact the chair.

Please ask the members of your local/district to consider running for office. BPW is your organization. Help us keep it alive and thriving! ***Step up and be involved!*** The Nominating Committee would love the opportunity to interview several candidates for each office! The BPW/MA Nominating Committee will conduct candidate interviews at Winter Board on Sunday morning.

Please contact Laura Bauver, Nominating Committee Chair at laurabpwma@netscape.net or 413-357-6424 if you have any questions!

Cranberry District Report

By Paula Aschettino, Director

The District is well along with our district meeting plans for April. We will be having our 2nd Annual Business & Working Women's Expo in March in the Hyannis area. We have 70 tables available for women to display their work and company. These do not have to be women owned. We will promote women to come by and see what's happening at the Cape in business and a great time for networking. Last year we had over 100 women and pretty good press coverage. These women will also be asked to join our new local in Hyannis. I hope to have a "getting to know BPW" night in January. We have about 7-8 women from last year's Expo who are very interested in being in the core group of organizing the new local.



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POWERFUL
WOMEN**

PROFESSIONALLY • POLITICALLY • PERSONALLY

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THE MASSACHUSETTS CONFERENCE ON WOMEN

by Julie Minton, Downtown Boston BPW

R E P O R T S

On a grant from the Downtown Boston BPW Foundation, I was honored to participate in The Massachusetts Governor's First Conference for Women held at the Boston Convention & Exhibition Center on December 7. The main goal of the Conference was to create a forum where the women of Massachusetts could come together to celebrate achievements, share insights, learn, support and inspire one another. It is estimated that approximately 3,000 women participated in the Conference which offered distinguished keynote speakers, 22 workshops and over 60 exhibitors. The theme of the Conference was "*Recognizing the Impact of Women on our State and Nation.*" Not only did the Conference succeed in achieving the stated goal, it left the participants with a clear sense of the power that women united possess on both a State and National level. The message was clear: You can reach your goals, you can make an impact on the lives of others and you do have the power to make the changes in State and Federal policy that will empower women now and in the future.

Dr. Lorraine Monroe, President and CEO of the Lorraine Monroe Leadership Institute and the founding principal of Frederick Douglas Academy in Central Harlem was a humorous and inspirational keynote speaker who urged every woman to act as mentor to the young women in their lives and encourage them to follow their dreams with confidence and determination. Ann Richards, former Governor of Texas from 1995-2001, stressed the importance of confidence and communication when dealing with barriers in traditional male oriented venues. Both speakers emphasized that women have the power within themselves to follow their dreams and help others to achieve their goals.

It was next to impossible to choose just one workshop per session with such topics as developing your own business, building confidence, work/life balance, current health issues and successful communication skills to name but a few. The workshops were led by diversified, dynamic women who have made a name for themselves in their respective vocations by never once losing sight of their goals and creatively integrating themselves into

a male dominated workforce. Open discussion was encouraged in the workshops allowing the participants to learn as much from each other as they did from the speakers. Participants came from the workshops feeling empowered and motivated to use the information they had received. The 75 speakers made themselves available after the workshops for general discussion and book signings promoting a general feeling of friendship and unity.

BPW/MA was one of 68 exhibitors at the Conference. Corporations, small businesses, educational institutions, social service and charitable organizations were well represented at the Conference. The exhibitors offered all types of promotional items and a vast amount of literature which fully explained the purpose of their organizations. The representatives at the booths took a genuine interest in the participants and business cards as well as information were exchanged by both parties frequently in the exhibition area. Participants were encouraged to sign up for mentoring opportunities and invited to networking events at various booths.

The Conference left the participants feeling that individually, women have the power to follow their dreams by setting goals and taking confident action to achieve those goals. The larger message was that when women unite, we are a force to be reckoned with and if we work together in a positive direction through mentoring, communication and lobbying for equality in the workforce there isn't anything that we can't do.

I would encourage every woman in Massachusetts to keep informed regarding future Conference information. The information and power you take away from the Conference may just change your life. If you missed the Conference and wished you had been able to attend one of the workshops or hear the keynote speakers you're in luck. Fleetwood On-Site Conference Recording offers cds of the individual workshops and keynote speakers for \$11.00 each. You can order them at <http://www.fleetwood.com/onsite/magovernors/2005/>

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Governor's Conference For Women a Great success for BPW/MA!

by Kristin Whitfield, President Elect

On December 7, the new Boston Convention Center attracted over 1500 women and approximately 70 exhibitors to a day of symposiums taught by 75 diverse and dynamic speakers who have been trailblazers in business, health care, politics and career development. It was truly a day of sharing, learning and inspiration for the women of Massachusetts including over a dozen of our own members.

Huzzahs and kudos to Debbie Bouras and Lonni Krenrich for making this event an incredible success! With a grant from the BPW/USA Red Purse Society (thanks to Lonni's well written proposal) we had an exhibition booth with an "equal pay" focus. And grants from MEAF helped 10 members be able to enjoy the educational opportunities of the day with a BPW table at the luncheon.

Debbie Bouras set up the booth the night before – it looked very professional and was probably in the most visible spot in the entire place (that was the luck of the draw – and were we ever lucky!). Our booth was flooded with interest in the breaks between speakers and classes – now the challenge is to follow up with the close to 100 names collected! This really confirmed that women of all ages are hungry for a group that is actively advocating for them in the workplace. It also confirms that we are the best kept secret out there since most were unaware of our existence.

The possibility of several new coalitions presented itself through networking with other exhibitors. Patricia Byron actively scouted the exhibit area for other women's groups that share our mission, finding several to pursue activities with. In addition several non-exhibitor groups visited our table and were excited about working together with us in the future. We cannot possibly work with all that presented themselves, but it does give us some options to consider.

This was a great visibility event for us – and my special thanks to Debbie Bouras for bringing it to the Fall Board for approval and to both Debbie and Lonni for making it fall together seamlessly – and to all our members who attended and manned the booth and talked their socks off about our beloved organization!

BPW/MA Joins Care for Youth Coalition

By Kristin Whitfield, President Elect

A time for action - a chance to join together at the grass roots level on behalf of several of BPW's major platform issues! At Fall Board BPW/MA signed on to the Care for Youth Coalition - which was formed to support a bill currently in front of the legislature which would standardize health education statewide. Our part was to support this by sending our members to speak up at statewide "listening" meetings sponsored by the Joint Committee on Education. Thanks to several of our members who have attended these meetings in their communities: Nancy Lescarbeau and Liz Manns, North Adams; Maria Hopkins, Worcester; Deb Bouras and Janet Chisholm, Boston; June Andersen, Joanne Smarrella, Salem; Barbara Wood, Quincy; Lonni Krenrich, Kristin Whitfield, Sylvia Connor, Hyannis. As this bill slowly makes its way through the legislative process, we will have other opportunities to offer our support. You can support this initiative by contacting your local legislators and asking them to support SB 102 and HB 1641.

What is the Care for Youth Coalition?
Care for Youth is a broad, statewide coalition of organizations and individuals that has formed to advocate for comprehensive health education in the public schools.

The Current Status of Health Education

Some school districts have excellent health education programs. Other school districts have little or no health education as part of their curriculum.

In 1993, the Supreme Judicial Court required that the Commonwealth provide an adequate education for those enrolled in the public schools. It further defined "adequacy" by requiring that students possess specific capabilities including, "sufficient self-knowledge and knowledge of his or her mental and physical wellness".¹

The Massachusetts Department of Education (DOE) created a science-based health education framework in response to the Supreme Judicial Court decision. However, the DOE has no mechanism to enforce the

¹ *McDuffy v. Secretary of the Executive Office of Education* (415 Mass. 545, p. 618)

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Care for Youth Coalition, cont.

compliance of school districts unless health education is part of the core curriculum. If health education were part of the core curriculum, the DOE would have the authority to ensure compliance with the framework and supervise the quality of what is taught.

Why is this necessary?

Adding health education to the core curriculum affords students the opportunity to learn about a wide range of important topics such as nutrition, physical activity, mental health, safety and injury prevention, reproduction and sexuality, substance abuse prevention, violence prevention, consumer health, growth and development, family life, interpersonal relationships, disease prevention, ecological health and community health.

Results of the 2003 Massachusetts Youth Risk Behavior Survey² demonstrate that young people in the Commonwealth are very much in need of health education. Among Massachusetts youth:

- 53% had tried smoking cigarettes at least once in their lifetime.
- 26% engaged in at least one episode of binge drinking in the month prior to the survey.
- 16% had seriously considered suicide.
- Among sexually active students, only 57% used a condom the last time they had sex.
- 30% were in a physical fight in the 12 months before the survey.
- 41% have had sexual intercourse in their lifetimes
- 24 % are overweight or at risk for being overweight.

The survey also found that risky behaviors are associated with lower academic achievement, and that health education can raise school attendance, graduation rates, and increase cognitive development and decision-making skills.

Who has joined the CARE for Youth coalition?

- AIDS Action Committee of Massachusetts, Inc.
- American Association of University Women of Massachusetts
- American Civil Liberties Union of Massachusetts
- American Diabetes Association
- American Heart Association
- Boston Public Health Commission
- Coalition Organized for Health Education in Schools
- Deana's Fund
- Massachusetts Alliance on Teen Pregnancy
- Massachusetts Democratic Future – Young Democrats of MA
- Massachusetts Family Planning Association
- Massachusetts Nurses Association
- NARAL Pro-Choice Massachusetts
- National Alliance for the Mentally Ill – Massachusetts
- National Association of Social Workers-MA Chapter
- National Organization for Women – Massachusetts Chapter
- Pathfinder International
- Planned Parenthood League of Massachusetts
- Religious Coalition for Reproductive Choice

Health education saves lives. Young people need access to comprehensive health education in order to make responsible decisions, prevent disease, reduce risky behaviors, and lead healthy lives. An Act to Provide Health Education in Schools ensures that the young people of the Commonwealth will receive the health education that they need and deserve.

² The Massachusetts Youth Risk Behavior Survey is conducted among high school students, grades 9-12.

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Coalition for Choice – a Chance for Action!

By Kristin Whitfield, President Elect

The Massachusetts Coalition for Choice was founded in the early 1980s to address the increasing number of legislative attacks on access to family planning and abortion. Through the years, the Coalition has worked to monitor anti-choice policies, introduce pro-choice legislation and educate voters about ballot questions related to reproductive rights.

Membership is open to all organizations working legislatively to preserve reproductive rights in the Commonwealth, regardless of political affiliation. Currently, there are 10 organizational members of the Coalition and dozens of sponsoring organizations including:

- American Association of University Women - MA Chapter
- ACLU of Massachusetts
- League of Women Voters of Massachusetts
- Mass NARAL
- Mass NOW
- Massachusetts Women's Political Caucus
- Pathfinder International
- Planned Parenthood League of Massachusetts
- Religious Coalition for Reproductive Choice of Massachusetts
- Wachusett Coalition for Choice

At Fall Board it was decided that BPW/MA should become an organizational member of this coalition. Not only does it represent one of our most important national platform issues, but it will also afford us great visibility as its efforts are well covered in the media. Jennifer Kangas, President of Lower Cape offered to personally fundraise the required \$100 dues. She did this easily at the next Lower Cape meeting by just passing the hat. Being an organizational member requires attendance at the once a month steering committee meeting, currently held in Boston at Planned Parenthood on the first Thursday of the month at 9:30 AM. Kristin Whitfield has volunteered to attend these meetings for the next two years, and anyone interested may also attend with her or for her when she is unable. If you have interest, please let her know (774.722.0423)

Kristin Whitfield and Lonni Krenrich both attended the January meeting which was packed with information and action. Among the agenda items were: implementation issues of the new Emergency Contraception law; lobbying for contraceptive coverage in the new Health Care Bill; status of Health Education Bill which some of our members supported at statewide Education Committee meetings (see article elsewhere in this BSN issue); proposed legislation to change ; abortion clinic buffer zone requirement ; Roe v. Wade anniversary celebration press event; possible Coalition for Choice events/reception at both State nominating conventions this summer.

As we become more familiar with the group, opportunities will arise for our members statewide to become involved either by donating manpower or dollars. If you have interest in either, please contact Kristin at above number. It became apparent that we may not be able to have our name attached to some of the coalition's activities as they are too partisan, but rest assured that BPW/USA will be contacted to decide the appropriateness of all activities before we participate.

Thanks to all of you at Fall Board who voted in favor of this activity. It is an important step in increasing our public profile and hopefully our membership!

National Conference Report

Workshop: Energize your Membership Through Building Relationships

by Jane St. Sauveur, State Secretary

This model builds trust and depth, creates relationships and creates "the weave." Builds confidence and creates a history. Questions asked: What are you most passionate about? Interested in? Amused by? What would you like to accomplish through your membership in BPW?

What 3 things did you take from the workshop?

- Help make women shine
- The most brilliant presenters ask questions
- Keep mentoring broad and be generous

Then women will join and stay in BPW!
For more information about this workshop contact Jane at janesainte@comcast.net.

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Time to Start Planning for Next Year!

by Kristin Whitfield, State President Elect

Believe it or not, I'm starting to put together my committees for next year. All my choices have to be ratified by the Executive Committee – so I'm already in the planning stage! I will be appointing State Standing Committee Chairs and then helping them choose appropriate members for their committees. If you would like to chair any of them, this would be a great way to be active at the State level. If you would like to serve on the committee – another way to get a taste of the State activities. Committee chairs should plan to attend all three state meetings if possible because they have a vote on the State Board, write a report for each of the three Bay State News, and be proactive and accountable throughout the year. Committee members should be ready to help with decision making within the committee and active when needed. Most meetings will probably be by email, phone and perhaps at State meetings if you can attend. Standing committees are: By-Laws – reviewing and updating, simplifying current by-laws so that they are more appropriate for our size and current activities; Finance – prepares the budget; Foundation – organizes a statewide approach for fundraising for this important division of BPW; Individual Development – plans and implements the ID program statewide; Issues Management/ Legislation - strategizes ways for BPW/MA to be active legislatively, schedules our appointments with legislators on Capitol Hill when we attend Policy in Action in February of 2007; Membership – strategizes growth and retention activities statewide; Public Relations – promotes all of our activities statewide with the appropriate media; Young Careerist – circulates criteria to locals, organizes speakoffs at District Days and State Convention in 2007. I know these all sound like daunting tasks – remember that **many hands make light work!** The more the merrier! Serving is a way to continue the BPW passion and provide a better world for our daughters, granddaughters, nieces etc. **Our work is not done – women still have a long way to go on the road to equality!**

If you have any interest – don't be shy – let me know how much and what you would be interested in contributing. Any current chairs that would like to continue to provide continuity

and serve a second year, please let me know soon. I would love to have a lot of help from locals statewide!

One other key player is the person who is my right hand helper – called “executive secretary”. No minute taking – just there to help me with some of the details of my term. For me this would be someone who is a bit more organized than I am, knows more about the computer world, can help me with communicating statewide. She would need to be at all Executive Committee meetings if possible and for sure at each state meeting. This is a big commitment – but I will be a desperate lunatic without someone like this at my side! Any takers – let me know! Even if you feel you have limitations in any of the above areas – let's talk! Contact me at 774-722-0423 or Kristin@innerweavehealing.com

The Value of a Newsletter

By Kristin Whitfield, State President Elect

Did you ever wonder what would happen if each person who receives her LO newsletter would forward it to 1 friend and follow up with a phone call invitation to her next meeting? Well, if your local has about 30 members – then about 30 new women would get invited to your next meeting. Let's say half of those were available and half of those decided to attend. That would be about 7 guests that would experience one of your great programs, hear about BPW (the best kept secret), have fun meeting your wonderful members. Now let's say half of these guests just can't keep themselves from joining your wonderful organization – that would be 3 new members! Now what if you did that this month and next month and the rest of the months until June – that would be 18 new members, increasing your current size about 50%. This would put your program chair into a tizzy trying to find a big enough venue for the installation of your next year officers and your newsletter editor would be emailing out half again as many newsletters – and if you start the process all over with half again as many newsletters – think where that would take you! So have a read of your next newsletter that has been created with great thought, care and patience and then take one more step and **PASS IT ON!**

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In Memoriam

Sally Jo Restivo

Sarah "Sally Jo" Restivo, former Bay State News editor and long time member of both the Berkshire and Northern Berkshire locals passed away on December 17, 2005, after a long battle with cancer. Through her efforts the Bay State News became a professional newsletter that for the first time used color and graphics. Her editorial skills provided us with a newsletter whose articles grabbed the reader and provided the information in a readable format.

Sally Jo was born in Pittsfield and graduated from Mount Greylock Regional High School in Williamstown. She attended Berkshire Community College, Northeastern University, University of Connecticut, Westfield State College, Cambridge College and Southern Vermont College. She earned several degrees in psychology and social work and certifications in writing.

In 1971 she was named the first woman city editor of the Meriden (Conn.) Journal. She was a former police reporter at the Waterbury Republican-American, night city editor of the Hartford Courant, executive editor of the New Haven Register and the managing editor of the Middletown Press, all in Connecticut.

She moved back to Lanesborough in 1991 and started her own professional writing service: *Right for You*.

She leaves her husband, Edward, twin daughters, Emily of Brookline and Kathryn of Lanesborough, and a son, Seth of Lee.

Fond memories of Sally Jo, her friendly spirit and courageousness will remain with all who knew her.

Malachi Reed

In November, BPW/USA Treasurer, Susan Parsons Reed, lost her husband Malachai after a long illness. Susan has been a long time friend of BPW/Ma and has attended several state meetings in recent years. Our condolences are extended to Susan and her family.

MEAF Fund

By Barbara Bernard, Director

What is MEAF?

Massachusetts Educational Assistance Fund.

What does it mean to a BPW/MA member?

This fund provides individual members with a chance to enhance their career through refresher courses, seminars, courses into new careers by providing some financial assistance with your education.

How much money could I receive?

A maximum of \$500 in a two year period and no more than \$1000 total.

How do I qualify?

You must have been a member for at least 24 months at the time of application and not exceeded the grant limitations.

What do I need to submit?

The application form, receipts for the costs you wish to have reimbursed, and a short statement which describes the course, seminar, etc. and how this will help you professionally.

It's never too late to learn something new! Many members have used a MEAF grant to pay for a course at a community college, attend a workshop or seminar, or to update their career skills. There are some members who attended a Women's Conference in early December with the help of MEAF.

For the self employed, or if your employer is not willing/able to reimburse you for these training opportunities, a grant can assist with the cost of improving your professional skills.

Why not let MEAF help "YOU" go that extra mile and increase your knowledge within your present career or open a door to a new career!

It's very easy to apply. Send an email to barbara.bernard@sun.com or write to Barbara Bernard, 101 Apricot Circle, Morrisville, NC 27560, for an application form and the requirements.

(editor's note: Barbara is a MaBPW Past State President currently working in North Carolina. She remains an active BPW/MA member and attends state and local meetings when in Massachusetts.)

BAY STATE NEWS

MASSACHUSETTS BUSINESS & PROFESSIONAL WOMEN

January 2006

Winter Board Menus

Saturday Luncheon:

Heart Healthy Buffet

Saturday Dinner:

Caesar Salad

Local Bakery Fresh Rolls & Butter

Choice of:

Yankee Pot Roast with Garlic Mashed Potatoes
and Vegetables

Grilled Salmon with Three Citrus Beurre Blanc
with Rice and Fresh Vegetable du Jour

Grilled Vegetable Lasagna with Balsamic

Glazed Vegetables in a Cream Sauce

Lemon Layer Cake for Dessert

100% Columbian Coffee, Selection of Herbal
Teas, Decaffeinated Coffee

Directions to Winter Board

From the East or West:

- Follow the Mass Turnpike (I-90) to exit 4, West Springfield.
- Take I-91 North to the first Northampton exit, Exit 18
- At the end of the exit ramp, turn right
- The Clarion Hotel is the first drive on the right
- The hotel is located right at the exit – you pass it while on the exit ramp. (The hotel entrance is somewhat obscured by an old gas station so watch for the sign for the hotel and Atwood Drive. The hotel entrance is just beyond the old gas station on the right.)

Alternate route from the Northeast using Rte. 2:

- Follow Route 2 west to I-91 south in Greenfield. This is a left fork as it joins I-91 and a left entrance onto I-91 (Rte 2 and I-91 run together for about 2 miles)
- When they split stay with I-91 south to the third Northampton exit – Exit 18.
- Take right at end of ramp
- Go straight through the traffic light
- The Clarion Hotel is the first drive on the right. The hotel is located right at the exit – you pass it while on the exit ramp. (The hotel entrance is somewhat obscured by an old gas station so watch for the sign for the hotel and Atwood Drive. The hotel entrance is just beyond the old gas station on the right.)

MABPW Directories

A few 2006-2006 State Membership Directories are still available. The Directory includes information on all committees, state awards and all members' names and addresses as of October 1st. They will be available at Winter Board for \$7.00 or can be mailed to any member for an additional \$3.00 postage and handling. If you would like one mailed to you, please make your check payable to MABPW and send to:

Pat Stowell

836 North King Street

Northampton, MA 01060

MABPW Directory Updates

A list of updates to the 2005-06 State Directory is included with this newsletter.

Hampshire County Business & Professional Women

cordially invite you
to celebrate

80 years of BPW

in

Hampshire County

Friday, February 24, 2006

The Clarion Hotel and Conference Center
Northampton

Debra Mazeski, President

Reservation information will be sent to
each local or contact Deb at
413-586-8953

