

Fort Harrod BPW Newsletter

August 2008

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Message from the President

This month we celebrate a great moment in history. What is it you say? On August 26 we celebrate the 88th anniversary of the passage of the 19th Amendment that was passed in 1920.

During the Suffrage Movement many women wore yellow ribbons with the imprint "Votes for Women." I encourage you to wear a yellow ribbon on Tuesday, August 26 to commemorate this event. Perhaps this will give you an opportunity to share with others the meaning of your yellow ribbon as well as open doors to tell other women about BPW. The first National Federation of Business and Professional Women's Clubs was founded on July 15, 1919. Throughout

its history BPW has been a leading advocate for women. Its legislative agenda was formed around three major issues: elimination of sex discrimination in employment, the principal of equal pay, and the need for a comprehensive equal rights amendment.

With such a rich history why then I ask are BPW clubs all over the state and nation struggling? Have we forgotten the past?

I am relatively new to BPW compared to most of our membership so I cannot say that BPW shaped my career path but many of you can. I have heard others say they would not be where they are today were it not for BPW.



Like others, our club is struggling and we must strive not only to retain our current membership but to also recruit new members.

We need you to continue to be an active part of our club. If you've been gone for a while, we miss you and hope to see you soon!

Trish Claunch, Pres.



Club Meeting

Our club meeting will be on **Monday, August 25th** at 6:00 p.m. at Cloud's Family Restaurant in the back private room.

Last month we had a schedule conflict and Lucy Hockersmith from the Extension Office was

our guest speaker. We have rescheduled Emily Steer from the Mercer County Health Department to be our speaker for this month.

I encourage you to be there and to invite a guest. This is a great



Mark Your Calendars

opportunity for us to network with other women, be educated on health issues that effect us all and allows us to show women in our community that BPW has a lot to offer.

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Did you know

- For every \$1 a man makes, a woman makes only 74 cents in Kentucky.
- Nationally, for every \$1 a man makes, a woman makes 77 cents.
- KY ranks 47th in percentage of women state legislators with 13%

BPW/USA National Legislative Platform for 2008-2009

Preamble

The Equal Rights Amendment, as authored by Alice Paul, shall stand first, foremost and above all other items which may appear on the national platform of this Federation until equal legal rights for women and men become guaranteed in the United States Constitution, because all statutory law derives therefrom.

The Equal Rights Amendment

“Equality of rights under the law shall not be denied or abridged by the United States

or by any state on account of sex.”

Economic Equity

Ensure pay equity and equal educational and economic opportunities at all stages of life; and promote affordable, quality dependent care to help ensure economic self-sufficiency for women.

Health

Ensure reproductive choice and full access to all reproductive health services and edu-

cation; ensure funds for research into and protections for women's health care needs; and encourage the development of a national health care policy recognizing the special health care needs of women.

Civil Rights

Ensure equal rights and remedies for women in all phases of their lives; support affirmative action; and eliminate all forms of harassment and violence against women.

Women's Health

The Centers for Disease Control and Prevention has quite a bit of information regarding Women's Health. There are several links under “Tips for a Healthy Life for Women” and the first tip is below.

For the full version go to <http://www.cdc.gov/women/tips.htm>

Eat Healthy

“An apple a day keeps the doctor away.” There's more truth to this saying than we once thought. What you eat and drink and what you don't eat and drink can definitely make a difference to your health. Eating five or more servings of fruits and vegetables a day and less saturated fat can help improve your health and may reduce the risk of cancer and other chronic diseases. Have a balanced diet, and watch how much you eat.

These days, a wealth of nutrition information is at your finger tips. From diet books to newspaper articles, everyone seems to have an opinion about what you should be eating. It's no secret that good nutrition plays an essential role in maintaining health.

While you already know it is important to eat a healthy diet, you may find it more difficult to sort through all of the information about nutrition and food choices. The CDC has compiled a variety of resources to help you start healthier eating habits.

Legislation—Has your voice been heard?

BPW/USA has several legislative issues highlighted on the Advocacy Center webpage (go to Public Policy and ERA, then choose Advocacy Center). On this website BPW has made it so easy to find the latest issues as well as templates to write our Legislators. You may use the letter BPW has drafted or customize it with your own verbiage.

As we celebrate this 88th anniversary of the

passage of the 19th Amendment we must continue the fight to insure our voices are heard.

We often hear about our forefathers who fought for our freedom and of this I am grateful. However, it seems like the battle that women activists fought is often overlooked. If these women could look through time 88+ years later would they be proud of our fight? Have we, the beneficiaries, picked up the baton to continue the race

they began? It is true that we are now experiencing the fruits of their labor but we have so much more to do. Women have not achieved total equality in our generation and if our daughters and granddaughters are to achieve equality we must continue the fight.

I urge you to let your voice be heard by sending communications to Frankfort and Washington!

Photos of Women's Suffrage Advocates



The first picket line, February, 1917: After the second inauguration of President Woodrow Wilson, suffragists started non-stop picketing around the White House to hold Wilson to his promise of support for woman suffrage.



Alice Paul celebrates the passage of the Nineteenth Amendment in 1920.



Lawyer Inez Milholland Boissevain leads the suffrage procession on her white horse, Washington, D.C., March 3, 1913.

The Long Road to Suffrage

From Seneca Falls to the 1920s: an overview of the woman suffrage movement

By Jone Johnson Lewis

“The first women’s rights meeting in the United States, held at Seneca Falls, New York, in 1848, itself followed several decades of a quietly-emerging egalitarian spirit among women.

What a long road it would be to winning the vote for women! Before the Nineteenth Amendment secured women’s rights to vote in the US, more than 70 years would pass.

The Woman Suffrage movement, begun in 1848 with that pivotal meeting, weakened during and after the Civil War. For practical political reasons, the issue of black suffrage collided with woman suffrage, and tactical differences divided the leadership.

Julia Ward Howe and Lucy Stone founded the American Woman Suffrage Association, which accepted men as members, worked for black suffrage and the 15th Amendment, and worked for woman suffrage state-by-state. Elizabeth Cady Stanton, who, with Lucretia Mott, called the 1848 gathering at Seneca Falls, founded with Susan B. Anthony the National Woman Suffrage Association, which included only women, opposed the 15th Amendment because for the first time citizens were explicitly defined as male, and worked for a national Constitutional Amendment for woman suffrage.”

Excerpt of this article found on About.Com Women’s History

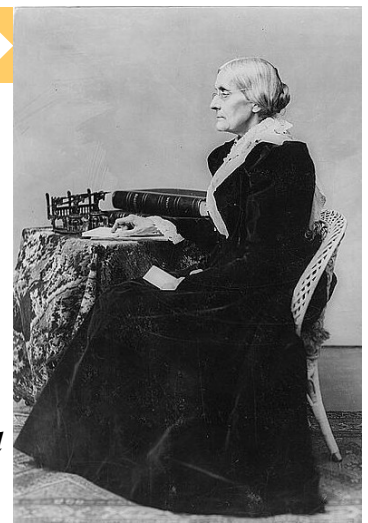
<http://womenshistory.about.com/library/weekly/aa022299.htm>



Susan B. Anthony was known as the “Mother of Woman Suffrage.” Here are some of her notable quotes.

“It was we, the people; not we, the white male citizens; nor yet we, the male citizens; but we, the whole people, who formed the Union.”

“There never will be complete equality until women themselves help to make laws and elect lawmakers.”





National Business Women's Week October 20—24

Membership Renewal Reminder — please consider renewing today

Member Name	Date Membership Lapsed
Sue Abrams	1/31/2008
April Ellis	3/31/2008
Constance Huff	5/31/2008
Michelle Phillips	6/30/2008
Bonnie Tanner	7/31/2008
Rosalind Turner	3/31/2008

Upcoming Meetings

Executive Board

(Held at Cousin's Restaurant @ 1pm)

August 14
September 11
October 9
November 13
December 11

Club Meetings

(Held at Cloud's Family Restaurant @ 6pm)

August 25
September 22
October 27
November 24
December 22



We will discuss our schedule of monthly meetings at the club meeting on Monday, August 25. Please consider whether you think it would improve attendance if we met every other month rather than monthly. Your opinion counts so please be at the meeting to discuss this further.



BUILDING POWERFUL WOMEN

PROFESSIONALLY • POLITICALLY • PERSONALLY

BPW/USA Mission

To achieve equity for all women in the workplace through advocacy, education and information.



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