



Tea Cup Talk

Newsletter for Greater Downingtown BPW

State theme this year is: Building Toward a Stronger tomorrow.

2010-2011 Leadership in Pennsylvania

President.....Marion Waelchli

President - Elect.....Bobbi Dobler

Vice President.....Catherine Caccia

Recording Secretary.....Lori Hubal

Treasurer.....Ginny Schultz

Our new President's focus for her term is to grow the memberships of each and every Local Organization in the state. We can do this by thinking outside of the box, knowing & understanding the 21st Century's professional women's life style & adapting how we reach out to our communities. We need to get the BPW name out there to all of the counties.



BPW Foundation policy

Work-Life Balance — Fully 90 percent of American mothers and 95 percent of American fathers report work-family conflict. BPW Foundation recognizes that this is a family issue and proposes a multi-prong approach: advocating for workplace standards legislation, developing employer tools and empowering all employees to request and use flexible policies. BPW supports the Healthy Families Act (paid sick days), the Federal Employees Paid Parental Leave Act (paid parental leave) and the Auto IRA Act (automatic retirement savings). Paid sick leave, paid parental leave, workplace flexibility, affordable child care and health care and retirement security are all necessary tools in the quest for work-life balance, financial security and successful workplaces.

History of NBWW

The concept of National Business Women's Week® originated with Emma Dot Partridge, Executive Secretary of the National Federation of Business and Professional Women's Clubs from 1924 to 1927. The first annual observance of NBWW was held April 15-22, 1928, when National President Lena Madestin Phillips opened the week with a nationally broadcast speech. She stated that the purpose of the week was "to focus public attention upon a better business woman for a better business world." From this early effort, NBWW has grown into a nationwide salute to all workingwomen.

The program for the first observance of NBWW included: *Legislative Day* devoted to national, state and local legislation of interest to women; *Education Day* devoted to emphasizing the need for equitable educational opportunities; *Club Rally Day* for prospective new members; *Community Day* honoring leaders in the community; and *Goodwill Day* devoted to working with other women's organizations.

In 1938, NBWW was moved to the third full week of October. U.S. President Herbert Hoover was the first president to issue a letter recognizing NBWW and the contributions and achievements of workingwomen.

The celebration of National Business Women's Week® has helped to promote leadership roles for women and to increase opportunities for their advancement professionally and personally.

Women's Successful Habits by Craig Harper

1. They look for and find opportunities where others see nothing.
2. They find a lesson while others only see a problem.
3. They are solution focused.
4. They consciously and methodically create their own success, while others hope success will find them.
5. They are fearful like everyone else, but they are not controlled or limited by fear.
6. They ask the right questions – the ones which put them in a productive, creative, positive mindset and emotional state.
7. They rarely complain (waste of energy). All complaining does is put the complainer in a negative and unproductive state.
8. They don't blame (what's the point?). They take complete responsibility for their actions and outcomes (or lack thereof).

9. While they are not necessarily more talented than the majority, they always find a way to maximize their potential. They get more out of themselves. They use what they have more effectively.
10. They are busy, productive and proactive. While most are laying on the couch, planning, over-thinking, sitting on their hands and generally going around in circles, they are out there getting the job done.



Healthy Women's Corner

What Your Gums Are Telling You

Your gums are an early-warning system for your overall health condition. You might not have trouble thinking of healthy gums as the foundation for healthy teeth. But did you know that diseased gums are emerging as one of the leading early warning indicators for heart disease and other illnesses? The American Academy of Periodontology recently found that people with periodontal disease are 2.7 times as likely to suffer a heart attack than those with healthy gums. "Allowing for factors such as age, sex, weight, cholesterol, and high blood pressure, as well as diabetes and insulin use," explained the researcher, "we found that among the sample population under age 60, gum disease was an even more important risk factor for cardiovascular disease than was high blood pressure." It appears that the bacteria associated with gum disease can actually enter your bloodstream and affect your health. That's why it's important to know what healthy gums should look like. Gums in prime condition are light pink in color (darker for people with darker complexions), are stippled like the surface of an orange, are not tender or swollen, and don't bleed when brushing or flossing. And the best preventive maintenance? The advice you've heard most of your life: brush daily, floss frequently and don't neglect those regular dental visits.

October's Meeting Information

**"Importance of Voting: Preparing for November Elections" Presented by:
Jean Goerth, Chester County League of Women Voters**

Wednesday, October 13, 2010, 6:00pm-8:30pm

The League of Women Voters encourages informed and active participation in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy. Jean, who is Co-President of the Chester County chapter, will discuss the importance of voting as we prepare for the November elections.

Important dates to remember:

Tuesday 10/19/2010 – National Business Women’s Week dinner

Tuesday 11/02/2010 – **GO OUT AND VOTE**

Saturday 11/06/2010 – Fall District Meeting

Wednesday 11/10/2010 – Monthly Greater Downingtown BPW meeting

Sunday 11/14/2010 – Quarter Auction