

# Connections

## Events Calendar

MARCH 2019  
WOMEN'S HISTORY  
MONTH

MARCH 7, 2019  
WLC QUAD CITIES CONF  
BETTENDORF IOWA  
[Click Here for Details](#)

MARCH 8, 2019  
INTERNATIONAL WOMEN'S  
DAY

APRIL 2, 2019  
EQUAL PAY DAY

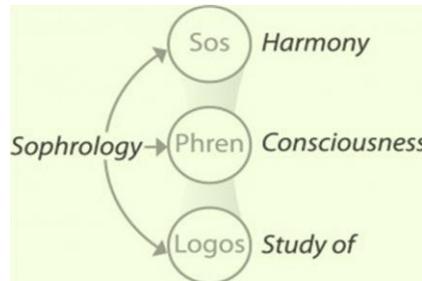
APRIL 10 - 11, 2019  
WLC - ICR CORRIDOR CONF  
CEDAR RAPIDS IOWA  
[Click Here for Details](#)

APRIL 26 - 27, 2019  
BPW IOWA ANNUAL CONF  
DES MOINES IOWA

### WHAT'S INSIDE:

- Women's History Month
- Iowa BPW Foundation Fundraiser
- New Members
- International Women's Day
- Webinar Recording
- Notes from General Chair & Registration Chair
- Women in Legislature
- Foundation Scholarship

## Do you want to feel alive?... Feel happier?... Have more energy!



You may want to check into **Sophrology**.

*It comes from the Greek, it is the study of consciousness and harmony.*



Lynette Fitzgerald  
BPW IA President

So, what is Sophrology? It is a structured method of exercises that promote physical and mental well-being. It consists of a series of easy-to-do physical and mental exercises that, when practiced can lead to a healthy, relaxed body and a calm, alert mind.

These exercises are called **dynamic relaxation**, meaning relaxation in movement. The idea is to become fully present, alive and participating, comfortably and joyfully, in all areas of life. This can be done anytime and anywhere.

Sophrology is mostly under-the-radar in the United States. But in Switzerland and France students at schools and universities are learning this as a stress-management skill in preparing and get ready for exams. And many adults are doing it for their work-life balance.

When we exercise at some point you need to stop and rest the body—the mind is the same, Sophrology is basically a way to experience a deep state of relaxation.

The first things people generally notice after starting to practice sophrology are: more restful sleep, improved concentration, fewer worries, increased self-confidence, and a feeling of inner happiness. You may want to seek out a certified sophrologist, who will assess your needs and help you tailor the physical and mental exercises that best fit you.

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## Sophrology (cont.)

Continued from Page 1

During the first session, you'll sit or stand with your eyes closed as you are guided through a series of techniques like tensing and releasing each part of the body or different breathing exercises. Check out your local yoga studio, they may offer sophrology sessions.

*Live your life to the fullest and have a better relaxed life!*

*Lynette Fitzgerald*

BPW/IA President 2017-2019

[lfitzgerald@fdq.net](mailto:lfitzgerald@fdq.net)

319-415-6779

## March Women's History Month



The 2019 National Women's History theme: "*Visionary Women: Champions of Peace and Nonviolence*", presents the opportunity to honor women who have devoted their lives to the cause of peace and justice; from opposing nuclear weapons and ending domestic violence, to promoting nonviolent action and advocating peaceful co-existence.

[www.nwhp.org](http://www.nwhp.org)

### IOWA BUSINESS AND PROFESSIONAL WOMEN'S ANNUAL FUNDRAISER

The Foundation will again be raising scholarship funds at our Annual Meeting on April 26/27. After the banquet on Friday night, April 26, we will have our famous themed basket auction. Of course, it does not have to be in a basket, be inventive!

On Saturday, April 27, we will have a silent auction for items and a 50/50 drawing. Donations are welcome anytime!

We are asking Local Organizations to contribute either a basket and/or a silent auction item. We also request that Foundation Trustees and Federation Officers also make a contribution. If YOU are not in either category, and wish to donate something, please do so.

We will be issuing five \$1000 scholarships at the luncheon on Saturday. This is all because of YOU and your continued support. Help us continue. Be a part of this "wonderful gift called education"!

*Janice Brown*

Vice President  
Iowa BPW Foundation



Welcome  
New Member!

Mt Pleasant:

Jennifer Arbogast

[jenniferdarbogast@gmail.com](mailto:jenniferdarbogast@gmail.com)

INTERNATIONAL WOMEN’S DAY  
MARCH 8, 2019

International Women’s Day (IWD) is a day of global celebration of social, educational, cultural and political achievements of women. This observance is over 100 years old. In the early 1900’s, women’s oppression and inequality spurred women to become more vocal and demanded a day to be heard. Since 1913, March 8 has been the global date of IWD.

The United Nations celebrated IWD for the first time in 1975. In 1980, Pres Carter declared the week of March 8 as Women’s Week, which grew into the entire month of March as Women’s History Month. Internationally, the color purple symbolizes women, so we need to wear that purple dress or blouse on March 8.

Women have much to celebrate politically in our newly elected numbers. There were 127 women sworn in, 102 in the House and 25 in the Senate, according to the Center for American Women and Politics at Rutgers Univ. The House will have the most women of color ever — 43. More firsts include the youngest woman in Congress, a 29 year old from NY; the first Muslim woman in Congress, from MI; first black MA Congresswoman; the first native American Indians — one from KS, one from NM ; the first female senators from TN, AZ and MS.\*

Director San Wong of the IA Dept of Human Rights said all of Iowa’s female “firsts” shared striking attributes. They shared credit for their achievements with parents, teachers and mentors; they took risks; they learned from adversity; and they helped pave a path for others to follow. *“Their power as role models can shape beliefs of what women can achieve”.*

Can you match these current **women** with their achievements?

- |                         |                          |
|-------------------------|--------------------------|
| Iowa’s Governor         | Kim Reynolds             |
| Iowa’s Senator          | Joni Ernst               |
| Iowa’s Astronaut        | Peggy Whitson            |
| First ISU President     | Wendy Wintersteen        |
| US House Speaker        | Nancy Pelosi             |
| Duchess of Sussex       | Megan Markle             |
| Advisor to US President | Ivanka Trump             |
| Youngest Congresswoman  | Alexandria Ocasio-Cortez |

Yes, women are making history, but well-behaved women seldom do!

Cindy Paulsen  
Women’s Issues



\*Election statistics from Des Moines Register 1.4.2019

**BPW Iowa Webinar**  
*Engaging in Difficult Dialogues*

Missed our second webinar on February 12<sup>th</sup>? No problem. You can still take advantage of this opportunity to build skills that make us more effective in our daily lives!

[Click here](#) to access the recorded version. Accompanying handouts are available on [www.bpw-iowa.org](http://www.bpw-iowa.org) in the 'members only' document library.

Questions/Comments? Contact Cathy Hines, 319 235-6655 or [caathyh2032@msn.com](mailto:caathyh2032@msn.com)

*From your Registration Chair....* By now, you should have received the Annual Conference registration form via email. I am looking forward to seeing friends from around the state to come together again to renew our mission, give and raise monies for our scholarships, and hear from Vanessa McNeal who sounds like a dynamic speaker.

Please, send in your registration, so we will know you are coming!!! It is very difficult to change the counts that have already been given to the hotel for the number of meals.

Thanks. See you in April!!  
*Jacque Wickey*  
BPW Iowa Registration Chair

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*Mr. Winter please go away...*

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Spring is right around the corner, so they say! We have been working on making plans for the Annual Meeting. Your Executive Committee has a superb speaker lined up for Saturday.

I would encourage all of you to try to make plans to at least attend the business session/speaker and scholarship luncheon on Saturday. You would not have to spend the night, although the banquet and Foundation Fundraiser on Friday night is always a fun time and for such a GREAT cause. The prices have all stayed the same from last year.

Please fill out your registration form as soon as you can so we will have an idea of how many of you will be attending. PLEASE, PLEASE encourage your local members to attend this GREAT learning experience. See you in April (when it's warmer).

Mr. Winter please go away,  
I'm craving the warmth of the sun, and a bright shiny day.  
My body screams it's freezing cold,  
All these aches and pains are making me feel old(er).  
The heating cost is going sky high,  
My thermostat is turned down low in hopes the next bill  
won't make me cry.  
So, here I sit wrapped up in my fuzzy throw,  
Listening to the weatherman predict another cold day and  
more snow!

*Debbie Liestad*  
General Chair  
712.249.1480  
[dleistad@aol.com](mailto:dleistad@aol.com)

*Great minds discuss ideas; average minds discuss events; small minds discuss people.*

— Eleanor Roosevelt

## Iowa BPW Foundation Scholarships

Foundation Scholarship applications are available for non-traditional students. Do you know someone who could benefit from one of our scholarships?

The Scholarship Application can be found on our website [www.bpw-iowa.org](http://www.bpw-iowa.org). When you arrive at our website there is the word 'Scholarship' at the top of the home page. Click on it and you will go to the Foundation page where you are able to download the paperwork.

Applications must be emailed or mailed and postmarked by March 29, 2019 to Charla Schmid. (Sue Muri and Charla Schmid are Co-Chairing the Foundation's Scholarship Committee this year for DiAnne Lerud-Chubb.)

Iowa Business and Professional Women's Foundation, Inc. is awarding five \$1,000 scholarships at our luncheon on April 27, 2019.

We totally appreciate your continued support for the foundation scholarships! Any donation is greatly appreciated! No amount is too small or too big! Please contact Charla or Sue with any questions.

Charla Schmid, [charla\\_schmid@hotmail.com](mailto:charla_schmid@hotmail.com) 712-370-0277  
Sue Muri, [suemuri@mediacombb.net](mailto:suemuri@mediacombb.net) 712-249-2450

### Women in State Legislatures 2019

Fascinating state legislature numbers from [Center for American Women and Politics](#): Iowa is ranked 21st nationally (tied with California, Florida, and Montana at 30%) for percentage of women serving in our state legislature. We are one of six states with a female Speaker of the House.

"Perhaps the biggest change to the Legislature's demographics was its gender balance. There are 45 women in the Iowa Statehouse. That's still just 30 percent, well below the goal of 50-50 in 2020 set by a bipartisan, nonprofit advocacy group that helps women run for office and aims for gender balance in state representation. But it's also a 36 percent increase over the 33 women who served in the Legislature in 2018." — Waterloo Cedar Falls Courier, 1/27/2019

Let's keep the momentum going!

Charla Schmidt  
Legislation Chair  
[charla\\_schmid@hotmail.com](mailto:charla_schmid@hotmail.com)