

Connections

Events Calendar

June 14, 2019

Flag Day

A day for Americans to celebrate & proudly display our Flag

June 15, 2019

BPW Iowa Executive Committee Planning Session

Urbandale Library
Urbandale, Iowa
11:30 – 4 PM

July 4, 2019

Independence Day

Celebrate the signing of the Declaration of Independence & the Independence U.S. Women have achieved



BPW IOWA: CONTINUALLY EVOLVING!

BPW Iowa is moving forward — continually evolving!

Like other organizations, our membership has declined nearly every year since the 1960's, but perhaps we've turned a corner since we had a 10% increase during our 2018 — 2019 organizational year. New membership benefits have been introduced: webinars, newsletter enhancements including more personal development materials, additional partnership with National Women's History Alliance, etc. Our social media presence has increased significantly.

We've still got plenty of challenges. We must attract new members while maintaining our current membership. Studies have shown that a prime reason for younger members becoming inactive and potential members declining the invitation to join, is feeling they need more family time. Let's look for innovative ways to involve family in our organization. Perhaps we could start by including family in portions of our meetings/events/activities when it's of interest to them.

There's also a natural reluctance to join an organization, when there is little diversity in terms of age, ethnicity or race. When we invite a younger woman to visit, she may feel she doesn't "look" like anyone else in the group so she might not "fit". How about asking her to come for a visit and bring along a friend or two? Perhaps, she'll be more inclined to join if she's got someone else she can readily identify with.

We've all heard "young people" don't want to join organizations. They get their social interactions online. While social media has changed our way of life, there are experts like Dr. Caroline Leaf, a communication pathologist and cognitive neuroscientist, who believe as humans, we are wired for community and isolation is reaching epidemic levels in our modern world. Social media doesn't do it for us. We need to seek community to improve mental health. Let's be sure that BPW is a community ready to welcome and support face to face human interaction.

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BPW IOWA: CONTINUALLY EVOLVING!

It seems to me that an organization that has survived nearly 100 years and adapted to the myriad of societal changes can continue to evolve.

My goal for the coming year is to continue the forward momentum, preserve all that is unique and special about our BPW heritage, and continually evolve to meet the needs of our membership.

I've chosen the dragonfly as a symbol of BPW's continual evolution. The dragonfly is a creature of wisdom. She teaches us that life is all about change. We can look to the dragonfly to help us use our creativity, color and imagination to create a brighter future.

Cathy Hines

2019-2020 BPW Iowa President

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The Legend of the Dragonfly

The beauty of light shining through the iridescence of the dragonfly's wings reminds us to let our own spirits be illuminated. By letting in the light, we welcome transformation and the realization of dreams into our lives.



Fun Dragonfly Facts

In almost every part of the world, the Dragonfly symbolizes change, transformation, and adaptability. These dragonfly traits have helped them survive the test of time as a species on our planet. They've been around, on earth, for a very long time – somewhere between 180 and 300 million years.

Dragonflies start out in the water as wingless insects and remain there for over a year. They transition into the air once they grow their beautiful wings. If they lose one set of wings, they can still fly.

Their feats of flight are amazing. They can fly forwards and backwards & fly fast at speeds of 19 to 38 mph. The flight of the dragonfly is so special that it has inspired engineers who dream of making robots that fly like dragonflies.

If they can't fly, they'll starve because they only eat prey they catch while flying. Dragonflies catch their insect prey by grabbing it with their feet. They're so efficient in their hunting that, in one Harvard University study, the dragonflies caught 90 to 95 percent of the prey released into their enclosure.

Nearly all of the dragonfly's head is eye, so they have incredible vision. Their eyes have compound lenses allowing them to see 360° - in all directions.



ENGLISH AS A
SECOND
LANGUAGE

You think learning English should be easy? Perhaps, not!

Check out these homonyms — these are words of like spelling, but with more than meaning and sound. When they are pronounced differently, they are known as heteronyms.

1. The bandage was wound around his wound.
2. The farm was cultivated to produce produce.
3. The dump was so full that the workers had to refuse more refuse.
4. He could lead if he could get the lead out.
5. The soldier decided to desert his tasty dessert in the desert.
6. Since there is no time like the present, he thought it was time to present the present to his girlfriend.
7. When shot at, the dove dove into the bushes.
8. The insurance was invalid for the invalid in his hospital bed.
9. They were too close to the door to close it.
10. The wind was too strong to wind the sail around the mast.
11. Upon seeing the tear in her painting, she shed a tear.
12. I had to subject the subject to a series of tests.

From *Language Matters* by Marlene Davis

In the news.....

Iowa, Alabama, Georgia and Missouri governors recently signed bills that ban abortions at very early stages of pregnancy, some as soon as a fetal heartbeat is detected. Some states allow exceptions for rape or incest. Georgia and Missouri want charges brought against doctors who perform abortions. Some states follow the standard set in 1973 *Roe v. Wade*, which says abortion is legal until the fetus reaches viability, usually around 25 weeks.

Meanwhile, Wisconsin and Vermont governors say they will veto stronger attempts at anti-abortion legislation in an effort to limit the government's say over women's reproductive decisions. Abortion rights organizers say this legislation is an attack on women's health and women's rights.

Whether you consider yourself pro-life or pro-choice, BPW members can agree that the way to fewer abortions includes sex education, easier access to birth control and electing officials who represent your opinions.

Cindy Paulsen

Women's Issues / Legislation

Memorial Day History



General John Logan proclaimed Decoration Day in 1868 to honor more than 600,000 fallen soldiers in Civil War. In 1971, the name changed to Memorial Day and became an official national holiday.

The poem "Flanders Field" inspired the tradition of red poppies; the song "She Wore a Yellow Ribbon" inspired tying a yellow ribbon around trees to welcome veterans home.

On Memorial Day, flags are flown half-staff until noon, then raised to full height until sundown.

More than 42 million vets have served in US military during war time and 1.3 million of those have died in service of wartime. Arlington Cemetery is the most famous national cemetery, but Calverton, NY cemetery is the largest at over 1,000 acres and 7,000 burials yearly!

On May 15, 2019, 71-year-old William Shuttleworth, himself a veteran, began his coast to coast walk, wanting to bring attention to plight of homelessness, drug addiction and lack of medical services to today's vets. His only luggage is his large backpack filled with basics and his tent. He plans to never stay in a hotel, never accept a ride, to cook his own meals to avoid restaurants, and is raising money with a GoFundMe page. Watch for this man on tv and visit his webpage www.vetsdontforgetvets.com.

Cindy Paulsen
Women's Issues

Women's Equality Day August 26

August 26th of each year is celebrated as Women's Equality Day because it is the anniversary of the ratification of the Nineteenth (19th) Amendment which reads:

"The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex."

The 19th Amendment gave women the right to vote nationally on August 18, 1920, so why is Women's Equality Day on August 26th each year? Even though the amendment was ratified on the 18th, it was not official until certified by Secretary of State Bainbridge Colby. Colby signed a proclamation at his own home on August 26, 1920 at 8 AM. The proclamation ended a struggle for women's right to vote that began a century earlier.

Make plans now to celebrate the 99th anniversary of this historical event on August 26, 2019!



The next issue of *Connections* will be published in early August 2019. Enjoy some fun in the sun!





The Truth About Dandelions

Dandelions are NOT weeds but are from the same family as sunflowers.

A dandelion seed can travel up to 5 miles before landing.

1 cup of dandelion greens = 535% of daily recommended vitamin K and 11%

Every part of dandelion is edible. Every part of the dandelion is useful: root, leaves, flower. It can be used for food, medicine and dye for coloring.

Until the 1800's, dandelions were seen as extremely beneficial. People removed grass to plant dandelions.

Dandelions are, quite possibly, the most successful plants that exist, masters of survival worldwide.

