

Connections



Events Calendar

MAY

MENTAL HEALTH AWARENESS

MAY 5, 2021

CINCO DE MAYO

MAY 9, 2021

MOTHER'S DAY

MAY 15, 2021

BPW IOWA ANNUAL MEETING
VIA ZOOM

MAY 31, 2021

MEMORIAL DAY

Resilience Renewal Relationships

3 R's of 2021

Perhaps I am dating myself, but some of us can recall hearing the “three R’s” in education. They represented three basic skills taught in schools: Reading, wRiting and aRithmetic (usually said as reading, ‘riting’, and ‘rithmetic’).

I’m suggesting BPW Iowa’s 3 R’s of 2021 include: Resilience, Renewal and Relationships.

Resilience is the ability to adapt and bounce back when things don’t go as planned. The pandemic has been a true test of our resiliency. BPW has overcome tremendous obstacles over the past 101 years, and we will continue adapt to situations and move forward. Resilient people see difficulty as a challenge, not a paralyzing event.

Renewal may be defined as resuming an activity, program or state of being after an interruption. The events of 2020 were a huge interruption. We’re back but we are at a critical point of survival for BPW Iowa! Our membership has steadily declined since the onset of the pandemic. We need each of you to fully participate in BPW and work together to set our organization back on track. Spread the word about BPW and share what membership has meant for you. Ask someone to join.

Relationships - Strong relationships not only benefit the individual members involved, but also reflect an organization’s core values. Open communication is key. The leadership team will seek creative solutions to increasing communication. We need to focus on building strong relationships between our current members and new members by offering opportunities for sharing experiences, networking, socializing, mentoring, etc. Building relationships will be key to developing the future leaders of our organization.

Let’s all do our part to be sure **BPW Iowa survives and thrives** in 2021!

WHAT’S INSIDE:

- 3 R’s of 2021
- Speaker – Anesa Kajtazovic
- Registration Chair Note
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- Mother’s Day May 9
- T Shirt Sales
- Foundation Scholarship
- State Legislature to Adjourn
- Mother’s Day Quiz
- Do Over? — Dr Celina Peerman

Cathy Hines
BPW Iowa President

bpwiowapresident@gmail.com



BPW IOWA VIRTUAL ANNUAL MEETING



ANESA KAJTAZOVIC
FEATURED SPEAKER
MAY 15, 2021

“EMERGING WITH THE TIMES!”

The evolving environment all around us requires us to evolve or stay behind. We must find ways to embrace change and thrive!

Anesa Kajtazovic is a high-energy, relatable speaker, who effectively utilizes her life experiences to engage and inspire her listeners. She inspires her audiences to take meaningful action in improving their professional and personal lives, and the lives of others.

Anesa has overcome many barriers in her life. She is a child war survivor. After spending three years in various refugee camps, she feels lucky to have been given a second chance at life by coming to the United States at the age of 10.

Navigating life in a new country as a former refugee, immigrant, was not easy, but she persevered. At the age of 20, she obtained two bachelor’s degrees in three years, in Public & Business Admin. Anesa earned her Masters of Healthcare Admin along with three certificates in Lean Six Sigma Green Belt, Digital Marketing, and Accounting and Finance for Non-Financial Managers.

At the age of 23, she entered politics by running for Iowa House of Representatives, and at 24, became the youngest woman ever elected to the Iowa Legislature and the first Bosnian-American elected to any public office in the United States. At 26, she ran for U.S. Congress. Though she lost in a crowded primary, she credits those leadership lessons for helping her with nonprofit and entrepreneurial endeavors. Most recently, Anesa embarked on a start-up to transform a women’s wardrobe with a sustainable, minimalist clothing line.

Anesa has over 10 years of diverse leadership experiences in business, politics, and not-for-profit organizations. She is a very involved member of her community, having launched various initiatives and organized new events to bring awareness to meaningful issues.

From your BPW Iowa Registration Chair...

I have been receiving a few Registrations for our Zoom Annual Meeting on Saturday, May 15. I'm sure there will be more details in other parts of this newsletter.

Do something positive, relax, join us for our Annual Meeting! I will be looking forward to seeing your address label in my mailbox.

Jacque Wickey
Registration Chair



Annual Meeting Agenda

May 15, 2021

9 AM	Meeting Convenes
10 AM	Speaker – Anesa Kajtazovic
10:30 AM	Health Break
10:50 AM	Business Session Resumes
12:00 PM	Awards & Recognition
12:30 PM	Adjournment

MOTHER'S DAY IS MAY 9th

Most of our BPW Iowa member's mothers have passed on, so why don't we decide to honor our mothers by wearing a white carnation to church or dinner on Mother's Day, May 9th?

President Wilson ordered the first Mother's Day holiday in 1914, but the original idea of a day honoring mothers came years earlier from Anna Jarvis, with a simple version suggesting women should wear a white carnation to honor deceased mothers, or a pink carnation to honor their still-living mother.

Anna also wanted to include a handwritten note of thanks and love. Unfortunately, when greeting card companies and florists realized the potential sales, the entire idea escalated into today's merchandising. Disgusted with the outcome, Anna spent the last 10 years of her life and all her savings trying to undo her successful idea!

Cindy Paulsen
Women's Issues



It's Spring - T Shirt Weather!

There are five T Shirts remaining for sale:

The shirts are sapphire blue and the BPW Iowa logo appears on the front left chest. The quotation on the back reads: "*A strong woman stands up for herself. A stronger woman stands up for others.*"

		Discounted Price
1	Med	\$14.95
2	XL	\$14.95
1	2XL	\$17.45
1	3XL	\$18.70



First come, first serve basis! Contact Cathy Hines, cathyh2032@msn.com or 319 235-6655 to purchase.

**Iowa BPW
Foundation**



The Iowa Business and Professional Women's Foundation only received one application for our Educational Scholarship Award this year. The deadline for the applications was April 12th and a decision was made to extend the deadline to April 21st, which we did. We did not receive any additional applications.

The scholarship will be awarded on Saturday, May 15th, during our virtual annual meeting.

The Foundation's current bank balance as of April 30, 2021 is \$11,970.71.

Thank you to all the members who have given so generously to the BPW Iowa Foundation Educational Scholarship.

- Rose Lorenz**, President
- Aurelia Klink**, Vice President & Scholarship Committee
- Charla Schmid**, Secretary/Treasurer & Scholarship Committee
- Sue Muri**, Scholarship Committee
- DiAnne LeRud-Chubb**, Scholarship Committee

Registered for the virtual Annual Meeting Saturday, May 15?

A Zoom link will be emailed to you the week of May 10th. You'll also receive several documents via email that will be utilized during our virtual meeting.

The email will come from bpwiowapresident@gmail.com

STATE LEGISLATURE READY TO ADJOURN

The Iowa legislature is preparing to close down for the year. A few good bipartisan-supported ideas are still on the agenda, and some of those bills focusing on women’s issues are exempting COVID relief payments from state taxes (SF 364); expand protections to prevent sex abuse (SF 253); encourage more OB/GYN doctors to locate in rural Iowa (SF 129); expand child care tax credit (HF 370), and new enforcements to stop human trafficking (HF 452/ SF 388).

These bills are hopeful for Iowa women and families, and consistent with BPW ideas and platforms, compared to many other bills in legislature. Since so little time is left, it is doubtful that these bills will become law. We need to let our representatives know our opinions!

Speak up for BPW issues! If not now.....when?

Cindy Paulsen
Legislation



Mother's Day Quiz

Question: When did Mother's Day begin?

A. In 1858, when Ann Jarvis, a young Appalachian homemaker, organized "Mother's Work Days" to improve the sanitation and avert deaths from disease-bearing insects and seepage of polluted water.

B. In 1872, when Boston poet, pacifist and women's suffragist Julia Ward Howe established a special day for mothers—and for peace—not long after the bloody Franco-Prussian War.

C. In 1905, when Ann Jarvis died. Her daughter, Anna, decided to memorialize her mother's lifelong activism, and began a campaign that culminated in 1914 when Congress passed a Mother's Day resolution.

Answer: All of the above.

Each woman and all of these events have contributed to the present occasion now celebrated on the second Sunday in May.

The idea of establishing a national Mother's Day was inspired by all three of these women with the goal of improving the lives of all women.

Mother's Day, like the job of "mothering," is celebrated to honor the multiple ways that women are a source of strength for their families and communities.

Source: National Women’s History Alliance
<https://nationalwomenshistoryalliance.org/>

DO OVER?



Here is a question, have you ever used the phrase, “do over?” Or said, “I want a do over”, to a sibling, classmate, or friend? And the answer was, “You can’t have a do over.” It is a phrase that can pop up quite a bit during childhood... Maybe in a moment of regret or dissatisfaction with a game that is not quite going your way. That moment when you see what you should have done or would do differently. Okay, well... here I am at age 51, I had a hard do-over hit me this past week. Before we dig into that, let us consider the definition. A do over is a new attempt or opportunity to do something after a previous attempt has been unsuccessful or unsatisfactory.

This week, in all honesty, I wanted a do over, badly. Have you ever wanted one of those? You can just feel it in every part of your body; you know it could have been better, you know you could have done something different, you see it so clearly, and yet it has done. When we have so much going on... a lot of change, a lot of emotion around a set of changes, when we are tired, overwhelmed, stressed, and then the impact of a mess up is that much more profound.

Sometimes, it is a big thing, other times it is not. Sometimes we make it into a much bigger deal than we realize. This past week, I was trying to figure out where this deep dark angst came from. Guilt? Ego? Sense of responsibility? I had messed up, and I wanted to fix it... I could not fix what I really wanted to, and that is when my stubbornness set in. It is when I lock in, I am only able to see one pathway – what I think would be best at that moment to fix that do over, as compared to what new opportunity I now may have been given. How about you, what do you end up seeing or doing due to wanting a do over? What do you experience in that moment? As I have been reflecting on this over the past few days, asking why this specific pattern shows up for me... I can admit, I see everything clearly. I, personally, like controlling whatever I can through the change. When I need a do over, and I am unable to get one, there is a loss of control.

When I know my reputation and quality of work is at risk; my ego and perfectionism set in. So, then again it loops back to that control piece. Yet, if you ask me, I will say I am all about being adaptable, change-oriented, and flexible. Except when it comes to that, and that, and that. Do not get me wrong — boundaries, ethics, as well as your non-negotiables should be there and not flexible. If you Google search how to give up control... you find it clearly stating to surrender, giving in, letting it be, trusting and allowing things to evolve as they do. As I considered all of this, I looked back through all the content I have written and delivered to leaders working on these skills. What does this look like at work? How do we show up in a meeting, to a project, a moment with a coworker, a customer, or even your boss — when your desire for a do over is so overwhelming? Your need to fix, control, or redo something is pressing upon you so much that it is hard to see anything else.

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DO OVER? (cont.)

It is really all in adaptability; adaptability means you are open and willing to learn new things, take on new challenges and adjust in the workplace. Of course, we all need do overs as part of the continuous improvement process, but instead of seeing it with the control lens I saw it with, I need to see it with an adaptability lens.

Why work on your adaptability? It is a critical skill we all need today, personally, and professionally. Look for areas you think you are adapting well in yet may be yet falling short. When we are adaptable, we can be more productive, able handle change with ease which frees up time spent being stressed out, showcase our resourcefulness, and build skills including leadership, determination, and analytical.

What can you do with adaptability? It helps you make decisions during crisis or emergency. You can deal better with unpredictable work situations, consider other people's views, physically adjust to the surrounding environment, and maintain a positive nature. It gives us additional confidence in the work we do, while handling stress, keeping composure, and being innovative to solve problems. It also helps us show that we value other people, their strengths, backgrounds and all the ways that honor diversity. Today's adaptable leader must be motivated, focused, and have the ability to keep an open mind. What can you do to build your adaptability muscles?

- Be aware of changes in your environment.
- Develop a growth mindset.
- Set goals for yourself.
- Ask for feedback.
- Learn to acknowledge and accept change.
- Tune in to know the situation.
- Try different situations.
- Listen more.
- Practice emotional intelligence.
- Improve organizational skills.
- Consider the bigger picture.
- Consider a wide variety of perspectives.
- Create a balanced life.
- Stop waiting for the right time and situation.

You may want to ask others for clarification from colleagues during transitions and changes. You can request opportunities to work on new tasks or take on new responsibilities. Remember to set a goal to contribute to team meetings and collaborations. Practice it every day – take a different route to work, try a new food.

If there is anything I have observed is that all of us at BPW in all the ways you work, serve, and learn, have practiced adaptability. It is the way we survive and thrive, yet we all have some moments where we hold on, get a little stubborn and not want to admit something or change to something else. Next time you mess up and want a redo, flex that muscle. Own it, learn from it, and move on. Next time you get locked in, feeling a little stubborn, want to resist, reframe your thoughts about what it is. It is your ability to change, learn and grow. We can all support each other to do that.

Until next time.

Take care,

Celina Peerman, Ph.D., SHRM-SCP