

Connections

Events Calendar

JUNE 14, 2020

FLAG DAY

JULY 4, 2020

INDEPENDENCE DAY

AUGUST 22, 2020

IOWA WOMEN'S HALL OF
 FAME INDUCTION

AUGUST 26, 2020

WOMEN'S EQUITY DAY

AUGUST 28 - 29, 2020

BPW IOWA ANNUAL CONF
 DES MOINES, IOWA



OUT OF CHAOS, INTO COMMUNITY

When I selected the dragonfly as a symbol of BPW Iowa's centennial year, I did so because it represented change, transformation, adaptability, and resiliency. Those have been characteristics of BPW members over the past 100 years.

Little did I know that 2020 might be the year to require that we demonstrate all of those qualities as we deal with a life altering pandemic, and now, the turmoil surrounding the senseless death of George Floyd in MN and the racial injustices that have been brought to the forefront. All this uncertainty creates anxiety, yet we do have resiliency and the ability to change.

BPW Iowa members have demonstrated leadership in the women's movement. We can also be at the forefront of healing our communities. Our BPW Iowa T shirt slogan says, "A strong woman stand up for herself. A stronger woman stands up for others."

In the fight against COVID - 19, lead with caring and compassion. Focus on solving problems — social, economic, health & welfare — within your community and supporting those who need our help. Some examples of support of individuals and businesses were listed in the April issue of *Connections*. Strive to remain positive.

In the effort to wipe out racial injustice, realize that this problem is systemic and ages old. Certainly, violence is not the answer. **"Returning violence for violence multiplies violence.... Hate can not drive out hate: only love can do that."** — Rev. Martin Luther King Jr

So, what can one person do? Mother Teresa said, "I alone cannot change the world, but I can cast a stone across the waters to create many ripples." Recognize that diversity and inclusiveness matter! Educate yourself about the culture and experiences of other racial and ethnic groups. Examine your own attitudes and behaviors to determine the

WHAT'S INSIDE:

- Out of CHAOS, into COMMUNITY
- Stimulus Cards
- Welcome New Member
- Flag Day
- Flag Trivia
- COVID – 19 News
- Note to Members from Jacque Wickey
- In Memoriam...
- Annual Conference
- Heavy Lifting — Celina Peerman, Ph.D.

Continued from page 1

OUT OF CHAOS, INTO COMMUNITY

ways they may be contributing to prejudice in society. Understand that racism is based on the privileged access to power and/or resources by one racial or ethnic group over another. It's typically expressed by prejudice, discrimination, or antagonism directed against people because they are of a different race or ethnicity.

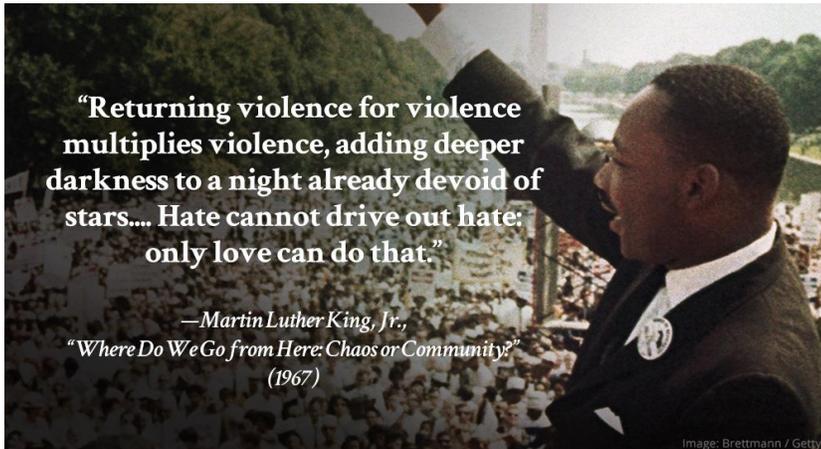
Again, our collective voices are powerful! Watch for inequities and injustice. Speak out. Look for opportunities to share power and resources with someone of another race/ethnic group. Vote. Work to transform public policy. BPW members working together can affect real change in their communities.

Business and **P**rofessional **W**omen lead with caring, compassion and positivity! We will get through this unprecedented time together. Perhaps the best is yet to come.

Cathy Hines

2019-2020 BPW Iowa President

cathyh2032@msn.com



Welcome New Member!
Atlantic
Margo Chester
btjches@netins.net

STIMULUS CARDS

Americans waiting to receive stimulus checks may be mailed a prepaid debit card instead of direct deposit. This card has blue background with stars.

Some recipients thought the card was a promotion or scam and disposed of it. **DO NOT THROW IT AWAY!** If you did, it is possible to replace, but requires a little work. Call 800-240-8100 and follow the prompts to get to a real person who will ask you security questions and your last six digits of social security number. Yes, that person knows if you are answering correctly! A replacement card will arrive about a week later.

Thanks to Iowa's Rep. Cindy Axne and the House Financial Services Committee, Americans who replace the card can waive the \$7.50 fee!

Cindy Paulsen
Legislation



Although we don't typically publish an issue of *Connections* in July, watch for a special issue to provide information regarding our rescheduled Annual Conference August 28-29, 2020.



Sunday, June 14th is Flag Day.

We installed a new flagpole at our house, and I needed to brush up on flag etiquette. Here are a few pointers for you:

- don't let the flag touch the ground or floor
- night display requires a spotlight
- don't leave the flag outside during stormy weather unless it is an all-weather flag
- torn and tattered flags need proper disposal (burning ceremony)
- US flag always flies higher than any other flag
- upside down flag signals distress
- if displayed vertically and hung flat against a window, the union (blue field) is on top and to the flag's own right
- if suspended across an east/west street, hung with union to the north
- and with a speaker, displayed to the speaker's right

The Pledge of Allegiance was written in 1892 by socialist minister Francis Bellamy. The original form only said, "allegiance to my Flag and the Republic..." and was slightly changed in 1923 to add, "the Flag of the United States of America and to the Republic..."

In 1954, Pres Eisenhower wanted Congress to add "under God," reacting to Communist threat of the times, which Bellamy's daughter disapproved of. The Pledge of Allegiance has not always been just as we say it today!

Cindy Paulsen

Women's Issues

Flag Trivia

1. On what date did the continental congress first recognize the Stars and Stripes as the official flag of the USA?
2. Name three nicknames for the American flag.
3. The current flag of the United States has 13 stripes and 50 stars. How many versions of the Stars and Stripes came before it?
4. What is an expert on flags and their history called?
5. True or false: the designer of the current 50-star flag was a high school student.

(Answers on Page 4)

COVID 19 NEWS

Perhaps some of you remember Theda Van Wyk, an Oskaloosa BPW member. Theda was an active member until last year when she became a resident of Crystal Heights nursing home. She is now sharing a small room with her husband.

Theda and her husband are just 2 of the 49 residents and 16 employees testing positive for COVID – 19 in that nursing home! Please say a prayer for Theda and Crystal Heights nursing home.

Editor's note: You are invited to share info regarding other BPW Iowa members or former members affected by COVID – 19.
cathyh2032@msn.com

Hello BPW Members,

Do you recall that saying, "We are ALL in this together"? How true. BPW sisters are keeping in touch across the state and I couldn't be prouder of our organization for stepping up to do what we need to do in every way we can. We all come from great roots, don't we? We continue to plan in hope of being able to get together in August, but rest assured we will carry on as best we can. We are Women!

I am finally back in the salon. If only there was something we could find to do with ALL that HAIR we have just thrown away! I sometimes feel guilty saying this, but I really did enjoy my time off. Things got done around my yard and house that I have had on THE list for a long time. I loved having the time to do them.

I am considered essential with my Crossroads of Western Iowa Direct Support Specialist work. I stay overnight with four gentlemen with disabilities 2-3 nights a week to enable them to live on their own. We have really had to get creative to entertain them during the stay at home/social distancing time. We can go for rides. Visit their family if they stay in the van and talk from there. Oh, how hard when everyone just needs a hug! I have taken them to feed baby bottle calves at my nieces. Made lots of graduation cards, lots of burger & ice cream drive throughs! Oh, the possibilities and my imagination!

I hope this finds all of our BPW sisters well, taking a breath and being positive!

Jacque Wickey

BPW/Iowa Registration Chair.



In Memoriam....

Cedar Falls longtime member, **Ethel Ackerman**, passed away on May 7th. She was 98 years of age and was a loyal and dedicated member of BPW!

Many of the older membership may remember her and fellow CF BPW member, Butch Bender, who together attended BPW meetings at various levels. Ethel and Butch spearheaded and were instrumental in the success of our past CF BPW fundraisers, Chow Mein and Danish dinners. Lately, she was our top individual purchaser of Butter Braid. (She baked for the maintenance workers at her place of residence!)

As express by CF-BPW members, she was a kind, gentle, a caring soul and a real joy to know and work alongside. Your sympathies may be sent to her daughter, Jackie Wulf, 8120 Holmes Rd,

Flag Trivia Answers

1. June 14, 1777
2. Old Glory, The Star-Spangled Banner, The Stars and Stripes
3. 26
4. Vexillologist
5. True, the current 50-star design was created by Robert G. Heft, who was a 17-year-old high school student when he designed it.

BPW IOWA CONFERENCE
100 YEARS OF WOMEN
HELPING WOMEN

Rescheduled August 28-29, 2020
Des Moines NW Holiday Inn, 4800 Merle Hay Road

FRIDAY	4:00 PM	Conference Registration
	6:30 PM	100th Anniversary Banquet
SATURDAY	8:00 AM	Conference Registration
	9:00 AM	Meeting Convenes
	Noon	Foundation Scholarship Awards Luncheon
	5:00 PM	Adjournment

SPEAKERS
Dr. Karen Kedrowski, Director of the Carrie Chapman Catt Center - *Suffrage History and What's 'Not Done'*
Deal Payne, International Speaker, Author, Entertainer - *The Magic of Connecting*

2020
The 19th Amendment
Women's Suffrage
1920

IOWA
Business & Professional Women
BUILDING FUTUREFUL WOMEN

"Life is an opportunity,
benefit from it.
Life is beauty, admire it.
Life is bliss, taste it.
Life is a dream, realize it.
Life is a challenge, meet
it.
Life is a duty, complete it.
Life is a game, play it.
Life is a promise, fulfill it.
Life is sorrow, overcome
it.
Life is a song, sing it.
Life is a struggle, accept
it.
Life is a tragedy, confront
it.
Life is an adventure, dare
it.
Life is luck, make it.
Life is too precious, do not
destroy it.
Life is life, fight for it."

— Mother Teresa



Heavy Lifting



—Celina Peerman, Ph.D., Organizational Psychologist, The Peerman Group

My neighbors believe there is a pandemic for a whole new reason: my flower beds have never looked this good. Without travel, I have found myself exploring my yard more. While I have always loved the idea of “dirt therapy” I only marginally participated with a few pots visible to the street, a few more in my back yard for me to look at while I sip wine on my back deck and, beyond that, it has been every weed for itself. I did not want to do any more than I had to.

I know there had been some disapproving looks from a few neighbors, yet I knew the lawn was mowed, the trees are cared for, and the deer were happy that their buffet, shared with the rabbits, was plentiful since any flower I try to grow, they nibble. While I had always wanted to do the heavy lifting it takes to have a fragrant flower and vegetable filled yard, I had chosen to put my efforts elsewhere, especially when mosquitos and allergy season arrived.

Then 2020 happened. I cleared. I dug. I planted. I needed to do something with the emotions I had for the planet, my family, and my business.

For the last months, we have adapted quickly in this world to new behaviors and norms, some faster and more unbelievable than we ever imagined.

We saw joy, creativity, and innovation alongside disappointment, loss, and sickness.

March, April, and May have felt like an enormous weight of emotion, worry, and uncertainty that we have not worked through before. And that does not even include the murder hornets!

We were just starting to look ahead and decide what was next...

And more stress fractures appeared revealing deep brokenness that has always been there.

In the few days of transition from May to June we watched hate and unrest reset our minds as to how much more we must do. We felt the anguish and the fear of neighborhoods that felt out of control and people with so much hurt visibly both stand strong and crumble before our eyes.

Once again, we found ourselves in place where everyone can relate and yet everyone has their own experience. We saw fear and distrust grow in urban areas. We felt the disconnection in many rural communities. We were afraid for loved ones and knew the pain was felt so deep.

Continued Page 7

And now it's the first week of June. We have all this hard stuff of physical distancing and yet the amazing shift of weather, sun, and ability to be outdoors. Combined, it often just feels surreal.

I've struggled to find the "now what?" advice when there is so much to do. And like advice I've given before it starts with "start somewhere" – focus on what you can do.

As professional women with unique strengths and skills, we have talents to offer and lessons to share.

As neighbors we know the importance of community, we can lead, care, and show compassion.

As women, we know that fairness and equality are worth fighting for and truly hearing and seeing people is significant.

As people, at this point of time, with diverse stories and much in common, we have and will do hard things. I am very proud to know an amazing group of women in the state of Iowa who can and will do the heavy lifting our communities and families need.

What heavy lifting will you do this month to grow and lift others up?

Research. Read. Vote. Call. Visit. Write. Listen. Learn. Attend. Donate. Advocate. Volunteer. Contribute. Care. Speak. Pause. Support. Love. Ponder. Create.

Be well,
Celina

