

# Connections

## Events Calendar



**DECEMBER 22, 2019**

HANUKKAH BEGINS

**DECEMBER 25, 2019**

CHRISTMAS DAY

**DECEMBER 26, 2019**

KWANZAA BEGINS

**JANUARY 1, 2020**

NEW YEAR'S DAY

**JANUARY 20, 2020**

MARTIN LUTHER KING DAY



## THE GREAT GREETING DEBATE

**There continues to be much debate about our seasonal salutory greeting: Merry Christmas vs Happy Holidays.** The holiday greeting debate may be as much political as religious. Let's set aside politics. What's the history behind these greetings?

According to HISTORY.COM, both "Merry Christmas," and "Happy Holidays" have religious roots. Christmas comes from Old English "Cristes Maesse" meaning Mass of Christ first used in 1038. The origins of "holiday" go back to the Old English "haligdæg," meaning holy day. The word became "haliday" in medieval times. Then emerged as holiday in the 1500s.

The seasonal greeting "Happy Holidays" was used in print media in the US as early as 1863. Andrew McGill wrote in THE ATLANTIC: Christians have exchanged the greeting "Happy Holidays" among themselves for decades.

As Christmas for some people turned from a religious occasion to a mainly nonspiritual one, the phrase "Happy Holidays" also expanded its usage, becoming a more universal greeting used to include people of various religions, and including the New Year as well.

It seems the debate over holiday greetings won't be resolved anytime soon. Whether you choose to say, "Merry Christmas" or "Happy Holidays," sincerely extending seasonal well wishes is never a bad idea.

So, BPW Friends, a heartfelt **Merry Christmas**, Happy Hanukkah, Happy Kwanzaa, Happy New Year & Season's Greetings!

### WHAT'S INSIDE:

- Holiday Greeting Debate
- Giving Tuesday
- Bylaws
- Membership
- Iowa Caucus
- Welcome New Members
- Atlantic Festival of Trees
- Advice from a Penguin
- Officer Nominations
- Greetings!
- MLK Day
- 'Tis the Season – Dr Celina Peerman

*Cathy Hines*  
 BPW Iowa President



We all know Black Friday. Some of us partake of Cyber Monday the following week. But only 18% of us have heard of **GIVING TUESDAY** on the next day. **GIVING TUESDAY**, a simple idea of encouraging people to do good! After spending for Christmas, how about leaving a little something to help nonprofit groups?

This year, **GIVING TUESDAY** will be Dec 3, however, I'm sure any late donations would still be accepted. This all began in New York City, 2012, encouraging people to open their wallets, volunteer time to help those in need, make donations of food & clothing and perform acts of kindness. Nationwide nearly \$400 M was raised last year alone, averaging \$105 each.

BPW members could make a difference in our own scholarships by donating on **GIVING TUESDAY** to our BPW foundation program. Please consider participating on **GIVING TUESDAY**!

Cindy Paulsen  
Women's Issues

Editor's Note: Send Donations to *Iowa BPW Foundation, c/o Charla Schmid, 1890 215<sup>th</sup> St, Red Oak, IA 51566-6013.*

### From Your Membership Chair...

Are you ready for the New Year? Can you believe it will be 2020?

I'm asking that in 2020 we invite a potential member who is outside your circle. Try to intentionally be-friend someone who may share some of your views about women's rights. Think outside the box, do something different!

Resolve to be more giving this year. How about gifting a membership for a friend or other potential new member? Remember, there is a special price for students. I think a student could add some pizzazz to your group.

Like Nina Simone says:  
"It's a New Dawn, It's a New Day!"

Lisa Ambrose  
[lisaambrose1969@gmail.com](mailto:lisaambrose1969@gmail.com)



### Proposed BPW Iowa Bylaw Changes



I hope everyone had a Great Thanksgiving!

It is time to be thinking about State Bylaw changes for BPW Iowa. Please review the current State Bylaws, and if there is a change you would like to see on the State Level, please submit the change and rationale to me by January 24, 2020. My email address is [olhsbn1@outlook.com](mailto:olhsbn1@outlook.com) or you can US mail it to me at the following address: Janet Freytag 1130 Maplecrest Dr Marion, Iowa 52302

Changes must be submitted by this date to insure they will be considered at the Annual meeting in April 2020.

I hope you all have a very Merry Christmas and Happy New Year.

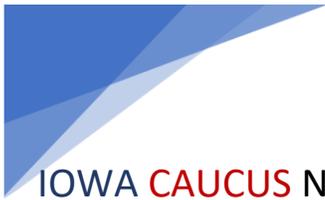
Janet Freytag  
Bylaws Chair

✓ Mark Your Calendar

Monday, Feb. 24 5:30 PM  
BPW Iowa Webinar

A two-part webinar:

- Overcoming Professional Growing Pains
- Leading Others Positively



## IOWA CAUCUS NIGHT — FEB. 3, 2020

Because Iowa is the first in the nation to offer caucuses, we are also bombarded with candidates. Other states try to wrangle this important first-in-nation fact by offering primaries but have not succeeded yet in beating Iowa to the punch! As first in nation, all eyes will be on Iowa that night. At the time of next newsletter, I will be able to give results report.

The word caucus means a closed meeting of political leaders. Democrats and Republicans differ in their procedures, but both parties declare their preference of candidate and Democrats will eliminate several candidates from the crowded list.

When Feb 3rd, 2020, comes around, please remember the suffragettes who risked all for a chance to participate in the political arena of their time. Remember that BPW is ready to celebrate two anniversaries — BPW Iowa’s formation AND the 19<sup>th</sup> Amendment voting rights. Exercise your voices! Promote your candidate! Attend caucuses! No excuses!

*Cindy Paulsen*  
Legislation Chair



Atlantic BPW’s entry in the Festival of Trees. A salute to the 19th Amendment’s 100<sup>th</sup> Anniversary in 2020. So creative! Congrats Atlantic BPW, well done!

## Welcome New Members!

### Cedar Falls

Lisa Shaw

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

### Member At Large

Jackie Pullen

[pullenfsc101@gmail.com](mailto:pullenfsc101@gmail.com)

Katie Roth

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

Bev Erskine

[Beverly.Erskine@va.gov](mailto:Beverly.Erskine@va.gov)



## Advice from a PENGUIN

Dive into life

Find warmth among friends

Appreciate snow days

Take long walks

Stand together

Go the extra mile

Keep our cool!

[www.yourtruenature.com](http://www.yourtruenature.com)

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## BPW IOWA NEEDS YOU!



We are looking to fill the slate of officers for the 2020 - 2021 term:

- Vice President
- Secretary
- Treasurer

Judy Herman and I have been calling & will continue to call on our membership to secure two names per position. Please consider being a part of the Business & Professional Women of Iowa's Leadership Team. Say "yes", when we ask for your help.

We need your insight, your perspective and your skill set. We need you and your fresh ideas. We should never stop learning. Challenge yourself to grow do something you never thought you could do.

Volunteer yourself or nominate another member (with their consent) to work with the executive team for the 2020 - 2021 term. Use your sense of "motherhood", leadership is getting people moving in a common direction.

Please contact Lynette Fitzgerald, Nominations Chair, 319-415-6779 or [fitzgeraldlynette62@gmail.com](mailto:fitzgeraldlynette62@gmail.com) or any of our Executive Team if you are interested in being a leader for BPW IOWA.

We must choose to act, if we do nothing then nothing changes, things at rest tend to remain at rest...the only cure for inactivity is action.

We need you, please say "Yes" to leadership and contributing to BPW IOWA.

Happy Holidays!

*Lynette Fitzgerald*  
Nominations Chair

***"My mission in life is not merely to survive, but to thrive; and to do it with some passion, some compassion, some humor and some style." Maya Angelou***

## Greetings,

The Holidays are upon us. We all celebrated Thanksgiving, but we are Thankful each day of the year, not just on that one Thursday. We are Thankful that the women who went before us worked so hard and now we enjoy the rights they fought to secure. VOTES FOR WOMEN. 100 Years!!

My hope for each and every one of my BPW friends from all across the state, is to have a wonderful Christmas. Enjoy your time with family and friends and the magic of Christmas and the true meaning of Christmas.

Jacque Wickey  
BPW/Iowa  
Registration Chair



***Martin Luther King Day*** is a federal holiday held on the third Monday of January. It celebrates the life and achievements of Martin Luther King Jr., an influential American civil rights leader.

*MLK Day is the only federal holiday designated as a **national day of service** to encourage all Americans to volunteer to improve their communities.*

*This is another opportunity for BPW members to serve their communities. Please consider planning a day of service in celebration of MLK day.*



**'Tis the Season**...of overwhelmed! No matter what life stage you are at, many of us feel the added stress of shift in weather, discombobulated schedules, and stimulation overload.

This also seems to be the season of advice. Advice on what to do, not do; what the holidays “should” or “should not” look like, feel like...or even smell like (referring to all the goodies, of course). Traditions tug at us; Pinterest like perfection challenges us; and we THINK way too much. What if? What else? What do they...?

Thinking, or known in academic circles as cognition, is defined as the act of processing or understanding new ideas, concepts, or knowledge. While the process should flow smoothly, being human means, we simply can take something and turn it into overthinking, reaching all new heights of over achievement.

There are well documented and researched “thinking” errors or ways that our brain gets us in even more trouble with this process. I’ve selected a few for you to consider in this festive season of “overthinking”. The good news is these are ERRORS and not something we do all the time, but maybe in reviewing a few briefly, you might consider how these can affect you even more this time of year.

**Sweeping Generalization:** My husband discovered, roughly 26 years ago at the beginning of our marriage, that this completely sends me over some edge. The concept is that we take a small category and overextend it — beyond a reasonable point— and generalize it to a group or idea that it doesn’t even belong to. It often sounds like “They always...” — Really, always? “They never...” — Really, never?

**Maximization and Minimization:** Cousins to our first error listed above, these two are more like siblings. Maximization is taking a small “thing” and making it a bigger thing. So goes the saying “making a mountain out of a mole hill.” Consider ways you may have done this amidst holiday everything. I know that when “something” hasn’t gone well, even the simplest thing, I can get stuck on that and officially declare the holiday is ruined. In error, and often emotion, we connect an “all or nothing” approach when something doesn’t go the way we planned. Opposite, yet related, is Minimization. While sounding fairly innocent, minimization can prevent issues from being resolved or acknowledged. We minimize something that is a really big deal. While on the surface this sounds like a good plan, it can eventually lead to a blow up or out later.

One last error for now...**Hindsight Bias:** This is the “I knew it all along” error in which we generously give way too much credit to ourselves in thinking that, when something goes wrong, we could have predicted it. I find myself susceptible to this the more tired or hurried I am. “See, I could have told you I was going to spill my coffee all over the office...” Ok, well that may have happened anyway. However, the fact that I could have predicted it (or all of those other annoyances) allows me to take too much credit. Often with situations, we believe we knew what was going to happen. Maybe this is based on past behavior or circumstances, but we really don’t know, and hindsight is not always 20/20.

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While we don't always make these errors—and they vary from situation to situation—what can we do? Here are three things I recommend (and use myself):

1. **Pause.** Just stop. Momentum usually can carry one little error away and make it a triathlon versus a sprint.
2. **Reconnect reality.** Name it. What really just happened? Are you putting too much emphasis on it? Too little?
3. **Reframe the issue.** What can you focus on now? Shift gears. Change up what might have gotten you stuck and give something else your attention. If the provoking thoughts recur, dig deeper to make sure there is nothing else that needs you. Otherwise, switching gears to a new topic or activity often rewires our brain and gets unstuck of negative thinking patterns.

In this Season of all that “Is” make sure our thinking doesn't make it even harder to create opportunities of what it “Isn't.” When we manage the ways our brain goes awry, we enjoy more of the moments and treasures the Season brings.

Here is to a month of thinking clearly!

*Celina*

Dr. Celina Peerman  
Organizational Psychologist