

Connections

Events Calendar



DECEMBER 25, 2021

CHRISTMAS DAY

DECEMBER 26, 2021

KWANZAA BEGINS

JANUARY 1, 2022

NEW YEAR'S DAY

JANUARY 17, 2022

MARTIN LUTHER KING DAY



Christmas really can be the most wonderful time of year. I do recognize that the holidays can add to mental health challenges. The Covid related stress, winter blues, job loss, financial worries, the loss of a loved one, and many more issues can contribute to anxiety or depression, but there's a lot about the holiday season that is good for our mental health.

The holidays bring people together. That's especially important after the challenges of the past couple years. Celebrating or coming together reminds us that we are not alone. I hope you have the opportunity to gather with friends and family. Remember, you always have the friendship of your BPW sisters, and the holidays are a great time to connect with them socially.

The next issue of the *Connections* newsletter will be published in early February 2022. **Happy Holidays!**

WHAT'S INSIDE:

- It's the Most Wonderful Time of the Year
- The Gift of Membership
- Bylaws
- National Grief Awareness Week
- New Secretary
- Winning the Vote
- Christmas Word Search
- O Holy Night
- Our Mission
- Women Register for the Military?
- The Mountain

Dr. Rachel Goldman, Psychologist at NYU says that gathering "reminds us that we are in this together. The past several years, with a piping hot political climate and the pandemic, we've all felt the weight of difference. Christmas can bring about unity and solidarity.... people are hard-wired to connect with other people — something we can do at Christmas."

If you aren't gathering with friends or family, make plans to do something like join an activity at a church or senior center or volunteer at a hospital or shelter. Isolating at the holidays can contribute to depression and anxiety.

For some of us there is a risk of taking on too much. Don't strive for perfection at Christmas. I heard it said once, *"Three Wise WOMEN would have asked directions, arrived on time, helped deliver the baby, bought practical gifts, cleaned the stable, made a casserole, and there would be peace on earth!"* 😊

Continued page 2

Connections

It's the Most Wonderful time of the Year Cont.

One key to a happy holiday is don't take on too much. Be honest with yourself about what's achievable. It's okay to say no. However, it's a good idea to connect with others. Why not treat yourself to a new activity/event that will bring you joy this holiday season.

May your new year be all that you hope for, and may it be sprinkled with love and friendship. Happy Holidays!

Cathy Hines

BPW Iowa President

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Give the **Gift** of Membership



A BPW Iowa membership may be the perfect gift for someone on your Christmas list. Women are seeking a "sense of belonging" after nearly two years of upheaval in their professional and personal lives. They're hungry for interaction and a feeling of connection.

Give the gift of BPW At Large membership. Many young women are interested in joining our organization but cannot commit to regular local organization/chapter meetings. If there's a local organization in their area, we'll make sure they are connected in the hope that when their circumstances permit, they might join the local.

Complete the membership contact form online at <https://www.bpw-iowa.org/membership/join-bpw> with the gift recipient's information. Enter "gift" & your name in the comments section along with any personal message you'd like sent. Click 'submit and pay'. (You may use a credit card or PayPal account). At Large regular membership dues are \$50 and student membership dues are \$25.

Recipients will receive a special holiday welcome letter including your personal message, if you have provided one. Questions? Please contact Cathy Hines at cathyh2032@msn.com.

BPW IOWA BYLAWS



As you know, the BPW Iowa Articles of Incorporation and Bylaws were rewritten to comply with the State of Iowa Code for Nonprofit organizations that are incorporated. Articles of Incorporation and new bylaws were completed and voted on at our annual meeting this last spring.

Since that time the local organization bylaws template or model bylaws in the resource guide have been reviewed and updated where needed. Local organizations need not match the format of state bylaws as locals are not incorporated. As always, you will need to ensure that your LO bylaws are not in conflict with the state bylaws.

If you would like me to send you a copy of the local organization bylaws template, email me at the email address below and I will be happy to send you an attachment with these model bylaws to assist you in reviewing your local bylaws.

Please provide me with an updated copy of your LO bylaws. My address is Janet Freytag, 1130 Maplecrest Dr, Marion, Iowa 52302 or you may send an email to me with your bylaws attached at: olhsbn1@outlook.com.

Janet Freytag
Bylaws Chair

NATIONAL GRIEF AWARENESS WEEK

My husband and I are recovering from his grown daughter's COVID death in October; I guess that's why I chose this subject. COVID has made the problem worse worldwide.

National Grief Awareness Week (NGAW), Dec 2 – Dec 8, 2021, aims to raise awareness of grief and loss on a national scale. Upcoming Christmas can be an especially tough time of year with extra merriment, social pressures and fatigue. Families often find themselves feeling isolated and alone but sharing your story may help.

The aim of NGAW is to raise awareness of grief impact, make people aware of support groups, and create a national platform for grief services.

Check on your neighbors, stop in for a chat, talk over coffee, go for a walk and talk, say their name (you are thinking about them anyway), there's no one right way to grieve, and no set time for grieving.

A-L-I-V-E is an acronym for grief...**A** is for awareness that a death occurred, **L** is for loss, **I** is for intimacy with our memories, **V** is for vitality in ourselves as we learn to find new ways of coping, and **E** is for encouragement! (from *The Healing Heart, a Family Keepsake*). One day at a time

I wish everyone the most peaceful, blessed Christmas you can have. Please stay safe and take care of each other.

Cindy Paulsen
Women's Issues Chair

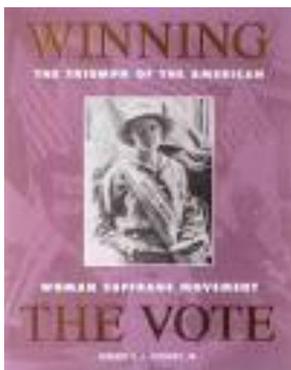


New
BPW Iowa
Secretary

Cara Grefe, Member At Large (MAL), has been appointed Secretary for the term ending May 31, 2022.

Cara is a Physical Therapist Assistant at Monroe County Hospital & Clinics. Additionally, she is a Graduate Student at Drake University pursuing a master's degree in Public Admin. She is originally from Omaha, Nebraska, where she graduated from the University of Nebraska at Omaha & Nebraska Methodist College. Cara lives in Ottumwa with her husband and two sons Leo and Lincoln. She enjoys spending time with her family, reading, Creighton basketball, and Netflix.

Welcome to the leadership team, Cara!



In cooperation with National Women's History Alliance's "We've Only Just Begun" campaign, we are encouraging local BPW organizations and individual BPW Iowa members to consider donation of Winning the Vote: The Triumph of the American Suffrage Movement to be placed in every school and public library as a central part of American history.

This outstanding book normally retails for \$49.95 but is available for only \$30 each when we order in quantity. Reserve your copy today. Email Cathy Hines at BPWIowaPresident@gmail.com. Our order will be placed Dec 17th.



In the 1840's, the organ in a small church in Roquemaure, France, had recently been repaired. The priest asked a local wine merchant/poet to compose a poem for Midnight Mass. His poem was set to music by his friend and became popular, but later denounced by the Catholic church when it was rumored that the music was from a Jew!

In 1855, a Unitarian minister heard the song somehow and translated it to English. His translation became popular among abolitionists in the Civil War.

In 1906, Christmas Eve, Reginald Fessenden, a colleague of Thomas Edison, was experimenting with a microphone and telegraph. As he transmitted, he read from the Bible's Luke's Nativity story over the airwaves, followed with his own version of "O Holy Night", making this song the first ever broadcast over the radio.



*Our Mission:
To develop and empower
women, in all stages of
their work lives, through
education, awareness and
advocacy within a
supportive network.*

Women Register for the Military?

Young women aged 18-25, may soon be required to register for military service, alongside young men, when the 2022 National Defense Authorization Act passes and is signed into law.

“Women make up over 50% of our population, and not including them in the Selective Service is not only a disservice to these women but also to our nation as a whole,” said US Representative Chrissy Houlahan, a PA Democrat and former Air Force officer. US Senator Lisa Markowski (Rep), AK, supports “women registering for selective service.” US Senator Chris Coons (Dem), DE, told USA Today the “experience of now several decades have proven that American women are every bit as capable as American men serving in every role in our armed forces.” Amy Ruttenberg, Associate History Professor at ISU said, “Women were expected to be focused around the concepts of motherhood and family, and so on, but the traditional gendering and expectation of citizenship, in that particular way, has obviously changed over the centuries.” (Des Moines Register, 11/25/21)

Several Republicans opposed the amendment: Ted Cruz, TX, Josh Hawley, MO, Cindy Hyde-Smith, MS, among others.

The USA has not used a draft for 50 years and uses both male and female volunteers. Other countries currently require young females to not only register, but also serve, in the military.

Bipartisan pressure is urging the annual defense policy bill a “must-pass” legislation every year and contains SO MUCH MORE than just only this particular amendment. Time will soon tell if Congress accepts this bill. Will my granddaughters be required to register for the draft?

Cindy Paulsen
Legislation Chair



The Mountain.

If the mountain seems too big today
then climb a hill instead.
If the morning brings you sadness
it's ok to stay in bed.
If the day ahead weighs heavy
and your plans feel like a curse,
there's no shame in rearranging,
don't make yourself feel worse.
If a shower stings like needles
and a bath feels like you'll drown,
if you haven't washed your hair for days,
don't throw away your crown.
A day is not a lifetime
a rest is not defeat,
don't think of it as failure,
just a quiet, kind retreat.
It's ok to take a moment
from an anxious, fractured mind,
the world will not stop turning
while you get realigned.
The mountain will still be there
when you want to try again,
you can climb it in your own time,
just love yourself til then.
-Laura Ding-Edwards