

***Western Gateway Gazette***  
**Northern Berkshire Business and Professional Women**  
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**April, 2008**

*A message from your president...*



Dear Members:

Welcome sunshine, daffodils and tulips poking through the snow. Spring is now upon us, except for those brief bouts of remaining snow and sleet. April is one of my favorite months as spring brings forth flowers of bright colors to bring us out of winter's doldrums.

Western District's Annual Meeting is April 12<sup>th</sup> at the Williams Inn and we are hoping for a great turnout from our members. Local members, remember to get your reservations in at least 5 days prior to the meeting so that we can accurately let the Inn know how many meals to prepare. We have a dynamic speaker from MCLA, so please join us.

My heartfelt thanks to Pat Troumpe, our nominating committee chair, who was able to completely fill our slate of officers for the 2008-2009 year. Thank you to all

of you who stepped up to the plate!! I truly appreciate it.

On March 29<sup>th</sup>, Liz Manns, Deb Blood and I attended the MA/BPW winter board meeting. Liz moved forward in her quest for Vice Presidency for the State BPW having been interviewed and recommended by the nominating committee (Thank you to member Deb Blood, committee member, for serving in this very important position). We will bring home news of any state-wide changes and issues.

The end of our year is quickly approaching, and I have been thinking about our fun night held for our June meeting. I have decided to have a 50/ 60's Rock'n Roll night, so let's see your best "oldies" outfits, and we'll enjoy some music from the past!!

See you at April meeting.  
*Paulette Remillard, President*



**Date: April 23, 2008**

**Location: Williams Inn**  
**Program: Stephanie Mayer,**  
**“Domestic Violence”**

**Menu:**  
**New England Clam Chowder**

**Choice of:**

1. London Broil, au jus
2. Seafood Newburg over Rice
3. Portabella Mushroom with Eggplant, Spinach and Tomato

**Dessert: Carrot Cake**

Coffee, Tea

**Cost: \$20.00**

**For Reservations call:**

**Pauline Davis 413-663-7844**

**Inna Gertje 413-663-6580**

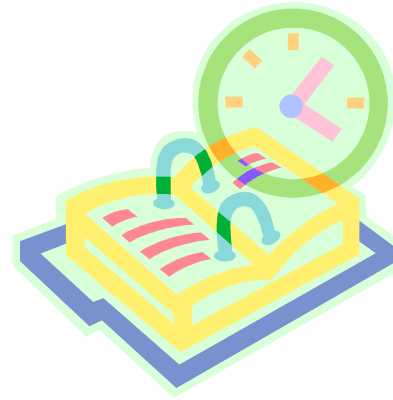
**Please remember:** Reservations are due by the Friday before the meeting. **Also, you are responsible for reservations made and not honored.** We must pay for meals ordered.

*Networking – 6:00*

*Meeting opens –6:30*

*Dinner – 6:45*

**Guests are welcome!**



## **UPCOMING EVENTS**

*April 12 – Western District Meeting*

*April 20 – Passover*

*April 22 – Equal Pay Day*

*April 23 – Adm. Professional’s Day*

*April 23 – NBBPW Meeting*

*May 16-18 –BPW/MA Meeting*

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### **IMPORTANT WEBSITES!!**

[www.bpw/usa.org](http://www.bpw/usa.org)

[www.bpw/ma.org](http://www.bpw/ma.org)

[www.northernberkshirebpw.org](http://www.northernberkshirebpw.org)

### **Birthdays**

Do you have an April Birthday? Let us know so we may honor you!

**Of Interest.....**

Together BPW/USA and the American Heart Association have created the Healthy Heart Makeover Program so that women are educated on the topic of heart disease, and get involved legislatively with the HEART for Women Act. Through the Healthy Heart Makeover Program, hundreds of BPW/USA members have already been educated about heart health and how they can spread that message to other women.

For the next phase of the BPW/USA Healthy Heart Makeover Program, it's time to "walk the talk" and get moving by Choosing to Move! During the Policy and Action Conference last month attendees heard a presentation given by Choose to Move, which is the exclusive physical activity program of the American Heart Association and Go Red for Women.

Join BPW/USA members across the country in the Choose To Move Challenge, which was launched at the Policy and Action Conference. The 12-week program supports and encourages women to get at least 30 minutes of moderate to vigorous physical activity at least five days a week. By participating in Choose To Move, you can take small steps to reduce your risk of cardiovascular disease and stroke.

Download the BPW/USA Choose To Move toolkit for tips on encouraging your communities, businesses and friends/family to Choose To Move by going to:

<http://www.heart.org/presenter.jhtml?identifier=3053619>

For more information about the BPW/USA Healthy Heart Makeover or Choose to Move, please email [egehl@bpwusa.org](mailto:egehl@bpwusa.org).

*BPW/USA Hotline*

## **Pay Inequity Still Exists**

Evelyn Murphy, president of the Women Are Getting Even Project has been speaking at campuses across the country letting young women know that pay equity is not yet a reality. The WAGE Project, as it is known, seeks to eliminate wage discrimination against women within 10 years. This article in the [Virginia Pilot](#) is a good report on one of her talks and provides interesting information.

*BPW/USA Headquarters News*

## **Call To State Convention**

May 16 – 18, 2008

Location: Doubletree

Westborough, MA

Purpose of Meeting:

To consider recommendations from the Executive Committee. To receive reports from the Executive Committee and State Standing and Special Committee Chairs. To review the federation's status and devise measures for its growth and prosperity.

Registration:

Friday, 7:00 pm to 8:30 pm

Saturday, 8:00am to 11:00am

Business Session:

Saturday, 8:00 am to 5:00 pm

Attendees:

All BPW/MA members are encouraged to attend and participate in meeting discussions.

Voting Body:

BPW/MA members in good standing who have paid the registration fee are voting delegates.

All delegates must register before 10:00am Saturday morning if they wish to vote.

All voting members of the Board of Directors must check in with the Recording Secretary prior to the opening of the business session.

