

**Western Gateway Gazette**  
**Northern Berkshire Business and Professional Women**  
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**May, 2010**

*A message from your president...*

May's breathtakingly beautiful flowers are in full display, and the month is as busy as the nectar-seeking bees. I have just returned from the 89th BPW/MA Annual Convention held at The Marriot Courtyard Hotel in Marlborough, MA. Liz Manns and Paulette Remillard were at the conference, and as you know, they were both seeking office as State Secretary and State Treasurer, respectfully. YES, they were both elected to those positions! Congratulations, Ladies, and thank you both for representing NBBPW and BPW/MA so well. VJ Hartnett, Berkshire Local, is now serving her second term as State President and Amy Kates, Upper Cape, is our new BPW/MA Vice President. The theme for the Convention and 2011 is "Anything can happen in 2011" *with New Hopes, New Dreams, and New Ways!* The new ways began with the acceptance of the new streamlined Bylaws as presented by Marcia Edmonds, committee chair. The committee worked long and hard to remove the outdated and no longer valid parts of the old Bylaws; a difficult job done well. I will have a copy of the updated Bylaws at the May meeting for you to review. *New Hopes* was addressed by our Luncheon Speaker Deb Goldberg, Consultant, Attorney, former candidate for Lt. Governor in 2006, and public service activist. Ms. Goldberg gave an informed and stimulating talk on why Women Should Run For Office. Several of the women present stated they were ready to give it a try, and Deb Goldberg said start locally, but start! Installation of the 2010-2011 State Officers took place at the Installation Tea which featured the best decadent desserts that I

have sampled in a long time. Ah, chocolate! Better than the decadence, however, was the special speaker, Janina Stankiewicz Chung, author of Far East of The Sun, a contemporary historical novel, based on the true story of Janina's family and what they endured under the Communist oppression in Russia, forced relocation to Hitler's concentration camps and the sorrow of losing their homeland. And that's just part of her story! What a brave and rare woman, who said she loved the BPW/MA slogan, "Building Powerful Woman."

It was a great convention and much was accomplished. NBBPW won three awards for our Public Relations entries. More than any other Local! You'll have to be at the meeting on the 26th to see them all. Please call Fran Czarnecki or Linnea Nelson, May's hostesses, to tell them your dinner choice and come to hear our speaker, Dr Angela Park, who will be back by popular demand. Hope to see you all.

Best Personal Wishes,  
Dot Ransford,  
NBBPW President



# ~~ May Meeting ~~

**Date:** May 26, 2010

**Location:** Williams Inn

**Speaker:** Angela Parks  
"Women's Health Issues"

**Menu:**  
Fresh Fruit Plate

- Choice of:**
1. Pork Stir-fry over Noodles
  2. Chicken Shaker with Diced Apple and Apple Cider Sauce
  3. Cheese Tortellini with Fresh Vegetables in Tomato/Basil Sauce

**Dessert:** Key Lime Pie

Coffee, Tea

**Cost:** \$25.00

**Hostesses:**  
Fran Czarnecki 413-664-6149  
Linnea Nelson 413-662-9955

Please remember: Reservations are due by the Friday before the meeting. If you haven't been called, call one of the hostesses above. 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!**

*Welcome to new NBBPW members Chris Ciskowski and Linnea Nelson!*



## UPCOMING EVENTS

May 26 – NBBPW General Meeting  
May 31 – Memorial Day



May Birthdays  
Lucy Milette – 5/25

## IMPORTANT WEBSITES!!

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

# FYI.....

## Health Care Reform and Women

[Women are 50 percent of the population, 49 percent of the U.S. workforce and we are “paying” more for health care.](#) The recently passed Health Care Reform bill makes health insurance more affordable and easier to obtain and that will help women. Women will benefit from the ban on gender-biased premiums and from the affordable access to breast and cervical cancer screenings. Working moms benefit from the stipulation requiring employers to offer breaks and space for nursing mothers to pump breast milk. Additionally the [new tax credits for small-business owners](#) who provide insurance to their employees, benefits women, as women own the majority of small businesses in the United States.

## The Gap in Women’s Power in Politics

Although a record number of women serve in the United States Congress, women comprise only 17 percent of the 535 members. According to the Inter-Parliamentary Union, 25 nations have passed a 30-percent mark for women in parliament, with 22 using some sort of quota to jump-start participation. The [United States ranks 73rd in the world for its paltry number of women in Congress.](#)

## How to Make Shift Work Family Friendly

A low-wage [workplace can be flexible](#) and family-friendly. This could mean posting schedules farther in advance, making it easier for workers to trade shifts or cross-training more people for the same job. According to a National Institute of Health (NIH) Study on flex-work, the key is making sure managers understand their employees’ predicaments. The NIH matched manager flexibility against various measures of employee well-being and found that the most accommodating managers "had better physical health reports, better sleep quality, higher job satisfaction, and less stress over work-life conflicts."

## Public-Private Partnership to Address US Infant Mortality

[text4baby](#) is a new free mobile information service providing timely health information to pregnant women and new moms from pregnancy through a baby's first year. Women can sign up for the service by texting BABY to 511411 (or BEBE for Spanish) and receive three free SMS text messages each week timed to their due date or baby's date of birth. The program is made possible through an unprecedented public-private partnership which includes the White House Office on Science and Technology Policy, the U.S. Department of Health and Human Services, Voxiva, CTIA-The Wireless Foundation, Grey Healthcare Group (a WPP company) and founding corporate sponsor Johnson & Johnson. Wireless carriers are distributing text messages at no charge to recipients.

- Of the over 500 individual occupational categories for which there are sufficient data to calculate a wage ratio, in only five occupations do women earn as much as or more than men.
- The wage ratio in the ten most common occupations for women ranges from 71.2 percent of men’s earnings for retail sales managers to 93.6 percent of men’s earnings for ‘customer service representatives.’
- The most common single occupation for women is ‘secretary and administrative assistants,’ employing over five percent of all full-time women workers, but very few men.
- Average weekly earnings for women are 83.4 percent of those for male ‘secretaries and administrative assistants.’
- Only one of the most common occupations for women, ‘retail sales managers,’ also appears in the top ten most common occupations for men

*BPW Foundation*

## MASSACHUSETTS PAID LEAVE COALITION - ACTION ALERT

*It is a critical time for the paid sick days bill (HB1815). The Bill is in House Ways and Means and but no action will be taken on the bill unless the Speaker of the House, DeLeo and the Chairman of House Ways and Means (HWM), Murphy get the message from their constituents and fellow legislators to make it happen. Please call your legislators today asking them to make sure Paid Sick Days moves out of HWM and to the floor for a vote NOW!*

*Why now? Time is running out and there are many steps that a bill has to go through before it can become a law. The bill was voted favorably out of the labor committee and went to Health Care Financing where it was discharged and referred to House Ways and Means (HWM). We need it to advance out of HWM, so there is enough time for the bill to make it to the House Floor and then to the Senate and onto the Governor's desk before the legislative session ends on July 31 2010 . The only way to get bills moving is to make sure Legislators know that their constituents want action!*

*Forward this today to anyone you know who would also make a call so they can contact their legislators before it is too late! The more people our legislators hear from, the more they'll understand the importance of this bill to their constituents.*

*BPW/MA*

## Fast Facts

# May, 2010

## Bizarre and Unique Holidays

- 1 [May Day](#)
- 2 [Brothers and Sisters Day](#)
- 3 [Lumpy Rug Day](#)
- 4 [National Teachers Day](#) (Tuesday of the first full week of May)
- 5 [Cinco de Mayo](#)
- 6 [National Nurses Day](#)
- 6 [No Diet Day](#)
- 7 [International Tuba Day](#) - first Friday in May
- 7 [Space Day](#) - first Friday in May
- 8 [Birth Mother's Day](#) - Saturday before Mother's Day
- 8 [No Socks Day](#)
- 9 [Lost Sock Memorial Day](#)
- 10 [Clean up Your Room Day](#)
- 11 [Eat What You Want Day](#)
- 11 [Twilight Zone Day](#)
- 12 [International Nurses Day](#)
- 12 [Limerick Day](#)
- 13 [Frog Jumping Day](#)
- 14 [Dance Like a Chicken Day](#)
- 15 [Armed Forces Day](#) - third Saturday of month
- 15 [National Chocolate Chip Day](#)
- 16 [Love a Tree Day](#)
- 16 [Wear Purple for Peace Day](#)
- 17 [Pack Rat Day](#)
- 18 [No Dirty Dishes Day](#)
- 19 [Boy's Club Day](#)
- 20 [Be a Millionaire Day](#) - now we all can go for that
- 20 [Pick Strawberries Day](#)
- 21 [National Bike to Work Day](#) - third Friday of month
- 21 [National Waiters and Waitresses Day](#)
- 22 [Buy a Musical Instrument Day](#)
- 23 [Lucky Penny Day](#)
- 24 [National Escargot Day](#)
- 25 [National Missing Children's Day](#)
- 25 [Tap Dance Day](#)
- 26 [Sally Ride Day](#)
- 27 [Sun Screen Day](#)
- 28 [Amnesty International Day](#)
- 29 [International Jazz Day](#) - Saturday of Memorial Day weekend.
- 30 [Water a Flower Day](#)
- 31 [National Macaroon Day](#)

