

Calendar

Apr 12, 2016

Equal Pay Day

Apr 13, 2016

Program—Speaker— Joe Willis - Willis Communication / Consulting—11:45 am—1 pm Petroleum Club

Apr 18, 2016

BUNCO Fundraiser

Apr 27, 2016

Business Meeting—11:45 am—1 pm Reliance Energy Building, Wagner & Brown -Suite 500 - Conference Room—Brown Bag

May 11, 2016

Program Meeting—11:45 am—1 pm Steve Davidson—Petroleum Club

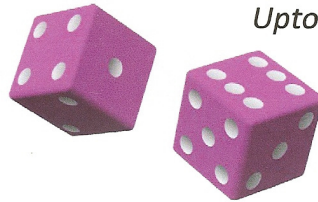
May 25, 2016

Business Meeting—Election of Officers—Members Only - 11:45 am—1 pm Reliance Energy Buildings, Wagner & Brown—Suite 500—Conference Room—Brown Bag

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Uptown Midland Business & Professional Women
present

BUNCO & BEER

This classic game of dice presented to benefit BPW Scholarship Fund to assist "non-traditional" female students returning to college to further or complete their college education.

Monday, April 18, 2016

6:00 PM

Garden View Beer Garden

7112 W. HWY 80 Midland, TX 79706

 Hundreds of dollars in cash prizes!

*\$60 per person includes reserved seat, drink ticket, & chance to win cash prizes & FUN!
(women & men, 21 years of age and older may attend)
No prior game experience needed*

Purchase your tickets soon as seating is limited

Corporate sponsorships available
**\$400 sponsor table includes seating for 4,
2 drinks per person, hors d'oeuvres
& advertisement acknowledgement**

Contact eweinberg10@gmail.com or 432-770-8907

Visit us at midlandbpw.com
and "like" us on facebook



Behind every successful woman is HERSELF!

Spring has Sprung!!
By
Lesley
Donnell

Spring has sprung!

Judson enjoying swinging at the park



My son—Judson Donnell.
Age 1.

We were at Quanah Parker Elementary School



EQUAL
PAY
DAY

APRIL 12TH

The next Equal Pay Day is Tuesday, April 12, 2016. Equal Pay Day is the symbolic day when women’s earnings “catch up” to men’s earnings from the year before..

It takes three extra months each year, thanks to the gender pay gap..

Wear RED on Equal Pay Day to symbolize how far women and minorities are “in the red” with their pay

Happy Birthday

Women in History

4/2 Jonna Hebbard

4/9 Debrah Gann

4/9 Katherine Presley

4/12 Tyna Gober

4/21 Krysti Vickers

4/29 Victoria Printz



4/2 Clara Driscoll 1881-1945
Philanthropist led the drive for restoration of the Alamo

4/9 Ellen Tupper 1822– 1888
Leading authority on the culture of bees

4/9 Florence Price 1888-1953
First Black woman symphonic composer

4/12 Eudora Welty 1909-2001
Six O’Henry Awards for short stories. Pulitzer Prize 1972

4/21 Geraldine May 1895-1997
First Director of Women in the Air Force (WAP) 1948

4/29 Margherita Hamm 1867-1907
Journalist reporter on the Spanish-American War

March 9th Program



Left: Uptown Vice-President Stacy Nelson, Lesley Isaacs—Midland College, Scholarship and Special Projects Coordinator Glyndia Charles—Scholarship Recipient and Donette Marble, Uptown member.

Lesley enjoys helping the student's officer match them with scholarships. She will gladly accept our donations for Uptown's scholarship. If you want to donate directly to the fund just select the Uptown Midland BPW Scholarship and make your donation on their website. It is fully tax deductible. Donette gave us a brief explanation of how the Endowment at Midland College came about.

Glyndia Charles is from the Caribbean Island of St. Lucia. She has a passion for helping women so she was a good fit for our scholarship. She lives in the dorm at the college and is currently mentoring three women and it is rewarding to watch them grow and change..

Bureau of Engraving and Printing.....Marquita Potter

Dan & I were able to tour on March 8th. I had no idea it was so large and that they print more denominations of money than the facility in Washington DC. It's well worth your time to visit and take the tour—an amazing facility!

Take a Tour - - - - Fort Worth, TX Tours

The BEP's public Tour and Visitor Center located in Fort Worth, Texas is a great place to learn about U.S. currency. Visitors can see where billions of dollars are printed from an enclosed walkway, which is suspended above the production floor! Over half of the nation's currency order is produced in Fort Worth. Available before or after the free self-guided tour, the experience includes an informative theater film, and visitors have the opportunity to walk through two floors of interactive exhibits and displays showcasing currency history and the intricate art of currency manufacturing. Also located in the visitor center is the Moneyfactory Gift Shop where the public can purchase souvenir items including uncut currency sheets and other specialty currency products.



The Fort Worth Tour and Visitor Center is closed on Mondays, weekends, federal holidays, and as an efficiency measure, is also closed the week between Christmas and New Year's Day.

The BEP is a federal government organization and adheres to closure, late arrival or early dismissal guidance issued by the Office of Personnel Management (OPM).

For up-to-date opening and closing information, please telephone the Fort Worth Tour and Visitor Center locally at (817) 231-4000 or toll-free at (866) 865-1194, and press 2 to speak directly with the tour scheduler during regular business hours. Please be advised that tour policies and hours are subject to change without public notification

Evie
Gandy

And

ROAD TRIP TO SPAIN

.....



Left -
Yes, it's a wall
that is growing
plants and ivy
...very cool



Right -
Natalie is hug-
ging her best
friend Kathryn
Herd



Our daughter Natalie took an amazing trip this Spring Break to SPAIN with 88 Midland High and Goddard Junior High students. Each student from these two schools was an honor student who had taken Spanish or had it as a class this year. Students visited Madrid, Sevilla, Granada and Costa Del Sol. I added several pictures out of thousands she took while her stay in Spain. As a goalie of her soccer team for seven years, one of Natalie's dream since she was a little girl was to attend a soccer game outside the USA. Mrs. Moreno, Natalie's Spanish teacher made this possible! Natalie, along with many other students that attended a Real Madrid Soccer game was flabbergasted! They had the opportunity to see the famous Christiano Renaldo play and score a goal that day. Natalie said it was one of the best days ever!! As a junior in high school, Natalie gives GOD all Honor and Glory for being faithful in her life, for taking them to Spain safely and bringing them back without any major issues. Natalie is also very grateful to have been in a country that is a huge part of her heritage. My grandmother on my dad's side was from Spain, so you can imagine how blessed Natalie was to reach her goal at this time of her life. We are so proud of Natalie, but are truly grateful to each and every one of you that helped her raise money for this trip. Natalie appreciated your support and we do to, from our hearts to yours, THANK YOU!

Matthew 6:33 "Seek first HIS kingdom and HIS righteousness, and all these things will be given to you as well."

Digital Eye Strain.....submitted by Mona Bethany

5 Tips to Help Reduce Digital Eye Strain

BY JACE D. ON FEBRUARY 8, 2016

How many hours a day do you spend staring at a screen? An hour? Three to four hours? More? According to recent findings from [The Vision Council](#), 60% of Americans spend five or more hours a day with their eyes fixed on a smartphone, tablet, or computer screen*.

And why wouldn't they? Today's world runs on digital. From the living room to the board room, we rely on our devices to stay informed, connect with others, and in many cases, earn a living. Mobile devices and computers deliver countless benefits. However, they can also serve up a less beneficial side effect.

Many digital devices and computer monitors emit blue light, and blue light exposure can contribute to digital eye strain. Here's why: After blue light enters your eyes it scatters. Your eyes then have to work extra hard to focus that scattered light. In other words, your peepers are putting in overtime on a daily basis, which can contribute to repetitive eye strain and associated headaches, blurred vision, and dry eyes.

Device use isn't likely to dwindle any time soon and you're probably more likely to hand over the keys to your car than your smartphone. Therefore, it's vital to find other ways to cut back on your blue light intake. Consider the following five ways to reduce your blue light exposure and decrease the potential onset of [digital eye strain](#).



1. Ask the expert (your eye doctor!)

An annual trip to the eye doctor is critical for the entire family (especially children). Ask your VSP eye doctor about the best options to help you or your children reduce eye strain, whether that's in the form of computer vision or blue light lenses. Even if you don't wear corrective lenses, some [blue light coatings](#) can be applied to non-prescription eyewear.

2. Observe the 20-20-20 rule

Give your eyes a break every 20 minutes and spend 20 seconds looking at something at least 20 feet away. Also, blinking more often helps to moisten your eyes, which may help reduce visual discomfort.

3. Maintain your digital distance

Find a comfortable working distance from your screen. This is especially important for children since the intensity of light increases exponentially the closer our eyes are to the source. Children have shorter arms and therefore receive a more intense dose of blue light from devices. Children should hold devices as far away from their eyes as is comfortable. Adults are encouraged to hold devices at arm's length

4. Dim the lights

Turn down the brightness level of device screens to reduce the amount of blue light exposure, especially during the evening hours. Additionally, as LED and CFL lighting also emit blue light, it would be a good idea to dim those at home or work if possible.

5. There's an app for that

A number of [apps](#) are also available to help reduce blue light emission from devices.

* *The Vision Council, EYES OVEREXPOSED: The Digital Dilemma, 2016, PDF*



Military Women "Firsts"

Women in the U.S. military have always had a "tough row to hoe" and we owe a lot to those women who literally broke ground, opened doors, and made the choice of a military career easier for those who followed. Beginning with the early pioneers, who were almost never recognized, here are some of the military women of achievement and their accomplishments. Please bear in mind that the terms WAC - Women's Army Corps - WAVE - Women Accepted for Volunteer Emergency Service - WAF - Women in the Air Force - and so on, are used in the context of the times. We were called by those acronyms from the 1940s until the separate women's branches were eliminated in the mid 1970s.

The First to Receive Pensions for Military Service

Contrary to slanted opinions about women there is a long historical precedent for women in some form of warfare - though not always in a uniform. For the early pioneer women "home defense" was as routine as drawing well water. And in the Revolutionary decade the first known woman to serve was awarded the first pension for her service.

Margaret Corbin fought with her husband at Fort Mifflin and in 1779 Congress voted her a disability pension of one half a soldier's pay and one suit of clothes or the equivalent in cash.

Years later, another Revolutionary heroine, **Deborah Samson**, was granted a pension by the Massachusetts legislature in 1804 and the Commonwealth of Pennsylvania awarded **Mary Ludwig Hays McCauley** a pension in 1822 of forty dollars a year "for services rendered" during the war.

During the Mexican War, **Elizabeth C. Newcume**, in male attire, was mustered into military service at Fort Leavenworth in September 1847. She served ten months and spent time fighting Indians at Dodge City until her sex was discovered and she was discharged. It took a private act of Congress to pay Elizabeth Newcume who received a bounty land warrant for 160 acres and full payment for ten months service, plus three months extra pay, as provided in the 5th section of the act of 19 July 1848.

The First Directors - WWII

WAVES - Captain Mildred H. McAfee - Navy
 WAAC/WAC - Colonel Oveta Culp Hobby - Army
 SPARS - Lt Commander Dorothy C. Stratton - Coast Guard
 MCWR - Colonel Ruth Cheney Streeter - Marines
 WAF - 1948 - Colonel Geraldine Pratt May - Women in the Air Force



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Deadline for submitting articles for the May Newsletter is Friday April 22nd!!
 Never too early to submit an article or photos or both!