

Calendar

Feb 10, 2016

Program—Speaker—Kim Johnson—Financial Planner with Edward Jones—Women Saving for Retirement—11:45 am—1 pm Petroleum Club

Feb 24, 2016

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

Mar 9, 2016

Program—Speaker—Glyndia —Uptown Scholarship recipient and **Lesley Isaacs**—Midland College, Scholarship & Special Projects Coordinator—11:45 am—1 pm Petroleum Club

Mar 23, 2016

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

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President's Letter

Happy February ladies! Or should I say, Happy Valentine's Day?!? Regardless of what your celebrating this month, I hope this newsletter finds you all doing well and enjoying the New Year! As many of you know I've been out of pocket on maternity leave, but return back to work this month and am excited to get back into the swing of things with Uptown BPW. We have several new members – so WELCOME to all of you who recently joined!!! We are so happy to have you a part of the organization, and look forward to working with you to spread the BPW mission. Uptown BPW has accomplished many great things, and by the energy of our members, greater is to come!!!

Please be sure and "save the date" for our upcoming scholarship fundraiser – BUNCO! The date is April 18th at the Beer Garden here in Midland. If you did not attend last year's event, you missed a night FULL of fun and laughter. Men and women are encouraged to attend – and prizes are awarded! Annette Dozier and her committee are already working to plan the details, and if you're interested in assisting or attending this year's event please contact her at adozier@reimid.com. Or cell at 432-688-1251. More details will be sent out as they are available.

I also want to encourage all new and veteran members to consider joining a committee or serving as an officer. We are starting to discuss officers for the 2015-2016 year, and if you're interested in serving please contact Annette Dozier (Nominations Chair) at adozier@reimid.com. Or call her at 432-688-1251. Now, I know for those of you who are new are thinking "no way," and I can relate! However, if you're not interested in serving as an officer but want to get more involved and work towards becoming that in the future let Annette know as well. Our goal is to start educating members who are interested in helping lead us into the future, so that when they become an officer/leader it's not as overwhelming. Continued next page



Behind every successful woman is HERSELF!



Cason Reid Murphree and
His beautiful Mommy
President Stephanie Murphree
Taken by Marquita Potter

Remember we are “women helping women.”

Lastly, THANK YOU to those who have been bringing guests to our program meetings! Our meetings and membership has grown by leaps and bounds this year, thanks to YOU!!! I cannot wait to see what success we have in the upcoming months, as we will have a “must-see” guest list thanks to BPW Vice-President, Stacy Nelson.

A calendar of upcoming meetings and speakers is on the front page!

See You Soon!

Stephanie Murphree

*President
Uptown Midland BPW*



Happy Birthday

- 2/14 Diane K. Browne
- 2/22 Daila Cooper
- 2/23 Evie Gandy
- 2/24 Stacy Nelson



Women in History

- 2/14 Anna Howard Shaw 1847-1919
First woman ordained in Methodist Protestant Church 1880, suffragist
- 2/22 Gertrude Bonnin 1876-1938
(Zikala-Sa, or Red Bird) Sioux Indian Activist
- 2/23 Ruth Nichols 1901-1960
Aviator: set women’s records for speed and altitude, 1958
- 2/24 Anna Morgan 1851-1936
Chicago drama coach and innovative producer

National Wear Red Day - Friday February 5th

Support Go Red For Women by participating in National Wear Red Day ® on Friday, February 6, 2016 and **do-nating** to help fund research during American Health Month.

Why Go Red? Heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every 80 seconds. Fortunately, we can change that because 80 percent of cardiac and stroke events may be prevented with education and action. That’s why this year we are asking that you wear red on **National Wear Red Day ®** and **Donate** to Go Red for Women. By doing so you help support educational programs to increase women’s awareness and critical research to discover scientific knowledge about cardiovascular health.

And don’t forget to make your heart health a priority. Schedule your Well-Woman Visit, a prevention check-up to review a woman’s overall health so her doctor can measure blood pressure, check cholesterol and look for signs of heart disease, stroke and other illnesses. Then encourage others through your social channels to do the same using the hashtags, #GoRedWearRed and #WellWomenVisit.

We couldn’t make positive changes with the support and donations by individuals like you.
www.goredforwomen.org taken from goredforwomen.org website

Welcome New Members

Lori Wesley
 Work: Frost Bank
 Mail: 508 W Wall, Suite 1100, 79701
 Phone: 432-617-1383
 E-Mail: loriwesley@frostbank.com
 Birth Day: Aug 15

Jean Jones
 Work: III N Investments
 Mail: 5007 Blue Haven, 79703
 Phone: 432-557-6400 cell
 E-Mail: jeanjones5007@gmail.com
 Birth Day: Nov 30

Krysti Vickers
 Work: Vico Safety
 Mail: 2741 Faudree Rd Apt 5204,
 Odessa, 79765
 Phone: 432-894-0458
 E-Mail: Gvickers67@mygrande.net
 Birth Day: Apr 12

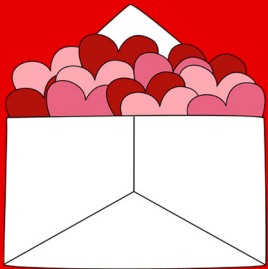


Kellie Withrow
 Work: Sheraton Four Points
 Mail: 5518 Starboard Dr. 79703
 E-Mail: kelliewithrow@gmail.com
 Birth Day: 6/18

MARCH 1, 2016 PRIMARIES

Want to see a sample Republican or Democratic Ballot?
 Available on the Midland or Ector County Voter Website.
 Go to Uptown’s website— www.midlandbpw.org, select news tab,
 go to the bottom of the page and there is the link to the
 Midland County Election Information or Ector County Election Information

HAPPY
VALENTINE'S
DAY!!!



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Our Mission

The mission of this organization is to equip all women for success in the workplace through education and information, and to recognize and honor the accomplishments of working women.

Deadline for submitting for the March Newsletter is Friday February 26th!!
Never too early to submit an article or photos or both!

January 13th Program Meeting

Right: Our guest speakers today: Trish Chavez and Emily Weinberg with Uptown's Vice President Stacy Nelson,



Wed., We had 2 wonderful ladies speak to us—Trish Chavez, Certified Health Coach and Emily Weinberg, Martha Beck Certified Life Coach. They were fabulous speakers and gave us pointers to help us get started on a better, healthier you and me for 2016.

“The numero uno concept that we want to get across is that everyone deserves love and compassion from themselves, but many people think they do not deserve it or do not know how to give it to themselves and practicing mindfulness in whatever you do, eating, working....is a good first step.”