

Calendar

Jan 13, 2016

Program—Speakers -
Trish Chavez—Certified Health Coach and **Emily Weinberg** —Certified Life Coach with focus on Mindful Eating - 11:45 am—1:00 pm Petroleum Club

Jan 27, 2016

Business Meeting—11:45 am—1 pm Reliance Energy, Suite 900 Bring your own lunch

Feb 10, 2016

Speaker Kim Johnson—Financial Planner with Edward Jones—11:45 am—1 pm Petroleum Club

Feb 24, 2016

Business Meeting—11:45 am—1 pm Reliance Energy, Suite 900 Bring your own lunch

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UPTOWN NEWS BEAT

VOLUME 32 ISSUE 6

JANUARY 2016

President's Letter

Happy New Year BPW Sisters!!! I have no doubt that 2016 will be another year of "greats" for Uptown BPW, as we work off the momentum of 2015. A brief recap of 2015 – we had our "first" Bunko fundraiser for the Midland College Scholarship fund, raising nearly \$6,000! Off the heels of Bunko our members worked rapidly to pull together one of the most successful "National Business Women's Week" events, honoring Councilwoman Sharla Hotchkiss, and raising nearly \$15,000 for the organization's operations. We are seeing our membership number grow by leaps and bounds, and the comradery between new and veteran members like no other professional women's organization in the city. So I want to thank ALL of you for your contributions in the successes of 2015, and encourage you all to join our officer team in making 2016 an even GREATER year! We will be making several financial contributions to area organizations, as well as hosting the 2nd Annual Bunko Fundraiser for scholarships. If you're interested in getting involved with any upcoming events or projects please contact me at 325.207.6848 or Stephanie.Murphree@RedCross.org Come one, come all!

Now, onto a more serious topic – womanhood. As many of you know, I'm currently on maternity leave with my first born – Cason Reid Murphree. To say it's a dream come true, is an understatement. I thought it was so cliché how other women would say "it'll change your life," or "it's the best thing you'll ever do;" but they were absolutely, positively right. Now I understand, motherhood can be defined in so many ways, whether you have biological children or not, and no matter how you choose to "mother" children, it's the toughest yet most rewarding job I've experienced – and I've been a step-mom for 5 years. Now, I will also say becoming a mother was not what I thought would "define" my role in this world. As an extremely work driven 20 something (missing those days!) professional, I thought being a mom would just be another "trick" in my bag of tricks, but it really has become so much more.

However, as I relish in my awe of this baby boy who never gets old to stare at, I've realized something that I do believe all of us can relate to in one way or another. 7 weeks post-partum I've caught myself starting to criticize myself for not checking work emails, not cooking dinner, not losing weight, and just feeling like I never get (continued page 2)



Behind every successful woman is HERSELF!



The Murphree Family

ahead. As the negativity crept into my head all I could think of was “behind every successful woman is herself,” and those words couldn’t have struck more close to home. When did we as “women” become so critical of ourselves? Why can’t we forgive ourselves for our shortfalls? Why can’t we take a moment to breathe and just

enjoy life? We forget constantly that we are human, and we are “fearfully and wonderfully made.” All that being said, I cannot reiterate to each of you that YOU are important, YOU are beautiful,

Cason Reid Murphree

and YOU are successful. We are professional women, working to provide for our families and our communities, and it is ok to forgive yourself when perfection is not reached. As they say “life is a beautiful mess,” so as you start out this next year I hope you will all feel comforted to know that you’re not alone when you feel defeated, but that you can be encouraged and motivated by your BPW sisters. I wish all of you and your families a blessed New Year – and I look forward to seeing you all soon!

Steph

Stephanie Murphree
Uptown BPW
President 2015—2016



Happy Birthday

1/27 Deborah Williams



Women in History

Anna Thompson Ickes 1873-1935
Illinois State Legislator, worked on education, welfare, and rights for American Indians

Uptown's Christmas Party 2015!!



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TEXAS ROADHOUSE—YUM

HAPPY
NEW
YEAR
2016!!!



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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.

Community Projects Committee

Right: Stacy Nelson, Charity with Safe Place, Katie Presley, Annette Dozier, Debrah Gann and Shirley Harris.



Some of the donations beneath the tree.—pjs, shower gels, lotions, socks, undies, make-up, hair products, first aid products and more

(Please mark your calendars for December 4th. BPW is collecting donations for SAFE PLACE. Please bring them to our Christmas Party.) Members of Uptown did an outstanding job of gathering many items to donate. Katie had a car full!! On Wed, Dec. 9th several of us met Katie at Safe Place to donate them. While there Charity gave us a brief run down on how they get involved, what they do and the basic time-line involved. Very informative.



SAFE
PLACE
DONATIONS