

# The Uptown News Beat



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Uptown Midland BPW, P O BOX 3895 Midland, Texas 79702  
www.midlandbpw.com pattihum@suddenlink.net 432-699-2568

## From President, Sheila Warren

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Awe the month of Love! Happy Valentine's Day to everyone, I realize that this is a month for love but I believe Uptown has some of the biggest hearts in town, so let's celebrate with the spirit of love. What is the definition of love? Well it is to *"show kindness to somebody or something"; "like something, or like doing something very much"* (from the Encarta Dictionary). So as you can see, we all in Uptown share in the quality I consider "Love" for one another and those around us and in our community. BPW loves helping other women in need. We provide scholarships for women who want to return to work or receive an education to improve their working skills. We raise money for M.D. Anderson Cancer Centers each time we have a fund raising event. We share our good fortunes with those less fortunate during the holidays. We are there for each other when someone has a need. These things are not possible without the passion, desire and love we have for the underlying mission of BPW and that is Women Helping Women.

We have each seen some of the "Firsts" in our nation's history lately. This past year we experienced the nation's first African-American to be elected as president. We had our first woman run for that very same office. We also had the immediate past president start and finish his terms, yes back to back terms right here in his home town of Midland. And what a finish it was. So many first have taken place over the last year. I am very proud to be a woman in our great nation with the privileges our predecessors fought and won for us. We as an organization had many firsts as well....our first evening event for National Business Women's Week tm. It was our biggest event yet. So many first have taken place over the last year.



Remember we have just four short months to finish up the 2008-2009 Uptown BPW year and we have grand goals to reach. Our February program will be Denise Johnson from the Midland Library on how laughter is good medicine. In March we have Joan Baskin on the upcoming plans for Midland and some rich history of Midland as well. April is slated for our annual style show. May will be election of new officers and we will end in June with installation. So in the Uptown spirit of LOVE of organization and community please join us for our luncheons each month. Program luncheons are the second Wednesday of each month and the fourth Wednesday of each month we have our business meeting. We meet at noon and conclude at 1:00. The cost is \$17.00 and we gather at the Petroleum Club of Midland. Bring a guest, who knows someone you know might share the love we have for Uptown BPW too.

Building Powerful Women

*Sheila Warren*

Uptown BPW President

## Program Notes

February 11, 2009 will be our next program meeting. Our speaker will be Denise Johnson from the Midland County Library. Ms. Johnson will tell us how laughter can be the best medicine. In these very stressful times, this will be just what we need to hear. Please join us at noon at the Petroleum Club.



In March, our speaker will be Mrs. Joan Baskin. Ms. Baskin is serving on the Midland 2010 committee. This committee meets with our community leaders to see what we can do to improve the quality of life in Midland. She will be giving us an overview of what we can expect. You won't want to miss this very insightful meeting.



## Put Your Best Foot Forward — Creating a Winning Resume

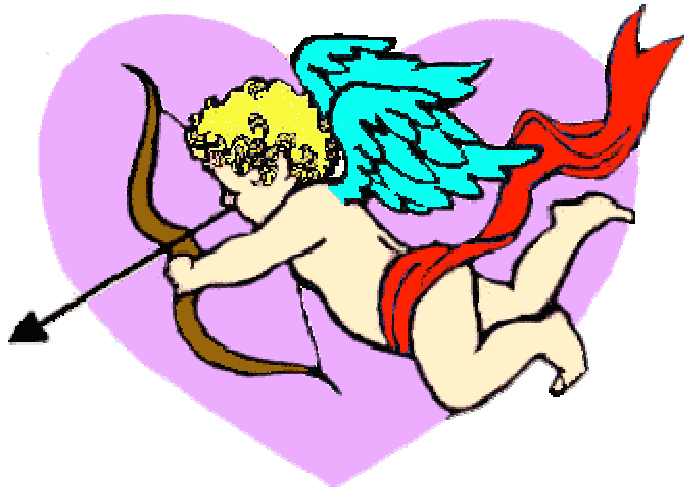
When it comes to applying for a job, developing a strong resume will help you make a good first impression. A resume is your first opportunity to present your qualifications to prospective employers — a good one will increase your odds of being invited for an interview.

Here are a few tips for creating a resume that will help you stand out from the crowd:

- **Write to the position.** Describe your abilities and work history in terms directly related to the position and company to which you're applying. Describe significant accomplishments at current and previous jobs and explain how your contributions impacted the department or company's bottom line. This approach will demonstrate to prospective employers how you can play a part in the firm's success.
- **Be brief.** Simplify descriptions of the positions you've held and leave out non-vital information. Try to limit your resume to one page.
- **Choose your words wisely.** Begin statements with action verbs and avoid puns and wordplays. Limit the use of superfluous professional jargon, acronyms and abbreviations.
- **Proofread carefully.** Accurate spelling and proper grammar matter; careless errors indicate a lack of attention to detail.
- **Create an e-resume.** To make your resume Web-friendly, avoid columns and bullets, and limit the use of bold and italics. Include keyword search phrases that link to job responsibilities. Also save your document in ASCII (plain text) format, which can be clearly read by most computers.
- **Revise your resume regularly.** Even if you're not currently looking for a new position, update your resume as you gain experience. When an unexpected opportunity comes along, you'll be ready.
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There is a very interesting story about Cupid and His mortal Bride Psyche in Roman mythology. Venus was jealous of the beauty of Psyche, and ordered Cupid to punish the mortal. But instead, Cupid fell deeply in love with her. He took her as his wife, but as a mortal she was forbidden to look at him.



Psyche was happy until her sisters persuaded her to look at Cupid. as soon as Psyche looked at Cupid, Cupid punished her by leaving her. Their lovely castle and gardens vanished too. Psyche found herself alone in an open field with no signs of other beings or Cupid. As she wandered trying to find her love, she came upon the temple of Venus. Wishing to destroy her, the goddess of love gave Psyche a series of tasks, each harder and more dangerous then the last.

For her last task Psyche was given a little box and told to take it to the underworld. She was told to get some of the beauty of Proserpine, the wife of Pluto, and put it in the box. During her trip she was given tips on avoiding the dangers of the realm of the dead. She was also warned not to open the box. But Temptation overcame Psyche and she opened the box. But instead of finding beauty, she found deadly slumber.

Cupid found her lifeless on the ground. He gathered the deadly sleep from her body and put it back in the box. Cupid forgave her, as did Venus. The gods, moved by Psyche's love for Cupid made her a goddess.

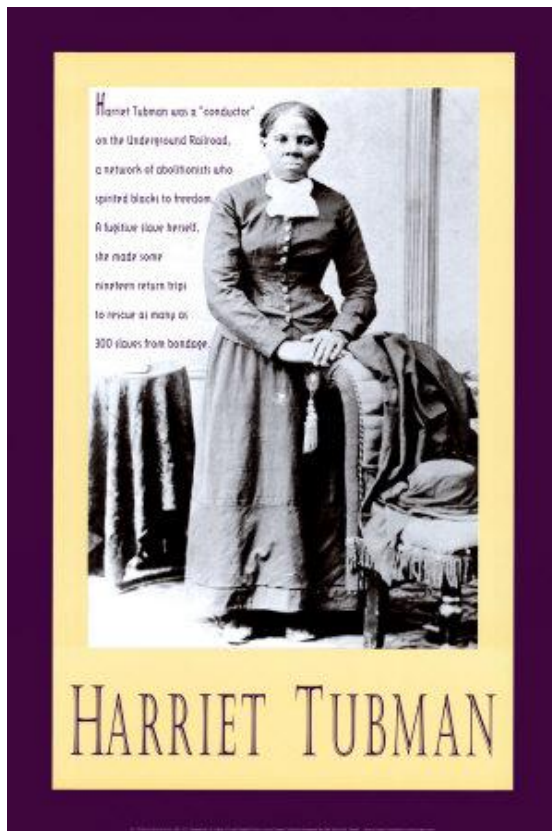
Today, Cupid and his arrows have become the most popular of love signs, and love is most frequently depicted by two hearts pierced by an arrow, Cupid's arrow.



## BLACK HISTORY MONTH

**Harriet Tubman** helped hundreds of American slaves escape along the secret route to freedom known as the Underground Railroad. Born a slave herself, she fled from Maryland to freedom in Philadelphia in 1849. For the next 10 years she made repeated secret trips back to Maryland, leading over 300 escaped slaves north to freedom in Canada. During the Civil War she also served the Union as a scout, spy and nurse. Her success at shepherding others to safety earned her the nickname "the Moses of her People" and made her a lasting symbol of the American anti-slavery movement.

**Extra credit:** Though her birth name was Araminta, Tubman later took the first name of her mother, Harriet Ross... She married John Tubman, a freed slave, in 1844, but remained a slave herself until her escape in 1849.



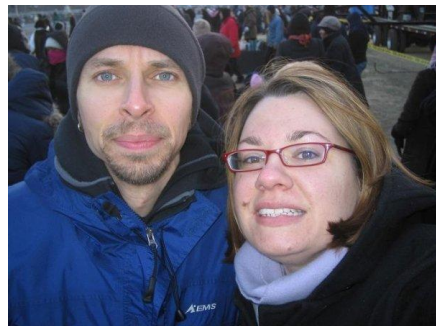
**Rosa Louise McCauley** In 1955, Rosa Parks was an African-American living in Montgomery, Alabama -- a city with laws that strictly segregated blacks and whites. On 1 December 1955, after her day of work as a seamstress at a local department store, Parks boarded a city bus. When she refused to give up her seat to a white man, the bus driver called police, and Parks was arrested and fined. The resulting bus boycott by African-Americans, led by Reverend Martin Luther King, Jr., caused a national sensation. The boycott was a success and led to desegregation in Montgomery and elsewhere in the United States. Over time, Parks became a national icon of civil rights and African-American pride. Parks worked as an aide to Michigan Congressman John Conyers, Jr. from 1966 until her retirement in 1988, and she founded the Rosa and Raymond Parks Institute for Self Development in 1987. She was awarded the Presidential Medal of Freedom by Bill Clinton in 1996.

**Extra credit:** Parks married Raymond Parks, a barber, in 1932, and they remained married until his death in 1977. They had no children. Raymond Parks was born in 1903... Her hometown of Tuskegee, Alabama was home to the Tuskegee Institute, which was led for many years by Booker T. Washington. He died in 1915, two years after Parks was born... Parks's bus ride was reminiscent of Homer Plessy's refusal to leave an all-white rail car in Louisiana in 1892..



## BITS AND PIECES

Patti Humphrey's daughter, Jamie Lynne, attended the historical inauguration of President Barack Obama. Can you say:



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Region 6 Director, Glenda Knox is busy planning the Region Spring Meeting. She will be getting us more information soon. The meeting will be in Midland, so it will be really easy to make plans to attend!! Please plan to attend to show your support of Glenda. She is representing Region 6 with a lot of style and grace.

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### Renewals:

#### January:

Christina Ashing  
Lacey Bavousett

#### February:

Tiffany Blakely  
Penny Crosson

#### March:

Kristine Ashley  
Lesley Goeres



### Birthdays:

#### February:

8 . Kat Blackman  
14 . Diane Browne  
20 . Mary Ann Brock  
23 . Evie Adams  
24 . Stacy Nelson

#### March:

3 . Martha Adams  
10 . Kim Duncan  
11 . Jeanne Larance  
21 . Sheila Warren  
30 . Christina Ashing

