



The Star September 2007

The newsletter for members and guests of
NOVA Business and Professional Women's Organization



**September: Fall is in
the Air!**

September Membership

Meeting: The Nebraska Club
US Bank Building, 20th Floor
233 South 13th Street
Wednesday, September 19, 2007
11:45 a.m. – 1:00 p.m.

Could your career (and your life, for that matter) use a kick-start? Dr. Sara Boatman, Vice President for Student Life and Campus Community at Nebraska Wesleyan University, will give you a lift! Sara will talk about women and careers, how to make the most of your work experiences, and how to find that elusive balance in your life. Join us August 15th to hear this inspiring luncheon speaker.

REMINDER: NOVA will pay for your parking! WE NOW HAVE PARKING STICKERS AVAILABLE FOR ONLY THE U. S. BANK BUILDING. WE NO LONGER HAVE PARK & SHOP.

WHY BPW?



Business and
Professional
Women/USA

For those of you considering membership with BPW, here are just a few of the great reasons why you should join us!

BPW helps women achieve economic self-sufficiency by advancing their careers, building their businesses and advocating for workplace equity. The BPW/USA Mission Statement is "To achieve equity for all women in the workplace through advocacy, education and information". Members have access to a wide variety of member benefits and services including:

Events: The Power of Connecting. The opportunity to meet other professional women at Meetings, Events, and Conferences. Monthly luncheon topics are a mix of fun and education that every woman can use!

The Power of Voices United. The joint voices of BPW/USA members are heard on Capitol Hill and by the Administration on issues of importance to workingwomen. Through individual member contact or by staff efforts, BPW/USA is recognized as an important player when issues of workplace equity and work-life balance are being considered.

Member Resources include BusinessWoman Magazine subscription, access to the Legislative Hotline, BPW/USA Career Center, Home Buyer's Assistance Site, Hotel Discounts, Car Rental Discounts at Avis, and U.S. Women's Chamber of Commerce membership benefits.

AND SO MUCH MORE!! Visit the National & Local websites for more information, & contact us to Join! We welcome you! National website: www.bpwusa.org Local Website: www.geocities.com/nova_bpw.



NOVA FALL SEMINAR THURSDAY, OCTOBER 18

Mark your calendars for October 18th as NOVA celebrates the work of women with our annual Fall Seminar! This event offers you a great evening out with all your NOVA friends and this year, we are pleased to announce that One's Company with Pippa White will be our featured entertainment.

The event will be held at Hillcrest Country Club. Registration and networking will begin at 5:15. We will have food, vendor booths, a silent auction, door prizes, and a cash bar. Best of all, you'll enjoy the company of NOVA members and guests and you'll also be delighted with the performance of Pippa White's One's Company. The cost of the event is \$25 per person with a special rate of \$15 for students.

Pippa White is an actress and she calls her One's Company Productions "part theatre, part storytelling, part history." Audiences call them unique, captivating and touching. Before doing solo work, Pippa had an extensive background in theatre and television on the west coast, including five years hosting a daily morning television show at ABC in San Francisco. Pippa now resides in Nebraska and has been a teaching artist with the Arts Are Basic Program and the Nebraska Arts Council for seventeen years. In 2005, she was a recipient of a \$1,000 merit award from the Nebraska Arts Council, and in March, 2007, she received the Artist of the Year Award from the Lincoln-Lancaster Women's Commission. She will perform her one-woman show, "Woman's Work" for the October 18th NOVA event.

You won't want to miss this exciting evening. NOVA's Fall Seminar is our one fundraising activity during the year and the proceeds from this event allow us to fund our annual scholarship and donations to charitable organizations that help women and their children. We hope that each NOVA member will bring a friend and make this a Fall Seminar to remember!



PRESIDENT'S MESSAGE: MJ's Monthly Motivation"

~ (Submitted by President Mary Jane Nielsen)

The name of the game is....

Visioning the Win! Think your way to success, good health and happiness!

VICTORY comes to those who THINK THEY CAN!

It is said that the "battle is won in the mind". You've also heard some say "what the mind can conceive and believe -- it can achieve".

I agree.

The mind is a powerful thing. You can "make it or break it", "win or lose" -- all in your mind.

It is important to know that what your mind dwells upon will be manifested in your life and actions. This means that you must be very careful what you think about! You must cultivate positive, optimistic thoughts and rid your mind of those negative thoughts and never let them take root.

Have you ever let your mind get carried away with negative, fearful thoughts? Ever notice what happens when you do? You feel sick. You feel immobilized. Your productivity comes to a standstill. You avoid facing things that you must do. If you were playing a game with these thoughts...you are programming yourself to lose it. Don't lose at life!

Well then, if your mind has this much power to do this much negatively, then just think of all the positive it can do! So, just change the direction your mind and thinking are heading and go positive!!!! You can program your mind and body to WIN -- To Succeed! Imagine the possibilities life has to offer you! By thinking positive you not only will feel physically better, but you will feel more alert and hopeful to do the things you must do! Replace those negative thoughts of fear and failure with positive thoughts of hope and success!

"How" You say? You may feel positive thinking is an overused cliché. You may feel you've been focusing on the downside of things for too long and are in a rut and can't get out. You may say good things just aren't meant for you.

Well, you need to know that it's never too late to change! You control your mind and attitude! And you can have a positive, happy life.

My Mom has given me a priceless treasure in her advice to me. She says: "**You can change your attitude as fast as you can snap your fingers!**" (Vemmy Nielsen). She's right.

You don't have to be down. You don't have to fear. You don't have to be angry. You don't have to worry. You have the power to change your attitude and your direction -- but you have to want to.

If a basketball player or golfer can improve their shot by visioning - than we too can vision in our minds those things we wish to improve. Of course, you will want to follow up with action and preparation which will bring about the success you are looking for. Is it a speech you need to make? Is it affirmation you need with your self esteem? Then vision a plan, vision success in your mind, and then with action bring your visualization to reality! You too can win at the game of life!

And overall remember.....

"As a woman thinketh....so is she."



REMINDER:

THE FOLLOWING INDIVIDUALS DUES ARE UP FOR RENEWAL TO NOVA/BPW. WE HOPE YOU CONSIDER RENEWING YOUR MEMBERSHIP AND CONTINUE TO BE PART OF NOVA/BPW.

September

Joan Snyder

October

Kara George
Diann Korus
Cathy Pailer

If you've misplaced your dues statement, please call BPW/USA's Membership Dept., (202) 293-1100, ext. 124 or e-mail memberservices@bpwusa.org.



Recap of August's Membership Meeting: Lessons from an Illness

If you weren't able to join us in August to hear Dr. Sara Boatman, of Nebraska Wesleyan, you missed an inspiring speaker. But don't despair, Dr. Boatman was kind enough to provide us with her story in its entirety. It is attached to the newsletter e-mail as a separate document. I hope you will take time to read her "Lessons from an Illness."



Get Involved in NOVA's Fall Seminar!

As you know by now, NOVA's annual Fall Seminar will be held on October 18th at the Hillcrest Country Club. If you've never attended this event before, trust me, you won't want to miss it. If you've attended in the past then get ready as we hope this year's event will be one of the best ever!

There are two ways that members can get involved in our Fall Seminar and we have some incentives to MOTIVATE you!

First of all, we are looking for items to be used on our silent auction and also as door prizes. This is something that each and every member can help with! As you go about your daily lives, ask businesses you frequent if they would be willing to donate an item or gift certificate. Think about places you eat, dry cleaners, movie theaters, grocery stores, golf courses, gyms, spas, hair salons, nail salons, bookstores, clothing stores...the list of possibilities is endless! All you have to do is explain to the person you are doing business with how NOVA is a group of business and professional women, this is our fall fundraiser with proceeds going to fund a scholarship and also towards donations to organizations that assist women and children in need, and **ASK IF THAT PERSON WOULD LIKE TO DONATE SOMETHING.** You'll find that many businesses welcome the opportunity to promote themselves in this fashion as they may get new customers and like to be involved in the community.*

The second way you can help is by inviting other women to attend our seminar. Our performer, Pippa White, provides an opportunity to be entertained while learning something and the wonderful food, silent auction, booths, and door prizes (not to mention the social aspect) all make our Fall Seminar a wonderful event.

To give you some added reasons to help this year, we are going to give two special prizes away – one to the NOVA member who contributes the most silent auction items and another to the NOVA member who brings the most guests! So don't delay! Start talking to businesses and to your friends and relatives. With your assistance, this will be our best Fall Seminar yet!

*Please inform Melissa Green of any silent auction items you are able to provide. Melissa can be reached at 580-0872 or mgreen@nebrwesleyan.edu.



Have a suggestion, idea, announcement (birth, graduation, wedding, job change/promotion), or tip for the newsletter? PLEASE call or e-mail Tammie Lang, tlang@westgatebank.com, or 323-8950. Help make this YOUR newsletter!



WELCOME GUESTS to our August Membership Meeting:

~ Jamie Smith (Guest of Misty Sinica)

Important Reminder to those bringing Guests:

- Please make sure your guests receive the Guest Information Packet available at the luncheon.
- We would like for every guest to receive a thank-you, follow-up information about NOVA, and our monthly newsletter – *at the meeting, the inviting member will receive a Guest Information sheet. Please complete this information with your guest before they leave, & give it to Mary Jane Nielsen, Membership Chair, or any Board Member.*
- Follow-up with your guests, personally invite them back, and keep in touch.



LEGISLATIVE UPDATE

~Submitted by Joan Snyder, Legislative Chair

The Judiciary Committee of the Nebraska Legislature will begin their Interim Study hearings on September 28th at 1:30, at the Capitol. On the agenda is LR 99, an interim study resolution to examine policies relating to the incarceration of persons with mental illness in Nebraska's correctional facilities, including juvenile facilities. This resolution was introduced by Senator Schimek.

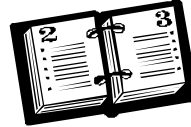
On October 9th, at 9:30, LR 219 will be heard by the Judiciary Committee. It is a resolution to study stem cell research/Human Cloning. The hearing will be at the Capitol; this resolution was introduced by the Judiciary Committee.

On May 2007, the Supreme Court decision in the Ledbetter vs. Goodyear Tire & Company case was a huge setback for working women. The Supreme Court ruled that Ledbetter's complaint of pay discrimination was outside of the 180 day time limit to file a complaint under Title VII. The Supreme Court held that this period runs from the date the employer makes a pay settling decision, and not the date that the employee actually receives a paycheck with a discriminatory wage, even if the effects of the discrimination were not fully apparent to the worker at the time.

Congress has responded with legislation entitled the Ledbetter Fair Pay Act (HR 2831). The legislation addresses the 180 day time limit by amending Title VII of the Civil Rights Act of 1964, the Age Discrimination in Employment Act of 1967, the Americans with Disabilities Act of 1990, and the Rehabilitation Act of 1973 to clarify that a discriminatory compensation decision or other practice that is unlawful under such Acts occurs each time compensation is paid pursuant to the discriminatory compensation decision or other practice. Our NE Representatives were sent a letter in support of this important bill that will help women have a stronger case against wage discrimination.

**2007/08 NOVA/BPW
Executive Board Roster:**

	<i>Work</i>	<i>Home</i>
<u>President:</u> Mary Jane Nielsen, NECO Security mjn@necosecurity.com	474-3737	484-6279
<u>President-Elect:</u> Deb DeGarmo, US Bank debra.degarmo@usbank.com	434-1481	423-9093
<u>Secretary:</u> Kelly Curry, Deloitte & Touche kcurry@deloitte.com	437-3111	792-2809
<u>Treasurer:</u> Susie Krause, Cornhusker Bank susiek@cornhuskerbank.com	434-2285	423-2167
<u>Calling & Arrangements Chair:</u> Betty Jisa, US Bank betty.jisa@usbank.com	434-1497	423-5057
<u>Legislative Chair:</u> Joan Snyder, Senator Russ Karpisek snyder64@juno.com	471-2711	464-1032
<u>Membership:</u> Mary Jane Nielsen, NECO Security mjn@necosecurity.com	474-3737	484-6279
<u>Newsletter:</u> Tammie Lang, West Gate Bank tlang@westgatebank.com	323-8950	580-1715
<u>Programs:</u> Melissa Green, NE Wesleyan University mgreen@nebrwesleyan.edu	465-2330	465-2479
<u>Public Relations/Scholarship:</u> Kristin Kowalski, 261-4244		
<u>Seminar/Past President:</u> Tera Beermannn, University Press, tlbeermannn@hotmail.com	472-0011	421-2812



Mark Your Calendar!

- September 7 NOVA-Star deadline
- 19 NOVA Membership Meeting
Nebraska Club 11:45 a.m.
Speaker: Dr. Ann Lott, Cosmetic
Dermatology and Laser Center
- 26 NOVA Executive Board Meeting
Location: NECO Security, 12:00 p.m.

- October 5 NOVA-Star deadline
- 18 NOVA Annual Seminar
Location: Hillcrest Country Club
Speaker: Pippa White, One's Company
- 24 NOVA Executive Board Meeting
Location: NECO Security, 12:00 p.m.

- November 2 NOVA-Star deadline
- 21 NOVA Membership Meeting
Governor's Mansion 11:45 a.m.
Speaker: Woman of the Year &
Employer of the Year
- 28 NOVA Executive Board Meeting
Location: NECO Security, 12:00 p.m.

- December 7 NOVA-Star deadline
- 19 NOVA Membership Meeting
Nebraska Club 11:45 a.m.
Speaker: Scholarship Award
- 27 NOVA Executive Board Meeting
Location: NECO Security, 12:00 p.m.

TEN Great Reasons to be a BPW Member!

1. Impact

Be part of a national movement and make a difference in the lives of workingwomen as we work together to create the changes needed for equitable work environments and supportive communities. Belong to a nationally recognized organization whose legacy of success opens doors to other leaders and opinion makers.

2. Networking

Exchange ideas, explore business opportunities, and share common goals with professional women at the community, state and national level. Connect with mentors, colleagues and friends who can assist you in advancing your career and making the right connection.

3. Advocacy

BPW/USA is headquartered in the Washington, DC metro area for a reason... to provide members effective national representation on issue critical to workingwomen. Stay informed and participate in the process through the weekly *Legislative Hotline* and the Contact Congress program. Learn how to be a successful advocate and lobby your representatives at the annual Policy & Action conference. Keep the workingwoman's agenda – equal pay, work-life balance, better child and elder care, strong social security pension programs and workplace equity – at the forefront. Though BPW/USA membership you have a powerful voice on small business issues, with corporations and on Capitol Hill, without doing all of the legwork yourself.

4. Education/Career Enhancement

Participate in BPW/USA programs that are specifically designed to provide personal and professional development, growth and opportunities. Though seminars, hand-on workshops and noted experts, BPW/USA members are given a vast array of opportunities to gain the skills they need to succeed and be successful. The BPW/USA Individual Development program has provided tens of thousands of women with the leadership, negotiation and professional skills necessary to reach their full potential. The Young Careerist program gives a leg up to young women new to the work force but full of potential.

5. Information

Have quick access to relevant up-to-date information about topics essential for workingwomen such as the entrepreneur center via the BPW/USA website. Members are also kept on top of developing issues and organization activities through the weekly electronic *Legislative Hotline*, the e-newsletter *Headquarters News*, and our quarterly print publication *BusinessWoman*.

6. Leadership

Develop leadership skills at the Local, State and National level with mentors to help you along the way. Maximize the career-boosting value of your BPW/USA membership by identifying volunteer opportunities that match your professional goals or strengthen your existing skills. Become a recognized leader by getting involved in programs that benefit your community.

7. Visibility

Gain visibility and prominence in your community through involvement in BPW/USA events -- locally, regionally, statewide and nationally. Meetings, newsletters and websites provide opportunities to showcase and promote you and your business.

8. Helping Others

BPW/USA has a proud tradition of “women helping women.” In 1956, the members of BPW/USA started the BPW Foundation to provide scholarships, research, information, and career development programs for working women. Supporting the BPW Foundation allows you to help other women upgrade their skills or return to the workplace while furthering workplace equity and work-life balance. Since 1969, the BPW Foundation has awarded almost \$6 million in scholarships, research grants and loans. Involvement in the Individual Development, Young Careerist, and Mentoring programs allows you to aid in the personal and professional development of women while raising awareness of issue affecting workingwomen.

9. Member Benefits/Discounts

Gain access to special programs like the BPW/USA Career Center to find a new job or the Home Buyer's assistance program to obtain a mortgage or home equity loan. There are also discounts on telecommunications, car rentals, hotel rooms, gourmet foods and cruises! With BPW/USA benefits and discounts you can enjoy great products and save money too.

10. Friendships

Membership in BPW/USA brings many rewards but the most lasting and meaningful are the lifelong friendships. Through participation in the many BPW/USA activities and programs, you will form supportive friendships as well as important business relationships. There is nothing quite like the feeling you get in a roomful of powerful women all focused and energized on current issues and a common cause. Whether it is laughing together, working together, or lobbying together, BPW/USA member know how to have fun and to get the job done!

Join BPW today!

Business and Professional Women/USA
1900 M Street, NW, Suite 310
Washington, D.C. 20036
202/293-1100 www.bpwusa.org



August 22nd, 2007

NOVA/BPW Executive Board Meeting

Present: Mary Jane Nielsen, Susie Krause, Tera Beerman, Kelly Curry, Betty Jisa, Joan Snyder, Melissa Green and Deb DeGarmo

President, Mary Jane Nielsen, called the meeting to order at 12:06.

Minutes from the July Board Meeting were reviewed and approved as written

Susie Kraus presented the June and July Treasurer's reports. The Reports were approved as presented.

Committee Chair Reports:

Calling & Arrangements – Betty Jisa will check on the availability Governor's Mansion for the November meeting.

Legislative – Joan Snyder provided State and Federal legislative updates. The hearing on LR 219, to examine the history of stem cell research, will be on November 9th. After summer recess, Congress will deliberate on two important pay equity bills – the Ledbetter Fair Pay Act and the Paycheck Fairness Act.

Membership – No Report

Newsletter – No Report

Program – Melissa Green requested suggestions for speakers and the Board discussed having a speaker at the same meeting as the scholarship presentation.

Public Relations – No Report

Scholarship Chair – See Old Business

Seminar – See Old Business

Old Business:

Scholarship - The forms are available for the scholarship and the Board would like to present the winner at the December or January meeting.

Seminar – Tera requested suggestions on where to promote the seminar and how to promote the student fee. Additionally, silent auction items are being requested.

Woman of the Year/Employer of the Year – Susie will verify that the Nebraska Club is not expecting us for our October or November monthly meetings this year. The deadline for applications should be in October so that the committee can review the applications and present the winner at the November meeting.

New Business:

Susie received a new contract from the Nebraska Club with a price of \$9.95 per person. The contract excludes the months of October and November. The contract also requests an alternative date of February 13, 2008 for the February meeting. The Board agreed that the alternative date was acceptable.

Announcements:

The next Board meeting is scheduled for September 26th, 2007

The newsletter deadline is Friday, September 7th, 2007. Submissions can be emailed to Tammie Lang (tlang@westgatebank.com)

Meeting adjourned at 12:40 p.m.

Respectfully submitted,

Kelly Curry

Secretary



A Celebration of Working Women

**Thursday, October 18, 2007
5:15 to 8:30 p.m. at Hillcrest
Country Club, 8901 "O" Street**

Pippa White is an actress and she calls her One's Company Productions "part theatre, part storytelling, part history." Audiences call them unique, captivating and touching. Before doing solo work, Pippa had an extensive background in theatre and television on the west coast, including five years hosting a daily morning television show at ABC in San Francisco. Pippa now resides in Nebraska and has been teaching with the Arts Are Basic Program and the Nebraska Arts Council for seventeen years. In March, 2007, Pippa received the Artist of the Year Award from the Lincoln-Lancaster Women's Commission. She will perform her one-woman show, "Woman's Work", for this event.

Join the NOVA Chapter of Business and Professional Women (BPW) for an evening of learning, networking, fun, food, vendor products, silent auction and door prizes. Proceeds from this seminar will help fund a scholarship for a non-traditional female student and will provide donations to several charitable organizations that benefit women and their families in the local area.

Register TODAY! (Limited Space Available)

Questions?? Contact Elizabeth Wood at (402) 423-4343 or ewood@hbecpa.com

NOVA/BPW Seminar Registration

Thursday, October 18, 2007

Mail to: Elizabeth Wood PO Box 23110, Lincoln, NE 68542-3110

Name _____ Employer _____

Address _____

Daytime Telephone _____ E-mail Address _____

**_____ Check Enclosed for \$25 payable to NOVA/BPW (\$30 if after October 10th)
Student Rate of \$15 prior to October 10th (\$20 after October 10th)**

_____ NOVA Member _____ Guest of NOVA Member _____ Other BPW Member