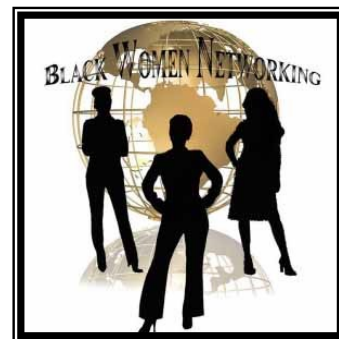


BLACK WOMEN NETWORKING INTERNATIONAL, INC.

APRIL IS NATIONAL MINORITY HEALTH MONTH

EACH ONE. REACH ONE. TEACH ONE.



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April is.....

Autism Acceptance/
Awareness

National Alcohol
Awareness

Stress Awareness

Worldwide Bereaved
Spouses

Mathematics Awareness

Sexual Assault/National
Sexual Violence

National Child Abuse
Prevention

During the month of April, BWN is proud to spotlight one of our major platforms: Health & Wellness. Mrs. Tarasha Hickson-Smith was recently appointed as BWN's National Health & Wellness Director. Tarasha does a phenomenal job posting helpful health tips on our Facebook page. The link to the page can be found by searching: ***B.W.N Community Health & Wellness Information.***

Coming off of a successful Colon Cancer Awareness Campaign last month, we are continuing the momentum. This month's newsletter is dedicated to spreading the message abroad as it relates to caring for our loved ones and ensuring they are receiving health screenings, education and overall comprehensive health care. As Dr. Oz reminds us, "Healthy and Happy starts at home".

Dr. Martin Luther King, Jr. had an epiphany over 50-years ago that still rings true today, "Of all the forms of inequality, injustice in health care is the most shocking and inhuman." (Chicago, March 25, 1966). Sisters, it's time for us to raise the bar. Within the African-American community, the disparaging studies and statistics about the status of our well-being is something everyone can change. We must decide that we are going to go to the extreme to change the status quo. We must take charge of our families' health and gird ourselves with appropriate resources to begin asking questions during doctor visits, hospital visits, and wellness checks-ups. We must also ensure that our elderly, who reside in nursing homes and assisted living facilities are safe and receiving the care that they need. Even in our children's schools, we must be vigilant in providing up-to-date emergency contact information as well as alerting educators about any health problems so that everyone involved is prepared in case of an actual emergency.

As BWN affiliates, members and chapters, we can take an active part in addressing these issues as well as other preventative health care practices through workshops, hosting health fairs, and posting on our social media pages. Our community carries such a stigma when discussing personal problems. While it may be sensitive in nature, we must be open to sharing our experiences in order to help others. If we learn the facts about the various diseases that affect us we can ultimately understand that the doctor's prognosis/diagnosis/family predispositions are no longer a death sentence. Thanks to research and advancement in all areas of health, many are living productive lives.

Finally, here is a brief synopsis of how Minority Health Month began. Beginning as National Negro health Week in April 1915, Booker T. Washington dispatched a letter to the leading African American newspapers, proposing the observance. He called on health departments, schools, churches, businesses, professional associations, and the most influential organizations in our community to pull together and unite together. Fast forward to Present Day...Minority Health Month was created in 1989 to be a 30-day, high visibility health promotion and disease prevention campaign. In 2000, it became a national celebration. This year's theme: "Accelerating Health Equity for the Nation."

Please check out the Office of Minority Health's website: www.minorityhealth.hhs.gov to learn more information on health and human services and events that are taking place in your respective areas.

Here's to our family's health and wellness!

NIKISHA JONES-PATE, BWN'S FOUNDER



To My BWN Family:

I wish to extend my heartfelt gratitude to each of you who helped to keep the memory of my mother, Mrs. Mary O. Jones– Munnerlynn alive during the 8th Annual Rumpshaker's Colon Cancer Awareness Campaign. To this year's business sponsors, those who made donations, bought T-shirts, even to those well-wishers who prayed for our safe passage to Birmingham, AL. It was an experience that I will keep with me always.

While I am thankful for the overwhelming support, I must admit that I cannot rest on my laurels until this disease and others like it are eradicated. Too many of our loved ones have left us far too soon, but it is up to us who remain to do our parts in educating our fellow man. While the event is over and each of us have returned to our respective homes, I want us to continue the fight.

Let's continue to rally around one another and create a movement that transcends time. Continue to get regular screenings, monitor your diets, and please don't stop spreading the message. Early detection truly is the key that unlocks the door to longevity.

"I've seen the Promise Land": This month, we remember the "Mountaintop Experiences of Dr. Martin Luther King, Jr.

On April 3, 1968, Dr. King delivers his powerful, "I have a Dream" speech which many have called his eulogy because of his foretelling, "I may not get there with you." April 4, 1968, King was assassinated, allegedly by James Earl Ray who died April 23, 1998.

Dr. King's prophecy of "reaching the Promise Land," has been shaped, chiseled, and refined to bring forth a better nation and the Beloved Community for all of our citizens. The promised land was a sacred place of justice, safety and peace. The world was made better by this good and faithful servant who simply tried, with all that was within him, to do God's will.

JOIN IN THE CELEBRATION!

Great things are taking place in the ATL this week. Beginning April 8 through April 10, Black women in Jazz, the Arts, and related professions will be showcased and honored. This year, our very own, Kisha Jones-Pate will be one of the Honorees. She is the recipient of the Trailblazer Award. Other honorees range from Cicely Tyson, 2016 Living Legend, Carmen Lundy, Lifetime Achievement in Jazz, and Arthlene Legair of Restore to Power, Inc. for Youth Empowerment Through The Arts. We salute all of this year's Honorees.

Black Women In Jazz & The Arts Awards Association was created to assist in meeting the unmet needs of women in jazz and the arts professionals and publicly recognize their achievements. Congratulations, Kisha!



KID-PRENEUR SECTION

BWN's Kidpreneur Program is open to boys and girls. It's mission is to foster the growth of young entrepreneurs. Remember, it is never too early to begin teaching kids how money flows into your households. For starters, help them explore their skills, interests and values to guide and educate them toward potential career paths and how to make personal, financial decisions. In some schools, classes like Junior Achievement usually begin in 5th grade or middle school. You can start now!

This sample budget sheet, taken from JA Economics for Success, 2012, can help you at home to start the conversation. Depending on the age, have them use this example or you can create a budget sheet that outlines your family's expenses or have them budget their monthly/weekly allowance. Other Expenses can include Utilities (electricity, gas, phone/cell phone, cable/satellite TV, access), medical expenses, and insurance (life, car, home, etc.).

This teachable moment is a bonding experience that your child(ren) will always remember. The overall objective is to make it fun!

Budget Category	Suggested Percentage	Suggested Amount	My Budget Amount
Savings	10% (.10 X Net Income)		
Tithing/Charitable Giving	5% (.05 X Net Income)		
Housing	25% (.25 X Net Income)		
Transportation	15% (.15 X Net Income)		
Food	15% (.15 X Net Income)		
Entertainment	10% (.10 X Net Income)		
Clothing	5% (.05 X Net Income)		
Other Expenses	15% (.15 X Net Income)		
	Total: 100%		

SELF-KNOWLEDGE

Skills are your talents and abilities – what you are good at. Many skills are learned in school and used in the work we do later in life. Drawing, playing basketball, solving math problems, and riding a horse are examples of skills.

Interests are activities or hobbies that you prefer doing. Some interests might be the same as skills; however, you may be good at something (a skill), but not like to do it (an interest). On the other hand, you may like to participate in something that you're not good at doing. Examples of interests can include being with your friends.

Visiting a mall, playing sports, going to a movie, reading a book, or vacationing with your family.

Values are the beliefs and ideals that are very important to you. Concern for others, Integrity, Trust, Determination, Tolerance, and Reliability are all examples of values.

Have your child share his/her responses.

My top skills are:

My top interests are:

The activities that I like least are:

My top 3 values are:

THIS MONTH'S SISTER/BUSINESS SPOTLIGHT: TINA IS TURNED UP FOR MO/IL

Many of us are aware that Missouri is the "Show Me" state. This month's shining star, Mrs. Tina L. Adams-Turnipseed, has shown that she is willing to go the extra mile for anyone she comes in contact with. Affectionately known as the "Jill" of all trades, excelling at them all—there is little Tina has attempted that she hasn't mastered.

After receiving Bachelor's degrees in Business Administration and Computer Technology, Tina began her career path. She has worked as a Social Worker for a division of the state of Missouri, she's been a Communication Specialist for both SBC and AT&T and presently, she is the District MIS Coordinator/ systems Administrator for Riverview Gardens School District.

After the presentation of Tina's Dream Wedding in 1995, her childhood passion for fashion/ design, decorating and planning became her profession. Everybody wanted her gorgeous baskets and planning expertise. She has planned hundreds of weddings, parties, fundraiser and special events.. Her empire includes handling several home-based businesses: Pure Romance, Melaluca, IASO Tea, Corsets, Waist Cinchers, Body Magic, Skinny Wrap, Gold Canyon candles, Younique Travel sales/ Consulting, and Graphics/Design, perfume and hair, to name a few. She uses the aforementioned products to enhance her Event Planning business. She prides herself in being a "one-stop shop" Tina has built a vendor network over 1,000 companies locally and around the globe.



Launching BWN MO/IL on January 31, 2016, Tina is grateful for the reception that she has received from the communities she feels honored to serve. She accounts the success of the chapter to sisters who want better for their community as well as themselves and their families. To see the wonderful things taking place in MO/IL, go to: bwninternationalmoil.com.

BWN allows me to assist with issues and concerns that I am passionate about. BWN is a sisterhood that promotes community awareness and business building. As such, together, we can collaborate on projects and events, and be a positive light to many. I take my leadership role in BWN very seriously. I am looking forward to building dreams and helping the vision come to fruition. I see the organization manifesting itself before my eyes. As we walk in the way that God would have us to walk, my prayer is that he shows favor on what we are trying to build. I am excited and ecstatic over what is in store for this movement. I have been a leader in other organizations, but I believe the time is now for BWN.

MORE ON MINORITY HEALTH

National Institute on Minority Health & Health Disparities

Vision: The NIMHD envisions an America in which all populations will have an equal opportunity to live long, healthy and productive lives.

Mission: The mission of NIMHD is to lead scientific research to improve minority health and eliminate health disparities. To accomplish this, NIMHD:

- Plans, coordinates, reviews and evaluates minority health and health disparities research and activities of the National Institutes of Health
- Conducts and supports research in minority health and health disparities
- Promotes and supports the training of a diverse research workforce
- Translates and disseminates research information
- Fosters innovative collaborations and partnerships

I found his website to be very helpful because it bridges the gap between the government and its citizens. It also provides grant opportunities for community outreach programs, news & events, and resources that can be distributed during health fairs, expos, and other health forums. NIMHD hopes to uncover new knowledge that will lead to better health for everyone.

Information taken from <http://www.nimhd.nih.gov/>

IMMUNIZATION SCHEDULES

There have been many debates regarding the effectiveness and importance of immunizations. While each of us has a stance as to where we fall on the pendulum, provided is a suggested list of adult vaccinations. A more comprehensive list can be found on the Center for Disease Control and Prevention's website: www.cdc.gov/vaccines/parents/index.html. This link will inform you of what vaccines your child needs, when they are needed, and why it is so important to follow CDC's recommended immunization schedule.

For ages 11–21: (11 to 12 years old) Tdap, MCV, HPV series of 3, Influenza (yearly); (13 to 18 years old) Influenza (yearly), MCV booster (ages 16–18 and all college kids in dorms) one dose if first dose; if not previously given: Tdap, MCV, IPV series, Varicella, HPV series, Hep B series, MMR series, Hep A series

For ages 21-59: Flu— yearly, Tdap — 1 time, then Td every 10 years

For ages 60 or older: Flu— yearly, Tdap — 1 time, then Td every 10 years, Zoster (Shingles, \geq age 60), Pneumococcal (1 time dose \geq age 65)

Consider combination vaccines when possible. Delayed and missed vaccinations increase individual and community risks for vaccine-preventable disease. The American Academy of Pediatrics recommends annual visits from ages 11 to 21. Other services may be required based on an individual member's needs or risk factors.

Pop Quiz: Do you know what the following vaccination acronyms mean? (e.g. MMR – Measles, Mumps, Rubella)

Tdap – _____

Td – _____

MCV – _____

IPV – _____

HPV – _____

Hep -- _____



SISTER TO SISTER: THE STATE OF OUR UNION

Our founding chapter is preparing for your arrival at our 2nd BWN Conference. The conference will be held in Atlanta, GA, August 4, 5 and 6. Great activities, workshops and events are being planned with your families in mind. This year's theme: Sister to Sister: The State of Our Union promises to bring us closer together, personally and professionally.

Please "LIKE" our Facebook Page to stay abreast of all things pertaining to the event.

If you are interested in presenting, placing an ad in our souvenir book or being a vendor at the conference, please contact: Mrs. Kisha Jones-Pate @ bwninternational1@gmail.com.

BUILDING THE BOND OF SISTERHOOD

Our Sisterhood is Growing:

Sade Collins, Chattanooga, TN

Stephanie N Miller, Stone Mountain, GA

Alysia Dior, Covington, GA

Marion Shelton-Garcia, Berkeley, CA

Evelyn Joyce Lewis, WA

Rebecca Quinn, CA



Celebrating You

To all of our sisters having a birthday, reaching a goal, starting a new chapter in your life or celebrating an anniversary during the month- we salute you.

The greatest celebration is now about to happen. Get the excitement going- fun, joy and even laughin'. ~Ella Coleman, Poetic Overflow



- Website: www.bwninternational.org
- Kasonya Campbell, Executive Assistant at 866-306-8004
- Facebook: Use the "search" box to locate current BWN groups/pages

BWN Gold Club (Black Women Networking) MEMBERS ONLY

BWN(BLACK WOMEN NETWORKING)

- Email: bwninternational1@gmail.com
- Conference Call-in Line: (712) 770 4005, PIN 646645#
- Twitter: @BWNINTL

Black Women Networking is here to celebrate, support, and elevate professional and personal development. We would like to welcome you as an individual, entrepreneur, executive, leader, advocate, supporter, intern, student, professional, new beginner, dreamer, mother or whatever capacity or position you serve.

BWN's Social Media Platforms:

- **Multi-level Marketing (MLM)**
Mondays: Post information about your home-based business.
- **Twitter Tuesdays: Place your Twitter handle on our @BWNintl thread or Tweet us with #BWN and we will send you and/or your business a shout out.**
- **Website Wednesdays: Shop with your sisters, first. Post your online business links, contact info and any events or promotions you are having.**
- **Thankful Thursdays: Every day we live to see is a day of Thanksgiving. Feel free to share what you are thankful for with us.**
- **Fan Page Fridays: Promote your Facebook Business/Fan Page. Like and Share one another's pages.**
- **Super Saturdays: Spend the weekend shopping, saving & supporting your BWN Sisters' dream.**

Lifting as we climb...TOGETHER!

Black Women Networking is a non-partisan organization. We are about educating voters about the upcoming Presidential Election. Check out the websites below to find important information regarding deadlines and other notices for your state. You can also download the 2016 Voter's Guide at: <http://www.vote411.org/voter-guide-2016#.VvOsmelrLIV>

www.usvotefoundation.org/vote/state-elections/state-election-dates-deadlines.htm

www.vote411.org

www.rockthevote.com

www.particip8.org/vote/

BWN wants each member to be a registered voter so that we can impact change.

We are also asking each chapter to host a Voter's Registration Drive in your areas. Sisters, you can play a vital part by flooding your Social Media Outlets with informational posts and educating your friends of the importance of voting.

Election Day Problems? Call: 1-866-OUR-VOTE (866)-687-8683



November 8, 2016