

SPECIAL POINTS OF INTEREST:

- President's Message
- Women's History Quiz



PRESIDENT'S MESSAGE

Our program speaker for our March meeting was Jen Macken. She is no stranger to us and presented a wonderful program on "QPR for Suicide Prevention". Ask a question, Save a Life—What you need to know. QPR stands for: **Q**—question, **P**—persuade, **R**—refer. With the high rate of suicides these days it is a good idea to know and recognize the warning signs and recommend getting help. Thanks Jen for your expertise and information.

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Remember to put the OBW State Conference on your calendar. If you are new and have never been to a state conference, you should plan on attending. We have such a good time visiting with our BW sisters from across the state. I'm sure President Lisa will have interesting workshops and a good and informative business meeting.

I have been visiting with our Assistant District Five Director, Megan Megert, about having a district meeting/get together/games here in Stillwater. The date I am looking at is Saturday, April 9th. We are trying to book a location and will let you know all the details in the near future. Guthrie BW is our newest organization in District Five. I would love for them to attend so we can get to know and welcome them.

Thanks so much Kathie Tanner for all your hard work in getting our local and state newsletters out to us for us to enjoy.

Your President
Sharon Baker



CIMARRON FEBRUARY 16 MEETING NOTES

The Cimarron members returned to their regular meeting place in the PIO building on the OSU campus. President Sharon is back on her feet and moving along very well. We are all very happy to have her recovering so well.

We discussed the upcoming OBW State Conference, Sharon Baker will prepare and send in the Cimarron Business Women's endorsement letter for Carey Warner. Carey is running for President-Elect at the state conference this year.

Sharon asked us for input on an upcoming District Conference to be held in early April here in Stillwater. We are currently looking for a location.

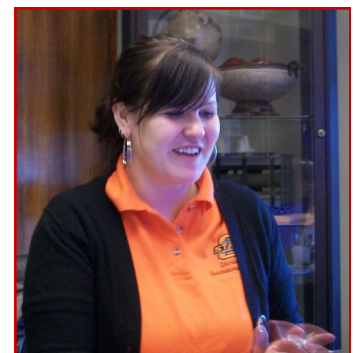
The Cimarron Scholarship application deadline is March 15th—we hope to have numerous applicants from which to choose. The scholarships will be awarded at our April 14th meeting. We increased the amount of our awards this year to \$500 each.

On March 26th, Cimarron members, Carolyn Martin, Kathie Tanner, and Sharon Baker will be attending the Guthrie Fiddle Fest that evening. We continue to seek out at least one Pride-in-Oklahoma event to attend each year.

Cimarron members are also making plans to attend the Oklahoma Women's Coalition "Day of Advocacy" on April 12, 2011. Donna Lawrence, Chair and the Advocacy Committee are working diligently to prepare and have a great program for us on that day. State Legislative Chair and OBW/OWC Representative Kathie Tanner is extending a personal invitation to OBW members to attend and sign up early.

Jen Macken, Coordinator of Women's and LGBT Affairs of the OSU Division of Institutional Diversity was our program speaker for the evening. Jen presented an "eye opening" program on suicide prevention entitled "QPR". QPR is a training program is designed to teach recognition and become confident in approaching others who may be considering suicide. QPR was developed by Dr. Quinnett, for more information on the "Gatekeeper Certificate" and training options visit www.qprinstitute.com. You can also request more information on this program through a statewide link at https://www.ok.gov/triton/modules/formbuilder/form.php?form_id=1e8243b61837e09a88cb83186ed49c52ea1064d9b3cfca3007490957c6aaad03.

Anyone who would like to request a training in the state can fill out this form and someone trained in QPR in their area should be able to accommodate them.



Upcoming Women's Business Center Workshops:

March:

Wednesday, March 30th – Stillwater, “Branding Your Business on Facebook”

For more info or to register: http://www.ruralenterprises.com/news-events/upcoming-events/?regevent_action=register&event_id=41

April:

Saturday, April 2nd – OKC, “Marketing Plans for Small Business”

For more info or to register: http://www.ruralenterprises.com/news-events/upcoming-events/?regevent_action=register&event_id=42

Tuesday, April 12th – OKC, “Women Entrepreneurs Speakers Series” featuring Jeretta Horn Nord

For more info or to register: http://www.ruralenterprises.com/news-events/upcoming-events/?regevent_action=register&event_id=44

Wednesday, April 13th – Stillwater, “LinkedIn for Your Business”

For more info or to register: http://www.ruralenterprises.com/news-events/upcoming-events/?regevent_action=register&event_id=52

Wednesday, April 27th & May 4th – Stillwater, “QuickBooks 2010”

For more info or to register: http://www.ruralenterprises.com/news-events/upcoming-events/?regevent_action=register&event_id=53

Thursday, April 28th – OKC, “Entrepreneurship 101”

For more info or to register: http://www.ruralenterprises.com/news-events/upcoming-events/?regevent_action=register&event_id=3

Upcoming Client/Partner Events:

Friday, March 25th – Norman, “The Joy of Connecting”

For more info or to register: <http://www.thejoyofconnecting.com/networking-event.php?ID=OK000069>

Saturday, March 26th – OKC, “Blogging for Business”

For more info or to register: tec@osuokc.edu or 405-945-3373

Tuesday, March 29th – Webinar, “Business Taxes for the Self-Employed: The Basics”

For more info or to register: <http://www.visualwebcaster.com/IRS/77024/reg.asp?id=77024>

Tuesday, March 29th – Lawton, “Small Business Tradeshow”

For more info or to register: dbratcher@gptech.org or 580-250-5551

Tuesday, April 5th – OKC, “Women Entrepreneurs Inspire Conference” *Early Bird Registration deadline: March 12th!

For more info or to register: <http://entrepreneurship.okstate.edu/inspire>

As always, please visit

www.ruralenterprises.com for more information on the WBC or other services provided by REI. If you have questions or would like to partner on or sponsor an event, please contact us!



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THANK YOU—THANK YOU

Garrett Hadley's Boy Scout Troop

Wishes to extend their thanks to the following businesses for their support of the recent Boy Scout Awards Banquet.

Rib Crib

McAlister's

Atwood's

Wal-Mart

Davinci's

Chipotle

Chili's



OBW State Conference

May 13 –15

Tulsa, Oklahoma

Mark Your Calendar

TODAY

Feature Recipe of the Month:

Submitted by: Sharon Baker

Cowboy Soup

1 can Veg-All mixed vegetables

1 can diced tomatoes

1 can corn

1 mix (prepared) Spanish Rice

1 can cream-style corn

1 can Ro-Tel diced tomatoes with Chilies

Add water to desired consistency. Is best after being mixed several hours.



ENJOY !!

17 Women's History Questions: Women's History Month Quiz

Can You Identify These Women of Great Vision and Achievement Whose **History Is Our Strength?**

Who became the first female Secretary of State of the United States, appointed by President Clinton in 1997?

Who took over management of Columbia Sportswear Company in the late 1930's, when it was near bankruptcy, and turned it into the largest American ski apparel company worth \$4 billion in 1972?

Who was the first woman in modern history to lead a major Native-American tribe, the Cherokee Nation?

Who was the first American woman poet whose poetry was published in London in 1650?

Who is considered the first American woman to be ordained by full denominational authority in 1864, and who also campaigned vigorously for full woman suffrage?

Who was the first woman of color elected to the U.S. Congress and was a founding member of the National Women's Political Caucus?

Who was the ecologist writer whose path breaking book, "Silent Spring" in 1962 initiated the environmental movement?

Who was the first black woman and the youngest poet laureate in American history when she was appointed in 1993?

Who was imprisoned and then hanged for her Quaker faith in Boston in 1660, and 400 years later her statue was placed in front of the state House?

Who was the female lawyer who worked for equal rights and suffrage, co-founded the ACLU in 1910, and helped write the Equal Rights Amendment?

Who led the fight to criminalize lynching, helped form the NAACP (National Association for the Advancement of Colored People), and aided many black people who migrated from the South to Chicago?

Who became the first female president of Harvard University when she was named its 28th president in 2007?

Who became the first woman vice-president candidate on a major political party ticket when selected in 1984?

Who volunteered as a nurse during the Civil War, earning the nickname "Mother," and after peace became an attorney advocating for veterans?

Who was the United States delegate to the United Nations who championed and won approval of the Universal Declaration of Human Rights in 1948?

Who earned a graduate degree from Oberlin College in 1888, was the first black woman to serve on a Board of Education (in D.C.), sued to integrate restaurants in the 1950's, integrated the American Association of University Women at age 85, and was a founding member of NAACP?

Who wrote "The Feminine Mystique" in 1968 and became a leading figure in the Women's Movement?

Answers on next page

Answers:

- Madeleine Albright (b. 1937)
- Gertrude Boyle (b. 1925)
- Wilma Mankiller (1945 – 2010)
- Anne Bradstreet (1612 – 1672)
- Olympia Brown (1835 – 1926)
- Patsy Mink (1927-2002)
- Rachel Carson (1907 – 1964)
- Rita Dove (b. 1952)
- Mary Dyer (c. 1611 - 1660)
- Crystal Eastman (1881 – 1928)
- Ida Wells-Barnett (1862 – 1931)
- Drew Gilpin Faust (b. 1947)
- Geraldine Ferraro (b. 1935)
- Mary Bickerdyke (1817 – 1901)
- Eleanor Roosevelt Oct. 11, 1884- Nov. 7, 1962
- Mary Church Terrell (1863 – 1954)
- Betty Friedan (1921 - 2006)

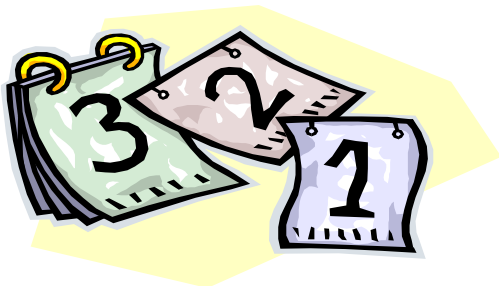


Take the full [Women's History Knowledge Challenge](#) on our website! Created by Margaret Zierdt, *National Women's History Project Board member.*

DATES and EVENTS TO REMEMBER

CIMARRON

- March 22 Andrea Warner will arrive—Happy Birthday
- March 26 Fiddle Fest—Guthrie 7pm Showtime
- April 9 District Five Conference—TENTATIVE Location/Time TBD
- April 12 OWC Advocacy Day at the Capitol
- April 14 Cimarron Meeting
Suzette Barta—Famous People of Stillwater Scholarship Presentations
- May 11 Sharon Baker's Birthday





ADDRESS CORRECTION REQUESTED