



The KENTUCKY CARDINAL

KENTUCKY FEDERATION OF BUSINESS & PROFESSIONAL WOMEN'S CLUB, INC.

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President's message



Debrah V. Pierce

I wish to begin this issue of the Kentucky Cardinal by letting you, the members, know what a great experience it was serving with Immediate Past President Jerilyn Dawson and the other members of the 2007-2008 BPW/KY Executive Committee. We had a wonderful working relationship and developed lasting friendships.

State Conference was a tremendous success from start to finish. Members who attended Leadership Training on Sunday left with the tools necessary to hit the ground running. They have **STEPPED UP**, **STEPPED OUT**, and are now ready to **SPEAK OUT** about BPW!

BPW/USA's National Conference is scheduled for July 23rd – 26th in Atlanta, GA. The conference agenda presents members with training and development opportunities. I know BPW/KY will be well represented at National by Young Careerist, Poorna Ramakrishnan and Individual Development representative, Iris Jasmin. Both of these women are from the North Region and members of BPW/River City, Inc.

BPW/USA President Barb Henton is giving attendees time for development mentally and physically as an exercise session is scheduled each morning. A number of Kentucky members will be attending but it is not too late to join in the fun.

Increasing BPW visibility is one of our primary goals this year. BPW's mission is to be the leading advocate for working women through advocacy, education, and information. It is your responsibility as a leader in the organization to **SPEAK OUT** and educate members, friends, and employers about issues relevant to women. Remember we are all leaders in our own way.

BPW/KY's Executive Committee, State Committee Chairs, Regional Leadership, and Local Organization Presidents are available to answer your questions and assist you. The BPW/USA and BPW/KY websites are excellent tools; this year we will be adding Local Organization newsletters to the website and I encourage you to add your local organization events to the site as well. If you have questions or need assistance contact Patti Fallin, BPW/KY Website Chair, she is a wealth of knowledge.

If you have not been actively involved in BPW I challenge you to take this opportunity to **STEP UP**, **STEP OUT** and **SPEAK OUT about BPW!**

Best Personal Wishes,
Debrah V. Pierce
President, BPW/KY



Business and Professional Women/KY

**BUILDING
POWERFUL
WOMEN**

PROFESSIONALLY • POLITICALLY • PERSONALLY

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Meet Your 2008-2009 Executive Committee



Debrah V. Pierce
BPW/KY President

Debrah (Debbie) Pierce is honored to serve BPW/KY as President. An active member of BPW/River City, Inc. for approximately 14 years, Debbie has held various board and committee positions at the local, region, and state level. She most recently served on BPW/KY's Executive

Committee as President-Elect.

Debbie credits the organization for giving her the opportunity to build and hone her leadership skills. She was inspired by BPW members who are leaders in the community and as a result of their mentoring finished her bachelor's degree from Mid-Continent University and went on to earn her Masters in Business Administration in April, 2007 from Indiana Wesleyan University. Debbie is employed as a Manager of Market Research and Analysis by AT&T in Louisville, KY.

She lives in Lawrenceburg, KY with her husband Bob. They have two sons and two grandsons.

Debbie looks forward to building on the successes of the past while working to create a brighter BPW tomorrow.



Diane Crony-Turner
BPW/KY Vice President

Diane would like to thank everyone for their support the past three years she has served on the Executive Committee. She would like to now ask for your continued support as President-Elect and is honored to serve BPW/KY.

Diane is an active member of the Hopkinsville BPW Club where she has been a member since April 1994. She is employed by Pennyryle Allied Community Services, Inc., as Finance Director and has been an employee for 33 years. Diane also serves as Finance Director on a management team for West Kentucky Allied Services, Inc. She is a member of Virginia Street Baptist Church where she serves as church clerk, children's choir director and sings in two choirs.

She serves on several boards and has served as Program Coordinator for Focus 21st Century Minority Leadership Program for 8 years.

Diane lives in Hopkinsville with her husband Charles. She is the 3rd child of ten children.



Janis Turner
BPW/KY Vice President

Janis would like to thank you for allowing her the opportunity to serve as your State Officer another year. It was a very rewarding experience to serve as your Treasurer last year. She was able to network with so many women throughout the state and develop lasting friendships.

She has been a member of Glasgow BPW since 1999. She is an active member and has served as an Officer, in numerous committee chair positions and as chair of fundraisers.

Janis lives in Glasgow. She is the proud Mother of a daughter (Ashley) and husband (Ben) along with a wonderful Granddaughter (Kensey).

She has been in banking over 30 years and is serving as Vice President of PBI Bank. She has been very active in her community for several years serving as an Ambassador of Glasgow Barren County Chamber of Commerce, Director of Glasgow Rotary Club, and a Paul Harris Member of Rotary & Commissioner of Joint Glasgow Barren County Planning & Zoning Commission.

Janis is very excited about the upcoming year and looks forward to working with each of you.



Suzanne Forshee
Recording Secretary

Suzanne is very honored to be serving as Recording Secretary for the 2008-2009 BPW/KY year and would like to thank you for your confidence in her dedication to this organization and your support. It is sure to be a fun & exciting year.

Suzanne is from Franklin and has lived there most of her life – with the exception of a three year period when her husband Scott was in the Marine Corps and they lived in North Carolina. They have two children, Zac who will be turning 16 in the next few weeks, and Allie, who is 10. Suzanne currently works at Fruit of the Loom as a Senior Forecasting Analyst for Jerzees. She has also recently taken on a new adventure by becoming a demonstrator for UpperCase Living.

As a member of Franklin BPW for the last seven years, Suzanne has served on several committees, chaired various committees, and held most every office on the local level, including a two year run as local president.

Excited about the possibilities and opportunities we have for the coming year, Suzanne wants to be of help to any member or local so please don't hesitate to give her a call.



Business and
Professional
Women/KY



Karen Lamb
BPW/KY Treasurer

Karen P Lamb, CPA has worked for Calhoun & Company for 9 years and is currently audit manager. Involvement in local BPW has been a major influence in her desire to serve on the state level. Currently she holds the position of

Hopkinsville BPW president elect and serves on various committees. Through support and encouragement from the Hopkinsville club, Karen feels she can be an asset to BPW/KY.

Karen has two sons. Brandon age 22 and Nick age 16. Both were an inspiration for her to go to college and later become a certified public accountant.



Bonny L. Manning
BPW/KY Parliamentarian

Bonny L. Manning, owner of Land Development services of Ky., LLC is serving the Kentucky Federation during 2008-2009 as the Parliamentarian, and as a Trustee for the BPW/Kentucky Foundation. She is a past state President, serving during 2005-2006, received the

BPW/USA award for Excellence in Legislative Advocacy, and is currently a member of the BPW/USA Individual Development Committee, Kentucky liaison.

Her service to Business and Professional Women spans 17+ years of Board and committee positions on the national, state, and local levels of the organization. The mission and vision of BPW is one she believes is beneficial to all working women, whether they are in the home or in the work place. Leadership training and skill development highlight how BPW will benefit women of all ages.

Bonny currently serves as Chair of the Kentucky Pro ERA Alliance and is an active member of the League of Women Voters. Her name is submitted for a seat on the Board of the Kentucky - United Nations Association, in Frankfort.

In addition to other affiliations, she is serving on the Facilities Committee of the Presentation Academy Capital Campaign Project, as well as, completing her masters degree program at the University of Louisville.

Bonny is a native of Louisville, Jefferson County, who lives with Bob Manning and her dog, Ivy in Louisville, Kentucky.

STEP UP
STEP OUT
SPEAK OUT about BPW!



Phyllis Hargrave
BPW/KY Executive Assistant

Phyllis is honored to serve as BPW/KY Executive Assistant during the 2008-2009 year. She is immediate Past President of River City, where she has been a member since 1992. Phyllis has served on nearly every River City committee. She was Legislative Chair during the 2005-2006 year when River City won the National Legislative Advocacy Award.

Phyllis recently retired from AT&T after nearly 34 years. She has been married 39 years to Michael, has a son, Stephen, and a daughter, Michelle. Phyllis is the proud grandmother of four granddaughters and one grandson.

In addition to BPW, Phyllis has volunteered for many organizations over the past several years. Phyllis has recently been asked to serve on an advisory board for Congressman John Yarmuth, who serves the 3rd District of Kentucky.

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Web Sites

[BPW/USA](http://www.bpwusa.org)
www.bpwusa.org

[BPW/KY](http://www.bpw-ky.org)
www.bpw-ky.org

Officer Reports



Diane Croney-Turner

BPW/KY President Elect

I would like to begin by thanking the Hopkinsville BPW Club for supporting me as a state officer, all club members in Kentucky who have encouraged me with your comments, concerns and prayers when we travel for BPW on the local, state and national level and don't forget the family support we all need as we do the business of BPW.

I would like to encourage members to mark your calendars for the November 2008 Interim Board and June 2009 State Convention. We need everyone's voice to make a difference and share ideas.

It is not too early to think about running for a state office or serve as chair of a committee for 2009-2010 program year. If you are interested in serving as a committee chair or would like to assist in any way, contact me at diane@pacs-ky.org.

The Executive Committee and Committee Chairs would like to encourage every club to submit reports for NBWW in October 2008 and year end report in April and May of 2009. As you have activities during the year, complete your report at that time and it will be ready to send to state.

If you would like for State Officers to visit your local, contact us and we will make every effort to attend. We are looking forward to a great 2008-2009 club year with President Debrah Pierce as our leader. Keep Debrah in your prayers as she serves as she will be dealing with several changes this year that will move BPW/KY in a new direction for the future. ☺

Janis Turner

BPW/KY Vice President

One of my primary duties is to oversee regional activities. My focus this year is building stronger regions. It's time to plan for activities in the upcoming year to make it a successful year. I am so excited!

As most of you know, a task force has been organized, which consists of your regional leadership teams. One of their main priorities is to review our organizational chart and see if we can benefit with changes to make our regions more effective.

Your opinions and ideas are valuable. I encourage all BPW members to voice your opinion and ideas to your regional leadership team. By Interim Board, we will be expecting recommendations to help our regions operate more effectively. They need your input to make this successful.

Regional Directors, I challenge all five of you to visit your locals and get feedback on their needs and wishes.

I hope you will make plans now to attend our Interim Board to be held at the Barren River State Park (BRSP), Lucas, Kentucky. Glasgow members are excited to host this meeting.

Monica Conrad, our local President and Manager of BRSP, is making every effort to insure a productive meeting. It's beautiful at the park that time of year.

We, as your BPW Leadership Team are here to enforce your wishes. We are elected by you to serve you but we can only do that if you will step up, get involved and let us know your wishes.

If I can be of assistance to you, please do not hesitate to contact me. ☺

Karen Lamb

BPW/KY Treasurer

Thank you to all of the people at the state convention that showed me encouragement in my new position as BPW/KY Treasurer. I know that a wonderful group of women are there to back me up. As the year progresses, please do not hesitate to let me know what I can do to make our state club better.

At the leadership training, questions were asked about the IRS requirement for filing a Form 990 by the local clubs. This is what I found out from the IRS non-profit representative.

Form 990 requirements for Local Clubs

I have spoken with a representative of the IRS Tax Exempt division concerning each local's requirement to file a Form 990, 990-EZ or 990-N. As we discussed at the state convention, all locals will have to file. Which form to file will depend on the following:

- Gross receipts < \$25,000 file form 990-N
- Gross receipts > \$25,000 but < \$100,000 file form 990-EZ
- Gross receipts > \$100,000 file form 990

I think we all understood this part of the filing requirements, but it was the "number to use" on the form itself that was in question. If your local received a letter dated November 2007 titled Notice Number CP-299 from the IRS, the TIN or EIN number is on it in the upper right hand corner. The IRS only issues one identification number for an entity per representative.

To file the 990-N, an authorized representative of the local will need to go to www.irs.gov. Click on the Charities & non-profits tab. In the middle of the page is a link "Annual Electronic Filing Requirement for Small Exempt Organizations — Form 990-N (e-Postcard)". This will walk you through the process.

In some cases, there have been entities that received an error when completing the e-postcard. If you experience a problem, you will need to call Customer Account Services at 1-877-829-5500. They have to enter some information. ☺

Committee Reports



BYLAWS

Beth Moore, Chair

Hello from the chair of the BPW/KY Bylaws Committee! As this year begins I would like to request that all local organization presidents put on the agenda of your next regular meeting the need to update the bylaws! At the 2007 National Convention, mandatory bylaws changes were passed. That means changes for everyone, including you and me.

The document that will direct you to revise your local bylaws is provided on the BPW/USA website for your convenience. If you are not able to print or save it from the website, contact me and I will assist you. I can email you the directions. I guarantee that it is not too difficult.

If it has been a long time since your organization has made bylaws changes, you might decide to just take the model bylaws and add in what you want to have additionally for your local. Sometimes it is easier to do that way. Either way you undertake the project, please type your local bylaws into a Word document. That document will need to be submitted to me at beth.moore@kctcs.edu for approval. The only way that we can email the document back and forth is if it is in a Word document, so this is crucial.

I look forward to working with you to accomplish this important task for your local organization. Thank you, also, to President Debbie Pierce for selecting me as Bylaws Chair.

Contact me at (270) 824-8610 or at beth.moore@kctcs.edu if you have questions.

LEGISLATION

Karen Galde and Sonja Olin, Co-Chairs

To start the new BPW year, we would like to provide you with some web sites to visit.

For Kentucky Government information, visit www.kentucky.gov. There are links to various functions of the Kentucky state government. To find out information about your legislator, select the Legislative Branch link. If you don't know who your State Senator or Representative is, you can visit "Who's My Legislator". You can also send e-mails to your legislators from the Legislative Branch Home page.

For US Government information, visit www.usa.gov. Again, you can select links to all types of information. To find out information about your legislator, click on the Federal Government link, then Legislative Branch. From there, you can find information about the US Senate or US House of Representatives. Most Senators and Representatives have their own web site. Just click the links from this web site. You can also view the current legislation being considered by each house.

For BPW/USA Legislative Priorities, visit www.bpwusa.org. To find the BPW/USA Legislative Priorities, select Public Policy and ERA on the left side of the site. Then

select Legislative Priorities. There is information on Workplace Equity, Work-Life Effectiveness, Civil Rights and Health. You can see the history and current status of legislation on these issues.

So, take a few minutes and learn about our government and then take action about your concerns. Also be watching for the Legislative Hotline from BPW/USA. It contains information about bills that are currently being considered at the national level.

US Senators and Representatives from Kentucky.

US Senators:

Jim Bunning - <http://bunning.senate.gov/public>

Mitch McConnell - <http://mccconnell.senate.gov>

US Representatives:

Ed Whitfield – 1st district - <http://whitfield.house.gov>

Ron Lewis – 2nd district - <http://www.house.gov/ronlewis>

John Yarmuth – 3rd district - <http://yarmuth.house.gov>

Geoff Davis – 4th district - <http://geoffdavis.house.gov>

Harold Rogers – 5th district - <http://halrogers.house.gov>

Ben Chandler – 6th district - <http://chandler.house.gov>

MEMBERSHIP

Sharon Taylor, Chair

Hello BPW Members!!!!!! I hope each of you are enjoying the summer and taking this time to meet, invite and recruit NEW BPW members.

I hope by this time you have been able to review the Membership Plan for this year. "Empowering Women to Unlock the Future". Join your BPW sisters as we work to achieve the 6 keys to unlocking powerful locals.

- 1- Development
- 2- Visibility
- 3- Potential Members Recruitment
- 4- New Members
- 5- Current Members
- 6- Lapsed Members

You are asked to submit a registration form by October 30th. This will allow you to set your goals and identify activities planned for the year. I would encourage each local to register and make plans to participate in this membership activity.

Locals who meet the registration deadline will be recognized at Interim Board. Please contact me if you have any questions, concerns or membership issues.

***Our Growth and Our Future Are in Our Hands!!
All together WE ARE BPW!!***

Building Powerful Women; Personally, Professionally and Politically.

Committee Reports



ISSUES MANAGEMENT

Sonia Sanders, Chair

Kentucky Women's Health Registry

Below is some of the basic information about the registry. The registry is willing to travel to speak with groups and is open to any ideas you may have.

The Kentucky Women's Health Registry, the first statewide women's registry in the nation, is a statewide longitudinal study founded on March 1, 2006. The goal is to paint a better picture of women's health across the state by creating a large database of different geographic regions and demographics to help understand why different areas of the same state have such drastically different health trends. They would like to enroll at least 2,500 new women each year while maintaining at least 60% retention rate of previous members. Renewal of the survey is a very important part of the registry, as well.

They are asking women between ages 18 and 89 that have a permanent address in Kentucky to complete a survey once a year about their health. Two versions of the survey exist; the first is an online version and can be found at www.kywomensregistry.com and the other is a paper form. To request a paper survey email Kirsten Wilburn at kirstenwilburn@uky.edu or call toll free at 800-929-2320.

The data the registry obtains will be used in a variety of ways. While names of participants are not published, the statistics are shared with public health departments so that they may justify additional funding. Domestic violence groups are also provided with statistics so they may receive funds for services for women. Extension agents can use the statistics for their impact statements. Researchers use the data to understand what causes women's health to change, and to find women who may be interested in other types of research. The data collected will go back to the communities the participants are from and used to their benefit, instead of all of the information staying at the University. In order for information to be viable county by county at least 100 women in a county are needed to take the survey. Almost every county in eastern Kentucky has 10 or less participants. As much help as possible is needed in recruiting women to participate and spread the word about the registry.

To begin, all participants must sign a HIPAA form. The same procedures of confidentiality that a doctor's office or hospital would use are followed. The Health Registry has a Certificate of Confidentiality from the National Institute of Health (NIH). The NIH is a major organization that oversees the allocation of funds to nonprofit medical research establishments. The Certificate of Confidentiality protects the Health Registry and your information. Under no circumstances can they be forced to divulge your information. Even if they were to receive a court order, they cannot provide them with the information gathered from your survey. The Certificate of Confidentiality has never been successfully challenged in court since its creation in 1972. Only three people will have access to

both your identifying information and health information; these are the head clinical researcher over the registry, the statistician, and the computer programmer (to make sure the data is actually entered correctly). After the computer programmer ensures the data enters the database correctly, the identifying information is then stored in one database and the health information in another.

Only researchers at UK and U of L have access to the data collected. The process to be approved for a clinical research trial using the database's women is very strenuous. First, they must be approved by a board run by doctors at UK. If the board decides the researcher may contact women from the registry, then the Health Registry first asks for the qualifications to participate in the study. They then set the parameters and run the data through to get the list of qualifying women. Then, the registry, not the researcher, contacts the women to see if they are interested. If so, then the researcher will be provided with ONLY your contact information so he or she may send you additional information. If you qualify for a survey but choose not to participate, the researcher will never know and you still get to be in the registry.

The registry will contact you once a year to let you know when it is time to renew your survey. Also, a quarterly newsletter filled with plenty of valuable women's health information is sent to registry members. The only other time you would receive any mail from the registry is in one of the rare instances of some of our members qualifying for an approved clinical research trial.

To read more about the registry, go to www.kywomensregistry.com. If you have any additional questions or concerns, email Kirsten Wilburn, outreach coordinator for the Kentucky Women's Health Registry at kirstenwilburn@uky.edu or call toll free at 800-929-2320. 

YOUNG CAREERIST

Patti Fallin, BPW/USA Young Careerist Committee

For some of you, the time may be approaching to begin your Young Careerist competitions. I just want to make you aware that as you begin your preparations, the biographical information form in the BPW/KY Leadership Manual is not correct. It is an old form and should NOT be used. The correct form is on the BPW/KY and BPW/USA websites. Be aware that we no longer have the four essay questions. There is one essay question - a letter to a U.S. senator on a BPW/USA legislative issue.

Speech topics for 2008-2009 will not be available until the first of September. The BPW/USA YC committee will not begin discussions until after the Atlanta conference. If you go ahead and use one of the old topics, your candidate may have to change her speech before Regional competition.

As soon as the new materials are available, I will let you know. If you have questions or concerns, contact me! 

NURSING AND HEALTH ISSUES

Judith L. Vittitow, RN, BSN, MS, CRNI, Chair

I am excited about being the new BPW/ KY Nursing and Health Issues Chair for 2008 – 2009. I met many dedicated women at my first state conference in Bowling Green on the first weekend of June. Hopefully, I will either meet or be in contact with many more of you during this coming year.

In my lifetime nursing career, I have worked to improve the health of the clients entrusted to my care. Now I have an opportunity to work with all of you who have recognition in our state as leaders among women and who are advocates for other women. This means you have a positive influence on others through your words and actions. One of your goals as a BPW member is to educate and health education is an area much needed in our state. Unfortunately, we have one of the highest rankings for major health problems in the country and I am calling on you to help change these statistics.

In 2007, the Kentucky Institute of Medicine published a report on the assessment of health issues in each county in our Commonwealth. We rated above average for most high risk

behaviors known to contribute to poor health. Smoking, obesity, poor oral hygiene, infectious diseases, diabetes, and cardiovascular disease are the main culprits. We rank 4th in the nation for overall cardiovascular deaths.

We can improve these statistics, one person at a time. Be that person. Set a good example by not smoking, watching your weight, seeing your health care provider for a check-up and learning more about what makes you healthy. Start slowly with one challenge at a time.

One way to be more fit is to exercise on a regular basis. Join the BPW/KY team who are going to walk/run/swim/bike 315 miles in the coming year. This is the distance to St. Louis, Missouri, site of the 2009 BPW/USA convention. Start now by recording your miles as you exercise. You will be hearing more from me about this endeavor. Perhaps we will have a contest among the local chapters to see who has the most members competing. Brainstorm for ways to encourage everyone you know to participate. Send your ideas to me and I will share them with our membership. Get moving! 



BPW/USA Election Results

Throughout this BPW year, the BPW/USA Leadership Team and Staff have worked to achieve our shared goal of providing every member a voice in the governance of BPW/USA.

Almost 15% of BPW/USA's members chose to exercise their right to vote and elected the following BPW Leaders to serve with 2008-09 President Diane M. Polangin: Vice President - Susan Parsons Reed, Secretary - Sandi M. Haase and Treasurer - Tina L. Garner. Also serving on the 2008-09 Executive Committee will be Barbara A. Henton, Immediate Past National President.

Beginning July 31, 2008, the following newly elected Area Representatives will be serving with the Executive Committee on the BPW/USA Board of Directors (*Kentucky is in Area 6*):

AREA REPRESENTATIVES			
AREA	THREE YEAR TERM	TWO YEAR TERM	ONE YEAR TERM
ONE	Carolyn Frazier	Shelley Maloney	Laura K. Bauver
TWO	Nancy J. Werner	Debbie L. McCaffrey	Caren Williams
THREE	Sheri McCandless	Joanna Moses-Elliott	Vacant
FOUR	Shirley E. Zeller	Lin Clousing	Vacant
FIVE	Cynthia L. Felsten	Sandy Majchrzak	Cindy L. Heflin
SIX	Beth Bates	Teresa V. Estep	Donna Hopkins
SEVEN	Karen Clark-Taylor	Glenda L. DeShazo	Vacant
EIGHT	Jeannette Price	Lynie M. Hjelmstad	Jennie Gorrell

In addition to the election of Officers and Area Representatives, BPW Members exercised their voice on the proposed Bylaw Amendments which requires two-thirds majority vote:

Adopted:

- ARTICLE VI LOCAL ORGANIZATION REQUIREMENTS
- ARTICLE XV NATIONAL BOARD OF DIRECTORS
- ARTICLE XVII STANDING AND SPECIAL COMMITTEES, APPOINTMENTS AND TASKFORCES
- ARTICLE XVIII NATIONAL CONVENTION

***Congratulations and thank you
to the more than 2000 Members of BPW/USA
who participated in this historic election and voting process!***

2008 BPW/KY Young Careerist Poorna Ramakrishnan

Poorna is employed by WellPoint, Inc. as a HIPP Associate (HIPP - Health Insurance Professional Program). She is a member of BPW/River City, Inc. and the North Region.

Poorna will represent BPW/KY at the BPW/USA Conference in Atlanta, Georgia, and will answer the question - "What can BPW offer women leaving military services and/or what can women leaving military service offer BPW?"



WHAT CAN WOMEN WITH MILITARY EXPERIENCE BRING TO BPW?

Yes Sir, Sergeant Sir!

This is the picture I have in mind when the term "military," is mentioned. I tend to imagine people marching...everyone to the same beat!

For many of us, a military path seems so different from our civilian lives. But after looking at BPW's "Women Joining Forces" program, I've found the two are very closely aligned. I'd like to share an experience that has completely changed my perceptions of the military path. Recently, I met a woman named Aretha. She retired after 20 years of military service. I'm thankful for Aretha pledging her life to serve our nation. And, I'm eager to share how BPW can maximize talents, like Aretha's, that come from years of dedication to the military, to further our mission to build-up working-women in our communities. Although I would love to share all the lessons I learned, it is important today to focus on two: her commitment and her strength.

20 years of service translates to commitment. Take a second to think about the past 20 years of your life. Maybe you've been devoted to raising a family, your career, or perhaps mentoring. In Aretha's case, her commitment also aligned with her passion to help people. Her job in the military was to serve as a coach to Privates who sought promotion. And her passion to help overflowed so much; she even coached them in their personal lives. I couldn't help but notice the parallel between the example of Aretha's passion and the purpose of BPW's programs such as Women in Transition, which provides support to women making the transition to today's dynamic work environment. The common thread is a desire to educate, advocate, and empower workingwomen to achieve their full potential.

Strength is the other lesson. I was curious, so I asked Aretha, "What is a typical day in the life of a military associate?" She said the first few waking hours of her day consisted of physical training. Aretha stated "the purpose of anyone in the military is to be prepared to go to battle at any given time." The word battle brings to mind: immense strength – not only physical, but also mental. Helen Fisher, a noted anthropologist once said, "Women have different brains. For the most part their ability to see patterns and possibilities, their ability to thrive in ambiguity, to be mentally flexible, to be articulate, passionate, imaginative, and collegial – sometimes all at the same time—makes them invaluable members of any 21st century team or community." Women like Aretha are gifted with such qualities, which empower them to tackle any challenge and march into victory.

Now that you've heard Aretha's story, I'm sure you'll agree about the value a woman with military experience can bring to BPW. It's really about commitment aligned with passion, and strength coupled with power. I'm proud of the opportunities that BPW already offers to these heroic veterans making their transition into civilian life. Wouldn't it be wonderful if we could further leverage women like Aretha so that as an organization, we continue to reinforce our dedication to these heroes?

Yes Sir, Sergeant Sir!

2008 BPW/KY Individual Development Representative Iris Jasmin

Iris is a Senior Medical Underwriter for Anthem BCBS. She is a member of BPW/River City, Inc. and the North Region. Iris will deliver her 5 minute prepared speech on Domestic Violence at the BPW/USA Conference in Atlanta, Georgia.



POW . . . POW POW

These were probably the last sounds she heard. The final exclamation mark in a relationship gone wrong. Run off the road by a man who had professed his love. Chased down as she ran for her life, then **POW POW** as he shot her dead and then turned the gun on himself.

Domestic Violence. When the majority of us hear these words, we picture scenarios like this one. However, domestic violence rarely begins as this one ended.

So, let me share with you another story. Everyone has known a teenage girl in your lifetime. Picture one right now. One that you know, one that you love. Maybe she's your sister, daughter, granddaughter, niece or a friend.

Picture her now as I share this story. She could not wait to get to school on Monday. She had gotten her hair done over the weekend. A new hair cut that she loved. She was looking cute. And all her friends agreed that she looked adorable. And the bangs looked great on her, then her boyfriend saw her. He laughed. He said she looked stupid and ugly. And he could not stand looking at her with those bangs.

This wasn't the first time that he had put her down and it would not be the last. Her response to his comments were to brush her bangs back as she began working herself into a panic contemplating how and when she could get back to her hairdresser, so she could get her hair fixed in a fashion acceptable to her boyfriend.

This is domestic violence. Some may disagree. After all he didn't hit her, but this is domestic violence that most of us have never seen or heard as front page news.

In Barrie Levy's book entitled In Love and In Danger, I found these words – being abused by someone you love means being mistreated by them. This may be emotional or physical or sexual or all three.

He may not have left a physical mark on her that day, but believe me when I say his words cut into her self-esteem, stabbing at her very core. If she does not recognize her worth, if she does not come to understand her boyfriend's abusive pattern for what it is, she is in danger of experiencing a life escalating in violence.

Domestic violence is a pattern of behavior used by one partner to maintain power and control in a relationship. Did you know 40% of the girls between the age of 14 and 17 report knowing someone that has been hit or beaten by a boyfriend? About 1 in 5 female high school students report being physically and / or sexually abused by a dating partner.

I wanted to speak with you today about this subject to raise awareness and to help us recognize the warning signs that bring pain to our society. In our society where sequence underwear can be found in the children's department, where contemplation of plastic surgery is a conversation of adolescents and where media images embraced by young people paint twisted pictures of love relationships.

We need to begin to reach back to the generations coming up behind us and enter into conversations that change twisted understandings that can lead to patterns of violence. Help them to understand what love is and what love is not. Love is responsibility, honesty, trust, communication, sharing, it is even differences, respecting one another and friendship. Love is not jealousy, possessiveness, violence, cruelty, intimidation, fear and manipulation. Please take the time to be an influence in a young person's life. Our encouraging words could make a difference in a future outcome by helping both sides look beyond the hype and inside to the deeper issues defining them.

I want us to enter into conversations of encouragement with those who cross our paths in life. Get to know those around you. And when you see a red flag, you will already be in a relationship / a friendship with them where you can point out concerns, where you can share some wisdom.

What would I say you ask? If you are not sure what to say in your situation, contact agencies like the Center for Women and Families for advice.

It is my prayer that our conversations will resonate so loud that they will sound like shots. Shots bringing an end to the violence.

POW POW. Speak up! Speak out! Be heard!

State Convention Wrap Up

What a great time everyone had at State Convention in Bowling Green! There were 89 members in attendance, representing 17 local organizations.

Friday afternoon, members went on a tour of the Corvette Museum. One member commented she was glad to see something older than we were! The Friday afternoon business session began at 4pm and was a little warm as the air conditioning system for that part of the Holiday Inn was out. Nonetheless, Beth Moore, BPW/KY Bylaws Chair, persevered with 17 bylaws and policy amendments. Friday Night, the BPW/Kentucky Foundation Fundraiser themed "Dancing with the BPW Stars" was held. Although the dance team members got sick, we had a great time anyway. Thanks to the generosity of BPW member donations and the auction, over \$3000.00 was raised for the BPW/KY Foundation!

Saturday began with the Young Careerist and Individual Development Speak-offs. Four Young Careerist candidates delivered outstanding speeches. Although all the young ladies are winners, Poorna Ramakrishnan, North Region, was selected as BPW/KY Young Careerist Representative. Iris Jasmin, North Region, will represent BPW/KY as our Individual Development Representative.

At the Awards Luncheon, Anne Murray entertained the body with an entertaining and often hilarious discussion of the Gender Differences in Communication. 133 certificates and 24 awards were presented (see Award list below).

Sandi Haase, BPW/USA Recording Secretary and National Representative, delivered an informative report on what was happening on the National level during the afternoon business session. Incoming President Debrah Pierce also announced and presented her 2008-2009 Leadership Team.

At Saturday night's Banquet, Jeanné Owers, Northwest Region, was awarded the Regional award. Phyllis Hargrave, BPW/River City, Inc., won the President's Award.

Saturday night's installation was very special as all BPW/KY officers, standing and special committee chairs, regional and local leadership were 'linked' together in the 'chain' ceremony.

Sunday's leadership training was very informative and got the year started out on the right foot.

Awards

Choices – BPW/River City, Inc.

BPW/KY Foundation – BPW/Hopkins County

Kentucky Cardinal – BPW/River City, Inc.

Mentoring Award - Local – Glasgow BPW
Individual – Mary Jo Newton

National Business Women's Week

Small - Licking Valley

Medium - Owensboro (Honorable Mention - Shelbyville)

Large - Hopkinsville

BPW/USA Foundation – Henderson BPW

Issues Management

Political Action – Licking Valley BPW

Women In the Workplace – Glasgow BPW

Economic Issues – Springfield BPW

Women's Health Issues – Middlesboro BPW

Training and Development – BPW/River City, Inc.

Overall Program - BPW/River City, Inc.

Legislation – BPW/River City, Inc.

Giraffe Award - BPW/River City, Inc.

Membership

Overall Program – Franklin

Highest Increase

Southeast Comm. & Tech. College Samothrace BPW

Public Relations

Small - Springfield

Large – BPW/River City, Inc.

Newsletter

Small – Licking Valley

Large – BPW/River City, Inc.

Individual Development – Iris Jasmin

Young Careerist – Poorna Ramakrishnan

Regional Award - Northwest Region

President's Award - BPW/River City, Inc.



Regional News



CENTRAL REGION NEWS

Melissa Lippert, Director

I am so excited about the 2008-2009 year in BPW. As Central Regional Director, I am here to serve you!

To make a fantastic region, I feel that we all need to participate and work together.

For this reason, I will be sending out a monthly e-mail newsletter to all Central Region Club Presidents. In my opinion, the main need for this newsletter is the communication between clubs. The more we know about our neighboring clubs, the more we can do to help promote, support, and attend.

We are also currently working on revamping the regional meeting to include a small seminar/training and vendor exhibits. We are starting now to make it a fantastic event that will be heavily attended!

We are also working on a fall regional training. It is imperative for each member to continue learning and growing in their personal life, as well as their professional life. We hope this proposed training will accomplish both.

As always, we are committed to recruiting and maintaining members. I will work diligently to assist our local clubs in order to support their membership drives.

The Central Region is bustling with activity and commitment, and we look forward to a bright year filled with wonderful events, great memories and new BPW initiatives. Please feel free to contact me anytime and I look forward to working with you all in the future! ☺

NORTH REGION NEWS

Betty Hedges, Director

The North Region consists of BPW/Louisville, BPW/River City, Inc., Oldham County BPW, Shelbyville BPW and Springfield BPW local organizations. The Officers addresses and telephone numbers are listed on BPW/KY website. The North Region officers: Betty Hedges, Director; Lynn Lewis, Assistant Director; Bonny Manning, Treasurer; and Lisa Nally-Martin; Secretary, met for a short time during the State Conference. At present we are busy searching for records from the Recording Secretary and Treasurer from previous years for historical purposes. The Officers will be reviewing and possibly drafting additional policies for the regional members to vote on at our Annual Meeting which will be held on March 14, 2009 in Louisville.

A monthly newsletter will be sent out to the local organizations. **Please forward me information, which I can include in this newsletter.** This would be a good tool to use to advertise each local's fundraisers or other functions.

An early fall planning meeting will be scheduled in September to begin work on projects including all locals in the North Region. This will be an opportunity for the local organizations to get to know each other and better work together. ☺

NORTHWEST REGION NEWS

Sandra Anderson, Director

A big BPW hello from the Northwest Region.

Congratulations to Jeanné Owers and the Northwest Region for winning the Regional Award at the BPW/Kentucky State Conference. This was the second year in a row that the Northwest Region has been awarded this honor. As many of you know Jeanné will be transferring to Texas. She will truly be missed by Owensboro, Northwest Region and BPW/KY. Other Northwest Region winners were: BPW/Hopkins County – BPW/KY Foundation Top Contributor, Henderson BPW – BPW/USA Foundation Top Contributor, Owensboro – Medium NBWW Award, and Hopkinsville – Large NBWW Award.

Serving the Northwest Region this year will be: Sandra Anderson, Henderson BPW, Director; Algia Morrow, BPW/Hopkins County, Assistant Director; Lisa Prendergast, Owensboro BPW, Secretary; and Diane Croney-Turner, Hopkinsville BPW, Treasurer.

The Northwest Region is proud to be represented this year at the State level by President Elect, Diane Croney-Turner and Treasurer, Karen Lamb. Several other Northwest Region members are serving on various state committees as well.

The locals of the Northwest Region have many activities planned for the upcoming year. We will be reporting on these activities in future editions of the Cardinal.

The Northwest Region has scheduled our Spring Region Meeting for April 4, 2009 in Hopkinsville. You will be hearing more as the meeting time approaches. We look forward to another Great Year for all the members of BPW Kentucky. ☺



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BPW/HOPKINS COUNTY

By Teresea Hatler, President

In June, I drove by the Madisonville City Park all abloom with the flowers BPW members planted several years ago. It is amazing that a one-time project can have such a lasting value.

We are busy planning our new year. We installed officers in May, and I conducted my first meeting as President in June. I'm very excited about the coming year. Our club is growing and we are having more guests at our meetings! We have begun plans for sponsoring a Junior Miss Program next summer. Even though a lot of work is involved, the program is already generating interest in our community.

We awarded our scholarship to Audrey Fowler, a very deserving young lady and look forward to meeting her at our August meeting.

Five members represented us at State Convention. I learned a lot, especially in leadership training. We have 4 members serving on Standing and Special Committees for BPW/KY: Beth Moore, Sonia Sanders, Patti Fallin and Wanda Crowe. Our club received several certificates and awards - it was so exciting when our club's name was called! If you have never attended a State Convention you should make plans to go, you will be glad you did!

HOPKINSVILLE BPW

By Karen Lamb

Hopkinsville BPW demonstrated their ability to do whatever it takes to get the job done. Our installation of local officers was scheduled for Thursday May 15th. On Monday of that week, our elected President was hospitalized. With her medical issues, she felt the need to withdraw from office. An emergency meeting was called on Tuesday.

At the meeting members joined forces and made appropriate adjustments to offices and recruited committee chairs in the span of an hour. Members were willing to step up and step out to cover the needs of the club. This situation showed the local club that the ultimate desire of the members is to make the club the best it can be.

On May 15th our local club graciously installed officers for 2008-2009 year. They are Janice Cayce, President; Karen P Lamb, President-elect; Sue Mock, Vice President; Kathy Beliles, Treasurer; Rita Brown, Recording Secretary; Karen Hunter, Executive Assistant; and Diane Croney-Turner, Parliamentarian.

Eight members of our local club were able to attend state convention. At the convention, two of our club officers were installed as BPW/KY officers. Diane Croney-Turner was installed as President Elect and Karen P Lamb treasurer.

GLASGOW BPW

Monica Conrad, President

Glasgow BPW members were well represented at the BPW State Convention in Bowling Green. Thirteen members of the club attended to see fellow member, Janis Turner, elected as Vice President and accept awards for Mentoring and Issues Management. The networking, educational sessions and business meetings were informative and provided an excellent opportunity for fellowship.



Our new year has resulted in a change of venue for the club, Glasgow Golf and Country Club, and we are actively pursuing innovative programming and opportunities for the upcoming year. Our first quarter will focus on determining the needs of our organization, increasing membership, growing the mentoring program and planning fundraising activities. Our members are exploring ways to partner with TJ Samson Hospital to support the launch of a Women's Health Clinic and Western Kentucky University to charter a Samoathrace club. As President, I will be attending the National BPW Convention in Atlanta. Janis Turner and I look forward to participating in the IDP Train the Trainer seminars and incorporating this program into our club and community. Our club is off to a good start and excited about becoming the driving force for women in Glasgow and Barren County.

PADUCAH BPW

By Merryman Kemp

Paducah Business & Professional Women looks forward to our 2008-2009 year. Our members responded so well to our programs on stress management last year that we have decided on programs on different forms of art as stress reducers. This way we can take advantage of the large colony of artists now located in Paducah and have fun, enjoyable programs. We look forward to trying our hands at painting in different mediums, sculpting, paper making, quilting, making pottery, writing poetry, etc. We should have some good pictures for the *Kentucky Cardinal* from these programs. Too, we'll invite the artists who present to join us.

President Audrey Lee is having another surgery. Please keep her in your thoughts and prayers. Her mother still is ill, too. Also, Merryman Kemp continues to struggle with family illnesses.

One of our newest members, Pam Dawson, an engineer at the Paducah Gaseous Diffusion Plant, represented our local at the State Convention. She will report at our meeting July 8.



OWENSBORO BPW

By Sandy Dawdy, President

In May we installed our new officers and introduced 20 new members. In June, Belinda Abell and Lisa Prendergast presented a power point program entitled "Involvement, Education and Information to help orientate new members and refresh current members. We formed several new committees.

The Riverpark hosted the successful Mystery Writers Festival. OBPW members volunteered as liaisons for world-renowned authors such as Gene Hackman, Mary Higgins/Sandra Higgins Clark, Stuart Kaminsky, Bob Levinson and our "homegrown" author and OBPW member, Dorothy Taillon. Kim Johnson, (OBPW member) was Festival Coordinator.

Plans for the coming year include continuation of successful events, such as Young Careerist Competition, Women*Nomics*, and our third political forum. We'll visit member's businesses for a "hands on" look at what members do in their careers. We're excited about having our first ID Program.

Many of you may have seen our third Women's Business Directory at the BPW/KY Convention in June. Please contact Belinda Abell (Belinda@omuonline.net) for your copy. (HINT... This is a great tool for increasing membership!!)

OBPW is looking forward to a great year. Have a great summer.

OLDHAM COUNTY BPW

By Amy Armitage, President

We held our 10th Annual Scholarship Style Show on April 26th. The event raised money to provide 4 Oldham County seniors with a \$500 scholarship to further their education. The brunch was held at the beautiful Kavanaugh Life Enrichment Center in Crestwood KY.

Our special guests from CK Nobles Millinery returned this year to show off some of their newest designs including those that are featured on the Oaks and Derby tickets! It is always such a treat to showcase Sheila Nobles and Kevin Swansey, they truly make our event something special for our guests!

Our vendors included The Clothes Boutique, Just Jewelry, Silpada Designs, Usborne Books, Classy Consignments, The Brick House, and Premier Jewelry – these ladies deserve a big round of applause for bringing their wares to the show for everyone to enjoy – and most importantly SHOP!

It is such a delight to get to meet our young students, they attend the event and give a short synopsis on what their plans are, and more importantly an opportunity to thank their parents and family for helping them get where they are. These young ladies are dynamite, and reading their essays for the scholarship awards were enlightening.

PRINCETON BPW

By Susan Campbell

The Princeton BPW is gearing up for their very busy part of the year now that the new officers have been installed. They are Sharron Belcher, President; Maggie Gammon, Vice President; Ann Barnwell, Treasurer; Carol Evans, Recording Secretary; Ginny Oldham, Corresponding Secretary; Bettie Wallace, Parliamentarian.

President Belcher will undergo surgery on July 3. She planned and executed the June potluck at the fellowship hall of her church and invited spouses of members to the event, a first.

The Tiny Miss and Master Contest will be held in August and is a great fund-raiser for the local club.

Membership and growth continues to be priorities for the club, as well as involvement in the community.

Maggie Gammon and Barbara DeAngelo represented the club at the state convention. Unable to attend the convention, Susan Campbell is now a member of the state PAC committee and hopes to serve to the best of her ability.

SHELBYVILLE BPW

By Theresa Settle, President

BPW Shelbyville had installation of officers for 2008-2009 at the regular June 2008 meeting. New officers elected were Theresa M. Settle, President; Erin Riggsby, Vice President; Cindy Burkett, Secretary; and Kathy Miracle, Treasurer. Sonia Sanders, a member of the 2008-2009 BPW/KY Leadership Team for Issues Management, installed the new officers and gave everyone words of wisdom regarding our continued involvement and success with our new year. Upcoming speakers and events planned include career strategies; State Representative Brad Montell will discuss "equal pay for women" issues facing our community and State; National Business Women's Week; women's history; and a new member event is planned in the Spring. We are anticipating a great year and look forward to meeting more BPW members at the Regional and State levels.

WOODFORD COUNTY BPW

By Jessie Franklin, President

Woodford County BPW kicked off their June meeting with a Potluck Dinner. The guest speaker at the July meeting will be Monica Johnson, a Local Representative from the Woodford County Circuit Clerk's Office. Ms Johnson will be speaking on Trust for Life Organ Donation and Grant Programs.



FRANKLIN BPW

By Sharon Taylor, President

Vice President Diane Croney-Turner installed Franklin BPW's 2008-2009 Leadership Team at the May meeting. The new officers are: President- Sharon Taylor, President Elect – Amy Ellis, Vice President – Joyce Montgomery, Secretary – Debbie Johnson, Executive Assistant – Cathy Hughes, Treasurer – Pam Womack, Parliamentarian – Katherine McCutchen, and Immediate Past President – Suzanne Forshee. These eight ladies have been busy preparing and planning for the New Year with the theme of "Let Yourself Grow with BPW".

Eight members of Franklin attended State convention to support Jerilyn Dawson as she finished her year as state president. Cathy Hughes and Suzanne Forshee completed the 07-08 year as state officers and Suzanne was elected to serve as 2008-09 Recording Secretary.

BPW members recently participated in Franklin's July Jam with its Annual Bake sale which is always expected and usually a sell out. This is only one of the ways Franklin BPW is out in the community making new friends, talking to potential new members and having a little fun (plus making money at the same time).

Our July meeting will consist of a membership "Pool Party". Each member is asked to bring a prospective new member and enjoy a little "personal" fun.

In August we have our annual "Fill the Pack Project", and will also assist with the Annual Garden Spot Trot.

In Franklin "WE ARE Building Powerful Women, One woman at a time!"

STRESS MANAGEMENT TIPS

Manage Your Time More Effectively

Stress is often caused by feeling overloaded and fearing that you won't get everything done. Set priorities. Do the important tasks first. If some of the less important tasks fall by the way-side, learn to live with it.

Set Daily, Weekly, Monthly Goals

It's easy to feel like a hamster on a treadmill, going nowhere. Setting realistic goals will help you feel focused and in control. Plus, goals provide a yardstick to measure your progress and even give yourself a pat on the back once in a while.

Recognize Your Limitations and Don't Take On Too Much

Most of us hate to say no to our co-workers and superiors. But a realistic "no" is often better for the company than an unrealistic "yes" that you can't live up to. Practice saying "no" without up-setting or offending others.

Don't Be Afraid to Share the Load

Asking for assistance doesn't mean you're lazy or incompetent. Quite the contrary, it often means you're a very concerned member of the team who wants to get the work done in the best possible way.

Avoid the Conflicts, Beware the Drama

Arguments and office politics are stress inducers. Are they worth it? Almost never. Look for win-win situations where everyone feels good about the outcome. You'll feel better about it, short term and long term.

Relax, Breathe Deeply

Strangely, breathing through your nose really does bring down your stress level.

Take a Break

Sometimes the best way to complete a job is to walk away from it. If you're feeling stressed, take a break. Switch to another task, take a walk or climb the stairs. When you come back to the job, you'll feel refreshed and refocused.

Depend on a Friend

Friends help us relax, laugh and see things differently. Talk to a friend about the things that are stressing you. They might help you look at things in a new way.

Try to See Things Differently

Rather than getting upset when someone has a different point of view, try to see things from their perspective. Listen actively, don't be rigid. Remember, there's always something new to learn.

Accept What You Cannot Change

A certain degree of acceptance is a critical stress reducer for life, as well as work. There are some things you simply can't change. Learn to recognize them, accept them and move on.

Take Advantage of Available Resources

No matter where you work or who you work for, remember it's in your company's best interests to reduce on-the-job stress. Talk to your employer or supervisor. She may already have stress reducing plans. Or, together, you may be able to put some plans in place.



CONGRATULATIONS TO THE 2008-2009 CENTRAL REGION OFFICERS

MELISSA LIPPERT - DIRECTOR

AMANDA ISHMAEL - ASSISTANT DIRECTOR

KAREN GALDE - TREASURER

Calendar of Events

July

- 23-26 BPW/USA Annual Conference, The Atlanta Hilton, Atlanta, GA
(Participants should give contact information to Phyllis Hargrave, Executive Assistant)

August

- 16 BPW/KY Executive Committee meeting

September

- 15 *Kentucky Cardinal* deadline



Business and
Professional
Women/KY

October

- All Month Breast Cancer Awareness and Domestic Violence Awareness Month
20-24 National Business Women's Week
21 **Deadline** to submit NBWW award information
24 Mid-Year Reports due from Local Presidents to State President for Interim Board
31 **Deadline** for BPW/KY Foundation Scholarship Application

November

- 1 **Deadline** for KY Nominations Chair notifies locals of February 15
4 Election Day
20 Executive Committee Meeting, Barren River, Glasgow, KY
21-22 BPW/KY Interim Board of Directors Meeting, Barren River, Glasgow, KY

December

- 1 *Kentucky Cardinal* deadline
1 **Deadline** for proposed Bylaws revisions to State Bylaws Chair

2008-2009 BPW/KY Executive Committee

State Office	Name	Address	Home Phone	Business Phone	Cell Phone	Fax	E-mail Address
President	Debrah V. Pierce	1009 Fox Hollow Drive; Lawrenceburg, KY 40342	502-839-8777	502-582-3056	502-445-8169	502-582-1079	piercedv@aol.com
President-Elect	Diane Croney-Turner	26 Harton Place; Hopkinsville, KY 42241	270-885-1425	270-886-6341	270-881-6078		pacsdct@hesenergy.net
Vice President	Janis Turner	100 Victorian Way; Glasgow, KY 42141	270-651-4954	270-651-3543	270-670-3566	270-651-8967	jturner@pbibank.com
Recording Secretary	Suzanne Forshee	206 Palmer Lane; Franklin, KY 42134	270-586-0920	270-781-6400 x2598	270-776-3773	270-438-4025	Suzanne_Forshee@comcast.net
Treasurer	Karen Lamb	2703 Jennette Circle; Hopkinsville, KY 42240	270-881-1026	270-886-0880	270-348-0087		kp_lamb@bellsouth.net
Parliamentarian	Bonny Manning	P.O. Box 4904; Louisville, KY 40204	502-895-7096		502-553-4372	502-896-6490	bonnyman@win.net
Executive Assistant	Phyllis Hargrave	1411 Vixen Court; New Albany, IN 47150-9658	812-944-4411		502-468-7208	812-944-4411/502-636-4497	UofL_Fan@insightbb.com

2008-2009 BPW/KY Regional Leadership

Regional Leadership	Name	Address	Home Phone	Business Phone	Cell Phone	Fax	E-mail Address
Central Director	Melissa Lippert	4225 Troy Park, Versailles, KY 40383	859-492-8497	859-695-5900		859-695-5409	melissa_lippert@hotmail.com
Central Assistant Director	Amanda Ishmael	P.O. Box 773, Cynthia, KY 41031	859-253-8347	859-234-8347			ishmael1979@yahoo.com
North Director	Betty Hedges	412 Turnberry Lane, Shelbyville, KY 40065	502-633-2796				blhedges@peoplepc.com
North Assistant Director	Lynn Lewis	9026 Louisville Road, Cox's Creek, KY 40013	502-348-6694	502-889-3013		502-889-3247	lynn.lewis@anthem.com
Northwest Director	Sandra Anderson	P.O. Box 1636, Henderson, KY 42419	270-830-7099	800-382-5576, 430700	270-823-2250		sgan@lightpower.net
Northwest Assistant Director	Algia Morrow	132 Adrian Circle, Apt. 7, Madisonville, KY 42431	270-875-6657	270-821-3372			amorrow@hudsonauto.com
South/Southeast Director	Jerilyn Dawson	1219 Autumn Oaks Drive, Franklin, KY 42134	270-776-3238	270-793-9087		270-793-9056	jhd11965@hotmail.com
South/Southeast Assistant Director	Megan Damron	47 Haynes Knob, Somerset, KY 42501	606-271-0619	606-677-1230		606-679-4537	mdamron@bbandt.com
Southwest Region Director	Dawn Followell	BB&T; 1601 Broadway, Paducah, KY 42001	270-441-0069	270-444-8904		270-575-9064	dfollowell@bbandt.com
Southwest Assistant Director	Audrey Lee	825 Madison Street, Paducah, KY 42001	270-443-6004	270-575-7285			audrey.lee@ky.gov

2008-2009 BPW/KY Foundation Board of Trustees

Name	Address	Home Phone	Business Phone	Cell Phone	Fax	E-mail Address
Wanda Crowe, Chair	1488 Theresa Lane, Madisonville, KY 42431	270-821-8639	270-821-1310		270-825-3260	wcrowe@commonwealthbroadcasting.com
Betty Dozier, Vice Chair	104 Woodford Village Dr.; Versailles, KY 40383	859-873-5370				
Brenda G. Baker, Secretary	400 Clubside Drive, Stanford, KY 40484	606-365-9362	606-365-7098		606-365-1105	brenda.baker@pbkbank.com
Betty Hedges, Treasurer	412 Turnberry Lane; Shelbyville, KY 40065	502-633-2796				blhedges@peoplepc.com
Joanne Story, Scholarship	380 Beauchamp Blvd., Somerset, KY 42503	606-561-5338	606-451-6654 x16654		606-679-4369	joanne_story@kctcs.edu
Sandra Anderson	P.O. Box 1636, Henderson, KY 42419	270-830-7099	800-382-5576, 430700	270-823-2250		sgan@lightpower.net
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Debrah Pierce	1009 Fox Hollow Drive, Lawrenceburg, KY 40342	502-839-8777	502-582-3056		502-582-1079	piercedv@aol.com

2008-2009 BPW/KY Leadership Team

Standing Committees

Committee	Chair	Address	Home Phone	Business Phone	Cell Phone	Fax	E-Mail Address
Bylaws	Beth Moore	600 Buntin Schoolhouse Road, Maniyou, KY 42436	270-249-3739	270-824-8610		270-821-1555	beth.moore@kctcs.edu
Finance	Jill Davis	76 Observation Pointe, Somerset, KY 42503	606-451-1832	606-679-5090			jdavis@ehacpas.com
Foundation	Peggy Orberson	144 Edgewood Dr, Stanford, KY 40484	606-365-9408	606-256-4346			peggy6@bellsouth.net
Individual Development	Shantha Diaz	13550 Triton Park Blvd., Louisville, KY 40223		502-889-2988	502-741-9550	502-889-2110	shantha.diaz@anthem.com
Issues Management	Sonia Sanders	219 W. Campbell, Frankfort, KY 40601	502-352-9390		502-452-9028		soniasanders@yahoo.com
Legislation Co-Chair	Sonja Olin	1015 Robinson Road, Cynthia, KY 41031-5128	859-234-8858	859-234-5671		859-234-5684	solin_mmm@yahoo.com
Legislation Co-Chair	Karen Galde	4575 Oddville Sunrise Road, Cynthia, KY 41031	859-234-2259	859-234-5671		859-234-5684	kgalde@mmm.com
Membership	Sharon Taylor	2403 Gold City Road, Franklin, KY 42134	270-586-5798	270-586-0099	615-319-6531	270-586-5719	sharonlyrae@aol.com
Public Relations	Marsha Newport	107 Firethorn, Glasgow, KY 42141	270-678-6988	270-678-4143		270-678-2338	marshanewport@yahoo.com
Young Careerist Co-Chair	Cathy Hughes	610 Kerry Ct., Franklin, KY 42134	270-586-7779	270-586-8201	270-791-3688		highesj@bellsouth.net
Young Careerist Co-Chair	Susan Roman	621 N 30th Street, Middlesboro, KY 40965	606-356-0088	606-242-1300			stroman@arh.org

Special Committees and Task Forces

Committee/Task Force	Chair	Address	Home Phone	Business Phone	Cell Phone	Fax	E-Mail Address
BPW/IPAC							
BPW/KY Foundation Board	Wanda Crowe	1488 Theresa Lane, Madisonville, KY 42431	270-821-8639	270-821-1310		270-825-3260	wcrowe@commonwealthbroadcasting.com
Choices	Lisa Prendergast	2203 Venetian Way, Owensboro, KY 42301	270-691-0502	270-683-4513		270-683-4565	mlprender73@bellsouth.net
Database Manager	Amy Armitage	13203 Snowden Valley, Goshen, KY 40026	502-292-1919	502-294-0522		502-294-0612	amy.armitage@oe.akzobobel.com
Expansion Task Force Chair	Mary Jo Newton	1201 Mt. Eden Road, Suite 201, Shelbyville, KY 40065	502-747-5254	502-633-2310		502-633-5681	maryjo_newton@kyfbins.com
Interim Board Contact	Monica Conrad	1149 State Park Road, Lucas, KY 42156	270-646-4669	270-646-2151	270-404-0422	270-646-3645	monica.conrad@ky.gov
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Ky Cardinal Co-Editor	Patti Fallin	2729B Green River Rd, Henderson, KY 42420	270-827-8741	270-844-6009	270-860-5957	270-844-6023	pfallin@insightbb.com
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Nominations	Donna Seeberger	340 Eagle Drive, Lawrenceburg, KY 40342	502-839-3368	502-564-5620	859-797-5273	502-564-5219	donna.seeberger@ky.gov
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BPW Kentucky Local Presidents — 2008-2009

Local President's	Name	Address	Home Phone	Business Phone	Cell Phone	Fax	E-Mail Address
Albany/Clinton County BPW	Christy Nuetzman	Route 6, Box 1005; Albany, KY 42602	606-387-3317	606-387-5404		606-387-4380	Christy.Nuetzman@uky.edu
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BPW/Hopkins County	Teressa Hatler	265 White Oak Lane; Madisonville, KY 42431	270-825-3509	270-821-8085	270-584-5572		Thatler1@hotmail.com
BPW/Louisville	Martyna Warren	1812 Burwell Ave; Louisville, KY 40210	502-774-1135	502-852-2732		502-852-0685	Mtwarr01@louisville.edu
BPW/River City, Inc.	Lorie Marcum	920 Blankenbaker Road; Louisville, KY 40243		502-253-8939		502-253-8315	Imarcum@secc.org
Campbellsville BPW	Renay England	163 Oriole Lane; Campbellsville, KY 42719	270-469-8533	270-465-4196			rengland@taylorcountymbank.com
Central City BPW	Donna Slaton	3014 Pond River-Colliers Rd. Madisonville, KY 42431	270-825-1478	270-871-3719			Misspockets3@yahoo.com
Danville BPW	Mimi Becker	235 Maple Avenue; Danville, KY 40422	859-236-2876			859-236-9553	Steve@toyboxcatering.com
Fort Harrod BPW	Trish Claunch	2171 Talmage-Mayo Road; Harrodsburg, KY 40330	859-865-4030	859-734-8147			Trisha.claunch@trimmasters.com
Franklin BPW	Sharon Taylor	2403 Gold City Road; Franklin, KY 43134	270-586-5798	270-586-0099	615-319-6531	270-586-5719	sharonlyrae@aol.com
Glasgow BPW	Monica Conrad	1149 State Park Road; Lucas, KY 42156	270-646-4669	270-646-2151	270-404-0422	270-646-3645	Monica.Conrad@ky.gov
Henderson BPW	Millie Lotter	420 Westfield; Henderson, KY 42420	270-827-2677				mdlotter@insightbb.com
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Jackson County BPW	-----	-----	-----	-----	-----	-----	-----
Lawrenceburg BPW	Donna Seeberger	340 Eagle Drive; Lawrenceburg, KY 40342	502-839-3368	502-564-5620	859-797-5273	502-564-5219	Donna.seeberger@ky.gov
Licking Valley BPW	Carla Harney	122 Wilson Avenue; Cynthia, KY 41031	859-234-9753	859-234-7134	859-588-3433		Hog_island@hotmail.com
Mayville BPW	Ann Qualk	115 State Rt. 1748W; Mayfield, KY 42066	270-376-2217				
Middlesboro BPW	Meryl Ward	20 Ennismore Drive; Middlesboro, KY 40965	606-248-2251	606-248-2251		606-337-3138	Brandy.miracle@ky.gov
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Owensboro BPW	Sandy Dawdy	2002 Trillium Gardens; Owensboro, KY 42303	270-683-1902	270-685-8474			sandydawdy@daviesskypva.org
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Paducah-River City BPW	Tina Mundy	c/o Regions Bank, 100 S. 4 th Street; Paducah, KY 42086	270-554-3357	270-443-8704		270-443-4746	Tm082@regions.com
Princeton BPW	Sharron Belcher	714 West Main Street; Princeton, KY 42445	270-365-4447			270-625-4916	sharronlb@bellsouth.net
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Somerset BPW	Megan Damron	47 Haynes Knob, Somerset, KY 42501	606-271-0619	606-677-1230		606-679-4537	mdamron@bbbandt.com
Somerset Samothrace BPW	Loretta Johnson	Send all correspondence to: Joanne Story, SCC Samothrace Faculty Sponsor Professor; Somerset Community College 808 Monticello Street; Somerset, KY 42501					
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