



KENTUCKY CARDINAL

KENTUCKY FEDERATION OF BUSINESS AND PROFESSIONAL WOMEN'S CLUBS, INC.

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PRESIDENT'S MESSAGE

Happy Holidays Everyone,

I hope you all had a happy and safe holiday season. I would like to thank those of you that contributed to the linen drive for the hurricane victims for Pensacola.

The ladies at the Salvation Army were very appreciative of our efforts. They told me that they would be able to help a lot of families with our contributions. I will include pictures of our efforts in the next Cardinal.

I would also like to thank all of you that attended the Interim Board Meeting in Bowling Green. We had a lot of fun at the Las Vegas Night and raised money for the foundation at the same time. We had a little technical difficulty with the movie "Ironed Jawed Angels" but everyone seemed to think it was worth renting and seeing at home. Our speaker, Kelly Watkins conducted an interesting seminar on Business Etiquette. Also, we had a representative from the American Cancer Society who enlightened us on their programs. Pam Womack, Interim Board Contact and the members of the Franklin BPW did a great job of organizing the meeting and keeping everyone informed.

If you were not at Interim Board and did not get the volunteer form for Committee Chairs for 2005-2006, please contact Bonny Manning, President-Elect at bonnyman@win.net. She would love to hear from any of you that are interested in chairing or working on a committee for next year. It is a great way to learn more about BPW and to get involved.

We will be having a Pay Equity Rally in Frankfort in 2005. We will be forwarding more information as soon as we finalize the plans. I encourage each local to plan an Equal Pay Day event in their area.

You will also be receiving information about our upcoming State Convention. It will be held in Louisville at the Galt House in May. Some of the activities that we have planned are a dinner cruise, career fair, health fair, Spanish 101 seminar and many more. I hope you will all plan to attend.

Finally, I would like to tell each of you just how much your support has meant to me during this year. The members of BPW/KY are absolutely WONDERFUL!!!! I am so proud to be a part of such a great organization!

Sandra Anderson

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WHAT'S ON MY MIND!?

By: Bonny Manning, President-Elect, BPW/KY

As the Leading Advocate for Working Women since 1919, BPW leads businesswomen in a direction beneficial for them and their families while training and preparing them for the journey.

Planning for BPW/KY 2005-2006 is in full swing. There are Committee Chair positions available for members willing to recommit to the mission and vision of BPW. Have confidence in yourself and your ability to join the BPW/KY Board of Directors to do a good job while learning new skills.

We will build upon the efforts and energies of our past leaders, but plan to take this organization into the future with a renewed purpose.

Our Legislative Initiative – Equal Pay Makes Economic ‘Cents’ for Kentucky - Equal Pay for Equal Work is underway. Mark your calendar for February 8, 2005 when BPW will be in Frankfort, Kentucky to lobby the issue before the Kentucky General Assembly. Each local president has information on the issue distributed at Interim Board or mailed shortly thereafter. Ask for a copy. For more information contact bonnyman@win.net.

Let me hear from you because Together Every member Advances the Mission!

DEAR BPW SISTERS:

by Joanne Story, Vice President, BPW/KY

“What lies behind us and what lies before us are tiny matters compared to what lies within us.” I am so proud of what we have accomplished in BPW this year; however we have so far to go if we are truly going to Educate and Empower women to be the best that we can be. There is significant need for new Initiatives, new Thinking and indeed a new Vision for Kentucky BPW. An educated and qualified workforce will enhance Kentucky’s ability to attract and retain quality employment opportunities. Keep in mind that a growing percentage of Kentucky’s workforce is women. Women across the political spectrum need to UNITE behind issues that affect them and the families of Kentucky. Training and encouragement are critical to convince women to aspire to positions of power and leadership. BPW can provide leadership and mentoring across Kentucky by offering programs emphasizing Education, Health Issues, Equal Pay and Child Care and Protection. We need to work with local Chamber of Commerce on their leadership programs, insisting on gender, racial and income equality among participants. We need to implement school-based leadership training for young women, developing and adding opportunities to develop leadership skills through academics, athletics and school participation. Employers should be encouraged to create a work environment that would recruit well-educated, skilled women employees.

We have great strength within us. BPW’s greatest asset is its grassroots members. No time like the present to get involved in BPW’s legislative agenda especially the domestic issues important to workingwomen. Education, Awareness and Action do not stop with the grassroots individual. With education, awareness and call to action comes the confidence and the knowledge to speak out on issues. Our knowledge of congressional bills, as well as state and local issues encourages family, friends and co-workers to ask questions and become better informed women. Women’s organizations are just as important today as they were in 1913. They laid the foundation and continued the role of education, awareness and action! “Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.” - Margaret Mead

We cannot leave out the POWER OF POSITIVE THINKING! It is that power from within that creates the strength in BPW. Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy. With self-confidence you can SUCCEED. A sense of inadequacy interferes with the attainment of your hopes, but self-confidence leads to self-realization and achievement. I appeal to all of you, support women in the workplace so that we may be more productive, have more self confidence, be involved in the BPW network of women who will not only support but mentor other women through critical periods in their life. With all of our BPW local clubs working together combining all of our energy will create an unbreakable chain of confidence and support. You will be amazed at the results!

DON'T FORGET THE EQUAL PAY DAY RALLY IN FRANKFORT ON MARCH 9, 2005. We would appreciate 100% participation from BPW locals. Thank you in advance for your participation and support!

MEMBERSHIP

By Martina Temple, BPW/KY Membership Chair

Thank you for the tremendous year we are having. It seems that new members are growing in Kentucky – 79 through October 2004. Congratulations! Please keep up the good work.

Speaking of work – please take a few minutes to congratulate Russell County. They are a new club this year and are getting new members every month! The president is Ramona Luttrell, luttrells@kih.net, if you want to e-mail her.

Also, many clubs are doing exciting things this year to increase membership. If you have the opportunity, talk to members in Berea, Frankfort, Franklin, Owensboro, Paducah River City, River City of Louisville, and of course, Russell County BPW.

I especially want to encourage each local to designate at least one person to contact the other BPW organizations in our state that are realizing the most gains in membership and adopt at least one project/idea to implement in your local. Let's don't invent the wheel – there is enough talent and skill in our state that we can share with each other. Success breeds success! Take the time to share with me your success – I will start sharing these with others as well.

Also, don't overlook the support coming from BPW/USA. I am very pleased with the support available to all the local organizations from BPW/USA. Please review their website for ideas as well.

Besides WOMENomics Forums, Young Careerist, and other projects, don't forget to plan something for Equal Pay Day (April 19, 2005). Also, if you want to start an Individual Development program, go to the BPW/USA website for the updated information. It has greatly improved and has more structure as well.

We learned during Interim Board that BPW/KY has at least two college BPW chapters started. This program is called SAMOTHRACE CLUB. Again, more information is available through BPW/USA or you can contact me.

Keep up the good work and encourage each member to become a TEAMPLAYER!

If you would like me to attend any of your meetings please contact me as soon as possible. I would love to visit with each of you.

Thanks, Martina

SAMOTHRACE CLUBS

By Joanne Story

College students have a multitude of choices to make about life styles, about a career, about continuing education, about a role in a community. Making the best choice is a task which requires some guidance. The student needs information from those who have been there in order to make a reasonable and workable decision. Samothrace is a service club promoting service to college, students, community and BPW/KY and BPW/USA.

The Purpose of Samothrace clubs is:

- To develop **leadership skills**
- To **create awareness of career opportunities**
- To **serve school and community**
- To **accept responsibility**
- To **learn more about college programs and degrees**
- Provide a **speakers bureau** for college students
- To **provide an ambassador program for the college**
- To **provide peer career counseling**

The Somerset Samothrace club has been organized. If you are interested in helping to organize and sponsor a Samothrace club at a college in your community, please call Joanne Story for more information.

Equal Pay Makes Economic 'CENTS' For KENTUCKY!

It's Good For . . .

- * FAMILIES
 - * Daughters
 - * Granddaughters



It's Good For . . .

- * BUSINESS
 - * Stimulates Commerce
 - * Longevity of Workforce
 - * Greater Workforce Productivity

It's Good For . . .

- * GOVERNMENT
 - * Increases Tax Revenue
 - * Stability of Government Workforce
 - * Enforcement of Existing Equal Pay laws

It's Good For

- * KENTUCKY . . .
 - * Keeps the Best of the Best in the Commonwealth
 - * Decreases No. of People on Assistance
 - * Decreases No. of Children in Poverty

See you in Frankfort!

DIFFERENCES BETWEEN THE SEXES

By Brenda D. Gunn, Nursing and Health Issues Chair

In recent years attention has been drawn to the fact that no longer should medical tests performed on men be used to also diagnose female ailments.

A recent article in Louisville's Courier-Journal said, "researchers are discovering that women and men are even more different than anyone realized." For this reason, women's health needs differ greatly from men's. For example, with heart attacks, women frequently do not suffer chest pain but may experience symptoms like those associated with the flu. Research now confirms that major illnesses like heart disease are influenced by gender and, given that fact, the treatment for women should be different than that for men.

Other differences (there are many!) include:

Smoking: Women who do not smoke seem to have more of a tendency for lung cancer than their male counterparts. Women also tend to become afflicted with lung cancer at younger ages than men.

Oral Cancer: Women are less likely than men to get it.

Did you know that the four most dangerous diseases facing women are osteoporosis, heart disease, diabetes, and breast cancer? Do all you can to prevent one or all, mainly by healthy eating and exercise. However, when all else fails, seek professional care at once.

For more information, I recommend the Office on Women's Health, www.4women.gov, Phone: 202-690-7650.

Here's to Your Health



LOCAL NEWS

BPW/RIVER CITY, INC.

Yvette Norsworthy, Reporter

On October 4th BPW/River City held the 6th Annual Links for Life Golf Tournament and Silent Auction at the Glen Oaks Country Club. It was the last fund raising event of the year for local breast cancer research. Including the two comedy caravan events and the Pioneer 5K Walk/Run held in September, the committee raised \$30,000 to be awarded as grants at a later date.

National Business Women's Week was celebrated October 18-22. On October 20th the Young Careerist Speak-Off was held and BPW members had the opportunity to hear seven fantastic young women. The winner was Dr. Christian Furman, an Assistant Professor at the University of Louisville School of Medicine. The runner up was Shalini Shah with Humana Inc.

On Thursday October 22nd the Woman Of Achievement Banquet was held where ten outstanding Women of Achievement candidates were honored. The winner was Joni Jenkins, State Representative and legislator in the Kentucky General Assembly. The Good Guy Award was presented to Dale Gettelfinger, president of Monroe Shine, and the Katherine G. Peden Corporate Award of Excellence was presented to BellSouth. Susan Ivey, CEO and president of Reynolds American, Inc. and last year's Woman of Achievement winner was the keynote speaker.

On Friday October 23rd the Health Fair/Membership Event was held. The event featured 14 vendor booths offering massages, blood glucose testing and blood pressure checks.

In November seven BPW/River City members attended the BPW/KY Interim Board Meeting in Bowling Green, KY. BPW/River City member Kelly Watkins presented a seminar on Business Etiquette.

BOWLING GREEN BPW

Brenda Warren, Reporter

The Bowling Green Chapter of BPW has disbanded, due to low membership numbers. We'd like to thank everyone for all the help they gave in our efforts to strengthen this club.

I have met many new friends through BPW and although we are now going our separate ways, all members agree that it was well worth the time we invested. We have had lots of great programs and speakers, and we all have new friends and business contacts.

So to all our friends across the region and across the state, Bowling Green says goodbye and we wish you the best!



LOCAL NEWS

CENTRAL CITY BPW

JoAnne Moore, Reporter

The Central City BPW celebrated National Business Women's Week with an auction on Tuesday evening, a dinner honoring the Woman of the Year on Thursday evening and Fun night for members on Friday evening. Virginia Brown, a member of CCBPW, was chosen as this year's Woman of the Year and Elizabeth Ann Gentry was selected as our Woman of Achievement. Ms. Gentry is a pharmacist and, along with her husband, owns several pharmacies in the area. She is active in city government, several charitable organizations in Muhlenberg County and the First Baptist Church.

In November, the program was "We Give Thanks" presented by JoAnne Moore. We welcomed a new member, Alberta Love, to the meeting and to the club. We met in the home of Joyce Stevens for the December meeting. An auction of gifts from those present was held at the meeting to supplement a donation to a local cause for Christmas.

One of our very active members, Carrie Groulx, has moved out of state and will not be at our meetings again. We will miss Carrie very much and we wish her the very best in her work and life in the future.

OWENSBORO BPW

Martina Temple, Reporter

The Owensboro BPW has been extremely busy.

We finished our first Women's Business Directory. If you did not receive one at the Interim Board Meeting in Bowling Green and want a copy please let me - Martina Temple - know (270-852-8836) and I will mail one to you.

Now, we are planning our second **WOMENomics** Forum. If you have not participated in a **WOMENomics** Forum yet I encourage every local to do so. This has energized our organization and our executive committee believes the results of this Forum has been directly responsible for our increased membership. The community sees BPW as doing something worthwhile for workingwomen. While we have always participated in worthwhile projects and provide scholarships this brought us tremendous exposure. Go the BPW/USA site and look for the **WOMENomics** manual for turnkey information for conducting this type forum.

In February we will distribute our scholarship applications with a deadline of mid-April. If you know any female college student who needs financial help and who lives in Daviess County or one of the surrounding counties please let Lisa Prendergast know (270-683-4513) and she will mail an application to her. This year we plan on awarding two \$1,000 scholarships for the 2005-2006 school year.

SHELBYVILLE BPW

Nancy M. Sears, Reporter

With the infusion of many new members providing ideas for activities, Shelbyville BPW is moving ahead toward regaining its status as one of the outstanding organizations in Shelby County. New and/or prospective members attend nearly every monthly meeting. In addition to several business owners, employees of long-standing businesses in our community have joined ranks with long-time BPW members bringing enthusiasm and energy! Following a successful NBWW in October, November found us hosting our first BPW only silent auction. The fundraiser was held at Crescent Place, Shelbyville's new assisted living facility. Items for auction were donated by many local businesses as well as some Louisville businesses. The auction proceeds will be used to support local BPW activities supporting young women, the Dorman Center which provides free daycare for at-risk youth, and for our annual scholarship.

The Sentinel News in Shelbyville continues to provide coverage of BPW activities. In addition, the silent auction was announced on cable television. The Young Careerist Speak-off was held at the December meeting with three young women participating.

BPW/LOUISVILLE

Kathy Kremer, Reporter

The Louisville chapter of BPW is pleased to report that it has been busy since its new officers were installed in June. In August, several members hosted an information table along with other campus and community organizations at Women's Equality Day, an annual event at the University of Louisville to celebrate the 1920 passage of the Nineteenth Amendment to the U.S. Constitution guaranteeing women the right to vote. Nearly two hundred people attended the event. In October, specialists in interviewing skills, effective leadership, and networking shared their expertise with more than twenty attendees at the "Developing You: An Individual Development Program for Women." BPW/Louisville membership committee chair Anita Ellison held a successful reception on November 18 at The Mellwood Arts & Entertainment Center, the site of the former Fischer Packing Company now being renovated into artist studios, and retail, galleries, office, and theatre space. Anita is delighted to report that four new members joined that evening. The chapter is now busy with plans for its Young Careerist Speakoff, which is being coordinated by Angela Wilson and will be held on March 1. Plans are also underway under chapter president Janet Dabney's leadership for the annual Administrative and Professionals Day Luncheon on April 27, 2005. For more information about these events (and the chapter's holiday potluck party), check out the chapter's web page at <http://www.louisville.edu/org/bpw>.



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CALENDAR OF EVENTS

January

22 BPW/KY Executive Committee meeting

February

3-5 BPW/USA Policy & Action Conference, Washington, D.C.

15 Deadline for state office nominations

March

Women's History Month

15 *Kentucky Cardinal* deadline

19 Central Region Meeting - Versailles

26 BPW/KY Executive Committee meeting

April

1 Deadline for awards submissions

2 Northwest Region Meeting - Madisonville

19 Equal Pay Day

30 BPW/KY Foundation Scholarship Application deadline

May

1 Deadline for Membership and Regional Award Submissions

1 Submit Regional YC information to State YC Chair

20-21 BPW/KY Annual Conference, Galt House, Louisville

July

13-16 BPW/USA Annual Conference, Philadelphia, PA



Business and
Professional
Women/KY