



# THE KENTUCKY CARDINAL

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

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## President's Message

Hello BPW Friends,



*Amanda Ishmael*  
2019-22 KFBPW President

I hope that this edition of the Kentucky Cardinal finds you and your family well. I hope that you can have a more traditional Christmas and New Year's celebrations with family and loved ones gathered. I'm looking forward to celebrating with my larger family this year. Take the time to take the pictures, eat all the good food, and take the time to take it all in.

It was so wonderful to see all who were able to attend Interim Board this year. It was a great time to sit together and catch up with friends that we haven't seen. It was great to hear the laughter that was shared, and the fudge tasted great.

Your regional leaders and members got together and discussed the upcoming meetings. Ideas were shared on what could be offered at the meetings. I can't wait to see what is to be offered at each meeting. Franklin BPW, Inc. will host the West Region Meeting on March 19, 2022. Campbellsville BPW will host the South Central Region Meeting on April 9, 2022. Springfield BPW, Inc. will host the North Central Region Meeting on April 30, 2022. I hope that you can attend the regional meeting for your area.

Your Executive Committee will start to work on finalizing the State Conference in June. You will receive more information as time gets closer. I would love to see each club be represented at the State Conference this year. I'm excited about the ideas that I heard at Interim Board on what could be offered at the meeting.

I would like to wish you a Merry Christmas and a Happy New Year. I hope that you and your family continue to stay healthy.

*Amanda*



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# Officer Reports

## *Sharon Taylor-Carrillo, KFBPW Recording Secretary*

As we continue to fight Covid, we also continue to find ways to show how versatile we actually are. If you are serving as a secretary of your local you know that your minutes are so very important and challenging with virtual meetings, but we must adjust and adapt. Just remember that ZOOM is your friend.

It was so good seeing many of you at the Interim Board meeting. Please save the dates for the 2022 Region Meetings.

I would like to wish everyone a Merry Christmas and a Happy New Year! As you think about your New Year's resolutions, think about inviting someone to join your local organization because most people are just waiting for an invitation. Have a safe and blessed Holiday Season. See you next year.

## *Diane Croney-Turner, KFBPW Treasurer*

The KFBPW Bylaws, Article VII: Dues Section 4. Each local organization shall pay state annual conference dues of ten dollars (\$10.00). The following locals have paid the state conference dues and \$75.00 insurance for the 2021-2022 program year: Franklin, Hopkins County, Hopkinsville, and Springfield. If you have not submitted your conference dues, we are asking your local to consider submitting them by January 31, 2022 to Diane Croney-Turner, Treasurer, 26 Harton Place, Hopkinsville, KY 42240.

In the KFBPW policies under Section II, E. Special Budget Items, Number 3. Retiring state president—The treasurer shall notify local organizations and Members-at-Large in March that the voluntary gifts for the retiring state president are acceptable and shall be sent to the state federation treasurer by May 1. If any local, member, or member-at-large would like to make a donation to the retiring state president, submit to state treasurer by May 1, 2022.





Wishing you and your  
loved ones  
Peace, Health,  
Happiness and  
Prosperity  
in the coming New Year.

*Amanda*

*Ginny*

*Diane*

*Sharon*

*Laura*

*Sarah*

*Patti*



# Committee Reports

## FINANCE

*Peggy Orberson, Chair*

It was great to see everyone at Interim Board. I'm sorry I didn't get to talk to everyone before I left early because of a family emergency. Everyone is now doing ok.

Even though many locals have not had in-person meetings this year, there are still many financial matters to handle affecting KFBPW and for KBPW Foundation according to your budget and state requirements. State dues were exempted for 2020-21, but insurance and state meeting assessments should still be paid (\$75 and \$10). If your club contributes to the Foundation or has a fundraiser for it, those funds are still very necessary, because the Foundation is still awarding scholarships each semester to deserving students. Presidents, take a look at your budget and direct the treasurer to remit funds accordingly. If you don't have an approved budget this year, then you can always have a ballot by email or through Zoom. Let's try to keep BPW active in the things we currently can do, until we can get back to a "normal basis," whatever that might mean.

## KENTUCKY FOUNDATION

*Diane Croney-Turner, Board of Trustees Chair*

It was great to see everyone at Interim Board. KBPW Foundation Board of Trustees would like to thank everyone for your donations at Interim Board on Friday, November 5, 2021, where we raised \$2,778.00. The KFBPW voted at Interim Board to donate \$5,000.00 to KBPW Promise Campaign making a total of \$7,778.00 received at Interim Board for scholarships.

On October 26, 2021, the Foundation award two (2) \$2,000 scholarships totaling \$4,000.00. The next application deadline will be April 30, 2022. The application is available at [bpw-ky.org](http://bpw-ky.org) website under the Foundation tab. If anyone need additional information about scholarships, contact Brooke Archila, KBPW Foundation Scholarship Chair.

As region are making plans to meet in March and April, 2022, remember that KBPW has the Betty Hinz Fund that can be requested for Communications speakers. The fund can be requested for Regional Meetings and local club meetings or events. Anyone requesting the funds have to submit a request with

detailed information, a budget, and if awarded where to send the check. After receipt of the information, the Foundation Board of Trustees will review and make a decision on the award.

Remember, donations can be made to the KBPW Promise Campaign at any time. Send all donations to Donna Howard, KBPW Treasurer, 1328 Copperfield Ct., Lexington, KY 40514.

KBPW is asking everyone to be in prayer for the state of Kentucky especially Western Kentucky in the many losses due to the tornado that occurred on Friday, December 10<sup>th</sup> – Saturday, December 11<sup>th</sup>.

KBPW wishes everyone Happy Holidays.

## PUBLIC RELATIONS

*Sherita Jones, Chair*

It is amazing how fast this BPW year is going by. Through this pandemic there have been so many changes to the way we live and work. However, there are many options available now to keep communicating with everyone.

Soon, the May 1 deadline for award submissions will be here. A point system is in place to help keep track of your activities and guide you with these committees. The point system also removes objectivity from the award selection process. You can see them at [http://www.bpw-ky.org/awards\\_president.shtml](http://www.bpw-ky.org/awards_president.shtml). Both are shown under the Public Relations Award link on the right hand side.

Well-written Newsletters and Public Relations activities are great assets for your Local. They give you the opportunity to inform others what you are doing throughout the year and they highlight your members and events. You can find out what other BPW Locals around Kentucky are doing by looking at their newsletters on the KFBPW website at [http://www.bpw-ky.org/LO\\_Newsletters.shtml](http://www.bpw-ky.org/LO_Newsletters.shtml). Sharing ideas helps everyone improve.

Keep communicating your BPW events with newsletters and PR and remember to start gathering your data for the May 1 Awards deadline.

***New Email: [sherijonz66@gmail.com](mailto:sherijonz66@gmail.com)***



# Membership Recruitment Tips

My name is Sharon Taylor-Carrillo. I joined the Business and Professional Women's organization 34 years ago when I moved from Franklin, KY to Hendersonville, TN. My mother told me that joining a BPW club would be a great way to meet women in the area and get involved in the community. I have served as BPWTN State President twice, KFBPW once and I served as the Franklin BPW President in 08-09 and 20-21. I am also serving as the President for the 2021-2022 BPW year.

Over the past two years, Franklin BPW members have recruited 50 new members. People have asked, "***What are you doing to recruit members?***" So I would like to share with you what we do to recruit and keep our members engaged.

BPW is the best kept secret everywhere. Many people claim they have never heard of BPW. Others assume it is only for Professional Women and they must apply and be approved to become a member. Some even think they have to be invited before they can join. Another assumption is that you must be working to become a member.

BPW is a group that promotes equity for all women in the workplace through advocacy, education, and information. BPW is a powerful network seeking to advance career goals, earn higher salaries, build strong businesses, achieve pay equity and equal opportunities, and establish rewarding careers.

Wherever I go and whatever I do I am thinking **BPW**. I ask, "***Have you heard of BPW?***" When they say, "***No, what is it?***" the door is opened for me to talk about our organization. I begin with what we do in the community and let them know that anyone can be a member if they:

- are 18 years and older
- support the KFBPW legislative platform and
- believe in and support "**Equal Rights for Women**".

BPW is a great network of likeminded individuals.

**NEWSLETTER** - Our local newsletter, the BPW BUZZ, is sent monthly to all members and potential new members. We offer free advertising in the newsletter to members. They know that it goes out to over 150 BPW members plus all that it reaches through our Facebook page.

**MEDIA** - We live in the social media era. We had a website at one point, but found that it was not as utilized as Facebook, so currently we only have a Facebook page; **Franklin Business and Professional Women**. We follow our members and share the information from their pages. The Franklin community knows about BPW because of all the things we do in the community. We

have a monthly interview on the radio, and the *Franklin Favorite* newspaper is very good about including our events.

**YEARLY DIRECTORY** - We provide a yearly directory to all our members. It contains a photo, address, phone #, and email address for each member. We also include information about their job and or business. If I need assistance with something, I check the directory first because I support our BPW members.

**NEW COMMITTEE** - One special committee that we added is the Hospitality Committee who sends cards to members for birthdays, sympathy and celebrations.

**VIRTUAL MEETINGS** - Since the pandemic we have had our meetings by ZOOM. This enables us to hold our meetings and include our members who are out of town.

**BUSINESS CARDS** - We have a local Business Card that is passed out to Potential members. We also have a large retractable Banner for events, and a small table size retractable banner for ZOOM meetings and smaller events.

**ADVERTISE** - BPW T-shirts and BPW pins are great ways to spark conversations such as, "***What is BPW?***"

**RECRUIT STUDENT MEMBERS** - We encourage our scholarship winners to join as a student member. They can attend meetings via ZOOM or attend during the summer and or other school breaks.

**CHILDCARE** - Our events include care for children so we can keep our members involved without worrying about finding a sitter.

**FREE MEMBERSHIP** - At the end of each year we have a drawing for a free membership. Any member who has recruited a new member will have their name included for a free membership.

We try to keep our members informed and engaged. Of course it does help that I eat, live, and breathe BPW. (LOL)

We listen to our members' needs/concerns, and we try to accommodate. Currently, we have 127 members and are still growing.

We always use the opportunity to invite someone to join our BPW family.

If you have any additional questions please feel free to contact me anytime.

Sharon Taylor-Carrillo, Franklin BPW President  
FranklinBPW@gmail.com 615-319-6531

**Franklin Business and Professional Women**  
Facebook page

# Interim Board Of Directors Meeting





# Local News

## CAMPBELLSVILLE BPW

*Karrell Wilkerson, President*

Campbellsville BPW wrapped up our 2021 projects of collecting canned goods for our local "Feed Me Friday", shoe and coat drive for Rotary, Kiwanis and the Big Dawg radio station, Cosmetic Bags for feminine products to be distributed within our school Resource Centers. Our VP, Myra Gribbins donated Mary Kay prizes for our BPW Bingo which includes completing activities during the month such as volunteering in the community, tracking your steps, attending meetings or events, lead a program, bring a guest, etc. We kicked off a Prayer Mug Project in which we each brought a mug and selected a different one to take home and pray for the owner of the mug. We will then bring it back and swap out the next month. This past quarter we had informative speakers with Sandi Lawson, author of children books and Rhonda Combs shared her recent experience hiking the 340 mile Sheltowee Trace.

We enjoyed a fantastic meal and decorated Christmas cookies. We will have a speaker share her couponing skills with "Buying on a Budget" in January and we encourage members to bring in socks, scarves, hats and gloves for the Good Samaritan during the winter months. Happy New Year to All!!!

## FRANKLIN BPW

*Sharon Taylor-Carrillo, President*

Franklin BPW has been very busy during the past few months, giving back to our community and being involved when and where we can. During November we attended the Interim Board meeting in Bardstown and had 14 attendees. In December we did not have a business meeting, but we enjoyed a family friendly Christmas Party at the Boys and Girls Club. This year we adopted Seniors for Christmas. We provided 31 women and 12 men Christmas at one of our local nursing home facilities and we also provided two families in the school's Elf Connection Program food boxes for the holidays. We have had a great year in spite of Covid. On January 10, 2022 we will resume our virtual business meetings, so "BEE" ready. Please Like our Facebook page to keep up with all of our upcoming events. "BEE" Merry and Have a Happy New Year.



## HERITAGE BPW

*Peggy Orberon*

Greetings from Heritage! Although we haven't met in person since August at Pioneer Playhouse, we were able to meet in June to plan our year to discuss programs and activities we would like to pursue.

We postponed KPWW plans until March during Women's History Month. Let's hope Covid doesn't surprise us again. Although members weren't available to help with our usual activities such as the Bourbon Chase, Jingle Bell Jog, and Salvation Army Bell ringing, we still gave to Salvation Army for Christmas meals and held our pecan and cashew fundraiser for our local scholarships. We hope to be able to meet in January, but as the saying goes, "Fools make plans and God laughs." Many of our members have had various health issues for themselves or family members this past year, so please keep us in your prayers.

As I write this, we are just hearing of the devastating tornado that ripped through our state, particularly in the western part. Many lives have been taken and much destruction is evident. Boyle County had some damage, but no injuries yet reported. Lincoln had high winds and rain, but escaped the worst of it. We pray for all our BPW sisters and hope everyone is safe.

## HOPKINS COUNTY BPW

*Nena Matheny, President*

Greetings KFBPW members! Before we know it, Christmas and the holidays will be here and gone. We've had a good December so far and were able to have a Christmas gathering and celebrate seeing each other in person. Our President-Elect, Raegina Scott already has speakers planned for our upcoming meetings including Foundation month in February and Women's History month in March. Another member is employed full time at Madisonville Community College and has just completed the Western Kentucky University Leadership Doctoral Program. She will be graduating this week. Congratulations to Dr. Brittney Hernandez-Stevenson!

This year has been hard for many of us. Some have lost family members and friends. And I know we are not alone. It's important that we stay in touch and support each other.

Best wishes for Christmas, the holiday season and 2022!



# Local News

## HOPKINSVILLE BPW

*Diane Crony-Turner, President*

The Hopkinsville BPW members gathered to have a send off for Lena Wann who has been a member of the Hopkinsville Club for 38 years. Lena served as president in 2007-2008 and 2014-2016. She has served in almost every capacity of the club. Lena moved back to her home town in Greensburg, KY to be with family. We just want to let Lena know how much she will be missed by the Hopkinsville Club and we love her.

The Hopkinsville BPW Club is asking everyone to be in prayer for our state, government, families and friends as rebuilding and restoration occurs after the tornado that hit Western Kentucky, which was hardest hit, on Friday night, December 10, 2021 and Saturday morning, December 11, 2021. Pray especially for families suffering fatalities! Their loss can never be replaced with kindness or money.

Be in prayer for the BPW members and families. The Hopkinsville Club has several members who are sick and some spouses.

Hopkinsville BPW Wishes everyone a Happy and Prosperous New Year.

## RUSSELL COUNTY BPW

*Barbara Sharpe President*

Another year has come and gone. With things beyond our control, we have not been able to meet as a Region. I miss the networking and seeing everyone. We must still stand together and support each of our Locals and Region as a whole. We may be just a few in number, but together we can do it! Not much on the agenda for our Local. We just had our Christmas Vendors Fair which was a big success in helping to raise funds for our college scholarships. The Russell County Local would like to wish everyone a blessed and Merry Christmas and Happy New Year!



# HOLIDAY MEAL PREPARATION

## Or Why There Are So Many Culinary Instructional TV Shows and Magazines

By Laura Gray, Woodford County BPW

Being a new bride having been born and raised in northern Ohio, mastering Southern Cuisine was a daunting task. But preparing a holiday meal consisting of turkey and dressing (not stuffing), gravy, cranberry salad, smooth and creamy mashed potatoes, sweet potato casserole, and on and on, exhausted me just to contemplate.



I should let you know that my mother was an excellent cook and served a minimum of 15 at her holiday meals, many times preparing two huge turkeys purchased fresh from the local butcher. So she is free from all blame for my ignorance.

Now, here is a glimpse of what I had to learn to appease my Western Kentucky husband, who I might add had a mama extraordinaire when it came to baking cakes.

One major difference was making dressing. I had never heard of sage cornbread dressing which I have now mastered after over 50 years of marriage once I received a copy of Imani Recipes For The Soul Cookbook from a dear friend.

Second challenge: Sides. Up North it was succotash; in Western Kentucky it was pinto beans. Yes, it took me years to learn how to cook good pinto beans. In my “green years” I even failed my Homemaker’s Club guidance. You should have seen the appalled looks on the faces of my club members the first time I took my pot of pinto beans to be served at the PTA fundraiser.

Up home it was sweet potato casserole, baked, mashed, and smothered with marshmallows. In Union County it was diced sweet potatoes cooked in a fry pan with butter and brown sugar. The list of differences goes on and on as you might guess. Heck, I didn’t even know what Country Ham or sorghum were.

Preparing a holiday dinner for me has meant real “surprises.” I have burned turkeys so badly that the meat was so hard and dry, it could no longer be identified.

I have baked turkeys with the neck and gravy package still inside the cavity. And even though I am 74 years old, I still cannot determine how long it takes to thaw out a turkey before placing it in the oven. My most recent meal turned out horribly. The turkey was still frozen and was not able to be served at the appropriate time. That meant that my sage cornbread dressing was dry because it had been cooked too long, and the mashed potatoes were starchy and lumpy because I had them boiled sitting on the stove for hours. Dessert was delicious, however; Costco sells a wonderful pecan pie. (Now tell me again; how do you pronounce “pecan?”)

The moral of my story is, whenever I sit down to a holiday meal at someone else’s home served with precision timing and mouth watering delights, I hold the host and hostess in highest esteem. Remember, never be too hard on yourself if something doesn’t turn out just right when preparing your holiday meals. Compare yourself to me and you have a very low bar for accomplishment. And when it comes to me, it is hard to teach an old dog new tricks.

Happy Holidays, Everyone, and Happy Eating.



# Lena Wann

## The Hopkinsville BFW Club will miss you!



Front Row: Gertrude Bullock, Ana Sanchez, Lena Wann, Peggy Stricklin, Dorothy Tolliver  
Back Row: Karen Kreil, Rita Brown, Mary Fletcher, Karen Hunter, Sue Mock, Karen Drennan, Anna Lee Lackman,  
Janice Cayce, and Diane Croney-Turner

Members not pictured: Ann Boseman, Diane Boyd, Jamie Boyd, Naomi Brashears, Debbie Dunn, Tamara Hunter,  
Paula Knight, Martha Marcum, Frances Quarles, Jean Tuitele, Glynn Ward

# We Love You!!!!

# 2022 CALENDAR OF EVENTS

## JANUARY

- 8 State Bylaws Chair forwards proposed revisions to the Executive Committee

## FEBRUARY - *Black History Month*

- 4 National Wear Red Day for Women's Heart Disease Awareness
- 15 Deadline for state office nominations

## MARCH - *Women's History Month*

- 15 Kentucky Cardinal deadline (Printed Issue)
- 19 West Region Meeting, Franklin - hosted by Franklin BPW

## APRIL - *Autism Awareness Month*

- 9 South Central Region Meeting, Campbellsville - Hosted by Campbellsville BPW
- 17 Easter Sunday
- 30 North Central Region Meeting, Springfield - hosted by Springfield BPW
- 30 Kentucky BPW Foundation Scholarship Application deadline
- 30 Contributions due to Foundation Chair for award recognition
- ? Equal Pay Day (Given the ways COVID-19 is wreaking its particular havoc on the economic gap, this date is unknown at this time)

## MAY - *Military Appreciation Month*

- 1 Pay Day for annual membership dues
- 8 Mother's Day
- 20 Deadline for All Local Award Submissions; Regional PDP/AP information to State Chairs
- 27 Deadline - State Committee Chairs send list of clubs submitting reports to State President for certificate preparation

## JUNE

- 3 Deadline - State Committee Chairs submit FINAL list of Award Winners to State President for preparation of awards
- 23 KFBPW Executive Committee Dinner, Bardstown, KY
- 24-25 KFBPW Annual Conference, Hampton Inn, Bardstown, KY

