

November 2013

Volume 2, Issue 6



I am Woman,
Hear me ROAR!

2013-14 BPW Officers

Brownie Bennett, President
bbennett852@hotmail.com

Amy Ellis, President-Elect
imagesbyamyellis1@yahoo.com

Helen Pearson, Vice-President
sthelen365@comcast.net

Pam Womack, Treasurer
pva1995@gmail.com

Laurie Cline, Secretary
clinecl@att.net

Sharon Taylor-Carrillo, Exe. Assist.
SharonLyrae@aol.com

Cathy Hughes, Co-Parliamentarian
mamahughes1978@gmail.com

Jerilyn Hippler, Co-Parliamentarian
Jerilyn.hippler@gmail.com

Inside this Issue:

Cover From the President
Page 2 October NBWW

Highlights

Page 3, 4, 5, 6 NBWW Cont.

Page 7 BPW Attended?

Page 8 What's New?

Page 9 November

Awareness Information

Page 10 ,11 Facts about
Thanksgiving

Page 12 Healthy

Page 13 Wealthy

Page 14 Wise

Page 15 November
Highlights and Birthdays

Page 16 Foundation News

Page 17 KFBPW

Page 18 KY Legislation

Page 19 Franklin Events
and Calendar

Franklin BPW
P.O. Box 155

Franklin, KY 42135

BPW-Franklin.org

Check us out on Facebook

Franklin Business and
Professional Women

The Paw Print

The Roaring News from Franklin BPW

Lines from the Lioness:

In October, the Franklin BPW celebrated National Business Women's Week with a tremendous week of activities! From the wonderful Kick-off Prayer Breakfast on Sunday, the fantastic banquet on Monday to the week-ending Temptations Tribute Concert on Saturday.....we were all inspired, we learned a lot and a fun time was had by all!

We were inspired by our guest speakers..... Pastor Eric Walker who spoke at our Prayer Breakfast, Michelle Clark-Heard, WKU Women's Basketball Coach, who took her time out of a busy work schedule to come down to be with us during our Banquet and our own Suzanne Forshee who guided us thru a Women's Bible Study at Fairview Baptist Church in Woodburn. We were also inspired by the hard work and dedication given by those honored at our banquet.....those individuals, businesses and industry who work hard to better themselves, their employees and their community. We salute them!

We had several learning opportunities throughout the week with our "Healthy, Wealthy & Wise" Brown Bag Lunch & Learn Series. We learned to manage our stress better, how to take better photographs and how to start saving money by couponing. In addition, we had a wonderful Friday night activity at the Brickyard Cafe...."Wine, Women & Wealth". We had a wonderful meal, delicious wine while learning about how to improve our wealth. Thanks to those who taught the classes and those who took time out of their busy day to attend.

Busy, Busy Busy is how you could describe the week however, we still managed to have a little fun as well. We played Bingo at Kentucky Downs to benefit the African American Heritage Center, took our family on a hayride to the pumpkin patch and thru a corn maze at Just Piddlin Farms and as mentioned before, ended the week with a great Temptations Tribute Concert at SKYPAC in BG. Please see inside the newsletter for some great pictures of all the events.

All in all, it was a fantastic NBWW; however, a few of our members had to rest up afterwards! We took a trip to Tybee Island, GA and also visited Savannah. We are all well rested now and ready to go again. November is in full swing and Thanksgiving is around the corner. We will all be family Thanksgiving dinners which means cooking and cleaning.....and then there is decorating for the holidays and starting the Christmas shopping.

I hope everybody has a wonderful Thanksgiving....please take time out of your busy schedule to breathe and also gives thanks for what we have and how blessed we are. I know I will!

Brownie Bennett, President





2013
Proclamations proclaiming
October 20th thru 26th
National Business
Women's Week



Franklin Business and Professional Women's National Business Women's Week Picture Highlights



"Healthy, Wealthy and Wise"

Stress Management By Elisha Delawson
Barren River Area Health Department

Photography By Amy Ellis, Images by Amy

Couponing 101 by Caren Gibson, Simpson Co. Ext. Service





NBWW 2013

Prayer Breakfast and Balloon Release.

20th Sunday morning ---

Prayer/Kick-Off Breakfast at the Blewett-Bradley Building
Guest Speaker...

Eric Walker, Pastor, Woodburn Baptist Church, Franklin Campus



21st Monday night--Banquet at Franklin Country Club
Guest Speaker--Michelle Clark Heard, WKU Women's Basketball Coach

2013 NBWW Award Winners

Woman of the Year

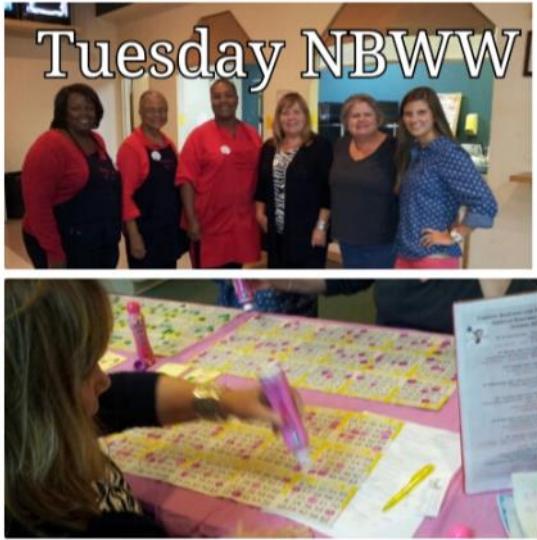
Cathy Hughes



*Berry Plastics represented by
Joy Miller & Rita Stinson*

Non-Traditional Scholarships

Hayley Dawson Lawrence & Paige Cummings



22nd Tuesday night--

members went to Kentucky Downs to support AAHC, Inc. by playing Bingo. Although none of us won BIG money, everyone had a great time.

23rd Wednesday night--
BPW member Suzanne Forshee led the Womens Bible Study at Fairview Baptist Church, Woodburn KY



24th Thursday night

Just Piddlin Farms on Morgantown Rd. A fun hayride at sunset. Future BPW members; Lyrae, Emma and Ruby had a wonderful time playing in the corn box and also seeing the bees and honey. Then we went thru the Corn Maze with/Glow Sticks (and Flash Lights) We found 9 out of the 10 stopping points. The night ended with everyone sitting by the fire. It was a little chilly but we had a great time.



**25th Friday night--
Wine, Women & Wealth Seminar
at the Brickyard -
Speakers--Fran Delk & Alma Gentry**

2013 Rotary Raffle October 19th

BPW won an Owl Center Piece.
BPW members in attendance
were; Sharon, Brownie,
Helen and Amy



Rotary member
(and BPW member)
**Susan Layne aka
Vanna** shows us
where the BPW
ticket is #109



26th Saturday--Temptations Concert at SkyPac



Amy, Cathy and Brownie attended the 2013 Simpson Co. 4-H Banquet on Nov. 7th . BPW sponsored the Outstanding Secretary Award. The winner was Katie Cole.



What's NEW?



If you have any
"What's NEW" News
please send it to
SharonLyrae@aol.com



*Happy Birthday to
members having a
Birthday in November!*



13 Jerilyn Hippler

13 Sharon Taylor-Carrillo

15 Brenita McCutchen

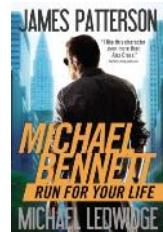
BPW Book Babes

The BPW Book Babes are taking a hiatus until fall break and NBWW is over. Future meeting dates will be forth coming. Keep Reading:

"Run for your Life" by James Patterson and "Miss Julia Speaks Her Mind" by Ann B. Ross

Happy Reading.

The BPW
Book Babes
Roarrrrrrr!!



**The November Flower is the
Chrysanthemum**



American Diabetes Month

Military Family Month

Lung Cancer Awareness Month

Native American Indian Heritage

National Healthy Skin Month

National Family Caregivers Month

National Entrepreneurship Month

National Alzheimer's Awareness

National Adoption Month

Nov 11
Veterans
Day



Nov 20
Great
American
Smokeout



Nov 28 Thanksgiving Day



November is Diabetes Awareness Month

What is diabetes? Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.



November is Lung Cancer Awareness Month



Lung cancer is a complex disease to treat and understand. What many people don't know is that lung cancer causes more deaths than the next three most common cancers combined (colon, breast and prostate). Understanding the basics of lung cancer is an important step in preventing lung cancer deaths. Knowing the facts makes managing your health and talking with your doctor much easier.

Many people with lung cancer don't experience symptoms until the disease is in its later stages. There are very few nerve endings in the lungs, which means a tumor could be present without causing pain or discomfort. When symptoms are present, they are different in each person and they vary depending on the type of lung cancer and location and size of the tumor. Some lung cancer symptoms are similar to those of other common illnesses.

Lung cancer symptoms may include the following:

Local disease (Restricted to the area where the cancer started with no sign it has spread)...Coughing (most common, 50% of cases); Blood in sputum (hemoptysis); Shortness of breath (dyspnea); Wheezing; Pain in the chest; Fatigue; Pneumonia

Locally advanced disease (Cancer has spread from where it started to nearby tissue or lymph nodes)....Hoarseness; Difficulty or pain in swallowing (dysphagia); High pitched sound, usually heard while taking a breath, similar to wheezing (stridor); Excess fluid in the lining of the lung (pleural effusion); Excess fluid in the lining of the heart (pericardial effusion)

November is also American Indian Heritage Month

After nearly a century of advocacy, National American Indian Heritage Month was first recognized through joint resolution by Congress in 1990. Now recognized annually, November is a time to learn more about the history and heritage of Native American peoples.





THANKSGIVING



SOME FACTS YOU MAY NOT KNOW!

In November 1621, after the Pilgrims' first corn harvest proved successful, *Governor William Bradford* organized a celebratory feast occurring sometime between September 21 and November 1. It included 50 surviving *pilgrims* and approximately 90 of the fledgling colony's *Native American* allies, the Wampanoag Indians, including their *Chief Massasoit*. Now remembered as American's "first Thanksgiving"—although the Pilgrims themselves may not have used the term at the time—the festival lasted for 3 days.



While no record exists of the historic banquet's exact *menu*, the Pilgrim chronicler Edward Winslow wrote in his journal that Governor Bradford sent four men on a "*fowling*" mission in preparation for the event, and that the Wampanoag guests arrived bearing five deer. Their menu differed from modern Thanksgiving dinners and included *berries, shellfish, boiled pumpkin, and deer*. Historians have suggested that many of the dishes were likely prepared using traditional Native American spices and cooking methods. Because the Pilgrims had no oven and the Mayflower's sugar supply had dwindled by the fall of 1621, the meal did not feature pies, cakes or other desserts, which have become a hallmark of contemporary celebrations.

For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. Various earlier presidents--including

George Washington, John Adams, and James Madison--all urged Americans to observe various periods of thanksgiving; however, President *Jefferson* called a federal Thanksgiving proclamation *"the most ridiculous idea ever conceived."*

Considered the *Mother of Thanksgiving*, *'Sara Hale'* (1788-1879) was an influential editor and writer who urged President Lincoln to proclaim a national day of thanksgiving. She selected the last Thursday in November because, as she said, harvests were done, elections were over, and summer travelers were home. She also believed a national thanksgiving holiday would unite Americans in the midst of dramatic social and industrial change and "awaken in Americans' hearts the love of home and country, of thankfulness to God, and peace between brethren."

It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November. When President Franklin D. Roosevelt moved Thanksgiving to the next-to-last Thursday in November to prolong the holiday shopping season, many Republicans rebelled. The holiday was temporarily celebrated on different dates: November 30 became the "Republican Thanksgiving" and November 23 was "Franksgiving" or "Democrat Thanksgiving. Not all states were eager to adopt Thanksgiving because some thought the national government was exercising too much power in declaring a national holiday. Additionally, southern states were hesitant to observe what was largely a New England practice. *In 1941 Congress established the fourth Thursday in November as a national holiday.* In 2001, the U.S. Postal Service issued a Thanksgiving stamp to honor the tradition "of being thankful for the abundance of goods we enjoy in America.

The *turkeys* typically depicted in Thanksgiving pictures are not the same as the domestic turkeys most people eat at Thanksgiving. Domestic turkeys usually weigh twice as much and are too large to fly. Baby turkeys are called poult. Only male turkeys gobble and, therefore, are called gobblers. Americans eat roughly 535 million pounds of turkey on Thanksgiving.

In 2007, George W. Bush granted a pardon to two turkeys named May and Flower. The tradition of pardoning Thanksgiving turkeys began in 1947, though Abraham Lincoln is said to have informally started the practice when he pardoned his son's pet turkey.

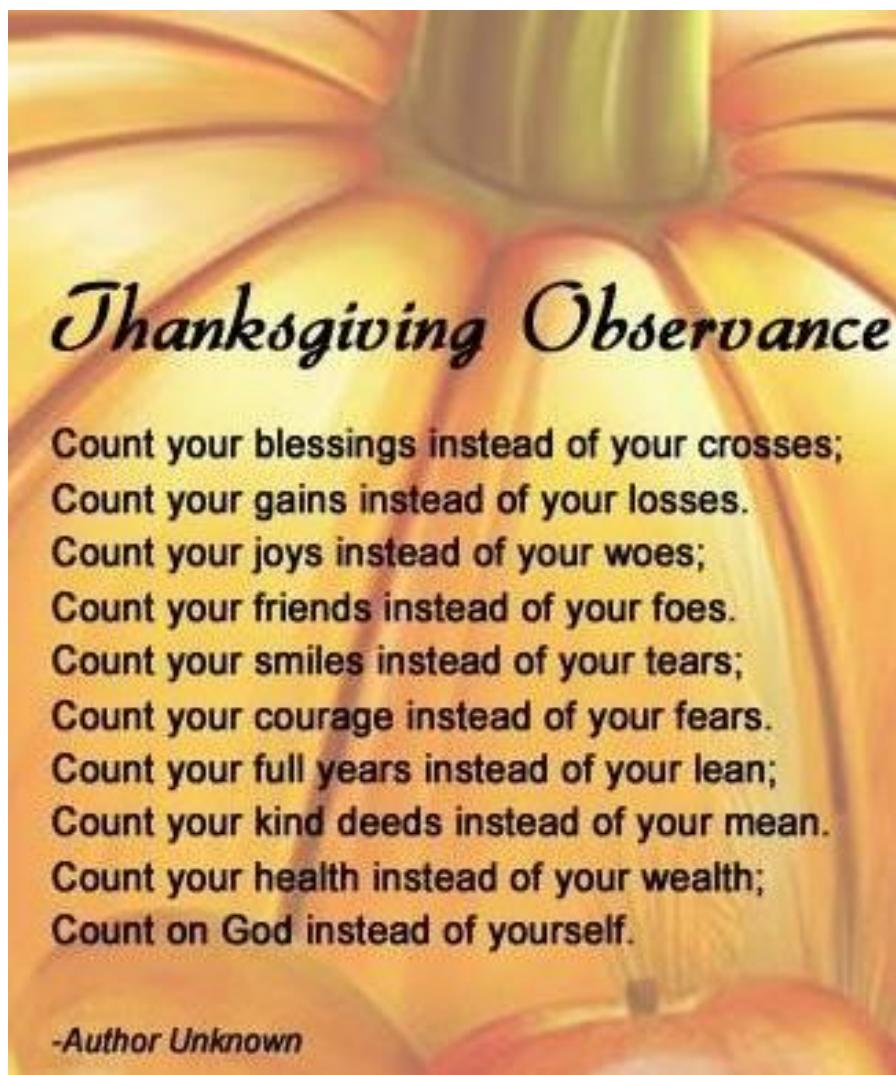
Cranberries are only one of three fruits native to America. Now a Thanksgiving dinner staple, cranberries were actually used by Native Americans to treat arrow wounds and to dye clothes.

In 2009, roughly 38.4 million Americans traveled more than 50 miles to be with family for Thanksgiving. More than four million flew home. Thanksgiving Day is actually the *busiest travel day*, even more so than the day before Thanksgiving, as most people believe. The average long-distance Thanksgiving trip is 214 miles, compared with 275 miles over the Christmas and New Year's holiday.

Thanksgiving *football games* began with Yale versus Princeton in 1876.

In 1920, Gimbel's department store in Philadelphia held a parade with about 50 people and Santa Claus bringing up the rear. The parade is now known as the 6abc IKEA Thanksgiving Day Parade and is the nation's oldest *Thanksgiving Day parade*. Established in 1924, the Macy's Thanksgiving Day Parade ties for second as the oldest Thanksgiving parade. The Snoopy balloon has appeared in the parade more often than any other character. More than 44 million people watch the parade on TV each year and 3 million attend in person.

The Friday after Thanksgiving is called *Black Friday* largely because stores hope the busy shopping day will take them out of the red and into positive profits. Black Friday has been a tradition since the 1930s.





HEALTHY, WEALTHY & WISE

A program to help us learn about becoming
HEALTHY in mind, body & soul; WEALTHY in finances and friendships;
WISE in decisions and relationships.... and always learning.



“**HEALTHY”**

5 Ways to Have a Healthier Thanksgiving

Take control of the day and jump-start your motivation for a healthy and active holiday season—one where you lose, not gain! If you're trying to reach your feel great weight, Thanksgiving can be a very stressful holiday. With so much delicious food tempting you, it's difficult to keep your healthy habits in check. Who doesn't pile their plate high at Thanksgiving dinner?

Too much splurging on Thanksgiving often sets off a domino effect for the rest of the holiday season. Instead of embarking on a six-week food fest, take control of the day and jump-start your motivation for a healthy and active holiday season—one where you lose weight, not gain!

1. Plan a post-meal walk

As soon as you arrive at your Thanksgiving celebration, announce that you plan to take a walk after the meal. Most likely, some of your family and friends will want to join you. Once you get a few people on board, it'll be tough to bail out. A brisk walk will help you burn some calories and likely put you in the right mindset to turn down a second piece of pumpkin pie!

2. Walk around and talk to people

Rather than obsess over the food at Thanksgiving, I focus my attention on the entire celebration, including the once-a-year

sights, sounds, and people at the event. Instead of sampling each and every appetizer before dinner, I walk around and catch up with family and friends.

3. Plan a workout date the next morning

Instead of feeling bloated and lethargic the day after Thanksgiving, schedule a fitness date with a friend for that morning—then you have to show up! Knowing you've committed to burning off those extra calories from Thanksgiving allows you to splurge without feeling guilty. Plus, the thought of an early-morning workout might keep you from having too many glasses of wine during dinner!

4. Volunteer to help clean up

Instead of picking at the leftovers or helping yourself to a second (or third) dessert, offer to help the host clean up. They will appreciate the gesture, and physically removing yourself from the table will help take your attention away from the food. Cleaning up will also help you burn some calories!

5. Stop eating when you're full

OK, this tip probably seems pretty obvious, but Thanksgiving is one of those holidays when people plan to eat until they are stuffed to the brim. Instead of seeing how much you can eat, serve yourself a small, golf-ball-size serving of everything you want—no restrictions—but have only enough to satisfy your stomach without overdoing it. Remember, Thanksgiving is *one* day. Done right, you won't set yourself back too far!





"WEALTHY"

7 Ways to Save Money on Thanksgiving Dinner



Thanksgiving is one of the most beloved American holidays, but it can also be the most expensive. The American Farm Bureau Federation estimated the cost of Thanksgiving dinner for 10 people was \$49.48 last year. And analysts only expect the cost to go up in 2013.

To prepare yourself and your wallet, check out the following tips to ensure your Thanksgiving dinner is a success without breaking the bank.

1. Get an accurate head count. Thanksgiving dinner is usually followed by days of leftovers. To save money and not push the bounds of your refrigerator or your budget, determine how many guests you expect in advance so you can create a more accurate menu and shopping list. Then, plan and stick to a budget using an online personal finance management tool like Mint.com.

2. Keep an eye on local deals. Local newspapers and TV stations often post updated lists the weeks before Thanksgiving on food prices at various grocers. Mobile apps like Grocery Pal are also great for monitoring price changes while on the go. Cross referencing with your grocery list is one way to shave a few extra dollars off your shopping trip.

3. Make it a potluck. The first question friends and family usually ask when invited to any dinner party is, "What can I bring?" Don't be embarrassed to answer. In addition to spirits and cocktails, you can ask guests to bring desserts or side dishes. It'll be cheaper and significantly less work for you, plus it makes everyone feel they helped make the day a special one.

4. Buy in bulk. If you're going to host a large group, take advantage of bulk deals at grocery

stores or make a trip to a warehouse retailer for nonperishable items such as alcohol or canned foods. Stocks, canned soup and vegetables are often on sale this time of year and can be used in dishes for many months to come.

5. Shop around for your turkey. It's the centerpiece of the table to be sure, but that doesn't mean you can't get creative to save some money. One way is getting a smaller turkey and supplementing the meal with additional side dishes. Opt for a grocery store turkey, which will cost about \$2 a pound, and for an even better deal, visit your grocery store early and store the turkey in your freezer.

6. Invest in real or durable kitchen-ware. Disposable plates, napkins and silverware are wasteful, and the designs are often kitschy. Invest in plates and cutlery that you can use for life, or borrow from a friend or family member. The same goes for utensils like turkey basters or pie tins that you might only use for Thanksgiving dinner.

7. Create your own decorations. There's no need to spend lavishly on table accents. Check out photo sharing sites like Pinterest for a number of festive, easy to execute ideas. For example, pick up votive candles from a craft store, and arrange them around fall leaves and pine cones from the backyard. The candles will cost a few dollars, and the foliage is free.

The greatest part about Thanksgiving is that there are no rules. Anyone can incorporate their own traditions with foods that represent who they are. Despite consumer confidence falling and an economy that is still shaky, there are ways to create fantastic Thanksgiving memories (focused on the art of eating of course), without having buyer's remorse at the end of the holiday. Make sure you have a plan, be flexible and, most importantly, remember it's about having fun with the ones you love.





"WISE"



THANKSGIVING PLANNING

Easy Thanksgiving do-ahead tips

Avoid the stress of last-minute preparation with these time-saving steps

Always check the specific recipe, but Thanksgiving recipes in general have plenty of make-ahead possibilities. Little steps taken ahead can really speed up putting a dish together for the big feast.

1. Start with a plan. Sketch a countdown chart, noting how long each dish takes, what can be made ahead, and what has to be accomplished simultaneously.
2. Desserts or components thereof (such as sauce, crust, pie filling, or topping) can often be made at least a day ahead, if not more.
3. Bread for stuffing can be cut up the day ahead and stored in a paper bag (remember: dried out bread is good for dressings!).
4. Aromatics for most dressings (onions, celery, mushrooms, etc.) can be cooked the day ahead and then tossed with the bread and baked on the big day.
5. Have turkey as prepped as possible (salted, even spiced and rubbed with butter, in its pan) and ready to go in the oven.
6. Most cranberry sauces can be made several days in advance.

7. Salad dressings can often be made at least a day ahead.

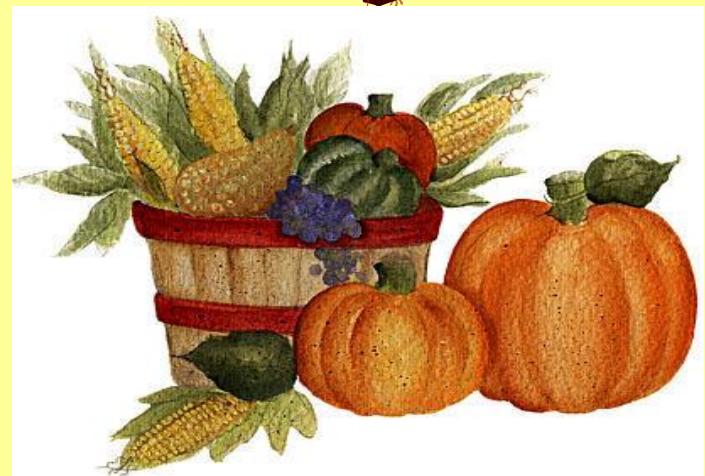
8. Wash, dry, and wrap lettuce in paper towels, and store in a re-sealable plastic bag in the fridge until ready to toss.

9. Vegetables can be chopped, cheese grated, and spices or seasonings measured out the day before.

10. The roux (fat and flour mixture) for gravy can be done several hours ahead using butter instead of rendered fat — just reheat and add stock and pan drippings.

11. Many appetizers — or parts of them — can be made ahead. Check recipe specifics.

12. Most soups benefit from being made a day before they're eaten.



hAPPY
thANKS
giVING

Page 15 ****November Highlights in US Women's History****

November 8, 1910 - The state of Washington passes a constitutional amendment to guarantee woman suffrage

November 8, 1984 - Dr. Anna L. Fisher, a physician on the shuttle Discovery, becomes the first American mother and third American woman to fly into space

November 11, 1979 - Bethune Museum and Archives opens in Washington D.C. as a center for African-American women's history, honoring Mary McLeod Bethune

November 11, 1993 - The Vietnam Women's Memorial is dedicated in Washington, D.C. after being conceived by former army combat nurse Diane Carlson Evans and sculpted by Glenna Goodacre to honor the 265,000 women who voluntarily served during the Vietnam era

November 13, 1938 - Mother Francis Xavier Cabrini is beatified, the first American woman citizen to become a saint

November 14, 1889 - Journalist Elizabeth Cochran, aka Nellie Bly, sails around the world in 72 days, 6 hours, 11 minutes, and 14 seconds, beating the fictional record set by Phineas Fogg in Jules Verne's Around the World in Eighty Days

November 14, 1903 - The U.S. Women's Trade Union League is established

November 14, 1946 - Emily Greene Balch, co-founder of the Women's International League for Peace and Freedom, is awarded the Nobel Peace Prize

November 28, 1881 - The first organizational meeting is held for the predecessor group to the American Association of University Women (AAUW)

*****November BIRTHDAYS*****

- November 7, 1925 (1983) - Barbara Wertheimer, wrote *We Were There: The Story of Working Women in America in 1977*, founding member of Coalition of Labor Union Women
- November 11, 1914 (1999) - Daisy Lee Bates, mentored and advised the "Little Rock Nine" who integrated the Little Rock, Arkansas, public high school between 1959 and 1961, suffered personal, physical, economic, and professional loss, wrote autobiography in 1963, *The Long Shadow of Little Rock*
- November 12, 1815 (1902) - Elizabeth Cady Stanton, feminist, suffragist, organized first U.S. women's rights convention in Seneca Falls, New York, in 1848, first president of the National Woman Suffrage Association
- November 20, 1976 - Dominique Dawes, first African-American to win an individual event medal with the Magnificent Seven in 1996, won Olympic gold medal as gymnast in 2012
- November 21, 1906 (1983) - Mary Ellen Bute, foremost innovator of abstract animation beginning in early 1930's and a world pioneer in electronic imagery, her 1952 "Abstronic" was among the world's first films to use electronically generated imagery
- November 22, 1943 - Billie Jean King, tennis champion, won 20 Wimbledon titles, first female athlete in any sport to earn \$100,000 (1971)
- November 29, 1926 (1999) - Michi Weglyn, wrote about the World War II internment of American citizens because they had Japanese ancestors, *Years of Infamy: The Untold Story of American Concentration Camps*, in 1976, Congress later apologized and paid \$20,000 to each internee
- November 30, 1900 (1994) - Mary Lasker, worked with the Birth Control Federation of America in 1939 (which was renamed Planned Parenthood in 1942), lobbied for federal funding for the National Cancer Institute and the National Heart Institute
- November 30, 1924 (2005) - Shirley Chisholm, first African-American Congresswoman, (D-NY, 1969-83), first woman and first African-American Democratic presidential nominee, received 151 delegate votes at the Democratic Convention in 1972



Business and
Professional
Women's
Foundation



202-293-1100

www.bpwfoundation.org

foundation@bpwfoundation.org

BPW Foundation National News:

BPW Foundation's Role

Business and Professional Women's (BPW) Foundation
and its advisory councils and employer partners provide oversight, mentor training, research and analysis for Joining Forces Mentoring Plus™.



Help spread the word about Joining Forces Mentoring Plus® this Veterans Day!

As part of your Veterans Day messaging, we hope you will help us build awareness of and participation in Joining Forces Mentoring Plus®, BPW Foundation's high tech-high touch career development and mentoring program for women veterans, military/veteran spouses, and caregivers of wounded warriors. We have included sample Tweets and a Facebook post below that we invite you to adapt or modify as you coordinate your social media. Please share any messages you send that mention JFMP. Separately, we would love to hear about your Veterans Day activities so we can cross-promote and, if appropriate, participate. (Please send your information to Karen Montagne.) For many, Veterans Day is a unique opportunity to recognize and celebrate those who have served and their families. For BPW Foundation, Veterans Day is also a time to thank you for all you do every day to support women veterans, military/veteran spouses, and caregivers of wounded warriors.





KFBPW
2013-14
President
Amanda
Ishmael



Visit Bpw-ky.org
for more information



KFBPW Interim Board Meeting Nov. 9, 2013 Four Points by Sheraton Lexington, KY



Mark your 2014 BPW Calendars :

Equal Pay Day

April 8, 2014

2014 State Conference June 13-14, 2014



Equal Pay Day was originated by the National Committee on Pay Equity (NCPE) in 1996 as a public awareness event to illustrate the gap between men's and women's wages. Since 2000 we have seen a dramatic change going from May 11th in 2000 up to April 8, 2014.

2000 May 11th
2009 April 28th
2012 April 17th
2013 April 9th
2014 April 8th

We've come along way, but we still have a long way to go.

Berlin 3-21-14



20 Kentucky BPW Local Organizations listed by Region

West Region Locals

Central City BPW
Franklin BPW
Hopkins County BPW
Hopkinsville BPW
Paducah BPW
Paducah-River City BPW
Princeton BPW

North Central Region

Berea BPW
BPW/River City, Inc.
Danville BPW
Fort Harrods BPW
Licking Valley BPW
Springfield BPW
Woodford County BPW

South Central Region

Campbellsville BPW
Glasgow BPW
Middlesboro BPW
Russell County BPW
Somerset BPW
WKU-Glasgow Samothrace



Senator David Givens
District 9 (R)
(502) 564-8100 Ext. 624



Representative
Wilson Stone
District 22 (D)
(502) 564-8100 Ext. 672



*Call the Toll-Free
Legislative Message Line at
1-800-372-7181
to leave a message.*

UNITED STATES REPRESENTATIVE
ED WHITFIELD

State Legislative Platform. The entire legislative platform of the Kentucky Federation addresses economic equity, paycheck fairness, civil rights, health, social security, family and medical leave, medical privacy and employment discrimination, welfare reform, and victim's rights, among other subjects.

Legislative Committee Mission Statement

The mission of the Kentucky Federation of Business and Professional Women's Clubs, Inc. is to achieve equity for all women in the workplace through advocacy, education and information. KFBPW's vision is to be the leading advocate for working women. The Alice Paul Equal Rights Amendment shall stand first, foremost, and above all other items which may appear on the state platform of this Federation until equal, legal rights for women and men become guaranteed in the

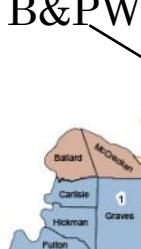
United States Constitution, because all statutory law derives there from.

Franklin, Kentucky

Simpson County

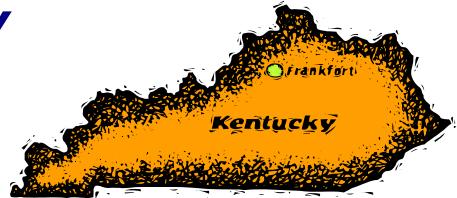
Home of the:

Franklin
B&PW



KENTUCKY

Elected Officials



Governor - Steve Beshear

Lieutenant Governor - Jerry Abramson

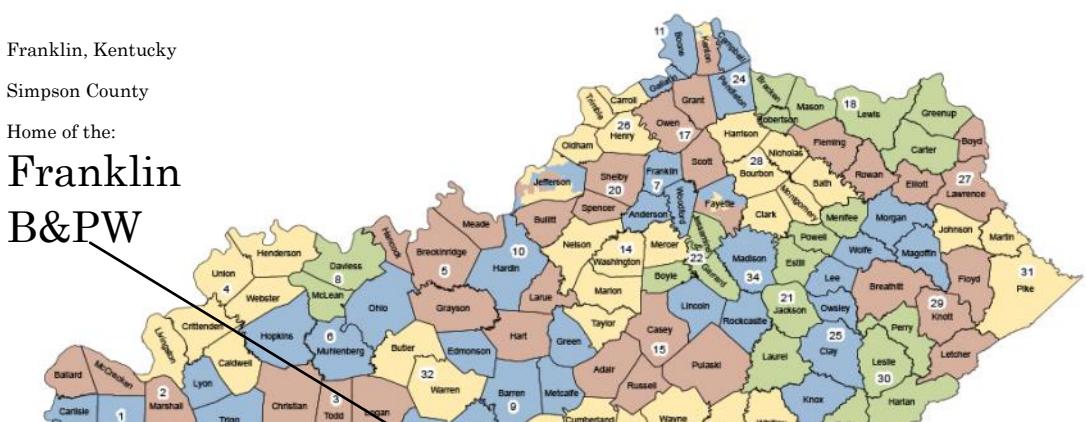
Secretary of State - Alison Lundergan Grimes

Attorney General - Jack Conway

State Auditor - Adam Edelen

Treasurer - Todd Hollenbach

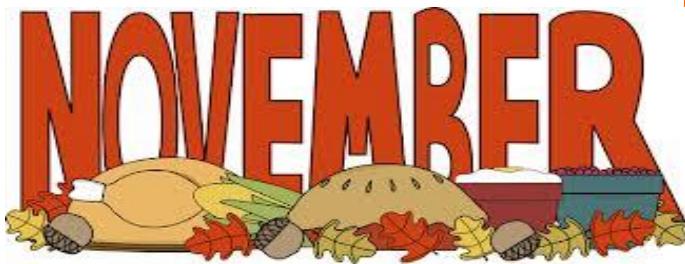
Agriculture Commissioner - James Comer



The Alice Paul Equal Rights Amendment

Equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex.

Calendar of Events:



F-S Community Events:

- Nov 11 Veterans Day
 Nov 21 WRECC Holiday Open House 2:30to 5:30
 Nov 25 BPW Thanksgiving Dinner and Meeting
 Nov 28 Thanksgiving Day
 Nov 28 PSP Thanksgiving Meal @ Boys & Girls Club
 Dec 7 Hometown Holiday Bazaar @ FMUC 9-3
 Dec 7 Small Town Christmas Downtown @ 1 – 3
 Dec 7 Franklin Christmas Parade @ 3:00pm

Thanksgiving Time

When all the leaves are off the boughs,
 And nuts and apples gathered in,
 And cornstalks waiting for the cows,
 And pumpkins safe in barn and bin,
 Then Mother says, "My children dear,
 The fields are brown, and autumn flies;
Thanksgiving Day is very near,
 And we must make thanksgiving pies!"

-Author Unknown

~ November 2013 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	November				1	2 Time Change Saturday
3	4	5 Eye Opener	6 PsP	7 	8	9
10	11 Veterans Day	12 SNAP Ed Class at the AAHC BWC	13 PsP	14	15	16
17	18	19	20 PsP	21 WRECC Open House 2:30 to 5:30 	22	23 Lions Club PanCake Breakfast at the FSHS Cafeteria 6 til noon
24	25 BPW meeting	26 Commodity Pick Up	27 PsP	28 PsP THANKSGIVING DAY	29 	30