



Business and
Professional
Women/KY

The

Kentucky Federation of Business & Professional Women's Clubs, Inc.

Kentucky Cardinal

VOLUME 77 ISSUE 2, FALL 2005

2005-2006 Officers

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What's On My Mind! – Message from the President



BPW/KY - join me in prayer for the hurricane victims along the Gulf Coast. Contact your local **American Red Cross** or the **Salvation Army** to offer your help. TEAM work is the overall initiative for

the 2005-2006 year for Business and Professional Women/ Kentucky. Together Every member Advances the Mission

Special Thanks go to Hopkinsville BPW for printing this message on the heading of their newsletter. It is a reminder that the talent and effort of every member is needed to move the organization forward. Thanks, again, Hopkinsville BPW. This made me smile!

In traveling to Local Organization ("LO") meetings, it seems I need to clear up something right now, so we can go forward. **EVERYONE is welcome to attend the State Interim Board of Directors meeting and the State Annual Meeting in May.** As a dues paying member of BPW, you are welcome to attend any state meeting. The leadership training is for YOU.

The information from BPW/USA is for YOU. BPW/KY is here to assist YOU with local programming. The inner workings of BPW/KY, can be a lesson for you too, and thus, ARE NOT A SECRET from the BPW member. So come to the meeting to hear for yourself what is going on. We will be glad to see you and look forward to hearing what you have to say!

The **Central Region** is planning an outstanding Interim Board Meeting (see pgs. 9 & 10). We are pleased to have **Julie Payne**, BPW/IN facilitating the Individual Development Program ("IDP") for us in Harrodsburg. She is a member of the BPW/USA Committee for implementation of the ID program. Julie will be in Harrodsburg both Friday and Saturday.

The **Leadership Team** is working cohesively this year to implement BPW programs for Building Powerful Women. See the names and contact information for the LO Local President's in this issue (see pgs. 4 & 5). Your Cardinal is a reference tool. Any person on the Executive Committee ("EC") see pg 2) is available to you to answer questions or to help you in any way we can. Please let us hear from you.

Thanks for the opportunity to serve you this year.

Bonny Manning
bonnyman@win.net

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Kentucky Breast Cancer Awareness License Plate!

President Lora Hardin (BPW/RC) and **President Bonny Manning** (BPW/KY) met with **President Fran L. Berg**, of the Kentucky Breast Cancer Alliance, to see how BPW can support the Breast Cancer Awareness license plate effort.

Legislation was passed this year to allow for the creation of the KY Breast Cancer Awareness License Plate thru the Kentucky Division of Motor Vehicle Licensing.

In order to make this happen, 900 license plates must be applied and paid for in advance. The deadline date for all applications is **December 31, 2005**. The cost for the official license plate is \$25.00 in advance with a completed application. The design of the license plate will be chosen through an art contest, open to Kentucky residents.

Once the license plates are ready, everyone who pre-purchased them will be called to pick them up at their county office. An additional \$3.00 will be due to the county. Yearly renewals will be \$15.00. For more information contact kybreastcancer@aol.com or call KBCA at (502) 895-5930. Together we will conquer this disease!

BPW License Plate available to purchase - \$7.00.
Contact Debrah Pierce at piercedv@aol.com for details.



2005-2006 Leadership Team
Business and Professional Women/KY
Executive Committee

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JOIN BPW!

Business and Professional Women ("BPW") is the premier women's organization for working women, since 1919.

We want you to join us. Networking, leadership training, and skill development plus fellowship and friendship are just a few benefits your member dollar will provide.

Log on to www.bpwusa.org. Check out the website. If you like what you see, join us for a closer look at tinatemp@bellsouth.net.

Kentucky Cardinal Advertising Rates

Rose Linker, Chair
4507 Rose Farm Drive, Louisville, KY 40258
rlinkerembrey@aol.com

The Kentucky Cardinal accepts advertising but reserves the right to refuse to publish any and all ads submitted. Rates are for camera-ready copy. Mail or email ads to The Kentucky Cardinal Advertising Editor. All ads are to be paid in advance. Make check payable to BPW/KY.

- Full page.....\$150
- Half page.....\$85
- Quarter page.....\$60
- Business card ads.....\$35
- Half page of 4 business card ads.....\$100
- Full page of 8 business card ads.....\$160
- Identical ad run in all three issues.....10% discount

Submission Dates for the Kentucky Cardinal

June 15, September 10, December 1, March 15

2005-2006 Regional Liaison Listing



Business and Professional Women/KY

- North** ~ Debrah Pierce
- Northwest** ~ Patti Fallin
- Central** ~ Sonia Sanders
- South/Southeast** ~ Jerilyn Dawson
- Southwest** ~ Millie Lotter

REMEMBER ...

The **BPW/KY Foundation** accepts donations throughout the BPW year for scholarships for Kentucky women. For more information please contact: Zayda Hurd Flannery, Chair for the BPW/KY Foundation Board of Trustees at zayda25@yahoo.com.



*Hello from Franklin BPW
By Cathy Hughes, President*

Franklin has been very busy starting in June with our 50th Anniversary Celebration. We had about 85 in attendance including several past Presidents. We also had visitors from Glasgow and Owensboro BPW as well as several members of the BPW/Kentucky Executive Committee including President Bonny Manning. Thank you all for your support.

We have been very involved in the community as well. We had a Relay for Life Team, had a booth at the community July Jam, helped with registration at the Garden Spot Run and supplied over 125 under-privileged children with their school supply needs as a result of our "Fill the Pack" Project.

We have recruited eight new members since the beginning of the year. We are not stopping there.

We are planning a "Membership Night on September 24th....we will be hosting a "tailgate party" at the F-S High School Homecoming. Our NBWW committee has been working very hard planning the week's activities starting with a Prayer Breakfast on Sunday, our NBWW Banquet on Monday, a Womenomics Forum, "Work Life Balance", on Tuesday, Church Visitation on Wednesday, a Women's Heart Health Fair/Seminar in association with St. Thomas Hospital of Nashville on Thursday and on Friday, we will host our annual free Working Women's Luncheon.

Once again, several women-owned business will have booths for shopping and this year we are adding a "Dress for Success" Fashion Show during lunch. After that, we will be looking forward to attending the Interim Board in November for some peace and tranquility. Hope to see all of you there!

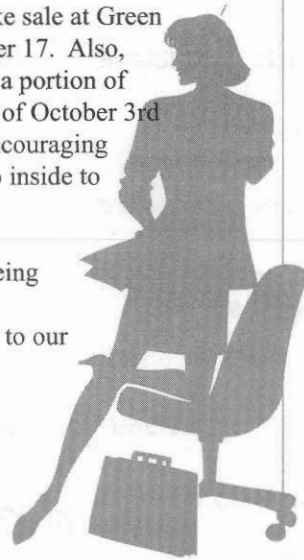
*Greetings from Campbellville
By Susie Skaggs, Corresponding Secretary*

C-ville BPW club members have been busy brainstorming for ideas for club fundraisers for club activities such as funding scholarships for one graduating senior from each of our local school systems as well as to cover expenses incurred during NBWW.

We will be having a basket raffle and bake sale at Green County's "Cow Days" on Saturday, September 17. Also, McDonald's Restaurant has agreed to donate a portion of their inside sales to our club for the evenings of October 3rd and November 1st and, of course, we'll be encouraging members of our community to be sure and go inside to place their orders.

Other activities include saving tabs for Ronald McDonald House and nominations being discussed for Young Careerist.

We've also just added two new members to our club, namely Delmeteria Cayson and Debbie Roberts.



*Greetings from Princeton!
By Susan Campbell, President*

The first Boss of the Year award will be presented during National BPW Month in October. All members were allowed to nominate a/or their boss. Entries will be judged out of town and the winner presented a plaque at the dinner meeting on Oct. 4.

One of the major fundraisers, the Tiny Miss and Master Pageant, was held on Aug. 21. Twenty-nine youngster competed for the title. This was again a big success, due to the efforts of Serieta Jagers, and her committee, as well as all members.

The Young Careerist Competition will be held at the Nov. 8 meeting this year, due to some scheduling conflicts.

All members are working to improve membership and awareness. Bonny is doing a wonderful job as State President, keeping us informed. Keep up the good work.

*Hello from the South/Southeast Region!
By Brownie Bennett, Regional Director*

I am very excited about what is happening in the South/Southeast Region! There is a lot of enthusiasm and excitement that is becoming contagious. It started with three of the locals attending the Leadership Training in Elizabethtown in June. After that, these ladies were excited and hungry for knowledge....and wanted to know more. I held a Local Officer's Training in Glasgow in July with 11 in attendance representing Campbellsville, Franklin, Glasgow, Russell County and Somerset BPW. With help from "Bob the Builder", these ladies learned how to "Build A Successful BPW Chapter".... starting with the foundation, **membership**. Like a construction foreman yelling instructions through a bullhorn, they are **ROARING** and we are hearing them **loud and clear!** They have been **Recruiting** new members, **Orientating** them about BPW, **Activating** them and getting them involved right away....so they can **Retain** those members in the future. Franklin and Glasgow BPW have recruited eight new members each and Campbellsville has recruited two. Campbellsville BPW isn't stopping with their local, they are making plans to start a BPW Chapter in another community. Go for it Wanda Washington!

Each club is making plans for NBWW activities in October and several will also have major fundraisers soon.... Campbellsville on September 17th with Green County's "Cow Days" and McDonald's fundraisers on October 3rd and November 1st. Danielle Bowman and Williamsburg BPW have a major fundraiser the end of October and Stephanie Foley and Russell County BPW are planning a Fashion Show on November 19th after attending Interim Board. Now, that's dedication! Also, these two ladies missed the training I offered in July but still desperately want the training too....so we are planning one for them in November. They are hungry as well!

Congratulations to Cathy Hughes and Franklin BPW and Kathy Manning and Glasgow BPW. They are both celebrating their 50th Anniversary this year. Franklin BPW held a celebration in June and Glasgow BPW will be doing the same on October 20th. Keep up the good work ladies. I am so proud of all of you. Hope to see all of you at Interim Board.

Local President's	Name and Address	Home Phone	Business Phone	Fax	E-Mail Address
Berea BPW	Dr. Edith Baker 170 Charlie Norris Road; Richmond, KY 40475	(606) 205-1586	(800) 246-7521		e.baker@morehead-st.edu
Bowling Green BPW	INACTIVE				
BPW/River City, Inc.	Lora L. Hardin P.O. Box 1407; New Albany, IN 47150	(812) 945-9665	(812) 945-2311	(812) 945-2603	lhardin@monroeshine.com
Campbellsville BPW 363 Sharon Dr.; Campbellsville, KY 42718	Wanda Washington	(270) 465-8363	(270) 465-7424	(270) 465-7993	wandaelaine@alltel.net
Central City BPW 721 Center Street; Central City, KY 42330	Anne Bunch	(270) 754-1638	(270) 754-1638		
Danville BPW 306 N. Third Street; Danville, KY 40422	Ann Hamlin	(859) 236-6985	(859) 236 2198		noni1124@hotmail.com
Fort Harrod BPW 1149 Curry Pike; Harrodsburg, KY 40330	April Ellis	(859) 734-5044	(859) 734-2726	(859) 734-0737	aellis@kycom.net
Frankfort BPW 202 Compton Drive; Frankfort, KY 40601	Ruth Schiller	(502) 875-5102	(502) 564-8006 x188	(502) 564-7890	ruth.schiller@ky.gov
3205 Forest Hill Court, Lexington, KY 40509	Nancy Fulks	(859) 263-8252	(502) 223-9874		nancyf@ageintl.com
Franklin BPW 610 Kerry Ct.; Franklin, KY 42134	Cathy Hughes	(270) 586-3879	(270) 598-5342	(270) 586-0312	cathy.hughes@pic.com
Glasgow BPW 201 Golden Pond Circle; Glasgow, KY 42141	Kathy Manning	(270) 678-5104	(270) 659-3516	(270) 651-7572	kmanning@glasgow-ky.com
Henderson BPW 979 Osage Drive; Henderson, KY 42420	Susan Edwards	(270) 831-1082	(270) 826-3499	(270) 826-1215	
Hopkinsville BPW 4020 Singletree Dr.; Hopkinsville, KY 42240	Rita Brown	(270) 885-2984	(270) 475-2100 x232		rtbrown01@charter.net
Lawrenceburg BPW 426 Secretariat Drive; Lawrenceburg, KY 40342	Donna Seeberger	(502) 839-3368	(502) 564-5620		donna.seeberger@ky.gov
Lexington Bluegrass, Inc. BPW 1328 Copperfield Ct.; Lexington, KY 40514	Donna J. Howard	(859) 233-7860	(859) 294-5153 X3022	(859) 254-3184	djhowardno1@juno.com
Licking Valley BPW 4575 Oddville Sunrise Rd.; Cynthiana, KY 41031	Karen Galde	(859) 234-2259	(859) 234-5671 X1345	(859) 234-5684	kgalde@mmm.com
Louisville BPW 2900 W. Broadway, #206; Louisville, KY 40211	Valerie Casey	(502) 425-2270	(502) 852-0270	(502) 852-4643	vmcase01@louisville.edu
Madisonville BPW 710 Key Cemetery Road; Nebo, KY 42441	Linda Taylor	(270) 249-8404	(270) 825-0704		lindacaroltaylor@yahoo.com
Marion Coutny BPW P.O. Box 681; Lebanon, KY 40033	Mary Vize	(859) 336-7936	(270) 692-3141	(270) 692-6693	mvize@shfattorneys.com
Middlesboro BPW Cumberland Gap Parkway; Harrogate, TN 37752	Danielle Bowman	(606) 248-5915	(423) 869-6353	(423) 869-6370	dbowman@lmunet.edu
Nike BPW 408 Eastview Drive; Madisonville, KY 42431	Dianne Lear	(270) 821-8270	(270) 825-0466	(270) 825-0956	dlear@dialog.com
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Paducah-River City BPW P.O. Box 2400; Paducah, KY 42001	Rhonda Waggoner	(270) 442-3977	(270) 575-5561	(270) 575-5162	rhonda.k.waggoner@usbank.com
Princeton BPW 111 Deerfield Dr.; Princeton, KY 42445	Susan Campbell	(270) 365-5588	(270) 365-5588		susanc49@pennyrile.net

Richmond BPW	INACTIVE				
Russell County BPW	Stephanie Foley	(270) 566-0292	(270) 343-2121	(270) 343-2124	stephani.foley@ky.gov
222 Stephens Point Rd.; Russell Springs, KY 42642					
Shelbyville BPW	Leslie Atwood	(859) 846-9547	(502) 633-2454		latwood86@yahoo.com
130 Old Towne Walk; Midway, KY 40347					
Springfield BPW	Fran Carney	(859) 336-2077	(502) 564-5897		
329 E. Main St., Unit 1; Springfield, KY 40069					
Somerset BPW	Judith L. Smith	(606) 423-1972	(606) 678-3139		judithsmith@charter.net
192 Misty Drive; Somerset, KY 42503					
Somerset Samothrace	Pam Bray				pam.bary@kctcs.edu
Send all correspondence to SCC Samothrace Faculty Sponsor: Joanne Story, Professor; Somerset Community College;					
808 Monticello Street; Somerset, KY 42501 OR					
380 Beauchamp Blvd.: Somerset, KY 42503					
Stanford BPW	Peggy Orberson	(606) 365-9408	(606) 365-9111	(606)365-9408	peggy6@bellsouth.net
144 Edgewood Dr.; Stanford, KY 40484					
Williamsburg BPW	DISBANDING				
Woodford County BPW	Betty Dozier	(859) 873-5370			
104 Woodward Village Dr.; Versailles, KY 40383					

**HAPPY 50TH BIRTHDAY
CENTRAL CITY BPW
CENTRAL CITY, KY
1955 - 2005**



**L TO RIGHT: ANNE BUNCH, PRESIDENT 2005-2006; VIRGINIA BROWN, PRES. ELECT;
JOANNE MOORE, VICE PRES., INGRID DOSS, PAST-PRESIDENT; ALBERTA LOVE, NEWEST MEMBER
HALLIE WHITMER, TREASURER; HELEN ARNOLD, IMMEDIATE PAST PRESIDENT.
(NOT PRESENT FOR PHOTO: JOYCE STEVENS, CORRESPONDING SEC.; DONNA SLATON, RECORDING SEC.)**

'BUILDING POWERFUL WOMEN FOR 50 YEARS'



Business and Professional Women/USA

**PROFESSIONALLY
POLITICALLY
PERSONALLY**

It's all about you!

**Business and Professional Women/Kentucky
Support and Congratulate the
Owensboro BPW
for the vision to Build Powerful Women.**

**BPW is Networking,
Individual Development, and Career Path
Opportunities for
Working Women of all ages.**

**websites: www.bpwusa.org
www.bpw-ky.org**

For more information contact:

**Bonny Manning
BPW/Kentucky President
bonnyman@win.net**

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where individual perspectives help us to see in all directions and open minds open doors. It's where people are valued for who they are and how they see the world and not how the world sees them.

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Happy 50th Birthday!
Franklin BPW



*We would also like to recognize the newest members of the Franklin BPW Hall of Fame
Gladys Hendricks, Pearl Snider and Eugenia Thurmond*

84th INTERIM BOARD OF DIRECTORS REGISTRATION FORM

Business & Professional Women / Kentucky

Shaker Village of Pleasant Hill Harrodsburg, Kentucky November 18-19, 2005

Please type or print; use one form for each registrant.

Name _____ Phone (____) _____

Address _____ City/State _____ Zip _____

E-mail _____ BPW Local _____

Check your classification/Board of Directors/voting status (check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> BPW/KY Executive Committee | <input type="checkbox"/> Current Local Organization President |
| <input type="checkbox"/> BPW/KY Standing Committee Chair | <input type="checkbox"/> Other Board Member _____ |
| <input type="checkbox"/> Committee: _____ | <input type="checkbox"/> Past State President & Year Served _____ |
| <input type="checkbox"/> Regional Director | <input type="checkbox"/> Member |
| <input type="checkbox"/> Assistant Regional Director | <input type="checkbox"/> Guest |
| <input type="checkbox"/> First Time Attendee at State Conference | <input type="checkbox"/> New Member |

Registration Packages: NO REFUNDS WILL BE PROCESSED AFTER NOVEMBER 1, 2005

	Postmarked on or before November 1, 2005	Postmarked after November 1, 2005
<u>Full Conference Package</u> (Includes Friday Individual Development Training, Friday Board Dinner prior to "Bocce for Bucks" Foundation Fundraiser, Saturday Breakfast Buffet, Board of Directors Meeting, Saturday <i>National Business Women's Week Award Luncheon</i> , Afternoon Individual Development Training and BPW Women Veteran briefing)	\$100.00	\$120.00
<u>Saturday-Only Conference Package</u> (Includes Saturday Board of Directors Meeting, Saturday National Business Women's Week Award Luncheon, and Individual Development Training)	\$ 80.00	\$100.00
<u>Registration Only</u> (Includes Saturday Board of Directors Meeting and Individual Development Training)	\$55.00	\$75.00
<u>Additional Guest Meals:</u>		
Friday Bocce for Bucks Foundation Fundraiser	\$30.00	
Saturday NBWW Awards Luncheon	\$30.00	

Total Enclosed: _____

Special meals (vegetarian, etc.) are available upon request. Please state preference. _____

I will be attending:

- Friday Afternoon Health Walk around Shaker Village Grounds
- Friday, Afternoon, Individual Development Training, Modules 3, 5, 6
- Friday Board Dinner prior to Bocce for Bucks Foundation Fundraiser
- Saturday Morning Health Walk around Shaker Village grounds *Before Breakfast*
- Saturday Breakfast Buffet
- Saturday, Board of Directors Meeting
- Saturday *National Business Women's Week Award Luncheon*
- Saturday Afternoon, Individual Development Training, Modules 7, 9, 11
- Saturday, BPW Military Member Outreach Initiative *in the Woman Veteran*

Mail completed registration form and payment promptly by deadline date listed above (keep a copy for your records).
Make check payable to **BPW/KY**. Send check and form to: **Brenda G. Baker, 400 Clubside Drive, Stanford, KY 40484**
Please mark outside envelope: ATTN: BPW Please direct any questions by e-mail to: brenda.baker@pbkbank.com

Hotel reservations must be made directly with **Shaker Village of Pleasant Hill, 3501 Lexington Rd, Harrodsburg, Ky 40330**
Telephone 800-734-5611. Rate: \$70 single + tax, \$80 double + tax. **Identify your affiliation with BPW/KY for group rates.**

WRITTEN REPORTS DUE !!

Written reports for the Interim Board book are due
NOVEMBER 1, 2005, from the following Team Members:

- Executive Committee Officers
- Regional Directors & Assistant Directors
- Standing Committee Chairs (Bylaws, Foundation,
Issues Management, Legislation, Public Relations
Membership, Young Careerist)
- Special Committee Chairs (BPW/PAC, BPW/KY
foundation,
Choices, Data Base Manager, Expansion Task Force,
Interim Board Contact, Ky Cardinal Editor,
Mentoring, NBWW, Nomination, Nursing & Health
Awareness, State Conference Contact, Website)

LO Presidents – be prepared for oral discussion.

Written Committee Reports are due to Executive Assistant
Debrah Pierce piercedv@aol.com by e-mail. If reports are not
received by Nov. 1, bring 75 copies with you to the Board
meeting, for insertion into Board Book, or send the report with a
designated representative. Written reports are required.

BPW USA Individual Development Trainer To Facilitate Training in Harrodsburg!!

Julie Payne, one of 5 members of the **BPW/USA
Individual Development Task Force**, is joining
BPW/Kentucky in Harrodsburg on Nov. 18 – 19, 2005 to
facilitate the Individual Development Training for us at Interim
Board.

Julie is traveling from Rockport, Indiana to facilitate
Modules 3, 5, 6, 7, 9, and 11 of the Individual Development
Program. Attend the Leadership Course to

- Increase your ability to say “No” when necessary and
say “Yes” powerfully when it counts.
- Define career opportunities, objectives, mission and
vision.
- Overcome presentation anxieties.
- Interview with confidence
- Network with ultimate visibility and connections.
- Develop and document your goals.
- This interactive educational program provides
leadership tools you need to enhance your career
and life!

INTERIM BOARD MEETING AGENDA

Kentucky Federation of Business & Professional Women Interim Board of Directors Meeting

November 18-19, 2005

Hosted by: Ft. Harrod BPW and Central Region Locals

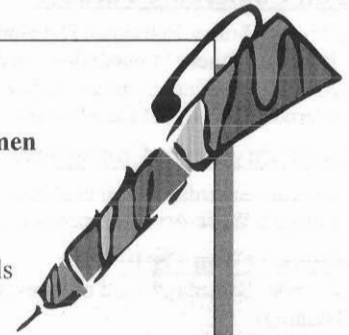
Friday, Nov. 18

Executive Committee Meeting	10:00 a.m. – 2:00 p.m.
Meeting Registration Begins	1:00 p.m. – 6:00 p.m.
Health Walk around Grounds	2:15 p.m. – 2:50 p.m.
Individual Development Training (3 modules)	3:00 p.m. – 5:00 p.m.
Dinner followed by “Bocce for Bucks”	7:00 p.m. – 9:00 p.m.

Saturday, Nov. 19

Health Walk around Grounds	7:15 a.m.
Registration	8:00 a.m. – 2:00 p.m.
Breakfast Buffet (provided)	8:30 a.m. – 9:30 a.m.
Business Session #1	9:45 a.m. – 10:40 a.m.
Individual Development Training (3 modules)	10:45 a.m. – 12:30 p.m.
BPW/Kentucky Christmas Photo – all attendees included	12:35 p.m.
Awards Luncheon	12:45 p.m. – 1:45 p.m.
Business Session #2	2:00 p.m. – 3:00 p.m.
BPW Military Member Outreach Initiative	3:15 p.m. – 3:30 p.m.
Emblem (Expected adjourn time)	3:45 p.m.

Inquiry Contact: Bonny Manning, bonnyman@win.net or Debrah Pierce, piercedv@aol.com.



Owensboro BPW Promotes Community Visibility
By Jeanne Owers and Belinda Abell, OPBW Co-Presidents

In order for growth, for our message to be heard, to be the leading voice for workingwomen in our community, OBPW must be synonymous with leadership and community visibility.

Our commitment this year is to community visibility. We're currently promoting the Ronald McDonald House campaign by placing large jars with the OBPW logo throughout the community to collect "poptops." In October, OBPW will sponsor its first Blood Drive, aiding our regional Blood Center and helping to pave the way to our goal of community visibility. One of our own members, Sr. Lorraine Lauter, Executive Director of MISAS, spoke eloquently at the August meeting about the strengths and vulnerability of Hispanic women in our community.

Three guests attended our August meeting and all became members. Our second issue of the All Women's Business Directory will be available during NBWW. This is also the first year OBPW has had co-presidents. We have an exciting 2005-2006 year planned for OBPW, culminating as hosts for the State Conference in May 2006.

If we are to be effective, to serve as leaders of the next generation, we must give our daughters and granddaughters something of worth and the bottom line for OBPW is our message must be heard. We need to not only have a VOICE - we need to have the LEADING VOICE for all workingwomen in our community.

Save the dates - May 19, 20, 2006 - Owensboro, Kentucky
BPW/Kentucky State Conference - Owensboro, KY.



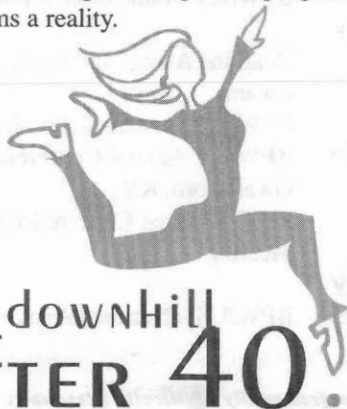
Keynote Speaker, April Goyer,
presenting **It's Not Downhill After 40!**

Our speaker, April Goyer, believes that when you transform your health, you achieve things you never dreamt were possible. Bring It on: health, wealth, passion, and the guts to go for It!

Workshop - If You Can Feel It, You Will Get It!

A step by step guide to transforming your health, recapturing your life, and reaching your potential. Create a blueprint for your personal power; your "personal brand." And finally, taming your self-sabotaging inner gremlins.

Join BPW/Kentucky in Owensboro May 19-20, 2006 for April Goyer who will help us design a fitness plan based upon four elements needed for a successful weight management program while - making our goals and dreams a reality.



Legislative Lowdown

By Phyllis Hargrave, Legislative Chair

This is your opportunity to learn more about the political process. Join BPW/KY in Frankfort, Ky. to Lobby with Legislators on Wed., February 15, 2006 Everyone is invited.

Tentative Lobby Day Agenda

9:30 - 10:30 a.m. Meet with a Lobbyist who will explain How a Bill is passed. (Room TBA)

10:30 - 11:00 a.m. Attend a Committee Meeting

11:00 a.m. - Legislative Women Meet the BPW Group (Room TBA)

12:00 noon - 1:30 p.m. - Lunch - in Cafeteria or bring your lunch..

2:00 p.m. - Senate and House Convene - We will split up with some attending the Senate session and some attending the House session.

3:00 p.m. - Optional tour of Capitol building.

More information available at the Interim Board meeting in Harrodsburg on Nov. 19, 2005. You must RSVP by Feb 8, 2006 to Phyllis.Hargrave@bellsouth.com.

To identify your legislators contact: <http://www.lrc.ky.gov>.



Business and
Professional
Women/KY

National Conference 2005, Philadelphia PA

By Lila N. McGruder, BPW/Kentucky ID Representative

This report tells a fascinating story about a woman and her role in the workplace and society. She has made a giant step in her personal and professional life. She took a step forward and successfully obtained measures that she thought were unobtainable. She presented her speech at a National Conference for the very first time in her life.

While women have made progress in several areas, some numbers are changing too slowly. This year's main focus at the Conference was Building Powerful Women - Professionally, Politically and Personally.

Before the month of October of 2004, a seminar was offered by BPW/Louisville and our U of L Office of External Affairs. I had asked many of my co-workers if they would like to attend. I ended up going to this seminar on October, 19, 2004, all by myself; I even paid for it and used my time to be able to attend.

The seminar was called DEVELOPING YOU: An Individual Development Program for Women and was attended by both women and men. I felt this seminar would be a positive step for me.

At this seminar, the presenters were wonderful and knowledgeable about the topics and in their prospective fields. The topic of Individual Development is for personal growth, exciting interaction, and skills that help you advance both in your career and personal life.

At the end of the seminar, our last speaker was a professor at the University. We all were given the chance to do a speech with a topic of our choice. My topic was about my life in the "Department of Purchasing". I was to be one of three persons speaking at the seminar. The other two persons changed their minds because of being afraid to do a speech of their own topic. I was scared also to get in front of my peers and do something I had never done before. But I did it!!!



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BPW, Building Powerful Women

P.O. Box 4909 Louisville, KY 40204

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Calendar of Events

October

- 16-22 National Business Women's Week - Celebrate the economic contribution of working women.
28 Deadline to submit NBWW award information.
31 BPW/KY Foundation Scholarship Application deadline

November

- 1 Officer Nomination Application Sent to All Members
18-19 Interim Board of Directors Meeting Shaker Village at Pleasant Hill, Harrodsburg, Ky (registration info: brenda.baker@pbkbank.com.)

December

- 1 Kentucky Cardinal deadline
1 Proposed Bylaw Changes to Bylaws Chair (lreid@greaterlouisville.com)
25 Season's Greetings!

January - 2006

- 1 Happy New Year 2006 !!
1 Bylaws Chair sends proposed changes to Executive Committee
21 BPW/KY Executive Committee Meeting (by conference call)

February

- 2-4 Policy & Action Conference, Washington, D.C. Registration & Agenda - www.bpwusa.org
15 Deadline date for filing BPW/KY officer

Nomination form with Joanne Story Joanne.story@kctcs.edu

- 15 Lobby Day in Frankfort for BPW/KY RSVP Required to Phyllis.Hargrave@Bellsouth.com

March - Women's History Month

- 11 Central Region Annual Spring Meeting
15 Kentucky Cardinal deadline
18 North Region Annual Spring Meeting
24 BPW/KY Executive Committee Mtg.
25 South/Southeast Region Annual Spring Meeting

April

- 1 Deadline for Award Submission
8 Northwest Region Annual Spring Meeting
15 Southwest Region Annual Spring Meeting
18 Equal Pay Day
30 BPW/KY Foundation Scholarship Application deadline

May

- 1 Deadline Award Submission, Membership and Regional Awards
18 BPW/KY Executive Committee dinner, Owensboro
19-20 BPW/KY Annual Conference, Executive Inn Rivermont, Owensboro, KY
21 BPW/KY Post Conference Executive Committee Meeting

July

- 12-15 BPW/USA National Annual Conference, Dallas, TX

