

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

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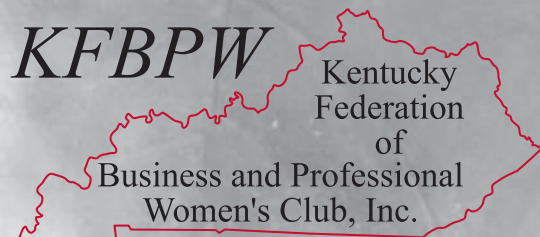
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THE  
**KENTUCKY  
CARDINAL**  
KENTUCKY FEDERATION OF BUSINESS & PROFESSIONAL WOMEN'S CLUB, INC.

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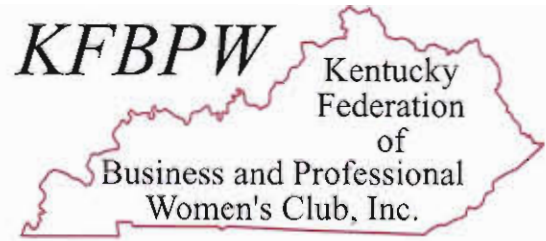
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**KFBPW**



**Kentucky Cardinal Advertising**

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 e-mail ads to The Kentucky Cardinal advertising editor. All ads are to be paid in advance. Checks should be made payable to KFBPW with Kentucky Cardinal in the memo.

Full Page.....	\$150
Half Page.....	\$85
Quarter Page.....	\$60
Eighth Page (Business Card).....	\$35
Identical Ad Run in Any Three Issues.....	10% Discount

**Deadlines for The Kentucky Cardinal**

July 1 - September 15 - December 1 - March 15

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# President's Message

Janis Turner

It's hard to believe that fall is already upon us, time passes so quickly. Your EC is working diligently to assure an informative and fun Interim Board

Please take a few moments right now to complete your registration form and make your room reservation for the 89th Interim Board meeting to be held at Park Mammoth Resort, Park City, KY 42160 on November 12th and 13th.

We have tried to keep the costs as conservative as possible for your attendance. If you register by October 13th, your fee will only be \$55.00; after October 13th it will be \$65.00. Rooms are blocked until October 13th. After that time it may be difficult to get a room because rooms are limited at the resort. Deadline to attend the seminar designed by the National Rifle Association on Friday November 12th - Raising Awareness and Communications "Refuse to be a Victim" will be October 13th. This 3 to 4 hour crime prevention seminar normally costs \$30.00 per person. It was designed to provide common sense information geared toward awareness, communications, and avoidance of criminal attack. Certified instructors help seminar participants better understand criminal thinking and provide tips on maximizing home, auto, telephone, technological and personal security. This seminar has been presented in all 50 states and the District of Columbia.

This seminar will be followed by two modules from our Personal Development Program conducted by Bonny Manning and Phyllis Hargrave. The modules to be presented are Module 3: Communicate: Stand Up and Stand Out along with Module 10: Communication Skills in the Workplace. The program CDs are scheduled to be distributed at the workshop. This will be a wonderful opportunity. You will be provided the knowledge and tools needed to establish this program in your local. This will be a great benefit for our membership in by utilizing this program, you may gain new members and retain current members.

Friday night will conclude with the Kentucky BPW Foundation Fundraiser. The Board of Trustees has planned a few surprises for us and has promised a fun night while we collect monies for a great cause.

On Saturday, we will have our business session along with workshops on membership, mentoring and filing of your IRS 990N forms followed by a Health and Wellness Conference on Saturday afternoon. We have also scheduled time for you to meet your Leadership Team and have one-on-one time to ask those questions which you feel could make your local more powerful.

T. J. Samson Hospital has graciously volunteered to perform health screenings for us at no cost along with Professional Speakers addressing health issues on Saturday afternoon. Each session will be approximately 40 minutes. The last session will end at approximately 4 p.m. If anyone needs to leave prior to that time, you will be able to leave anytime between sessions to best suits your needs.

With all of the above planned for Interim Board, I hope you see how important it is for you to attend or at least have one representative from your local in attendance. The entire weekend is geared to be a training session with a little mandatory business thrown in. We can all learn from each other. This is what makes B&PW a driving force in our local communities and throughout the commonwealth.

Please remember that we are trying something different this year with Kentucky Professional Women's Week (KPWW). It is your choice if you prefer to celebrate in October or wait until the month of March or do both. All awards will be given at state conference to be held on June 3rd and 4th, 2011. I encourage you to let the state officers know of your plans because we would like to visit as many locals as possible during your celebrations.

Look forward to seeing you at Interim Board!



# OFFICER REPORT

## President-Elect Suzanne Forshee



It's hard to believe that the time for KPWW is upon us already, it seems like just yesterday we were together for State Conference at Barren River Resort Park. I wish each of you success during any events that you plan for the week and I hope that we can reach many new members and continue to build a strong State Federation.

I hope to see everyone at Interim Board in November. It will be an exciting time with several opportunities for education offered. Mark your calendars now to attend, November 12 and 13, 2010.

It's never too early to begin planning for the coming year. While President Janis is working with various members across the state to make the 2010 – 2011 year successful, I'm beginning the search for committee members for the 2011-2012 year. If you're interested in taking on a leadership role, please let me know, we can plan some time to discuss one-on-one during Interim Board in November. Best Personal Wishes,  
Suzanne

## Vice President Jerilyn Hippler



Where has this year gone? September is here, the end of summer...I personally hate to see it go. With the end of summer vastly approaching, that means that Kentucky Professional Women's Week is right around the corner and I'm sure that plans are in full swing. Please make sure that the Executive Committee knows your plans so that we can attend some of your events.

I would like to encourage everyone to attend Interim Board coming up November 12-13. President Janis has a weekend full of stuff for us to do and I know you will be glad that you came.

Lastly I want to say a word to the Regional Directors. Even though regional meetings aren't until April, please don't wait until the last minute to plan. Know where your meetings are going to be and who will be helping plan that meeting. I would love to be included in that planning, so please keep me informed of when your planning meetings are and I'll try to attend.

## Greetings from the West Region

This month Janis Turner, State President, Georgia Beth Albany, State Mentoring Chair and I went to visit the Hopkinsville B & PW club at their September meeting. We enjoyed a night of wonderful hospitality, a most delicious meal, a very enlightening meeting and great fellowship with their members. Thank you Hopkinsville B&PW for extending us such a warm welcome.

I want to thank Hopkins County B&PW for sending us their September newsletter. We really did enjoy reading about the activities of their club and tips on weight loss, tips for daily living and cucumbers.

Glasgow B & PW had a great membership meeting this month which resulted in 15 new members and more to come next month!!!

Please send us your club news. E-mail it: awards@glasgow-ky.com or fax it: 270-651-7055. We will look forward to sharing.

Please remember to get your registration forms in for Interim Board on November 12th and 13th, 2010 and mark your calendar for the Regional meeting on April 9th with our host Central City B&PW.



**Becky Barrick, Regional Director**  
**Kylie Garrett, Co-Director**  
**Maggie Gammon, Secretary**  
**Diane Crony-Turner, Treasurer**



# Woman in the Mirror What do you See?

*Beverly J. Mortimer, ARNP  
The Bale Center for  
Prevention of Heart Attack, Stroke, and Diabetes*

Ladies, what do you see when you look in the mirror? We look in the mirror each day checking to make sure that our hair is in place, our makeup applied properly, and our lipstick is just right. BUT... do you see the storms that could be brewing under the surface?

One in 2.7 females who die, die of heart disease, stroke and other cardiovascular disease compared with one in 30 who die of breast cancer. Even more alarming is that 64% of women that die of cardiovascular disease die suddenly and unexpectedly. Sadly the first symptom can be your last. Our nation has done a wonderful job of educating us to get our mammograms each year, but what are we doing to protect ourselves from the **leading** cause of death of both men and WOMEN?

Cardiovascular disease is a term used to refer to conditions related to atherosclerosis (plaque buildup in arteries) including heart attacks and strokes. The process of atherosclerosis evolves over decades, and begins as early as childhood. Plaque builds up in the walls of the arteries and can rupture causing our body to respond by forming a blood clot (thrombus) over the injured wall. This blood clot is what causes the heart attack or stroke. If it blocks the entire flow of blood, that is the one that dies suddenly and unexpectedly. But research shows that plaque progression can not only be stopped, it can be regressed.

We often think of our cholesterol numbers as being indicators of risk. **WRONG!** More than 50% of people that have heart attacks have “normal” cholesterol. You must know your **individual** risk factors including family history, medical history, lifestyle choices that increase risk, blood tests that reveal more than your cholesterol “numbers” and learn if you have early signs of plaque buildup.

The good news is that this disease is also the most preventable cause of death in women. Knowledge is power. Knowing your risk can change the outcome of your life. The message here is that we should not take our health for granted. You know that old saying: “An ounce of prevention is worth a pound of cure”. Don’t be a statistic.

# COMMITTEE REPORT

## **Aspiring Professional Mary Beth Jessie, Chair**

The **Aspiring Professional Program** is designed to help young career women further develop their communication and public speaking skills, and build self-esteem while recognizing their professional, personal, and political achievements. Participants are educated about B&PW through mentoring and are encouraged to either become members or to deepen their current commitment. A competitive selection process within local and regional organizations results in the selection of a KFBPW Aspiring Professional. The 5 speech topics chosen by the committee for the 2010-2011 Aspiring Professional Program are listed below.

- Current Events – What effect do women featured recently in the political spotlight have on the future of Kentucky's young ladies?
- Legislative Issues – How do you consider yourself part of the women's rights movement and what can you do personally to further the cause?
- Education – Which do you feel is more important in today's job market - "education or experience" - and why?
- B&PW – At what age or stage in life do you believe girls should be introduced to B&PW and how do you believe this should be done?
- B&PW – How has B&PW benefitted you personally or professionally?

The updated guidelines and speech topics are also on the KFBPW Website - [www.bpw-ky.org](http://www.bpw-ky.org). Let me know if I can assist you in any way. See you at Interim Board!

## **Bylaws Cathy Hughes, Chair**

Ladies, we are well into our BPW year. I know that you all have been very busy and will be with the holidays quickly approaching. However, I want to remind you that each local needs to submit their bylaws to me for approval. With all the changes in the past two years this is imperative to make sure the bylaws are correct.

So far this year I have received only **ONE** set of bylaws - thank you Shelby County. I am looking forward to hearing from the rest of you soon. Also please remember this is an easy way for local presidents to gain President Award's points and only takes a few minutes. You can earn extra points by making sure all your members have a copy of the updated bylaws.

If you have any questions, please don't hesitate to contact me and I will help out as best I can. Thanks and see you all at Interim Board!

## **Cardinal Advertising Susan Campbell and Sharron Belcher, Co-Chairs**

President Janis has set a hefty goal this year and each local is responsible for \$150 in Cardinal advertising. You don't have to do it all yourself. We encourage all members and local organizations to solicit ads for the Kentucky Cardinal. You can ask businesses in your community to submit an ad! Another popular way to get your quota is to have a full page of business cards from members (10 cards per page = \$15 each member). It all counts toward your responsibility! As much as we enjoy reading this magazine, it cannot be printed without funds.

We are asking each of you to sell ads so we can continue to keep our Kentucky Cardinal coming.

## **Kentucky/BPW Foundation Grants Available to Locals for Communication Seminars/Workshops Debrah Pierce, Chair**

The Kentucky Business and Professional Women's Foundation Board of Trustees wants to remind Local Organization leadership that funding is available for Communication Seminars/Workshops. Betty J. Hinz, a long time member of Business and Professional Women/Kentucky made a bequest to BPW/Kentucky Foundation and directed that the funds be used for Communication Seminars/Workshops

Any local wishing to apply for seminar/workshop funding will need to submit a letter requesting the funding. The request must include the title of the seminar/workshop with a brief description and proposed budget. The request should be sent to BPW/Kentucky Foundation Chair, Debrah Pierce.

Questions or requests for additional information can be sent to Debrah Pierce at [piercedv@aol.com](mailto:piercedv@aol.com) or by phone at 502-582-3056.

## **Public Relations Nena Matheny/Wanda Crowe, PR Committee Co-Chairs**

We would love to get a copy of your club's newsletter. To date we haven't received one, so we're still anxiously awaiting news of what you're doing. Please send an email copy of your newsletter to: [wcrowe@commonwealthbroadcasting.com](mailto:wcrowe@commonwealthbroadcasting.com) and [nenamatheny@bellsouth.net](mailto:nenamatheny@bellsouth.net). We also want to encourage you to take advantage of Public Service Announcement on your local radio stations, and talk to your local newspaper about space that's available free of charge for your club information. We really do want everyone to be talking about Business & Professional Women all across Kentucky. If there is anything we can do to help you in this area, please do not hesitate to contact either of us at the email addresses above.

# COMMITTEE REPORT

## Legislation

### Phyllis Hargrave, Chair

It happened again! Another email discussing gloom and doom headed my way. This one discussed the Patient Protection and Affordable Health Care Act, HB3590, stating that beginning next year, my employer-provided health care cost would be added to my W-2 and I would be liable for taxes on this estimated \$15,000 to \$20,000 benefit! This official looking email even told me to check it out at [www.Thomas.gov](http://www.Thomas.gov)!

By the time I finished reading the email, my heart was beating faster and I felt a tinge of panic! Talk about needing health care!

So I promptly went to [www.Thomas.gov](http://www.Thomas.gov) and searched for HB3950. After looking through pages of the summary of this Bill, there was no mention of employer health care benefit costs being added to my W-2.

Then I went to [www.snopes.com](http://www.snopes.com), put HB3590 in the search box and the truth was revealed. [Snopes.com](http://www.snopes.com) confirmed this email is FALSE!!!

I mention all this because I hate getting sensationalizing emails. I'm glad I took the time to research out the facts before I blindly forwarded it.

I also think it is important for everyone to check out legislation that affects them and HB3590 certainly does affect each of us. Please go to [www.Thomas.gov](http://www.Thomas.gov) or any legislative site of your preference to check on your legislators. Know what they are doing and let them know how you feel about a Bill or how they are doing their job for you and your family.

One more thing – don't forward emails unless you know they are true. Check it out at [www.snopes.com](http://www.snopes.com)

## Membership and Mentoring

### Joanne Story

As Georgia Beth Albany and I begin to implement the M and M (Membership and Mentoring) program, we are remembering that we must acknowledge the need to attract and retain the "New Spirited Woman," with a new spirit of innovation, and technological characteristics of creativity and purpose. We must recruit and retain this New Woman, one who has a respect for our tradition but wishes to bring to local meetings a new and creative method of meeting the needs of the new member.

While our heritage and tradition are important, we must realize that this is the time to develop more creativity in our meetings. We need to implement conference calls, e-meetings, provide socialization, and we must create an environment to permit women to go away from the meeting with information that will assist them on the job, provide career exploration and/or develop a portfolio for a promotion. To attract members we must continue to

implement change, and, first and foremost, recognize that to attract "the New Spirited Millennium Woman," we must ask them what they want, what they need and what they expect from BPW meetings and programs. Georgia Beth and I have developed a membership and mentoring survey for locals that will assist us in developing a membership and mentoring folder to be distributed at Interim Board. I have entitled this part of the membership and mentoring recruitment and retention program "Blazing New Trails."

There are 5 C's in a successful membership and mentoring program. The 5 C's are truly implemented by the "M & M program" and reinforcement of "Blazing New Trails" to attract and capture the spirit of the "New Millennium Woman." The 5 C's are:

1. **COORDINATE** by multi-tasking without dropping the ball.
2. **COMMUNICATE** clearly and develop a follow-up program.
3. **CHOOSE** the right team.
4. **CREATE** a plan.
5. **CONTROL** the plan.

## Tips For Offering Kentucky Federation's Professional Development Program (PDP)

### Bonny Manning, Chair

Thank You to the local organizations (LOs) who want to offer the Kentucky Federation Professional Development Program (PDP) during this 2010-2011 organization year.

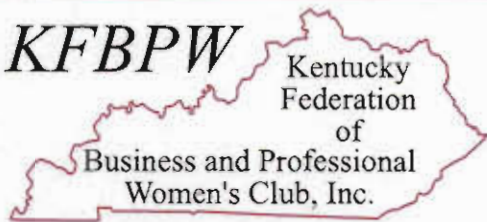
The PDP program is a 10 module cutting edge approach for the 2010 workpkace and beyond. Each module can be offered individually or modules can be offered in a series. A participant will need to complete at least 7 of the 10 modules to be eligible to compete with other LO reps from around Kentucky, during the Region meetings and the KFBPW State Meeting in June 2011.

The PDP Program does not require participants to compete at the local, or state level. However, the public speaking component is designed to prepare participants with the skills needed to feel comfortable "speaking up and speaking out." The Kentucky Federation's goal is to have one representative from each Region, who will compete with other Region winners during the State Meeting in June, 2011.

The program CD will be distributed to LO Presidents during the KFBPW Interim Board Workshop on Friday, November 12, 2010 at Park Mammoth Resort. The PDP committee will present two modules during the Workshop. The modules are: Module 3: Communicate: Speaking Up and Speaking Out, and Module 10: Communication Skills in the Workplace.

Hope to see everyone at Park Mammoth Resort during the KFBPW Interim Board meeting.

# KFBPW



# 2010 Interim Board of Directors Conference

November 12-13, 2010

## CONFERENCE REGISTRATION INFORMATION

Registration is required for anyone attending any event scheduled as part of the Interim Board of Directors meeting. KFBPW name badges serve as your pass to conference activities and are distributed to registrants at the KFBPW registration desk.

You must be registered with the registration desk prior to 8:30 a.m. Saturday in order to vote. Only members of the Board of Directors who have paid their registration fee and are in good standing are eligible to vote in the business session. Members and guests are welcome to attend and speak, but cannot vote. Board members are:

- KFBPW Executive Committee
- KFBPW Parliamentarian (without vote)
- Chairpersons of Standing Committees
  - Aspiring Professional
  - Bylaws
  - Finance
  - Issues Management
  - Legislation
  - Membership
  - Professional Development
  - Public Relations
- Regional Directors Asst may serve as alternate in absence of Dir or if Dir is delegate in another capacity
- Local Presidents (2010-2011 year) Authorized representative allowed
- Kentucky Cardinal Editor
- KY Foundation Board of Trustees Chair
- Past National President
  - JoEtta Wickliffe
- Immediate Past State President
  - Diane Crone-Turner
- Emeritus Board Member
  - Ledeane Hamilton

Early bird registration is available until October 13th. All registrations postmarked after October 13th must include a late fee of \$10.00.

## REFUND POLICY

Cancellations must be made in writing to: Becky Barrick, Interim Board Contact Co-Chair, 136 E. Public Square, Glasgow, KY 42141. For a full refund, cancellation requests MUST be postmarked no later than November 1, 2010. No refunds will be processed after November 1, 2010.

## SUGGESTED ATTIRE

Business attire is requested during the business session and Luncheon on Saturday. Friday night's Foundation Fundraiser will be casual so come dressed to have fun!

## REASONS TO ATTEND!!!

- Enjoy good food, good friends and great music, while donating to KBPW Foundation. Surprises are in store for all.
- Experience "Shoppertainment" first-hand as we visit the exhibit and vendor booths set up especially for us.
- Have a Voice in the business and decision making of the Kentucky Federation. Representation from each and every Local Organization is needed!
- Raising Awareness & Communications "Refuse to be a Victim" Seminar - free to members who register by October 13th. Seminar is underwritten by the Kentucky BPW Foundation - Betty J. Hinz Endowment
- Workshops, Workshops and more Workshops - Personal Development Training, Membership & Mentoring and 990N IRS Filing
- One on One time with your Leadership Team - ask those questions which you feel could make your local more powerful and find the answers - from Bylaws to Public Relations and beyond!
- Health Fair - T. J. Samson Hospital has graciously volunteered to perform health screenings for us at no cost
- Health and Wellness Conference - Professional Speakers addressing health issues that affect you and your family.

### **"OFF-BROADWAY" - KENTUCKY BPW FOUNDATION FUNDRAISER**

The Kentucky Business and Professional Women's Foundation Board of Trustees invites all members to attend the Foundation Interim Board Event/Silent Auction Fund Raiser. The event will be held on Friday evening, November 12th at Park Mammoth Resort in Park City, Kentucky. Members of the Western Kentucky University/Glasgow Local organization will present a skit to start the evening's activities.

So...come prepared to laugh and have fun, see old friends and meet new ones while helping to raise money for scholarships. Each local is asked to bring a theme basket, i.e. Tailgate basket, Wine basket, Spa Basket, etc. or two (2) items for the silent auction. Starting exercising your bidding arms today, we want to see them raised high and often. If you have questions about the silent auction please contact Debrah Pierce at 502-582-3056 or piercedv@aol.com.

### **REFUSE TO BE A VICTIM - RAISING AWARENESS AND COMMUNICATION**

Experts agree that the single most important step toward ensuring your personal safety is making the decision to refuse to be a victim. That means that you must have an overall personal safety strategy in place before you need it.

Refuse To Be A Victim® is NRA's award-winning personal safety and crime prevention program. Through this four-hour seminar, you can learn the personal safety tips and techniques you need to avoid dangerous situations and avoid becoming a victim. In general, seminars heighten public awareness and communicate what can and should be done to stay safe. The topics that are covered include: Home, Physical, Automobile, Workplace, Out-Of-Town Travel and Technological Security, Self-Defense Physical Training, Personal Protection Devices and Domestic Violence.

### **HOTEL RESERVATIONS**

Reservations will be processed in order of receipt. **THE ROOMS WILL BE BLOCKED UNTIL OCTOBER 13, 2010.** Reservations beyond that date will be on a space and rate available basis. The room rate is \$69.00 per room per night for single or double. Rates DO NOT include the sales and occupancy tax.

Call the hotel directly at 270-749-4101 to make your room reservations. **TO BE SURE YOU GET THE CONFERENCE RATE, IDENTIFY YOUR AFFILIATION WITH KFBPW.**

### **INTERIM BOARD CONFERENCE HOTEL**

Nestled atop a wooded bluff, on the doorstep of Mammoth Cave National Park, The Lodge and Conference Center at Park Mammoth Resort offers spectacular views of Kentucky's historic Cave Region. The Lodge exudes southern charm with its hospitable walnut paneled lobby, fireplaces, full service restaurant and cozy coffee bar and café.

The standard rooms offer two double beds. Other amenities include an indoor heated pool, cable TV, wireless high-speed internet access, miniature golf, 3.5mi. nature trail, and meeting rooms. You can stay as long as you'd like, but we are certain you'll never want to leave.

Park Mammoth Resort, 22850 Louisville Road, Park City is located just off I-65, 25 minutes north of Bowling Green, and just over a one hour drive from Louisville. Take Exit #48 and follow the signs to Park Mammoth Resort.



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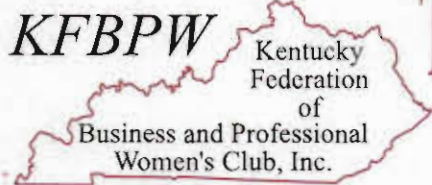
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#### **Princeton**

#### **Business and Professional Women Salute**



**Barbara DeAngelo  
and  
Margaret Osting  
on their 80 years  
of service to our  
club.**



# TENTATIVE MEETING AGENDA

**Interim Board of Directors Meeting**

**November 12 – 13, 2010**

*Hosted by: Glasgow B&PW and WKU-Glasgow B&PW*

**Thursday, November 11, 2010**

Executive Committee Meeting ..... 7:00 p.m. - 8:00 p.m.

**Friday, November 12, 2010**

Kentucky BPW Foundation Meeting ..... 8:00 a.m. - 11:30 a.m.

Registration ..... 12:00 p.m. - 6:00 p.m.

Leadership Team Meeting ..... 12:00 p.m. - 12:30 p.m.

Seminar - Raising Awareness & Communication "Refuse to be a Victim" ..... 12:30 p.m. - 4:30 p.m.

This four hour seminar was developed in 1993 in response to requests from women nationwide for crime prevention seminars by the National Rifle Association. This seminar communicates awareness and prevention of criminal confrontations.

*(Registration is required by October 13, 2010)*

Personal Development Training (2 modules) ..... 5:00 p.m. - 7:00 p.m.

Module 3: Communicate: Stand Up & Stand Out

Module 10: Communications Skills in the Workplace

Dinner followed by BPW Foundation Event ..... 7:30 p.m. - 9:30 p.m.

**Saturday, November 13, 2010**

Breakfast (On Your Own) ..... 7:00 a.m. - 9:00 a.m.

Registration ..... 8:00 a.m. - 12:00 p.m.

Vendor Exhibits ..... 8:00 a.m. - 4:00 p.m.

Ask your Leadership Team (One on One Meetings) ..... 8:00 a.m. - 9:00 a.m.

Business Session #1 ..... 9:15 a.m. - 10:45 a.m.

Break ..... 15 minutes

Mentoring/Membership Workshop ..... 11:00 a.m. - 11:45 a.m.

990 Filing- IRS Workshop ..... 11:45 a.m. - 12:00 p.m.

Luncheon ..... 12:00 p.m. - 1:00 p.m.

Health Fair – T.J. Samson Hospital ..... 1:00 p.m. - 3:00 p.m.

Health and Wellness Conference ..... 1:00 p.m. - 4:00 p.m.

*Nine to Five: How To Work Out At Work - Cathy Botts* ..... 1:00 p.m. - 1:30 p.m.

*Business Etiquette/Manners - Kathy Bruner M.D.* ..... 1:30 p.m. - 1:50 p.m.

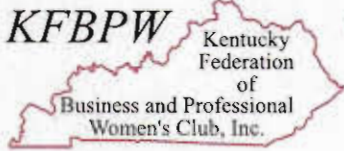
Break ..... 10 minutes

Dr. Christy South ..... 2:00 p.m. - 2:40 p.m.

Beverly Mortimer- Bale Center Prevention ..... 2:40 p.m. - 3:20 p.m.

Jennifer Turner, RD,LD ..... 3:20 p.m. - 4:00 p.m.

\*\*\* Please note: All times are Central Standard Time \*\*\*



**89th INTERIM BOARD OF DIRECTORS REGISTRATION FORM**  
**Kentucky Federation of Business & Professional Women's Clubs, Inc.**  
 Park Mammoth Resort • Park City, Kentucky • November 12 - 13, 2010  
*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"/> KFBPW Executive Committee            | <input type="checkbox"/> Current Local Organization President     |
| <input type="checkbox"/> KFBPW Standing Committee Chair       | <input type="checkbox"/> Other State 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 Interim Board | <input type="checkbox"/> New Member                               |

**Registration Packages: NO REFUNDS WILL BE PROCESSED AFTER NOVEMBER 1, 2010**

**Payment must be received with the registration form.**  
**If not received, late payment will be accessed.**

Postmarked on or before October 13, 2010	Postmarked after October 13, 2010
---	--

**Full Conference Package**

(Includes Friday Raising Awareness & Communications "Refuse to be a Victim" Seminar, Professional Development Training, Friday Night Dinner prior to Foundation Fundraiser, Saturday Board of Directors Meeting, Mentoring & Membership Workshop, 990N IRS Filing Workshop, Health & Wellness Conference, Saturday Luncheon)

\$ 55.00    \$ 65.00

**Saturday-Only Conference Package**

(Includes Saturday Board of Directors Meeting, Mentoring & Membership Workshop, 990N IRS Filing Workshop, Health & Wellness Conference, Saturday Luncheon)

\$ 45.00    \$ 55.00

**Registration Only - No Meals**

(Includes Friday Professional Development Training, Friday Night Foundation Fundraiser Event (no dinner), Saturday Board of Directors Meeting, Mentoring & Membership Workshop, 990N IRS Filing Workshop, Health & Wellness Conference)

\$ 30.00    \$ 40.00

**Additional Guest Meals:**

Friday Dinner at Foundation Fundraiser  
 Saturday Luncheon

\$ 15.00

\$ 15.00

**Total Enclosed:** \_\_\_\_\_

*Payment must be received with the registration form. If not received, late payment will be accessed.*

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

**I will be attending: \*\*\*Please Note Park Mammoth Resort is located in the Central Time Zone\*\*\***

- |  |   |
|--|---|
| <input type="checkbox"/> Friday Seminar - Raising Awareness & Communications "Refuse to be a Victim" <i>Registration Required by October 13<sup>th</sup></i> | <input type="checkbox"/> Saturday Luncheon                          |
| <input type="checkbox"/> Friday Workshop - Professional Development Training   | <input type="checkbox"/> Saturday Workshop - Membership & Mentoring |
| <input type="checkbox"/> Friday Night Dinner   | <input type="checkbox"/> Saturday Workshop - 990 Filing             |
| <input type="checkbox"/> Friday Foundation Fundraiser  | <input type="checkbox"/> Health & Wellness Conference               |
| <input type="checkbox"/> Saturday Board of Directors Meeting   |   |

Mail completed registration form and payment promptly by deadline date listed above (*keep a copy for your records*).  
 Make check payable to **KFBPW**. Send check and form to: **Becky Barrick 136 E Public Square, Glasgow, KY 42141**  
**Please mark outside envelope: ATTN: KFBPW** Please direct any questions to: [awards@glasgow-ky.com](mailto:awards@glasgow-ky.com) or call 800-929-2731

**Hotel reservations** must be made directly with Park Mammoth Resort by October 13, 2010, to receive the discounted rate  
 Telephone 270-749-4101. Rates \$69.00 - for a single or double (plus tax) **Identify your affiliation with KFBPW for group rates.**

# LOCAL NEWS

## **BPW/River City, Inc.** **Violet Clark, President**

Our "Signature Event" luncheon during Kentucky Professional Women's Week will be held at the University Club, 11:30 a.m. - 1:00 p.m., on Wednesday, October 27, 2010. This annual event highlights the significant accomplishments that have been made by professional women of the River City area in both the work place and the community.

The event will also honor a "Woman of Excellence". This award is given annually to a local business and professional woman who has achieved their goals through education, experience and civic participation.

BPW/River City Foundation will hold a "Silent Auction" with proceeds going for scholarships to deserving women in the River City area to pursue their higher educational goals.

Our weekly luncheons are held on the second Wednesday of each month at the University Club located on the northeast corner of the Belknap Campus.

Please check out our web site [www.bpwrc.org](http://www.bpwrc.org) for more information.

## **Campbellsville BPW** **Wanda Washington, President**

Campbellsville BPW is proud to share that we have been "Busy as Bees". We've taken advantage of the opportunity to greet attendees of the Taylor County Junior Miss Program, an evening of elegance for all. Thanks to Teresa Schwoebel and JaMecia Washington. This was such a pleasant occasion to observe our future leaders.

President Wanda Washington and Vice President Shirley Cheatham proudly attended "Votes For Women Celebration" in Frankfort on August 26th. Celebrating this milestone with so many other women strongly displays that each of us are the fruit of their labor. Those women gained the right to vote and did not allow humiliation and torture to defeat them. We enjoyed being there.

Assisting the needy was a task of great pleasure also. Donating 1,300 cans of food to our Local Food Pantry was a humbling occasion.

Our local has made monthly challenges to bring potential members to each meeting. Rewards will be given in May for the members' efforts.

Plans for KPWW make us excited for the time to come and celebrate deserving women of this great community.

## **Hopkins County B&PW** **Nena Matheny/Wanda Crowe, PR Committee Co-Chairs**

Hopkins County B&PW is focusing on 'women-owned' businesses this year and gaining insight into the difficulties and the rewards of owning your own business. Our programs to date have focused on and have featured our very own members and we are learning things we weren't aware of about our BPW sisters. We will be broadening the scope and asking other women entrepreneurs in the community to share their experiences in hopes of learning more about the businesses and the women who run them. We are also using it as a recruitment tool in that we hope to educate them on BPW and what it can bring to their business.

We are also busy with plans to celebrate National Business Women's Week and have several activities scheduled. We have added two new members and are looking forward to recruiting more. We also have members looking forward to attending Interim Board. All in all, we're very excited about the year so far and feel the best is yet to come.

## **Hopkinsville** **Lena Wann, Recording Secretary**

The Hopkinsville Club has added a new project to our list. We are providing individually wrapped snacks for the waiting rooms at our local hospital. One of our very old projects is keeping an Adopt-A-Spot near the post office trimmed and something blooming if weather will permit. We have also awarded \$800 in scholarship money to a young lady enrolled at Hopkinsville Community College. All of our members work hard to complete our many projects.

We are making plans for Kentucky Professional Women's Week. The majority of our events will be in March, 2011 with the exception of our bingo afternoon at the nursing home and our fun night for our members.

Butch Hunter, husband of our member Karen Hunter remains in a center near Atlanta after an accident at work in late June. Karen is back and forth; trying to work and see to his needs. Please remember this family in your prayers. Karen's home address is 4455 Harmony Grove Rd., Hopkinsville, KY 42240. On August 14th, a local bikers group took the lead in doing a fund raiser for the Hunters. Our club members made monetary contributions as well as provided baked goods for the event.

# LOCAL NEWS

## **Paducah Business and Professional Women Audrey B. Lee, President**

Paducah had a successful program in July and is currently planning an October reception to honor our own Merryman Kemp.

While the state will be focusing on our recognition of women in March, Paducah will split its activities between fall and spring. We will honor long-time member and our Woman of the Year Merryman Kemp for her dedicated years of service to women, children and families, as well as her many years of services to BPW locally and statewide. She was a founding member of Paducah River City BPW and served as their president as well as multiple terms as president of Paducah BPW. She is our legislative coordinator and has worked hard even on the national level for causes that affect women in the workplace and home. We invite all clubs to participate in the reception for Merryman on October 28 from 5:30 to 7:30 p.m. at Washington Street Missionary Baptist Church Christian Life Center. Expressions and cards may be mailed for Merryman.

Paducah Club is still focusing on membership, with three new members and looking forward to others. We receive newsletters from clubs in Illinois and are developing a support relationship for our programs with Southern Illinois clubs.

## **Princeton BPW Maggie Gammon, President**

The temperatures have finally started getting cooler, and we're hoping for some nice weather as we get ready for our fall activities. In spite of a very hot summer, Princeton BPW has been busy the past couple months.

In August, we held our Tiny Miss & Master Black Patch Pageant in conjunction with Princeton's annual community festival. This is one of our larger fundraisers, and it is such fun to work with the Little People, ages 1-3. They are so fresh and innocent at this age!

The second Saturday in September is Black Patch Day, and we always set up a booth to sell raffle tickets and to promote our local club. Many of you will remember Margaret Osting and Barbara DeAngelo, our nonagenarian and octogenarian members, respectively, from the June conference. These two ladies serve as Black Patch Booth Co-Chairs, and both were present from set-up to take-down, outlasting several of our much younger members. They truly show us the way!

We will be honoring our Woman of the Year, Woman of Achievement, and Boss of the Year at our October meeting, as we prepare for KPWW at the end of the month.

## **Somerset BPW Tammy Cundiff, President**

Somerset BPW would like to invite everyone to our annual auction. It will be held at the South Kentucky RECC Community Building, 925 N. Main Street in Somerset, KY on October 28th beginning at 5:30 p.m. We will be serving soup, sandwiches, desserts, and drinks. There will be lots of goodies available for you to purchase in both our silent and live auction! Come join us for a night of good food, fun and fellowship!! For more information contact: Tammy Cundiff - 606-676-0000 or Joanna Harness - 606-676-7600. See you there!!

## **WKU-Glasgow B&PW Kylie Garrett, President**

The WKU-Glasgow club is excited for the year to begin!!! Our officer team met in August to discuss planning our year and to set our goals. The meeting was a success and we can not wait for the school year to begin to start implementing our exciting plans.

Our first meeting was held on September 23rd at the WKU-Glasgow campus.

Congratulations to all our senior members who graduated in May. We are happy to report that all have been employed within their field of study. Our senior members attribute a lot of their hiring success to the programs and knowledge they have been exposed to and connections they have made through B&PW over the past 2 years our club has been in existence. They were able to draw knowledge through programs such as "Dressing For Success", "Interview Skills and Proper Etiquette" and "Resume Seminar and Mock Interviews". All agreed that being a member of the WKU-Glasgow B&PW club looks great on a resume also because B&PW speaks for itself - Thanks to all the wonderful and classy ladies in our whole state organization who represent B&PW so well!



# CONGRATULATIONS DIANE!



**We** are proud of your many accomplishments especially serving as KFBPW State President in 2009-2010 and KFBPW Treasurer in 2010-2011. We are truly grateful for another one of your life goals - to finish college with your BA degree. We say GO GIRL! Keep up the great work.

*Your family and husband*



## Thank You!

I would like to thank everyone for their support during my year as President. There were a lot of changes necessary to move the State Federation forward. Thanks to each one of you for your words of encouragement. While serving as state president, a lot of other things were going on in my personal life. I went back to college and completed my BA in Management and Human Relations (MHR) from Trevecca Nazarene University, Nashville, TN graduating on May 8, 2010. Every Tuesday evening, from 6:00 to 10:00 p.m. for 13 months I was in class and had perfect attendance. (Now you understand why I could not visit any club on Tuesday nights.) I did not want to pass up this important opportunity in my life. At the graduation banquet, I was the recipient of the Who's Who Among Students in American Universities and Colleges (this honor was only bestowed on one member per MHR class and I was chosen by my classmates) and I also received the 2010 MHR Leadership Award.

I would like to encourage every local to increase membership and support the 2010-2011 leadership team.

*Diane Croney-Turner – 2009-2010 Past State President*

# Hopkins County B&PW Member Businesses

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Business and Professional  
Women's Club, Inc.

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Henderson, KY 42420  
Address Service Requested

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

## 2010 Calendar of Events

### October

All Month Breast Cancer Awareness and Domestic Violence Awareness Month

18-22 National Business Women's Week

31 Kentucky Foundation Scholarship Application deadline

For more information go to the KFBPW website - [www.bpw-ky.org](http://www.bpw-ky.org) and click on the Foundation tab

### November

1 KFBPW Nomination Chair sends notice to local presidents of February 15 deadline for state officer nominations

2 Election Day

12-13 KFBPW Interim Board of Directors Meeting, Park Mammoth Resort; Park City, KY (for more information and details, see pages 8-11)

### December

1 Kentucky Cardinal deadline

1 Proposed State Bylaws revisions to KFBPW Bylaws Chair Cathy Hughes