

THE KENTUCKY CARDINAL

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



Business and
Professional
Women/KY



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Women/KY



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**BUILDING
POWERFUL
WOMEN**

PROFESSIONALLY • POLITICALLY • PERSONALLY



VOLUME 79 • ISSUE 4 • SPRING 2008



**Business and
Professional
Women/KY**

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Kentucky Cardinal

www.bpwusa.org and www.bpw-ky.org

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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 BPW/KY with Kentucky Cardinal in the memo.

Full Page.....	\$150
Half Page.....	\$85
Quarter Page.....	\$60
Eighth Page (Business Card).....	\$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

Deadlines for The Kentucky Cardinal

July 1 - September 15 - December 1 - March 15

PRESIDENT'S MESSAGE

Happy Spring!!

Hope everyone had a wonderful Easter holiday with their families. Regional Meetings are in full swing and are being well attended; I want to thank you for that. I know all of the Regional leadership appreciates it too.

In this issue of the Cardinal, the Call to Convention, Tentative Agenda and Registration forms are included. And remember, the Agenda is "tentative" which means that I could make changes up until the weekend of convention. I urge you to get your registrations in early. This convention is going to be a very important one. We have many Bylaw and Policy changes that will impact BPW as a whole and your vote is very important. I also encourage your attendance to network with, and get to know your fellow BPW sisters. I wouldn't take anything for the friendships that I have made in this wonderful organization. There will be a lot to learn about BPW and the future of this organization.

We are very fortunate to be able to have a BPW/USA representative this year. Recording Secretary Sandi Haase will be with us, so please make her feel welcome.

Again, please make plans to attend State conference....hope to see you there!

Jerilyn Dawson
BPW/KY President



Jerilyn Dawson



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OFFICER REPORTS

Debrah V. Pierce, President-Elect



Most of us are familiar with the song which says, "Times they are a changing." Well, hold on to your hats because major changes lay ahead for BPW!



Business and Professional Women/KY

"Times Are Changing."

During the next weeks and months you will be hearing about and receiving information concerning the ensuing changes.

Change is good – it provides us with the opportunity to grow and make the organization better. During the 2008 Policy and Action Conference BPW/USA held its first National Convention utilizing webinar technology.

Based on the outcome of by-laws proposals, which will be brought before the membership at the National Conference in Atlanta in July, all members (even those not in attendance) will be given the opportunity to vote in elections. Votes will be cast electronically or by mail (if a member does not have email). It is therefore imperative that you verify that your personal information is correct! If you have computer access you can go on line and make corrections. If you do not have electronic access you may give your correction to your local president or membership chair and they can make the changes for you. Please be assured BPW/USA does not share their email distribution list with anyone.

BPW is changing. Be a part of that change by stepping up and stepping out. Contact me today to become a part of the BPW/Kentucky Leadership Team. Committee Chair position descriptions are available online at www.bpw-ky.org.

Diane Croney-Turner, Vice President



I would like to challenge anyone interested in running for a local or state office to step forward and step out, you will not be alone in your endeavor. You will have support from the local, regional and state levels. I hesitated for years before taking the first step. If interested visit the website for information about running for an office.

Regional Directors remember to submit your reports by May 1, 2008. Clubs who participated in BPW/KY's Equal Pay Day events are asked to submit your reports by May 1, 2008 also. The criteria for both awards are posted on BPW/KY website. The website is www.bpw-ky.org. If you have not visited the site lately, it has information that will be helpful to all members.

All BPW/KY members are asked to update your data profile at the national level and include your e-mail address.

We would like to encourage everyone to mark your calendars for State Conference on Friday, June 6 – Sunday, June 8, 2008 in Bowling Green, KY. Information will be given on several changes that will affect BPW/KY from the national level. With changes from the national level it will bring changes to the state and local levels. We, the leadership team, want to keep all BPW/KY members updated on any and all changes, what better place than State Conference. The 2008-2009 leadership team will be installed and need support of all clubs to be in attendance.

I would like to thank you for the opportunity to serve as BPW/KY 2007-2008 Vice President. It has been a year of changes, challenges, and excitement.

Committee Report

BYLAWS • By Beth Moore, Chair

Hello from the chair of the BPW/KY Bylaws Committee! As this year draws to a close, I am sad to report that I did not hear from most of the local organizations about their bylaws revisions according to the latest version of the model local bylaws. But I am happy to report that, at the beginning of March, I have worked with BPW Hopkins County, Glasgow BPW and River City BPW to review their bylaws this year.

There were major mandatory changes to the bylaws that passed at the national convention in July of 2007. You do need to be aware that the underlined portions of the model bylaws **MUST** be in your local bylaws verbatim and underlined. This is important. This document is provided on the BPW/USA website for your convenience.

Once the local organization revises its bylaws, they should then be forwarded to the State Bylaws Chair for review and approval. Once they are approved, the local organization's bylaws will be signed by the BPW/KY President and returned to your local organization. Once they are received by the local organization, a copy should be made for each member of the local.

Although the year is nearly over, you can still contact me at beth.moore@kctcs.edu or (270) 824-8610 if you have questions. I want to thank Patti Fallin for all of her knowledge and assistance during the year. I look forward to seeing you at the state convention in June!

LOBBY DAY • Frankfort, KY

Business and Professional Women held their annual Lobby Day event in Frankfort, KY on February 20, 2008. Members from BPW/River City, Inc., Harrodsburg BPW, and Springfield BPW were in attendance.

Donna Brown, a contract lobbyist, started the day instructing the group on how a bill becomes a law and some of the finer points of lobbying. Several legislators from across the state visited with the group. Members were given a chance to visit with their own senator and representative and lobby for HB382 "The Comparable Worth Bill" and to attend and observe legislative committee meetings. During the afternoon members took advantage of an opportunity to watch the finer workings of state government by attending a House session. The group ended the day with a private tour of the newly renovated Governor's Mansion.

I encourage each of you to make plans to attend the 2009 Lobby Day Event in Frankfort. You will be glad you did!

CHOICES • By Lorie Marcum, Chair

BPW Regional and State Conventions Just Around the Corner
Attention ALL LOCALS

We want to include your CHOICES program review for award consideration. Please contact Lorie Marcum, BPWKY CHOICES Chair with the name and contact information of your CHOICES Chair. She will contact them directly to get the information she needs.

BPW does not just want to be known as the premier organization for Women but the premier Women's organization that mentors our future leaders!

Remember To Share The Reasons To Be A BPW Member By Joanne Story, Membership Chair

- 1. Impact** – Be Part of a National Movement and Make a Difference!
- 2. Networking** – Exchange Ideas and Share Common Goals with Women!
- 3. Advocacy** – To Provide Women with National Representation on Critical Issues!
- 4. Education/Career Enhancement** – BPW Programs Designed to Provide Personal and Professional Development!
- 5. Information** – Quick Access to Relevant Up-To-Date Information about Topics Essential for Workingwomen!
- 6. Leadership** – Develop Leadership Skills at the Local, State and National Level!
- 7. Visibility** – Gain Visibility and Prominence in Your Community through Involvement in BPW!
- 8. Helping Others** – Proud Tradition of "Women Helping Women!"
- 9. Member Benefits/Discounts** – Gain Access to Special Programs like BPW/USA Career Center to Find a New Job or The Home Buyer's Assistance Program!
- 10. Friendships** – Lifelong Friendships with the Bond of Sisterhood!

BPW/KY Percent Achievement (5-31-2007 to 2-29-2008) - 97.91%: We Can Do Better!

Membership Reports are due May 1, 2008. Mail to: Joanne Story, Professor Of Social Science, Somerset Community College, 808 Monticello Street, Somerset, KY 42501



CREATING CONFLICT AND BUILDING CONSENSUS



In decision-making, leaders walk a tightrope to balance healthy levels of conflict and consensus. Too much conflict degenerates into antagonism and infighting. Too much consensus and no one ventures forth criticism of ill-informed choices. A leader has the responsibility to preside over an organization's mixture of conflict and consensus. Both the quality of a decision and its ease of implementation are at stake.

In his article, "Why Leaders Don't Take Yes for an Answer," on www.govleaders.org, Michael A. Roberto shares his thoughts on managing the decision-making process.

CREATING CONFLICT

The first step for a leader to invite conflict into the decision-making process involves actively seeking the participation of others. A surprising number of leaders make decisions in a vacuum. Confidently relying on their own wisdom and instincts, they bypass the expertise and feedback of teammates. In doing so, their decisions fall prey to blind spots, biases, or gaps in knowledge.

In the second step of creating conflict, leaders must set the tone of communication so that dissenting opinions may be freely expressed and assumptions may be openly questioned. Vigorous and candid debate exposes weaknesses in a decision. Yet, many leaders surround themselves with bobble-headed managers who are certain not to contradict their directives. In such a climate, dissenters are chided for not being "team players." On the contrary, a wise leader prizes people who fearlessly challenge the process and will include them in the inner circle of their decision-making team.

As a final role of creating conflict, leaders make sure all parties respect one another during the debate of ideas. When egos enter the picture, conflict can become combustible. Leaders stay above the emotional fray. They allow ideas to have interplay without allowing them to divide the team. They maintain control of debate, and they do not tolerate hectoring or bullying.

BUILDING CONSENSUS



As with creating conflict, consensus begins with inclusion. Key players left in the dark during the decision-making process will have a difficult time embracing the chosen course of action.

Leaders do not relinquish final authority in decision-making, but they do dignify their co-workers by consulting them for advice.

Once a decision has been reached, a leader must switch the focus from generating healthy conflict to building consensus around the decision. In this step, team members must be convinced to emotionally accept the grounds of a decision—regardless of personal feelings. "Consensus does not mean unanimity, widespread agreement on all facets of a decision, or complete approval by a majority of organization members," writes Roberto. "Consensus does mean that people...have accepted the final choice, even though they may not be completely satisfied with it."

Leaders must have the relational dexterity to bring people, originally at odds with a decision, into consensus. To this end, a leader may invest extra time with influential dissenters to ensure their support. It's crucial for a leader to secure an unqualified commitment during these meetings. No one on the team can be allowed to withhold support of a project on account of their personal stance against it. When the final decision is made, everyone must demonstrate the loyalty and team spirit to be on board.

For access to the complete text of Michael Roberto's article, "Why Great Leaders Don't Take Yes for an Answer," visit http://www.govleaders.org/no_yes_mcn.htm.

"This article is used by permission from Dr. John C. Maxwell's free monthly e-newsletter 'Leadership Wired' available at www.maximumimpact.com."



FOR YOUR INFORMATION

New Mailing Address

All dues sent to BPW/USA for new members and/or current members need to be mailed to the following address, using the New Member Form and/or Reinstatement Form:

Business and Professional Women/USA
Attn: (designate either Reinstatement Members Dues
or New Member Dues Here)
P O Box 75278
Baltimore, MD 21275-5278

Do not mail dues to the 1900 M Street address listed on the form. Two reasons - first, BPW/USA is moving offices so the address will not be valid for much longer and second, sending money to their street address causes weeks of delay. The P.O. Box address is the lock box used for payments. It is set up to handle the payments so it is quicker and makes it easier on the staff. Dues are processed more timely and we get credit for members much sooner.

For any of you who use the forms on the BPW/KY website, the necessary changes to those forms have been made and the current correct address is on the forms. The forms are under Downloads, then Leadership manual - http://www.bpw-ky.org/Leadership_Manual.shtml Look under BPW/USA forms towards the bottom of the page and click on the form hyperlink to download it.

Please share this information with your Treasurers and Membership Chairs or whoever may submit the forms.

New tax laws affecting all Local BPW Organizations

Beginning in 2008, all non-profit groups (other than churches and governmental entities) who earn less than \$25,000 in gross receipts are required to file Form 990-N each year with the IRS. If form 990-N is not filed for 3 consecutive years, the IRS will terminate an organization's non-profit status. This means any income earned after termination would be taxable or they would have to re-file for exempt status. This link <http://www.irs.gov/charities/article/0,,id=169250,00.html> will take you to the IRS website (www.irs.gov) where you can read more on the topic.

If a non-profit organization earns more than \$25,000 in gross receipts they are required to file Form 990 which is a more in depth form than the 990-N. This rule has not been changed. The only change applies to those entities earning less than \$25,000 in gross receipts. In the past they were not required to file any type of form and now they must file form 990-N.

Jill Davis from Somerset BPW will help answer any questions anyone might have.

Email Address Requested

Because of the recent National bylaws changes, all members will be given the opportunity to vote in election of National officers, Area Representatives and on certain bylaw changes relating to dues and membership. Ballots will be sent out by email or by snail mail (if a member does not have email listed in the BPW/USA database). Because of the cost associated with mailing the ballots, we are asking each member to update and verify their personal information in the BPW/USA database. Make any address changes and preferably add an email address so ballots can be emailed to you and save the postage altogether. (Please be assured BPW/USA does not share their email distribution list with anyone). You will also have the option of opting out of receiving other BPW/USA emails. If you have computer access you can go on line and make corrections. If you do not have computer access, ask your local president, treasurer or membership chair to make the changes for you. If anyone needs further assistance with updating their information, please contact Shelia Spradlin, Database Manager or Patti Fallin. Both ladies will be glad to assist you. Shelia also wrote an article on how to update your personal data in the Fall Issue of *The Kentucky Cardinal*. You might want to refresh your memory by checking it out on the Downloads section of the BPW/KY website.

Notice to Local Organizations- Request for Bids

Pursuant to BPW/KY Policies, Section II.B.5, bids for BPW/KY services for liability insurance, audit and tax preparation, and printing and mailing of *The Kentucky Cardinal* are being accepted. Contact Debrah Pierce, President-Elect at piercedv@aol.com for bid specifications.

Please send any bids for above services to: Debrah Pierce, President Elect, 1009 Fox Hollow Drive, Lawrenceburg, KY 40342, by close of business May 1, 2008. All companies are eligible to send a bid for services.

Congratulations to 2008 - 2009 Franklin BPW Officers

President.....Sharon Taylor
Presiden-Elect.....Amy Ellis
Vice-President.....Joyce Montgomery
Treasurer.....Pam Womack
Recording Secretary.....Debbie Johnson

TENTATIVE AGENDA

Kentucky Federation of Business & Professional Women's Club, Inc.
86th Annual State Convention

June 6-8, 2008, University Plaza Hotel, Bowling Green, KY

Thursday, June 5, 2008

6:30 p.m. Executive Committee Dinner

Friday, June 6, 2008

9:00 a.m. - 2:00 p.m. Executive Committee Meeting

1:00 p.m. - 6:00 p.m. Registration

1:30 p.m. - 3:30 p.m. Tour of National Corvette Museum

4:00 p.m. - 6:00 p.m. BUSINESS SESSION #1

- Proposed Bylaws and Policy Amendments
- State Officer Nominations

7:00 p.m. - 9:30 p.m. Foundation Auction w/light meal, "cash bar" & networking

Saturday, June 7, 2008

7:00 a.m. - 8:00 a.m. Breakfast on Your Own

8:00 a.m. - 4:00 p.m. Registration

9:00 a.m. - 5:00 p.m. Exhibits

8:00 a.m. - 8:30 a.m. BUSINESS SESSION #2

- Candidates Forum

8:30 a.m. - 9:30 a.m. Young Careerist & Individual Development Speakoffs

10:45 a.m. - 12:00 noon BUSINESS SESSION #2 (continued)

11:30 a.m. - 12:00 noon Visit Vendors

12:00 noon - 1:00 p.m. Voting – if needed

12:15 p.m. - 2:15 p.m. Awards Luncheon

- Keynote Speaker – Anne Murray
- Presentation of 2007-08 Awards

3:30 p.m. - 5:00 p.m. BUSINESS SESSION #3

- Presentation of 2008-2009 Leadership Team
- Report from BPW/USA National Representative
- Door Prizes, Incentive Awards and Announcements

6:30 p.m. - 7:00 p.m. Cash Bar

7:00 p.m. - 9:00 P.M. Awards Banquet & Installation of 2008-09 State Officers

- Announcement of Winners:
 - Regional Award & President's Award

Champagne Toast immediately following installation, in honor of 2008-09 President Debrah Pierce

Sunday, June 8, 2008

8:00 a.m. - 10:00 a.m. Leadership Training with President Debrah Pierce

- Continental Breakfast will be available

10:00 a.m. - 12:00 noon Executive Committee Meeting



86th STATE CONFERENCE REGISTRATION FORM

Business & Professional Women / Kentucky

University Plaza Hotel, Bowling Green, KY – June 6-8, 2008

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

Name _____ Phone (____) _____

Address _____ City/State _____ Zip _____

E-mail _____ BPW Local _____

_____ First Time Attendee at State Conference

_____ New Member

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

_____ BPW/KY Executive Committee

_____ 2007-08 Local Organization President

_____ BPW/KY Standing Committee Chair

_____ Other Board Member

_____ Committee:

_____ Past State President & Year Served _____

_____ Regional Director

_____ Member

_____ Assistant Regional Director

_____ Guest

Registration Packages: NO REFUNDS WILL BE PROCESSED AFTER MAY 25, 2008

	Postmarked on or before May 25, 2008	Postmarked after May 25, 2008
<u>Full Conference Package</u> (includes: Friday night activities, All Business Sessions, Awards Luncheon, and Awards Banquet and Installation of 2008-09 State Officers)	\$125.00	\$145.00
<u>Saturday-Only Conference Package</u> (includes: All Business Sessions, Awards Luncheon, and Awards Banquet and Installation of 2008-09 State Officers)	\$105.00	\$115.00
<u>Registration Only – NO MEALS</u> (includes: All Business Sessions, and Installation of 2008-09 Officers)	\$50.00	\$60.00
<u>Sunday Leadership Training</u> (includes: Continental Breakfast)	\$25.00	
<u>Additional Guest Meals:</u>		
Friday Foundation Auction	\$20.00	
Saturday Award Luncheon	\$25.00	
Saturday Installation Banquet	\$30.00	

Total Enclosed: _____

Special meal (vegetarian, etc.) is available upon request. Please state preference. _____

I will be attending:

Friday Events

_____ National Corvette Museum Tour (admission fee extra)

_____ Friday Foundation Fundraiser

Business Session

_____ Friday _____ Saturday

Saturday Awards Luncheon _____

Saturday Installation Ceremony _____

Sunday Leadership Training _____

Mail completed registration form and payment promptly by **May 25, 2008** to:
Brownie Bennett, Contact Chair, 623-B Sunnyside Dr., Franklin, KY 42134. Make check payable to **BPW/KY**
Questions? Call Brownie at (270)586-8911 or Jerilyn Dawson (270)776-3238.

Make Hotel Reservation directly with **The University Plaza Hotel, 102 Wilkinson Trace, Bowling Green, KY**
Telephone 270-745-0088. Room Rate \$105.00, plus tax (Single/Double). **Identify your affiliation with BPW/KY for group rates.**
Room Block will be available until May 9, 2008.



REGIONAL NEWS

Northwest Regional News

By Jeanné Owers, Northwest Regional Director

It has been my great privilege to serve as the Northwest Region Director this year. I've had the opportunity to visit all our locals. I thank everyone for making me feel right at home. I had so wanted to make a second visit but this has been kind of a rough winter for traveling – with tornados, snow storms, ice storms – you name it, we've had it.

I want to thank my fellow officers for the year, Sandra Anderson, soon to be the 2008-2009 Regional Director, Lana Moore, Secretary and Susan Edwards, Treasurer. A special thanks to Presidents Patti Acquisto, Wanda Crowe, Debbie Faught, Ingrid Ryan and Lena Wann. I am proud to serve with you.

We've had a big year in awards – receiving both the Woman of the Year Award, Susan Tierney, BPW/Owensboro and Business Equity Award, Madisonville Community College, BPW/Hopkins County.

We are rich in experience in our region with six active past BPW/KY Presidents - Carolyn Key, Barclay McCoy, Sonia Sanders, Patti Fallin, Sandra Anderson and Millie Lotter. BPW/KY Vice President Diane Croney-Turner will soon follow in this Northwest tradition.

It's time to say au revoir not only to the Northwest Region but also to BPW/KY. Soon I will be moving to Texas to be with my entire family. I will not only miss each and every one – but will cherish all my wonderful memories, the friends I've made and especially all the zany trips!

Thank you – thank you everyone!

Southwest Regional News

By Susan Campbell, Regional Director

The Southwest Regional meeting was scheduled for Saturday, March 29, at 10 a.m. at Pagliai's Restaurant in Princeton. Two young ladies, Sarah Bynum of Paducah River City BPW, and Rachel Vickrey of Princeton BPW are to compete for the title of Young Careerist and advance to state competition. All state officers and many past presidents were invited. Mayor Gale Cherry of Princeton will be a special guest speaker at that meeting. New officers are set to be elected that day.

South/Southeast Regional News

By Shelia Spradlin, South/Southeast Regional Director

Hello BPW Sisters,

Middlesboro BPW is the host club for this year's South/Southeast Regional Meeting on Saturday, April 12 at Pine Mountain State Park in Pineville. If you haven't been there before, you'll love it. The Regional Officers and Middlesboro BPW met in February and we have planned an awesome Meeting. Registration forms have been given to the local Presidents and the deadline for early registration is April 1st.

I will be visiting Glasgow BPW to speak on BPW/KY Foundation on April 3rd; they have 50 members with 10 being new members. I am looking forward to this as it's allowing me to study about the Foundation and learn more about it. I will be visiting Southeast C&TC Samothrace on March 21 to speak on Women's History and BPW. I am working with Joanne Story to set up a meeting with the Somerset CC Samothrace club within the next month.

I visited Franklin BPW on January 21st and these ladies ROCK. They are so involved in their community and love what they do. I also visited Russell County BPW on February 26th. I had a great time and welcomed by all. They are involved as well in their community and are a great group of ladies. Of course I'm at my home club Somerset BPW meeting each month.

It's been a great year. Hope you all attend your Regional Meeting on April 12th.



Left to Right: Gwen Smith • Polly Forns • Carolyn Self

We proudly salute
the ladies of Hughart & Beard and
The Hopkinsville
Business & Professional Women's Club



Crofton
424-5448

Hughart & Beard
FUNERAL HOMES

Hopkinsville
886-9451

Meet us on our website at: www.hughartbeard.com



LOCAL NEWS

BPW/River City, Inc. **By Phyllis Hargrave, President**

BPW/River City is having another exciting year thanks to our members who volunteer for our numerous committees. I think most will agree that while they make contributions to the community they are also learning and growing as leaders.

At the North Region meeting, we are proud to have Poorna Ramakrishnan representing us as our Young Careerist and Iris Jasmin as our Individual Development speak-off participant. If you have a chance to hear these two ladies, I am sure you will agree they are very impressive.

Our annual Dawn at the Downs networking breakfast is scheduled for Tuesday, April 29, 2008 at Churchill Downs. Please contact Candace Allen at Candace.Allen@anthem.com or 502-899-2661 for ticket information.

As we near the end of our fiscal year, I am proud to say we have accomplished much, including our IDP, Leadership, Choices and Foundation programs. Members have attended State and National events.

I am also excited to know our leaders for next year will do a phenomenal job, continuing to maintain an excellent program for our members. I am honored to represent River City as the 2007-2008 President but more importantly, I am proud to be a BPW member. Check out www.bpwrc.org.

Campbellsville BPW **Wanda Washington, President**

Campbellsville Business and Professional Women involved ourselves in a different challenge this month. We focused on Women's History Month with a special program.

"Women Celebrating Women" was the theme. Our focus was women of the past, present and the future. This generation of women ranging from the ages between 11 and 55 enlightened us on their challenges, experiences both personally and professionally. The audience was captivated by the humbleness of each speaker. Other highlights of the evening were gospel singing, liturgical dance, country singing, and a silent auction.

Each member was encouraged to bring a guest as we utilized this event also as a membership drive. This was the first such evening for our local but will surely become an annual event. Thanks to our local unit for exploring a different approach of visibility in Taylor County.

Franklin BPW **Suzanne Forshee, President**

Franklin BPW is on the move and gearing up for State Convention in Bowling Green. Most recently Franklin has made a change in their meeting location. We are now meeting at the Blewett-Bradley Building.

During our most recent meetings we've had discussions on healthy lifestyle changes and what steps we can take to improve ourselves physically. Mandy Coffee, a local RN, gave a presentation detailing caloric intake and how exercise plays such an important part in our well-being. Ms. Coffee also demonstrated some exercises we could easily do at our desks or at home. Another interesting discussion was around how men & women's caloric needs are different.

We've also had a special demonstration on Women's Self Defense by Tammy O'Nan. Ms O'Nan is co-owner of the local East/West Kung Fu Academy. She demonstrated various ways that women could protect themselves if they are attacked. Ms O'Nan wasn't shy and didn't mind asking local members to come up and help her with the demonstration. She even had President Suzanne Forshee playing the role of perpetrator and helping to demonstrate "the moves".

We look forward to seeing everyone in Bowling Green June 6-8!

Glasgow BPW **By Martha Carol McCoy, President**

I share with you accomplishments and rewards from Glasgow BPW. We presented a Student Award Scholarship to a student enrolled in the nursing program at Glasgow Nursing School. The Ann Rodgers Student Nurse Award was recently named in honor of one of our members for many years as Director of Nursing at the local hospital.

Our hearts were filled with joy and our voices rang out for support of the Salvation Army. All day and evening shifts for volunteering for bell ringing were scheduled. It was a job well received and appreciated.

Women in Transition presented a wonderful program with member Dr. Kathy Bruner speaking concerning women in transitions health concerns.

Our Finance Committee had the county sheriff's department speak to us concerning identity theft - a fast moving occurrence. Stories were shared from citizens in our area.

Member Georgia Beth Albany has put together a remarkable program on Mentoring for this year. This first session meets once a month and runs until June.

Mary Beth Jessie was selected as our Young Careerist. She is a member and officer of our club this year.

Committee chairs are working on reports and we are getting ready for State Convention in June.



LOCAL NEWS

Hopkinsville BPW **By Janice Cayce**

In January, the Hopkinsville BPW Club had its "Young Careerist Program", with Amanda Hester serving as chair. We were pleased to have three very capable young women participate in the speak-off. Judges chose Ellen Ragsdale as the winner. We were also delighted that Jeanné Owers, Northwest Region Director, and Belinda Abell, Owensboro Chair for Public Relations, were able to attend. We are always happy to have guests at our meetings!

February was the month for the Heart Walk. It was held on Saturday, February 23, at the Bradford Square Mall. Our team consisted of 10 walkers. Thanks to the generosity of so many, we were once again the top fund raising team. At the time of the walk, our group had raised over \$7,000 with more donations still to come.

As the year winds down, the nominating committee will be meeting in order to come up with a slate of officers for the 2008-2009 club year to be presented to the membership.

This year has gone by very quickly, but it has been a good one for us here in Hopkinsville, and we hope it has been for all of you, too!

Licking Valley BPW **By Mary Ann Lee, Secretary**

Greetings! Here in Cynthiana, our club is readying for spring, April BPW/KY deadlines, Regional meeting, and the new club year in June.

We have had a little time to recover from the end of the year rush; preparing to review our status for the days left in this term.

Our attendance and membership have been down and we are working to revive both. Our snow days have cancelled many of our functions that are being re-established.

Our LVBPW Club meets every 2nd Wednesday of each month, at noon, Biancke's Restaurant on the corners of Main and Pleasant Streets in downtown Cynthiana. If you are in the area, please join us. We would love to have you.

We hope everyone is well, and we look forward to seeing you at the Regional Meeting and State Convention.



Middlesboro BPW **By Alice Harris, President**

Middlesborough BPW has been extremely busy. As the host club, we finalized details with Regional Director, Sheila Spradlin for the April 12th Spring Regional, at Pine Mountain State Resort Park.

In March, Emily Rich was selected as our Young Careerist. She showed enthusiasm, respect and pride to be selected....she will make us proud!

This year's fundraising plans for the June 6th Bell County Relay for Life at Bell County High School includes a charity basketball game and a celebrity waiter/waitress face-off, to see which contestant can raise the most money. In six years of participation, we have won awards such as participation and best booth theme. This year's goal is \$75,000, with the help of everyone involved; we plan to reach that goal.

We recently co-sponsored a health fair with Middlesboro ARH Hospital, using the theme of "Celebrating Women". Some of the events included Tai-Chi instruction, Glucose, Cholesterol and Colorectal Cancer screenings. Over twenty women attended despite the snowy, icy weather.

We will partner with Middlesboro ARH Hospital and Home Federal Bank in the Bell County Repair Affair, on April 26th. It is a needed event in this area and we are excited to be part of it.

Owensboro BPW **By Patti Acquisto, President**

The OBPW presented an outstanding program in January, by Madison Silvert, Director of Merging Ventures for Innovation. It is a new and exciting program for entrepreneurs and wide open for women who are seeking a career change or starting a new business.

The OPBW Board discussed a new membership book which will be very appealing to prospective members. We continue to contribute in many ways to Jennifer's Closet, established by our member Jennifer Allen. It is a Woman to Work program and many women are being trained to apply for jobs. The Closet provides proper professional clothing.

February was health month and our regular meeting was held at the new Women's Clinic. A very informative program was presented on women and heart disease. There was also information about the Clinic and the many services they perform. Each person present was given a gift certificate for a free heart scan at our local heart institute.

The board voted to participate in the Job Quest sponsored by GRAAD and held at the Executive inn on April 23.

Our nominating committee will present a slate of officers at our March meeting which will be held at Kentucky Wesleyan College in the Gold Room.



Paducah BPW

by Merryman Kemp, Vice President

The Paducah BPW continues to support some of the most worthy causes in our area. We recently gave \$1,000 to the local Child Watch Children's Advocacy Center. This agency stands on the side of our most vulnerable, the children.

Our former President, Tina White, has been quite seriously ill. Some of you remember Tina from the Young Careerist competition four years or so ago. Tina and the baby are both home now. Paducah is not Tina's home; however, Tina's friends, church friends, and Patrick's family have scheduled the baby's care so Tina can concentrate on recuperating. Audrey Lee, our current President, has had surgery recently, too, and her mother has been in the hospital for quite a long time.

We are delighted to report that we have a new, young member, Pam Dawson, who is an engineer at the Paducah Gaseous Diffusion Plant.

Our programs this organization year have been on stress reduction. We have covered yoga, meditation, color therapy, massage therapy, exercise, etc. Since all of our members seem to be under more stress than they should be, the programs have been popular.

Princeton BPW

Susan Campbell, President

The Princeton Business and Professional Women's Club has been very busy with different programs and projects. The club gave a \$75 donation to BPW Foundation. A new member has been secured. She is Rachel Vickrey, who is also competing in the Young Careerist Speak-Off for the club. In February, the club celebrated its 62nd birthday with cake and a party.

President Susan Campbell named her candle "Advancement."

A slate of new officers will be brought to the club at the April meeting. All members have been working hard to improve membership and advance the cause of BPW. Diane Crony Turner, Kentucky BPW Vice President, visited the club in November and spoke to the membership, inspiring the group with her message.

Somerset BPW

Melanie Hines, President

The Somerset Club is moving into spring with work on our Business Women's Directory. In conjunction with our local newspaper, we are developing an advertising tool for the business women of our community. We are hoping to have the directory out by the first of April. We have had good attendance at our first two meetings of the year, and Brooke Cary of the American Cancer Society presented an excellent overview of what this group does for our community. We have welcomed three new members into our club since the first of the year, and are also working on our new Somerset BPW website. Some of our members plan to attend the Regional meeting in Middlesboro and we look forward to seeing you there.

Southeast Samothrace BPW

Lois M. Bailey, President

Our participation in the Middlesboro ROHO event this past December was a success. Many children were given the opportunity to shop for clothing, coats, shoes, and toys. Each child had \$130 to spend. Adult participants each took a child on a shopping spree. Wonderful Experience!

Fundraisers this quarter were bake sales and a special treat for Valentine's Day.

Mr. Astor Simpson, Psychology and Sociology Professor at Southeast Kentucky Community and Technical College spoke at a Samothrace sponsored workshop concerning leadership skills. Everyone who attended felt that it was beneficial and enlightening.

Shelia Spradlin has graciously agreed to speak at one of our meetings concerning Women's History and the BPW.

Joanne Story has invited us to the Somerset Samothrace mentoring workshop. This will be an excellent time to meet new friends and create bonds that will last a lifetime.

This year Emily Rich, the Vice President of Southeast Samothrace, will be one of the speakers in the YC at the Regional Meeting.

Samothrace of SKCTC believes that every woman has unique qualities to bring to our meetings. These qualities, when combined, make a strong voice moving forward to a better future for women everywhere.

Springfield BPW

By Lisa Haydon, President

Springfield has had a busy and exciting year. First up was our Fall Wine-Tasting and then hosting a breakfast for our local business people during NBWW. We honored our Woman of Achievement, city administrator, Laurie Smith, and recognized our three longest serving members, Pauline Walls, Maxine Elliott and Cherry Gibson, 1963 charter member. These members represented us in Springfield's Christmas parade. In January, BPW was recognized for its corporate sponsorship to New Pioneers for a Sustainable Future, an environmental organization. In February, two officers attended Lobby Day in Frankfort. Springfield hosted the North Region meeting and Representative Mike Harmon spoke on legislative issues pertinent to our members. We are proud that Young Careerist representative, Tina Sagrecy, school principal, was first runner-up in competition. Plans are underway for our Unhappy Hour held on Equal Pay Day with invitations being sent to prospective members.

At club meetings, members have enjoyed interesting speakers and have begun dispensing proceeds from the Wine-Tasting, such as scholarships, donations to the spouse abuse shelter, House of Hope for pregnant women, St. Catharine College and Relay for Life. The time is near for new officers to present new ideas, recruit more members and advance the goals of BPW.

Congratulations!

Leaders from the Northwest Region

On a Job Well Done



Jerilyn Dawson
President 2007-2008



Diane Croney-Turner
Vice President 2007-2008



Patti Fallin
Parliamentarian 2007-2008



Susan Tierney
BPW/KY Woman of Achievement
Owensboro BPW



Madisonville Community College
BPW/KY Business Equity
BPW/Hopkins County

Hopkinsville Business and Professional Women Proudly Supports

Diane Croney-Turner for the office of President-Elect



Debbie Dunn – Woman of Achievement
Lena Wann – President
Sandy Grogran – Business Equity Award Pennyrile Rural Electric
Karen Hunter – Woman of The Year
Jewell Long – Member Chair

And Congratulates our National Business Women's Week Winners

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Naomi Brashears
Rita Brown
Gertrude Bullock
Anita L. Cartwright
Janice A. Cayce
Michelle Cherry
Diane Croney-Turner – BPW/KY
Vice President
Debbie Dunn
Mary Fletcher - Executive Assistant
Polly Forns

Jane Hall
Judy Hargrove
Verna Heltzel
Amanda Hester
Karen Hunter
Kathleen Johnson
Rebecca Johnson
Pauline Joiner
Kay Kane
Carolyn Key
Paula Knight
Anne Koehne
Anna Lee Lackman
Karen Lamb - Vice President
Jewell Long
Martha Marcum
Juanita Martin- Parliamentarian

Jane McKnight
Willedean Meriwether
Sue Mock
Martha Noel
Debbie Pritchett
Frances Quarles
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Roberta Schmidt
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Donna K. Stone
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We salute our 2007 scholarship
recipient, Patosha Green,
student at
Hopkinsville Community College.

Hopkinsville
HIGHER EDUCATION BEGINS HERE

Franklin BPW Congratulates

Lacey Steele
2008 Franklin BPW Young Careerist
Carrie Cook
Young Careerist Candidate



Pictured left to right: Cathy Hughes, BPW/KY Recording Secretary; Carrie Cook, Young Careerist Candidate; Lacey Steele, Franklin Young Careerist 2008; Sindy Crabtree, Franklin BPW Administrative Assistant & YC Co-Chair.

Pennyrile Allied Community Services, Inc.

John Tedder, Executive Director

Supports

Diane Croney-Turner

as a candidate for

2008-2009

BPW/KY President Elect

**Diane has been an employee for PACS for over 32 years.
We are proud of her many accomplishments.**



BPW/Louisville Would Like to Thank the Following Sponsors of BPW Programs:



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Owensboro Salutes



Jeanné Owers
2007-2008

BPW/KY Expansion Task Force Chair
OBPW Second Vice President, Membership Chair
OBPW - NBWW Chair



Jerilyn Dawson
2007-2008 BPW/KY President



Debrah Pierce
2008-2009 BPW/KY President

**Woodford County BPW
Congratulates
National Business Women's Week
Award Recipients**



Rita Kirtley
Woman of the Year

Susan Adams
Woman of Achievement

**Celebrating 52 years of Woodford BPW
1956-2008**

**Business and Professional Women/River City
Dawn at the Downs Breakfast
Tuesday, April 29th, 2008 7:30 AM – 9:00 AM
Churchill Downs 6th Floor - Millionaires Row**

Come join us for an exciting breakfast at Churchill Downs during Derby Week. Tickets for this event go quickly and sell out every year. Buy your ticket early so you won't miss out on this fun Derby event. It's a Louisville tradition!

Tickets are **\$32.00**

Mail the following reservation form to:

Candace Allen,

Anthem Blue Cross Blue Shield, 13550 Triton Park Blvd., Mailpoint: KY0304-A669, Louisville, KY 40223

Questions? – Contact Candace at Candace.Allen@Anthem.com or 502-899-2661

Tickets will be mailed to the address shown below.

Name _____

Company _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

Number of tickets requested _____ x \$32.00. Eight seats per table = \$256.00

Make checks payable to BPW/River City, Inc. Amount enclosed \$ _____

If you want to sit with other attendees, please list their names below. Please seat me with: _____

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Poorna Ramakrishnan
Young Careerist 2008



Iris Jasmin
Individual Development 2008



Debrah V. Pierce
President-Elect, Kentucky

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Lora L. Hardin, VP Finance	Tina Williams, Treasurer
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Patty Marks, Corresponding Secretary & eNewsletter	Shantha Diaz, IDP Chair
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Poorna Ramakrishnan, Dawn at the Downs	Cynthia Kelley, Maryhurst Mentoring

BPW/River City is having a spectacular year!

Thank you to all our dedicated members for our continuing phenomenal success!

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We've been recognized by *DiversityInc*, *HISPANIC Magazine* and *ESSENCE*. And we've been ranked among the Top Companies for Minorities by The Diversity Network and *FORTUNE Magazine*. But a commitment to workforce diversity is nothing new here. It's part of our culture. And, considering the diversity of our customers, a big reason for our success.



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2007-2008

CALENDAR OF Important Events

April

- 5 Northwest Region Meeting
- 12 South/Southeast Region Meeting
- 22 Equal Pay Day
- 30 BPW/KY Foundation Scholarship Application deadline

May

- 1 Deadline for Membership and Regional Award Submissions
Submit Regional YC information to State YC Chair

June

- 5 BPW/KY Executive Committee dinner, Bowling Green, KY
- 6-7 BPW/KY Annual Conference, University Plaza Hotel, Bowling Green, KY
- 8 BPW/KY Leadership Training, University Plaza Hotel, Bowling Green, KY

July

- 22-26 BPW/USA Annual Conference, The Hilton Atlanta, Atlanta, GA