



THE  
**KENTUCKY**  
**K**CARDINAL

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

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**KFBPW**

Kentucky  
Federation  
of  
Business and Professional  
Women's Club, Inc.

Business and Professional  
Women's Club, Inc.

# THE KENTUCKY CARDINAL

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

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# KFBPW

Kentucky  
Federation  
of  
Business and Professional  
Women's Club, Inc.

## 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

It's hard to believe our state conference is quickly approaching. Mark your calendars and plan to attend State Conference on June 3rd and 4th at the Hilton Garden Inn in Bowling Green, KY. We will celebrate our KFBPW successes and the 90th anniversary of our state charter.

You will find your tentative agenda and registration form in this Cardinal. Take the time now to complete your registration form and send it in along with your check. We realize your time is valuable. We want you to leave the conference feeling that your time and monies were well spent.

Please remember Kentucky Professional Women's Week (KPWW), Kentucky Professional Women's Month (KPWM), Woman of the Year, Woman of Achievement and Business Equity awards will be presented at our Awards Banquet to be held on June 4th. Remember to send in your reports by the deadline of May 1st to your state committee chairs so that you can be awarded for your accomplishments.

In the last couple of years, we have been focused on the necessary changes needed to lay a strong foundation for our organization in order to continue to grow. Joanne Story and Georgia Beth Albany have worked diligently to increase and retain our membership. I am very pleased to report that we have gained approximately 100 members over the past 9 months. We have our Professional Development and Aspiring Professional Programs up and going strong thanks to Phyllis Hargrave, Bonny Manning

and Mary Beth Jessie. Millie Lotter is keeping us informed on a monthly basis of our membership information. Please send a copy of your local bylaws to Cathy Hughes for her review. The federation will also retain a copy of your local bylaws.

We hope you had a very successful month of celebration in March (KPWM). Since this is Women's History Month let us continue to make history happen and hopefully continue to build on our local activities each year.

Our hopes are that our organization continues to make the necessary changes which will allow KFBPW to be the best it can be. With everyone working together the sky is the limit to our accomplishments.

I would like to thank the Executive Committee, the Leadership team, BPW/KY Foundation Board of Trustees and Past State Presidents for their commitments to KFBPW and their willingness to do whatever I asked of them this year. They are AWESOME!

It's been an honor and pleasure to serve as your President for 2010-2011. I will always cherish the memories and friendships which I have made during the last 4 years serving on your Executive Committee. I appreciate the confidence which you placed in me. I give my support to the incoming officers as I know that you will as well. Thanks again for your support and I look forward to seeing you at state conference. We need your attendance. Thank you for all that you do for KFBPW to make this a wonderful organization.



# Officer Reports



**Suzanne Forshee**  
**KFBPW President-Elect**

I can't believe that another BPW year is coming to a close; it's gone by so quickly! I have so enjoyed serving on the Executive Committee during the last three years – it has been an amazing experience and I've enjoyed every minute. I am looking forward to another great year, and I feel like we've done a great job during the last couple of years building a solid foundation to help the organization grow.

I'd like to encourage any member with a desire to become more involved to consider serving on the Leadership Team. Seize the opportunity to step out of your comfort zone, and take the challenge. I promise that you will find the experience to be rewarding in many aspects, not to mention the friendships that you will build.

I look forward to hearing about all the wonderful things you've all been doing this past year during our annual state conference scheduled for June 3 – 4. Please plan to complete and submit the paperwork to showcase all the efforts of your locals during the last year. That's one way that we can help each other grow, by sharing what we've been doing. You never know when that little something just might help someone else.

We need each and every member to keep the federation growing through the Commonwealth during the next year and for many years to come. Stand up! Step out! Speak out!



**Jerilyn Hippler**  
**KFBPW Vice President**

Hello BPW Sisters,

I hope this finds you well into helping plan your Region meeting or making your plans to attend your meeting. I'm sure they will be fun and informative.

The meetings locations are as follows:

April 2nd Inter-County Energy, Danville, KY

April 9th Central City Library, Central City, KY

April 16th Campbellsville University,  
Campbellsville, KY

Regional Directors, please remember to send in your Regional Reports for awards submission by May 1st. Please mail them to me at 1219 Autumn Oaks Dr., Franklin, KY 42134.

If any of you have any questions regarding Regional leadership, please give me a call or send me an email.





## Leaders Develop Daily, Not In a Day

By John C. Maxwell

A group of American tourists walked through a quaint English village in wonderment. They were enamored by the town's winding cobblestone streets, the beauty of its courtyards and plazas, and the sense of history emanating from its ancient churches. While strolling through the local park, the tourists struck up conversation with an elderly gentleman and found out that he had lived in the town for his entire life. One of the Americans, eager to hear more about the town's history, asked, "Sir, have any great men been born in this village?" "Nope," said the old man, "only babies."

### **Personal Growth Is a Process**

In our twenties, we think ahead to when we'll be ideally situated in our career, positioned to do exactly what we enjoy, and enjoying immense influence in our occupation. Like children on the way to Disneyland, we impatiently await arrival at our destination instead of appreciating the journey there. However, as we age we encounter an uncomfortable truth: growth doesn't happen automatically. We cannot coast through life hoping one day to stumble across our dreams. Unless we set aside time to grow into the person we desire to be, we'll not reach our potential.

Leaders develop daily, not in a day. They commit themselves to the process of growth, and over time they reap the rewards of daily investments in their development. In this lesson, I'd like to share five principles to encourage you to adopt a lifestyle of personal growth.

### **#1 Growth is the great separator of those who succeed and those who do not.**

When I went to college, there was no gap between my peers and me—none at all. We started on the same level. However, at the age of 17, I made a commitment to spend an hour a day on my personal growth. I studied and read, filing the lessons I learned along the way. Now, in most cases, the gap between my former classmates and me is pretty wide. Am I smarter than they are? Absolutely not. Many of them got better grades than I did in college. It's the growth factor—my commitment to the process of personal growth—that has made the difference.

### **#2 Growth takes time, and only time can teach us some things.**

When it comes to personal growth, you cannot substitute for time. Yet, the mere passage of time doesn't make you wise. Experience is not the best teacher; *evaluated* experience is the best teacher. To gain insights from your experience, you have to engage in reflective thinking. I have a habit of taking ten minutes every evening to look back on the day. As I reflect on what happened, lessons emerge, and I capture them in my notebook so that I can learn from them.

### **#3 Growth inside fuels growth outside.**

The highest reward of our toil is not what we get for it, but who we become by it. At the age of 17, I decided that I would read, file, and begin to prepare lessons. From that simple discipline I accumulated a wealth of content that fueled my speaking and writing. I never set out to be a leadership specialist; I was simply diligent about reading, filing, and studying. With respect to personal growth, take the long view on results. The most important question to ask is not "What am I getting?" from the discipline of personal growth, the most important question is, "Who am I becoming?"

### **#4 Take responsibility for your own growth.**

For 15 to 20 years, the school system holds us responsible for growth. Educational curriculum clearly spells out, "here's what you do next," and "here's the next step." Then we graduate with diplomas and certificates, and we no one longer have anyone to map out the next step for us. If we want to continue growing, we have to do it ourselves. We have to put together a game plan so that we become students of life who are always expanding our minds and drawing upon our experiences.

### **#5 Determine the areas of your life in which you need to grow.**

You've probably heard someone say, "You can do anything as long as you put your mind to it." Sadly, as nice as that sounds, it simply isn't true. In watching people grow, I have discovered that, on a scale of 1-10, people can only improve about two notches. For instance, I love to sing; that's the good news. The bad news is that I can't carry a tune. Now, let's be generous and say that, as a singer, I'm a "two." If I put lots of money, effort, and energy into developing my voice, perhaps I can grow into a "four." News flash: on a ten-point scale, four is still below average. With regards to my career, it would be foolish for me to focus my personal growth on my voice. At best, I'd only become an average singer, and no one pays for average.

Don't work on your weaknesses. Devote yourself to fine-tuning your strengths. I work exceptionally hard on personal growth in four areas of my life. Why only four? Because I'm only good at four things. I lead, communicate, create, and network. That's it. Outside of those areas, I'm not very valuable. However, within those areas of strength I have incredible potential to make a difference.

*"This article is used by permission from Leadership Wired, GIANT Impact's premiere leadership newsletter, available for free subscription at [www.giantimpact.com](http://www.giantimpact.com)."*



# Committee Reports

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

Happy Spring everyone! By now, the region meetings are underway. I am so anxious to see our Aspiring Professional candidates at the state meeting in June. I appreciate all of the hard work your local clubs and regions have put into making this program a success this year with all of the changes and new guidelines that we have implemented. Our programs are nothing without the heart and soul you ladies add. Remember, you can call on me for any questions you may have for your speaker or program. My phone number is 270-670-3066 and my email is [marybeth@scrtc.com](mailto:marybeth@scrtc.com). Region Assistant Directors - remember that I need your representative's information by May 1st! See you in Bowling Green in June!

## **Cardinal Advertising** **Susan Campbell, Co-Advertising Editor**

On behalf of Sharron and myself, please be encouraged to continue selling advertising for our great Cardinal.

The ads provide funds for the magazine we love and enjoy. Don't hesitate to ask everyone if they want to put an ad in the Cardinal. When the economy is slow is the perfect time to get your name and business out there.

Thanks for all who have supported the purchasing of ads. We do appreciate the purchaser and the seller.

## **B&PW Foundation, Inc.** **Debrah Pierce, Foundation Chair**

The Kentucky Business & Professional Women's Foundation, Inc. is busy planning its 2011 State Conference Fund Raiser which will be held at State Conference in Bowling Green, KY. The Foundation Event and Silent Auction will be held on Friday evening, June 3rd.

Your generosity funds scholarships for Non-traditional students. Scholarship grant applications are due by April 30th and should be sent to Joanne Story, Scholarship Chair. The Scholarship Grant Application can be found on the KFBPW Website [www.bpw-ky.org](http://www.bpw-ky.org).

Each local organization is asked to bring two items or a gift basket for this year's Summer themed auction. All proceeds raised at the Fund Raiser will go toward Scholarships awarded by the Foundation.

## **Women's History Month**

### **Donna Seeberger, Issues Management Chair**

On February 28, 2011, President Barack Obama signed a proclamation for the month of March as Women's History Month. You can read this press release (proclamation) by going to [www.WHITEHOUSE.Gov](http://www.WHITEHOUSE.Gov). International Women's Day was March 8th with appropriate programs, ceremonies, and activities to honor the history, accomplishments and contributions of American women. Please go to [www.WomensHistoryMonth.gov](http://www.WomensHistoryMonth.gov) to learn more about the generations of women that have shaped our history and paved the road for us.

On March 10th, which was the 100th Anniversary of International Women's Day, Secretary of State Hilary Clinton hosted the 2011 International Women of Courage Awards Ceremony, together with special guest First Lady Michelle Obama.

We each have a "Special" or several issues that are important to us - Equal Pay, Women's Health Issues (women's diseases, alcohol or drug additions, weight issues, anxiety, etc.), Women's Rights, Gender issues (at work and in education) and Domestic Violence to name a few. I would like to challenge each of you to take advantage of some of the many websites available to learn more about the information that we have at our finger tips. Why not have a program and share this information with your club members. Also don't forget about the Kentucky Women's Health Registry ([www.kywomensregistry.com](http://www.kywomensregistry.com)) where we can take a survey once a year about our health.

Other Websites in addition to the ones listed above are: [www.Womensissues.org](http://www.Womensissues.org), [www.AWoman.org](http://www.AWoman.org), [www.AdvancingWomen.com](http://www.AdvancingWomen.com), [www.FabulousAfter50.com](http://www.FabulousAfter50.com) and [www.cdnBizWomen.com](http://www.cdnBizWomen.com)

## **Public Relations Committee**

### **Nena Matheny & Wanda Crowe, Public Relations Co-Chairs**

#### **Submission deadline for the Public Relations Awards is May 1, 2011.**

The Public Relations award is presented to the local organization which best uses effective public relations activities to promote the goals of their organization and KFBPW. Documentation should show how effective use of public relations was used to promote membership and to present programming that enhanced the image of BPW.

A second award will be presented to the local organization that publishes the best-judged newsletter. The newsletter should be a means of communication to all its members and contain articles of interest to all women. A special thank you to Brenda Richards, Woodford County BPW, for her communication with the co-chairs this year!

We look forward to reviewing your submissions and seeing your showcase of BPW activities over the past year. If you have any questions, please contact Wanda Crowe [wcrowe@commonwealthbroadcasting.com](mailto:wcrowe@commonwealthbroadcasting.com) or Nena Matheny [nenamatheny@bellsouth.net](mailto:nenamatheny@bellsouth.net).

# Committee Reports

## Public Speaking

### **The Butterflies Retreat, the More Podium Time you Seek! Bonny Manning, Professional Development Program Chair**

In the fall, the Professional Development Program Committee introduced the newly tailored 10-module program by distributing a Program CD to each local organization (LO) president. Are the CDs preparing members for a stiff regional competition this spring across the Commonwealth?

While the main focus of the Program is unchanged, i.e., leadership awareness coupled with effective public speaking tools and personal development tips, we can polish existing skill sets, too. In today's ever changing workplace, businesswomen can stay competitive by using the BPW professional training opportunity. Your next presentation or public speaking task will be stress free and minus the "pre-speech butterflies." Just like golf or any sport, practice, practice, practice is the key.

To sponsor the KFPDP in your company or for more information, contact [bonnyman@me.com](mailto:bonnyman@me.com).

As always, thanks go to BPW/River City members, Phyllis Hargrave, 2007-2008 President, Bonny Manning, 2005-2006 BPW/KY President, and Iris Jasmine, Anthem along with Brenda Gunn, 2003-2004 BPW/KY President for their time and expertise in updating the program. You did a jolly good piece of work, ladies!

## Membership

### **Joanne Story, Chair**

THANK all of you for your diligence in membership recruitment this year. Your drive toward our goal is remarkable. Look over the suggestions below that may put us OVER THE TOP!

- Identify at least two challenges you have when recruiting members. Have you modified your method in order to overcome Challenges?
- Name one effective strategy you used to attract and recruit members. Have you shared it?
- How often do you invite guests to your meeting and events?
- What type/kind of women do you recruit?
- What does membership recruitment mean to you? How do you communicate this to your team?
- Is your membership brochure eye-catching, does it compliment the goals of BPW?
- Identify two UNIQUE ways/resources that help you obtain members. SHARE, SHARE
- Do you give a gift of membership at special events?
- Do you use Facebook, Twitter, E-mail, and E-member to recruit members?
- Do you have an induction service for members at your local? A pinning ceremony is very impressive to potential members or guest.

- Do you think about KFBPW away from your local, regional or state meetings? Don't be the best kept secret in town! Take it to the bank, grocery, spa, fitness center and to work with you.
- Are you willing to step out of your comfort zone for the life of your local BPW?

**Food for Thought; Behold the turtle.....**

**He makes progress only when he sticks his neck out!**

## MEMO ON MENTORING

### **Georgia Beth Albany, Mentoring Chair**

1. Assign a mentor to all new members.
2. Give new members/mentees and their mentors choices for contact:
  - a. Lunch (or a meal) once per month.
  - b. E-mail, phone, text each week and especially on the day of a meeting.
3. Have one or two of the mentoring committee members call mentors after one month, after 3 months, and after six months. Report any problems immediately to committee chair.
4. Notify new members:
  - a. Monday before meeting: Have they made reservations? Do they need a ride?
  - b. Day of meeting – a friendly phone call. "Hope to see you tonight."
5. Plan at least one group meeting with Mentoring Chair and all committee members, the Executive Committee, and all new members.
6. Take photos of this and all events.
7. Write up activities while they are fresh on your mind.

## Nominations

### **Sandra Anderson, Chair**

As of the February 15th deadline, I have received three nominations for state office. Susan Campbell, Princeton BPW, is seeking the office of Nominations Chair. Diane Croney Turner, Hopkinsville BPW, is seeking the office of Treasurer. Amanda Ishmael, Licking Valley BPW, is seeking the office of Vice President. No nominations were received for the office of President-Elect or Recording Secretary.

These ladies will be presented at the State Conference during the first business session on Friday, June 3rd. Nominations will also be taken from the floor for all offices - Nominations Chair, Treasurer, Recording Secretary, Vice President and President-Elect. If you wish to run for one of these offices, come prepared with the necessary papers - KFBPW Nomination Form (found on the KFBPW website); Local organization endorsement of nominee signed by your local organization president and secretary; Nominee's letter stating willingness to serve and public support of the Kentucky Federation legislative platform; and a wallet size photograph of the nominee. If you have any questions, feel free to contact me.



# Local News



## **Berea BPW ~ Rene' Poitra, President**

Our club extends a warm welcome to our two new members; Gwen A. Jones and Sharon Cain. We look forward to working with each of them with our fundraising projects and getting the word out about KFBPW and the benefits it offers working women.

With March being Women's History month our March speaker Barbara Napier, owner of Snug Hollow Bed and Breakfast, gave a dynamic talk. She shared her life adversities along with her goals and achievements. Her talk was definitely inspirational and tied Women's History month all together. Barbara is truly a hard working woman making history.

Our club is in the process of getting our scholarship applications together for the local high schools. We will be conducting interviews at our May meeting. We expect a big response this year, especially due to the economic needs of the community.

April 12th is Equal Pay Day. We are planning on handing out cards, Pay Day candy bars and a pack of Equal to demonstrate and make aware the difference in the pay between women and men. We will be handing out around 150 cards at our places of employment.

*Enjoy the spring weather  
and I hope to see everyone soon.*

## **Central City BPW ~ Donna Slaton, Vice President**

Central City BPW is having a busy spring. The March 8th meeting was used as a planning session for hosting the West Region meeting on April 9. Publicity was sent out for the annual scholarship CC BPW provides in the amount of \$500.00 to either a high school senior girl or a working woman furthering her education. Members are looking toward establishing an essay contest for middle school students next year and other projects are in the making. Please come visit our Kentucky Women's Hall of Fame located in the Central City Public Library, where we hope to add new honorees next fall during BPW week.

## **Glasgow BPW ~ Mary Beth Jessie, President**

Spring is a time for growth and Glasgow BPW has some serious spring fever! We are working in our communities to show that we are the leading advocate for working women and our hard work is paying off with fund-raisers going over-budget and committee expenditures under-budget, not to mention about 20 new members. We are so proud and would like to recognize our busy bees – KFBPW President Janis Turner, West Region Director Becky Barrick, KFBPW Mentoring Committee Chair Georgia Beth Albany, KFBPW Aspiring Professional Chair Mary Beth Jessie, and KFBPW Expansion Taskforce Committee Chair Sherrie Burgess and dozens of other hard-working ladies who make all of our programs possible. My mom used to tell me to get in or get out, not to stand idly by. Well we've taken on this philosophy in Glasgow and we are definitely getting in and staying involved!

*We are proud to say that Glasgow BPW  
is Building Powerful Women!*

## **Hopkins County BPW ~ Nena Matheny/Wanda Crowe, PR Committee Co-Chairs**

Hopkins County BPW has had a very rewarding year. We are very excited about our upcoming Distinguished Young Women Program, formerly known as the Junior Miss Scholarship Program. It will be held on June 12, 2011 in the Browning Springs Middle School auditorium. We are also very pleased to have Britney Mitchell represent our organization as Aspiring Professional this year. One more bit of exciting news, we are happy to announce the addition of a new member: Keri Barnes Langner, marketing coordinator for Hancock Bank & Trust Company. Our monthly programs continue to spotlight women business owners and have been very informative. As the 2010-2011 year comes to an end, we look back at a very interesting year and look forward to a fantastic 2011-2012!

# Local News

## **Paducah BPW ~ Audrey B. Lee, President**

In March, we gave recognition to Women's History Month with a discussion at club meeting and also noting our own Merryman Kemp as our Woman of Achievement for the year. Also, the Paducah Club and Paducah River City Club were featured in a local magazine. Presidents of both clubs were interviewed. It is hoped this will generate interest in both clubs.

To highlight Equal Pay Day, Paducah members wrote letters to our congressional leaders asking for support of the Equal Pay Bill. The Mayor was asked to declare April 12 as Equal Pay Day in Paducah.

In May, the club will have a reception to honor its scholarship recipient, which will be voted on at the April meeting.

Women's Health seems to be a focus of the club this year. Local physical therapist Kathy Rohrer will speak to the group this spring. In July, our women's event will also focus on women's health, with local health professionals and fitness instructors making presentations at the event. We are looking for a larger facility to host it this year, due to last year's success. Invitations will be sent to Kentucky BPW clubs and southern Illinois clubs when the date is set.

## **Princeton BPW ~ Susan Campbell**

Princeton BPW has been busy working especially hard on membership and has added at least five new members in recent months. New member Christina Herron Nichols has become the administrator for the Princeton BPW page on Facebook.

Fund-raising efforts are underway. A silent auction was held at the March meeting with a good response and funds brought in.

Recent programs presented were from Julie Bell of Lifeline Home Health Care, and Pat McDonald of McDonald's Photography. Both gave very interesting programs. President Maggie Gammon named her candle, "Optimism," at the February birthday celebration of the club.

## **Shelby County Professional Women's Club Elizabeth Nichols, President**

The Shelby County Professional Women's Club has recently been involved in bringing awareness to women's heart disease through a Go Red for Women Luncheon in February. The event was very successful—Mary Jo Newton (Treasurer), Elizabeth Nichols (President) and Peggy Tschauner (Health Issues Chair Committee) planned and implemented the Luncheon.

We had several ladies that participated in the Lobby Day on February 17th in Frankfort. It was a wonderful opportunity to meet with our local State Representative and network with other BPW members.

This spring our club will be participating with the Shelby County Extension Office to offer mock interviews for those in the county working on Job Prep.

This 2011 school year-- SCPWC will be offering a \$500.00 scholarship to one high qualified recipient from the three local high schools.

**We look forward continuing to be more involved in our local community and exciting Spring/Summer!**

*Blue Star Mothers  
of America, Inc.*

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Donna F. Slaton Vice President  
RUSS MURPHY BENEFIT CONCERT MAY 14

### **Notice to Local Organizations Request for Bids**

Pursuant to BPW/KY Policies, Section II.B.5, bids for KFBPW services for officers and directors liability insurance, audit and tax preparation, printing and mailing of The Kentucky Cardinal, website development and dues billing services are being accepted. Contact Suzanne Forshee, President-Elect at [suzforshee@gmail.com](mailto:suzforshee@gmail.com) for bid specifications.

Please send any bids for above services to: Suzanne Forshee, President Elect, 121 Hunters Crossing, Franklin, KY 42134, fax - 270-4384025, by close of business May 1, 2011. All companies are eligible to send a bid for services.



# Springtime Into Summer

*Buttercups and daisies, oh what pretty flowers,  
Springtime is coming, bringing sunny hours.*

*The trees are still leafless and the fields are still bare,  
But buttercups and daisies spring up everywhere.*

*The spring gives us budding and trees turning green  
And children playing outside can also be seen.*

*Spring is such a wonderful time of year,  
Now winter is now gone, so everyone can cheer.*

*Spring passes so quickly in weeks just a few,  
Then summer will burst in with all things anew .*

*So looking forward to summer, cold weather in the past,  
It won't be long now, beautiful weather here at last.*

*Summer brings lots of warmth and such beautiful sun,  
Good times with family and friends just having fun.*

*School will be out and vacation planning begins soon,  
Don't forget to include BPW in your plans for June.*

*Please write down these dates where they can be seen,  
June 2nd thru 4th, make plans to be in Bowling Green.*

*We will be there along with all the Executive crew,  
Bring all your friends and you come too!*

*Betty Driver and Brownie Bennett are the contact chair,  
Just under the poem their information is there.*

*If you have any questions don't hesitate to call,  
From where are places, to eat to where is the mall!*



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**KFBPW ANNUAL CONFERENCE  
JUNE 2 THRU JUNE 4, 2010  
HILTON GARDEN INN  
1020 Wilkinson Trace  
Bowling Green, KY**

Look For Registration Form Available in the Issue of the Cardinal

# Tentative Agenda

89th Annual State Convention

Hilton Garden Inn

June 3-4, 2011

Thursday, June 2, 2011

- 6:00 p.m. - 7:30 p.m. Executive Committee Dinner  
8:00 p.m. - 10:00 p.m. Executive Committee Meeting

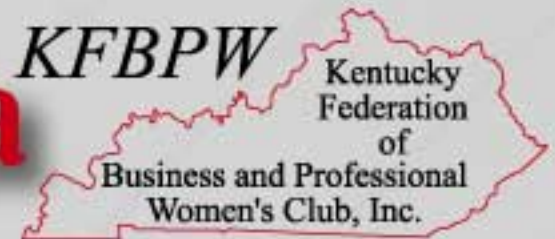
Friday, June 3, 2011

- 10:00 a.m. - 12:00 noon Foundation Board of Trustees Meeting  
12:00 p.m. - 6:00 p.m. Registration  
1:00 p.m. - 4:00 p.m. Health Screenings  
1:00 p.m. - 2:20 p.m. Women's Sleep Disorders by Gwynne Aldala & Amy Thornbury  
2:30 p.m. - 3:20 p.m. Bariatric Weight Loss by Beverly Mortimer  
3:30 p.m. - 4:45 p.m. Incoming Officer Training - Leadership Team, Regional Director, Asst Regional Director, President, President Elect, Vice President, Secretary, Treasurer, Parliamentarian & Data Base  
5:00 p.m. - 6:00 p.m. BUSINESS SESSION #1  
State Officer Nominations  
7:00 p.m. - 9:00 p.m. BPW/KY Foundation Event & Fundraiser

Saturday, June 4, 2011

- 7:00 a.m. - 8:00 a.m. Breakfast on Your Own  
7:00 a.m. - 1:00 p.m. Exhibits  
7:30 a.m. - 12:00 p.m. Registration  
8:00 a.m. - 8:15 a.m. Candidates Forum (if necessary)  
8:15 a.m. - 9:00 a.m. Aspiring Professional and Professional Development Speak-Offs  
9:00 a.m. - 10:00 a.m. Workshop - Pamela Shaw "Communicate with Crystal Clarity"  
10:00 a.m. - 10:15 a.m. Break  
10:15 a.m. - 12:45 p.m. BUSINESS SESSION #2  
Presentation of 2011-2012 Leadership Team  
New Business  
Announcements  
12:00 noon - 1:00 p.m. Voting (if necessary)  
1:00 p.m. - 3:00 p.m. Awards Luncheon (includes Woman of the Year, Woman of Achievement, Business Equity, KPWW & KPWM Awards)  
3:00 p.m. - 4:00 p.m. Installation of 2011-2012 KFBPW Officers

(President Janis Turner and President-Elect Suzanne Forshee have asked that everyone attending the conference wear Black and/or White Attire on Saturday)





# 2011 State Conference

## JUNE 3-4, 2011

### REASONS TO ATTEND!!!

- Have a Voice in the business and decision making of the Kentucky Federation. Representation from each and every Local Organization is needed!
- Health Fair - T. J. Samson Hospital has graciously volunteered to perform health screenings for us at no cost
- For so many women, getting a good night's sleep can be the hardest part of your day. Learn if a sleep disorder may be affecting this and what steps you can take to achieve that long awaited peaceful night's slumber.
- Tired of the "off again - on again" syndrome of dieting. Learn how Bariatric Weight Loss can help you take off the weight and keep it off --- sensibly, safely and without surgery.
- Newly elected and not have a clue? Officer Training for all incoming local and regional officers is for you!
- Enjoy good food and good friends, 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.
- Come listen, support and encourage these young career women as they further develop their communication and public speaking skills, and build self-esteem through the Aspiring Professional and Professional Development Speakoffs
- Learn to "*Communicate with Crystal Clarity*" as seminar speaker Pamela Shaw teaches us to master our communication skills and become a masterful question designer
- KFBPW Awards Luncheon, honoring Local Organizations for their accomplishments over the past year as well as naming our KFBPW Woman of the Year, Woman of Achievement and Business Equity winners. Make sure your Local is submitted for consideration!
- Support our new 2011-2012 State Officers as they are installed into office.

### CONFERENCE REGISTRATION INFORMATION

**Registration is required for anyone attending any event scheduled as part of the State Conference.**

KFBPW name badges serve as your pass to conference activities and are distributed to registrants at the KFBPW registration desk. Some activities require tickets that will be collected at the event.

Registration time shall be from noon to 6 p.m. Friday and 7:30 a.m. to noon Saturday. Credentials must be presented at the registration desk prior to 4:00 p.m. Friday, June 3, 2011, to establish a quorum. Registration for voting shall close at 10 a.m. on Saturday. All registered KFBPW members in good standing and who have paid their registration fee are eligible to vote in the business session. Guests are welcome to attend and speak, but cannot vote.

Early bird registration is available until May 1st. All registrations postmarked after May 20th must include a late fee of \$20.00. **PAYMENT MUST BE RECEIVED WITH REGISTRATION FORM TO QUALIFY FOR REGULAR AND EARLY REGISTRATION.**

### REFUND POLICY

Cancellations must be made in writing to: Betty Driver, State Convention Contact Co-Chair, 215 Hidden Forest, Glasgow, KY 42141. For a full refund, cancellation requests **MUST** be postmarked no later than May 20, 2011. No refunds will be processed after May 20, 2011.

### SUGGESTED ATTIRE

Business attire is requested during the business sessions and workshops. The first business session will be Friday afternoon and continuing Saturday morning. Friday night's Foundation Event will be casual. The awards luncheon and installation ceremony on Saturday afternoon will also be business attire. President Janis Turner and President-Elect Suzanne Forshee are requesting black and/or white business attire for Saturday.

## HOTEL RESERVATIONS

Reservations will be processed in order of receipt. Be aware that there is a Soccer Tournament in Bowling Green this same weekend so rooms will be scarce. **THE ROOMS WILL BE BLOCKED UNTIL MAY 3, 2011.** Reservations beyond that date will be on a space and rate available basis. The room rate including tax is \$84.87 per room per night for a single king bed guestroom. Double queen bed guestrooms at a rate of \$97.61 including tax are very scarce and may not be available. Reservations will need to be guaranteed with a credit card OR a first night deposit. Cancellation of reservations must be made by 6:00 p.m. date of arrival. Check in is 3:00 p.m. and check out is 12:00 noon.

Call the hotel directly at 1-270-781-6778 to make your room reservations. **TO BE SURE YOU GET THE CONFERENCE RATE, IDENTIFY YOUR AFFILIATION WITH KFBPW.**

## STATE CONFERENCE HOTEL

The Hilton Garden Inn Bowling Green hotel, located at 1020 Wilkinson Trace in Bowling Green, KY and directly across from the Sloan Convention Center and Crosswinds Golf Course, is a brand new 100% smoke free hotel featuring 133 guest rooms. Ideally set in a suburban community, this newly constructed Bowling Green hotel is ideal for both the Corporate Traveler and the Leisure Guest. Deluxe accommodations, friendly service and a relaxed atmosphere await our guests at the Hilton Garden Inn hotel in Bowling Green.

Each of our guest rooms are warm and inviting, yet elegant and functional. All guest rooms offer a 32 inch LCD flat panel TV with HD programming and complimentary HBO; High-speed hardwired and wireless internet; Executive desk with ergonomic Herman Miller desk chair; (2) dual line telephones with speakerphone, voicemail and data ports; Hair Dryer; Iron and Ironing Board; In room hospitality center with microwave, refrigerator and coffee pot.

Hotel amenities include: Complimentary USA Today delivered each weekday morning; Complimentary Wi-Fi for Hilton Garden Inn Guests; Fitness Center; Indoor Heated Saline Pool and Whirlpool; Hot Breakfast and Evening Room Service Available; Pavilion Pantry, open 24 hours a day; 24 hour complimentary Business Center; and Complimentary self-parking for registered guests

To get to the hotel, follow I-65 to Exit 22. Turn onto Scottsville Road (US 231), go to the Stoplight labeled #3, and turn right onto Wilkinson Trace (into Hartland Business Park). You will see the hotel on the right and across from the Convention Center.

## COMMUNICATE WITH CRYSTAL CLARITY

Have you ever wondered why people aren't hearing what you are saying? Then you will want to master your communication skills as you learn to communicate with Crystal Clarity! Learn the different personality styles, how each style responds to the different options and approaches. In this class you will learn to become a masterful question designer, and get the results you are looking for in your communication attempts – both at home and in the office!



Pamela Waldrop Shaw, a native of Park City, KY, is best described as fast paced and a master communicator. Chosen businesswoman of the year by the American Business Woman's Association, she has a diverse background in education and business. Pam taught high school English before starting her own organization. Today she has over 4000 women throughout the U.S. in her immediate organization and is one of the highest paid women in America. This success has opened doors for public speaking and teaching opportunities in the Christian and Corporate worlds.

Pam currently serves on the advisory board for the National Women's Ministry Association, a new branch of ministry for women out of INJOY with Dr. John Maxwell in Atlanta, Ga. An upbeat presenter, Pam teaches communication skills, leadership, life skills and how to build on your own strengths to create the life and success you want.

This Seminar is sponsored by the BPW/KY Foundation through the Betty Hinz Endowment Fund.

## WORKSHOPS

On Friday afternoon, there will be two workshops held starting at 1:00 p.m., "Women's Sleep Disorders" conducted by Gwynne Aidala and Amy Thornbury followed by "Bariatric Weight Loss" led by Beverly Mortimer at 2:30 p.m. T.J. Samson Hospital will also be conducting health screenings available at no cost to all conference attendees from 1:00 p.m. to 4:00 p.m.

**Women's Sleep Disorders:** According to the National Sleep Foundation, up to 70 million Americans aren't getting a good night's sleep due to sleep disorders. While sleep disorders affect both genders, women in particular face multiple issues affecting their quality of sleep – and general health and sense of well-being – from the onset of menses through pregnancy and menopause. For so many women, getting a good night's sleep can be the hardest part of your day.

Join Gwynne Aidala & Amy Thornbury as they discuss the common symptoms of sleep disorders, and how your sleeping conditions, metabolic health, your age and overall wellness impacts your ability to get the rest you need. Understanding the effects of hormones, environmental factors and lifestyle habits can help you enjoy that long awaited good night's sleep.

**Bariatric Weight Loss:** It would seem that there are as many diets, schemes and approaches to solving the problems of being overweight as there are overweight people. It is almost impossible to pick up a magazine or newspaper without seeing at least one "new" diet, exercise or product that promises miracle results in losing weight fast. Some of these methods do seem to work, at least temporarily, but sometimes at varying degrees of risk to the user's health.

Bariatrics is a branch of medicine that deals specifically with problems of obesity, or being overweight. Beverly J. Mortimer, Board Certified in Bariatric Medicine, will enlighten us on a highly successful and realistic approach to achieving and maintaining optimum body weight. Physiologically, no two human bodies are alike. What is proper diet and exercise for one person is not necessarily so for another. Come learn the tips and facts about Bariatric Weight Loss. You will be able to ask questions and get advice on how to lose weight, and **how to keep it off.**

## OFFICER TRAINING

Are you a newly elected local officer or have just become your region's new director? Wondering what I do now? How do I conduct a meeting? How do I send in dues for new members? Where are my forms? On Friday afternoon, starting at 3:30 p.m., these questions and many others will be answered. Officer Training will be conducted for all newly elected regional and local officers. We will be giving you an overview of your responsibilities and what may be expected of you in your new position. With all the new changes in dues collection, we will also be going over the dues submittal process and how we need the information remitted to the State Treasurer and Database Manager.

Everyone is welcome to attend the training. You do not have to be a current regional or local officer. You may even be inspired to become an officer or regional officer. If you have a specific question, bring it with you.



**KFBPW**  
Kentucky  
Federation  
of  
Business and Professional  
Women's Club, Inc.

# 89<sup>th</sup> State Conference

Hilton Garden Inn ♦ Bowling Green, Kentucky ♦ June 3<sup>rd</sup> and 4<sup>th</sup>, 2011

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

**KFBPW**



Kentucky  
Federation  
of  
Business and Professional  
Women's Club, Inc.

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)**

\_\_\_\_\_ KFBPW Executive Committee

\_\_\_\_\_ 2010-2011 Local Organization President

\_\_\_\_\_ KFBPW Standing Committee Chair  
Committee: \_\_\_\_\_

\_\_\_\_\_ Past State President & Year Served \_\_\_\_\_

\_\_\_\_\_ Regional Director

\_\_\_\_\_ Aspiring Young Professional State Candidate

\_\_\_\_\_ Assistant Regional Director

\_\_\_\_\_ Professional Development Program State Candidate

\_\_\_\_\_ Other Board Member \_\_\_\_\_

\_\_\_\_\_ Member

\_\_\_\_\_ Guest

**Registration Packages: NO REFUNDS WILL BE PROCESSED AFTER May 20, 2011**

Payment must be received with registration form. If not received, late payment will be accessed.	Postmarked on or before May 1, 2011	Postmarked on or before May 15, 2011	Postmarked after May 20, 2011
<b>Full Conference Package</b> (Includes: Friday afternoon Health Screenings; Women Sleep Disorders Seminar; Bariatric Weight Loss Seminar; Officer Training; 1 <sup>st</sup> and 2 <sup>nd</sup> Business Session; Friday Evening Foundation Event; Aspiring Professional and Professional Development Speak-offs; Pamela Shaw "Communicate with Crystal Clarity" Workshop; Awards Luncheon and Installation of the 2011-2012 State Officers)	\$125.00	\$140.00	\$150.00
<b>Saturday-Only Conference Package</b> (Includes: 2 <sup>nd</sup> Business Session; Aspiring Professional and Professional Development Speak-off; "Communicate with Crystal Clarity" Workshop; Awards Luncheon and Installation of the 2011-2012 State Officers)	\$ 80.00	\$ 95.00	\$110.00
<b>Registration Only - No Meals</b> (Includes: 2 Business Sessions; Friday Seminars; Officer Training; Friday Foundation Fundraiser Event (no meal); Aspiring Professional and Professional Development Speak-offs; Saturday Communication Workshop; Afternoon Award Presentation (no Lunch); and Installation of the 2011-2012 State Officers)	\$ 60.00	\$ 75.00	\$ 95.00
<b>Additional Guest Meals:</b> Friday Foundation Event / Fundraiser Saturday Awards Luncheon / 2011-2012 State Officer Installation		\$ 31.00 \$ 28.00	

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

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

**I will be attending:**

**FRIDAY**

- \_\_\_\_\_ Health Screenings
- \_\_\_\_\_ Women Sleep Disorders Seminar
- \_\_\_\_\_ Bariatric Weight Loss Seminar
- \_\_\_\_\_ Officer Training (everyone welcome)
- \_\_\_\_\_ Business Session
- \_\_\_\_\_ Foundation Event/Fundraiser

**SATURDAY**

- \_\_\_\_\_ Aspiring Professional & Professional Development Speakoffs
- \_\_\_\_\_ "Communicate with Crystal Clarity" Workshop
- \_\_\_\_\_ Business Session
- \_\_\_\_\_ Awards Luncheon
- \_\_\_\_\_ Installation Ceremony

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: **Betty Driver, 215 Hidden Forest, Glasgow, KY 42141**

**Questions? Call or email Betty Driver 270-651-6477 [hbdriver@glasgow-ky.com](mailto:hbdriver@glasgow-ky.com) or**

**Brownie Bennett 270-586-8911 [hbennett852@hotmail.com](mailto:hbennett852@hotmail.com)**

**Make Hotel Reservations with Hilton Garden Inn - 270-781-6778**

**Room Rates (includes tax) - \$84.87 - 1 King Size Bed (40 room available); \$95.61 - 2 Queen Size Beds (only 1 room available)**

**Reservation Deadline is May 3 2011 Identify your affiliation with KFBPW for group rates.**



# 10 Tips for Starting a Wellness Program Today

## Easy Ways to Get Healthy



*It's never too late to begin your journey in wellness!  
Here are 10 steps you can take today to get started.*

1. Write out your goals and desires. What's your wellness vision? Where do you envision yourself three to five years from now? Set three-month and weekly goals based on your wellness vision. Goals should be SMART: Specific, Measurable, Action-based, Realistic and Time-oriented.
2. Ask what, when and how. Make a list of the hurdles that keep getting in your way of living a life of wellness. Then determine which ones are true obstacles - things that you need to work around or find solutions to. And the excuses - 'nuf said!
3. Have a plan. Rarely, if ever, is any major task or project accomplished without a plan in place. Layout a plan for accomplishing your goals, as well as solutions for overcoming the hurdles. This is your game plan - it should be flexible, but have fortitude, fun, but not "fluff." And make it active. Include specific steps you will take to reach your goals.
4. Start a journal. Your goals, desires, barriers, obstacles, excuses, solutions and plan should all be a part of your journal. Make your journal yours. Set it up so it's easy to use so that you will use it. Include space to just let your thoughts flow. Use it to let out your feelings, vent, rejoice, or celebrate. You'll be amazed at how freeing it is!
5. Begin your journey where you're standing now. Where are you right now, this moment, on your journey? Accept where you are and where you need to be and begin the steps necessary to bridge that gap. If, however, you find that old issues keep popping up, preventing you from reaching your goals, you may need to seek counseling. Sometimes the only way to move forward is to first go backward.
6. Take one step at a time. What happens when a builder forgets an important step in building a house? Or a chef leaves out an important ingredient in a recipe? Doesn't work so well, does it? It's the same thing with your life. You must take certain steps in order to reach a place of wellbeing and make it fit your lifestyle.
7. Learn from your setbacks. Making mistakes and experiencing failure is all a part of being human and living. Rather than getting down on yourself, take that setback and turn it into something positive - something you can use to reach your goals. Sometimes life is indeed two steps forward, one step back!
8. Spend some time "cleaning house." This is intended to be both literal and figurative. When our homes are a cluttered mess, it's impossible to function well. Ditto for our schedules. Create a list of your activities and decide which ones aren't contributing to your overall purpose in life. "De-fluff" that schedule and concentrate on those activities that bring meaning to your life, and ultimately to others!
9. Stop comparing yourself to others. We're bombarded by images of "perfect" bodies every day. It's easy to get caught up in all of it and feel as though we'll never measure up - and chances are, we won't. Let's get real! These images are results of computer imagery, great lighting, professional make-up artists, self-starvation, plastic surgery and really good genes. Stop comparing yourself to a fantasy and just be the best you that you can be.
10. Reward yourself. It's OK to feel good about yourself! And it's OK, and beneficial, to reward yourself for your accomplishments, no matter how small they may seem. A meal at your favorite restaurant, a date at the movies, a new outfit, a bubble bath... whatever you wouldn't normally take the time to do, as long as it contributes to your wellbeing, is a great reward!



## Seeking Some Sweet Slumber

*Provided by T. J. Samson Hospital*

Is finding a good night's sleep often a struggle? If so, you're certainly not alone. Up to 60 million Americans are affected by chronic sleep disorders and sporadic sleep problems, according to the National Institutes of Health. While restless nights may come and go for many people, continuing sleep problems are an issue that should be addressed. Your doctor can help.

You should see your doctor if you have any sleep problem that recurs or lasts longer than a week, suggests the National Sleep Foundation. In addition, any sleep problem that is bothersome or interferes with how you feel or perform during the day should prompt a visit with your doctor.

It may help to keep a sleep journal for a few weeks before seeing the doctor. Record your sleep and health habits, including:

- How many hours you generally sleep at night, if you have a regular bedtime and wake time, and if your sleep is often disrupted.
- Recent life changes or stresses.
- What time of day you exercise, eat your last meal before bed or use caffeine products.
- Whether you smoke or drink alcohol.
- Whether you snore and how often or loudly.
- If you know or have been told that you gasp for air or stop breathing while you sleep.
- If you are sleepy during the day, fall asleep when reading or watching TV, or have dozed off while driving or during work or school.
- Whether and how often it's difficult for you to fall or stay asleep.
- Whether you are using sleeping pills or any other means to help you sleep better.

## Sleep - A Good Way to Manage Your Appetite and Weight?



Did you know that losing sleep may increase your appetite and as a result your weight? Several studies have been published in recent years have looked at the relationship between sleep loss, weight and appetite and should serve as a guide for how we value sleep.

According to one study published in *The American Journal of Clinical Nutrition* this year, one night of reduced sleep subsequently increased food intake and, to a lesser extent, estimated physical activity-related energy expenditure in healthy men. These experimental results, if confirmed by long-term energy balance measurements, suggest that sleep restriction could be a factor that promotes obesity. The study observed two groups of men - half of which slept for 8 hours, while the other half got 4 hours of sleep, and found that the men who got less sleep consumed 22 percent more calories than those who slept for 8 hours. A University of Chicago study last year also arrived at similar conclusions when they included women in the study. Such sleep restriction may have been a bit extreme, but it is also not

altogether uncommon in our society and is a pattern deemed the "royal route to obesity" by Eve Van Cauter, PhD, who conducted the Chicago study.

Some researchers have found that hormone function is to be blamed for how short sleep duration affects our appetite and weight. Another study published by the National Center for Biotechnology Information found that feelings of hunger as well as plasma ghrelin levels are already elevated after one night of sleep deprivation, whereas morning serum leptin concentrations remain unaffected. The researchers explained that their results provide further evidence for a disturbing influence of sleep loss on endocrine regulation of energy homeostasis, which on the long run may result in weight gain and obesity.

Untreated sleep disorders can have the same effect as too little sleep. If you think you have a sleep disorder, talk with your physician

# *Congratulations ~* **from Shelby County Professional Women's Club** **Kentucky Professional Women's Week Awards**



Left: **Jennifer Decker** ~ Woman of Achievement  
and Right: **Kathy Nichols** ~ Woman of the Year

Decker, the chairman of the Shelby County Republican Party, was named Woman of Achievement. Decker, an attorney now in a solo practitioner after serving more than 20 years as a Senior trial attorney for the Internal Revenue Service. She is also active in Centenary United Methodist Church, where she teaches Sunday school and leads Bible Study.

Nichols, retired Circuit Court Clerk, was named the Woman of the Year. Nichols was elected Circuit Court Clerk in 1988 and served unopposed until retirement. She has served on the boards of the Shelby County Chamber of Commerce and the Shelby County Community Theatre, as well as, being active in First Christian Church, where she serves as a deacon.



American Heart Association   
*Learn and Live*

nationally sponsored by



Left: **Mary Jo Newton** ~ Treasurer  
Middle: **Elizabeth Nichols** ~ President  
and Right: **Peggy Tschauner** ~ Health Issues Chair Committee

The Shelby County Professional Women's Club held a Go Red for Women Luncheon February 4th to bring awareness about heart disease. The luncheon was held at Shelby Co. Fit-For-Life and had 25 local businesses and schools participated in the luncheon and/or held Wear Red events at their sites. The Go Red events in Shelbyville raised a total of \$471.00 for the American Heart Association.

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Native American

## POW-WOW

SATURDAY, OCTOBER 7

SUNDAY, OCTOBER 8

9:00 A.M.

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Cynthiana, KY 41031

\$5.00 Adults; \$3.00 Senior Citizens & 12 & under; 6 & under free

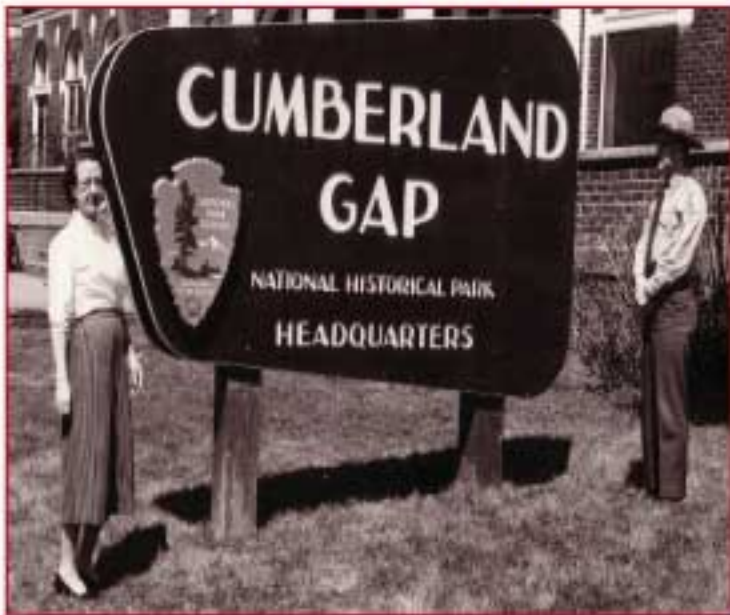
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Vice President  
Kentucky Federation  
B & PW  
2011-2012

**VIRGINIA HUFF:  
MEMBER OF THE  
MIDDLESBORO BPW  
SINCE 1940**



Miss Huff was the 1st secretary of the Cumberland Gap National Historical Park. She has been recognized for her valuable contributions to the formation of the park. She was awarded "Honorary Historian" for her more than 54 years of service for promoting knowledge and understanding of the area's history. She was the first woman in the South East Region to be awarded the Department of the Interior's "Meritorious Service Award" the highest award given by the Park Service. She is also a member of the following: The Park Service Women's Organization, Eastern National Parks and Monument Association, The Middlesboro Literacy Council, Bell County 4H Council, past President and treasurer of the Middlesboro Cemetery Company, board member "Emeritus" of the Bell County Historical Society, Bell County Little Theater, Bell County Chamber of Commerce "lifetime member" where she received its "Humanitarian Award". She served as BPW/KY Treasurer and BPW/Middlesboro President, Vice President and Secretary as well as served on many committees. Her BPW awards are as follows: "Woman of the Year" several times, and the Emma Ralston Award. She was recognized for her contributions to the community by the "Celebrations of Women" leadership award. As a member of the First Presbyterian Church she has also served as a Deacon. Middlesboro BPW salutes Miss Virginia and we thank you for your service and loyalty to BPW and your community.

*Congratulations to  
Woodford County's  
2011 BPW Award Winners*



**Maria Lester** - Woman of Achievement

**Jessie Franklin** - Woman of the Year

**Midway Small Animal Clinic, Dr. Nancy McGregor** - Business Equity

**Kimberly Young Coffey** - Scholarship Recipient

# Wine Tasting

Sponsored by  
Springfield BPW



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All proceeds will benefit  
Springfield BPW  
Scholarship program and  
other local charitable  
organizations.

For more information or to donate, please call  
Lisa Haydon 859-285-0099

**Saturday, May 21st**  
**5:00-8:30pm**

*Hugh McElroy House Lawn*  
*110 College St, Springfield, KY*

Tickets:

\$15 Advance Price  
\$20 Gate Price

Tickets available at:

Sell With Hale Realty & Auction, LLC  
The Opera House  
Hardin's Jewelry



*Thank you...*  
**KFBPW Members**



**It has been an honor and privilege  
to serve as your 2010/2011 KFBPW President**



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Henderson, KY 42420  
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## 2011 Calendar of Events

BPW  
Kentucky

### April

- 9 West Region Meeting, Central City Library
- 12 Equal Pay Day
- 16 South Central Region Meeting, Campbellsville College
- 30 BPW/KY Foundation Scholarship Application deadline

### May

- All Month** Military Appreciation Month
- 1 Deadline for ALL Local and Regional Award Submissions

### June

- 2 BPW/KY Executive Committee dinner, Bowling Green, KY
- 3-4 BPW/KY Annual Conference, Hilton Garden Inn,  
Bowling Green, KY (check inside this issue for full details)