



# The KENTUCKY CARDINAL

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

Volume 82, Issue 3

December 2010

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## President's message



*Janis Turner*

I would like to thank everyone who attended our 89<sup>th</sup> Interim Board Meeting in November. Your time is very valuable, so I hope that you feel your time and money were spent wisely investing in the conference.

I would like to thank Becky Barrick & Kylie Garrett, Co-Contact Chairs and the members of Glasgow & WKU locals for making everyone feel welcomed.

I would also like to thank Phyllis Hargrave and Bonny Manning for a very informative workshop rolling out our Personal Development Program. This program provides a resource to attract new members and provides benefits for our existing members. I hope all locals attending the conference will take this information back to their local and establish a program locally. The EC would love to see competition at all levels this year, local, region & state. Since we are celebrating the whole month of March, it would be a wonderful time to host your PDP speak-off, followed by the regional in April and by the state in June. Any questions regarding PDP, please contact Bonny Manning, PDP Chair.

Georgia Beth Albany, Mentoring Chair and Joanne Story, Membership Chair provided us with information to grow and retain our membership. It is so easy to get caught in the same old, same old mindset. New results don't come with old methodologies, old thinking or other clutter that keeps us stuck in yesteryear. As shown by their skit, we can turn this around by bringing in new ideas, becoming open minded and proactive.

Our membership is our lifeblood. Our future depends on strong membership drives attracting new members and our mentoring program implementation to retain members.

Both Georgia Beth & Joanne are passionate with their mission. They are willing to visit your local. Please take this opportunity; you will be glad you did. Any questions, please contact Georgia Beth Albany, Mentoring Chair or Joanne, Membership Chair. Thanks to both of these ladies for their dedication.

I realize some of our members needed to leave early on Saturday but WOW you missed a great health conference. Many thanks to Dr. Kathy Bruner, Christy South, MD, FACOG Beverly Mortimer ARNP, Jennifer Turner RD, LD & T. J. Samson Hospital for making our health conference a huge success. Now when I look at French fries & sweets, I visualize the jar of sugar which we consume over a period of one year.

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# Officer Reports

*(Continued from page 1)*

The EC goal is to continue to provide you with training and health information at our state conference to be held on June 3<sup>rd</sup> & 4<sup>th</sup> at Garden Hilton Inn in Bowling Green, KY. Please save the date now and plan to attend. We will provide training workshops for incoming local officers along with health seminars. We already have a fantastic speaker for Saturday, Pam Waldrop. She will definitely make a lasting impression on you.

I have been fortunate to visit with some of our locals this year. I would love to visit with every local before June, 2011. Please advise me as to which meeting you would prefer my attendance. Georgia Beth Albany has been traveling with me, so it would be a great opportunity for her to provide your local with information on our M&M program this year.

Regional meetings are just around the corner, North Central Region on April 2, hosted by Danville, West Region on April 9<sup>th</sup> hosted by Central City and South Central Region on April 16<sup>th</sup> hosted by Campbellsville.

I would like to thank Jerilyn Hippler, VP for meeting with our Regional Directors at Interim Board to ensure a productive regional meeting this year. All three of our Regional Directors were in attendance at Interim Board. This shows commitment and is deeply appreciated. They have a lot of great ideas and are working on projects to make our regions stronger and more productive

All reports are due May 1<sup>st</sup>, 2011. Please submit your reports to be rewarded for your dedication to your communities.

Lastly, I would like to thank the Leadership team for their involvement this year. They all made the commitment in making B&PW a stronger organization. When we all work together amazing things will happen.

I am looking forward to 2011 with hopes of making B&PW into an energy-spreading environment that everyone will recognize and want to plug in. Energy is contagious, so radiate your good energy & spread it to others.

I wish you & your family a Merry Christmas & Happy New Year. Let's make a resolution to get more involved with B&PW this year. As you know, the more you give the more you receive. Let's make 2011 the best year ever for KFBPW.

Have a safe and Happy Holiday Season!

*Janis*

## **Suzanne Forshee**

***KFBPW President Elect***

Greetings to all! I hope that everyone had a wonderful Thanksgiving and you are looking forward to celebrating the Christmas season.

I hope everyone enjoyed the Interim Board meeting in November. I felt that it was a great meeting, and that there was a good deal of beneficial information and training available.

It's hard to believe that we are halfway through the KFBPW year. I am currently in the process of filling positions for the 2011 – 2012 leadership team. If you're interested in holding a position on the leadership team, please complete the Volunteer Form which is included in this issue of the Cardinal and send it to me. I'd like to see every local organization represented on the board in the coming year, sharing ideas to continue to build this great organization which is the best kept secret around!

Don't forget that nominations for the state officers for the 2011 – 2012 year are due to Sandra Anderson, Nominations Chair by February 15, 2011. You can find the requirements to run for an office on the KFBPW website.

I wish each of you a Merry Christmas and Blessing for a Happy New Year!





*Wishing you  
joy of family,  
happiness of friends  
and  
the love of Christmas!*

*Janis      Suzanne      Jerilyn*

*Karen      Diane      Debbie*

*Patti*

# Putting a Bow on 2010: A Proper Perspective

By John C. Maxwell

At this stage, the punctuation you put on 2010 will not depend as much on what you do but on your point of view. As you look back on the past year, you likely experienced highs and lows, encountered blessings and victories alongside hardship and heartache. As you wrap up 2010, be sure your attitude toward the last twelve months is providing you with the healthy perspective needed to finish strong.

Here are three suggestions to help you adopt a mindset that makes the most of 2010.

## 1) See the lessons in every setback.

*Things turn out best for the people who make the best of the way things turn out. ~ John Wooden*

As you think back on the past year, don't be ashamed by the mistakes you made. Failures are stepping-stones to success, not proof of inadequacy. If you're not stumbling from time to time, then chances are you're not going anywhere worthwhile.

Failures are not fun, but neither are they fruitless. Opportunities to learn and grow are embedded in every setback we undergo. Instead of dwelling on the disappointment of things going wrong, seize the insights of the experience. By doing so, you'll emerge as a stronger person.

## 2) Show gratitude for the blessings you've received.

*Gratitude is not only the greatest of all virtues but the mother of all the rest. ~ Cicero*

To cultivate gratitude, Oprah recommends keeping a gratitude journal:

"Every night, list five things that happened this day that you are grateful for. What it will begin to do is change your perspective of your day and your life. If you can learn to focus on what you have, you will always see that the universe is abundant; you will have more. If you concentrate on what you don't have, you will never have enough."

In addition to writing down what you're thankful for, take action to show gratitude to the people who have helped you over the course of the past year. Expressing thankfulness to others encourages them, strengthens your relationship with them, and positions you to receive their goodwill again in the future.

## 3) Turn the page on the past and take joy in today.

Hoping to get a glimpse into history, an interviewer asked an 87-year old woman, "What was the world like back in your day?" "Hmph!" she responded, "*This* is my day!" I love her attitude. Instead of being wistful about the years behind her, the elderly lady's mindset was on making the most of the day in front of her.

The close of the calendar year can be a time of reflection. We think back to the happenings of 2010 and assess where we are in life. Although life can only be understood looking backwards, it can only be lived moving forward. No matter what has transpired this past year, today is a blank slate. So set aside any regrets you may have about 2010, enjoy the holiday season, and look forward to a fresh new year.



# Can Your Health Weight?

*By Dr. Karalee Oldenkamp, D.C.*

Where is your health among your priorities? Are you able to do the things in life you would like to do? If you could make small changes and optimize your health to get more out of life, would you? For many of us, it takes a life or health crisis to truly evaluate our priorities and make a commitment to change. Famous New York Yankees baseball player, Mickey Mantle, reportedly said, "If I had known I was going to live this long, I would have taken better care of myself." We all want to be independent and able to care for ourselves as we age, and we can. Don't wait for a crisis to optimize your health. We have to make the decisions today to create a healthier us for tomorrow.

Weight is a very important indicator of health and risk for disease. One reference point for a healthy weight is your Body Mass Index. Take a moment and calculate your BMI by multiplying your weight in pounds by 703. Then divide that number by your height in inches squared, or multiplied by itself. The result is your BMI. You can also find user-friendly BMI charts on the Internet. A healthy BMI falls between 19-24 while overweight is considered 25-29 and obese is a BMI landing over 30. Where do you fall?

According to the National Health and Nutrition Examination Survey, over 64% of adults in the U.S. are overweight, and 30% are obese. The U.S. Surgeon General stated that obesity will soon take over as the number one cause of preventable deaths in the U.S. The key word here is preventable. Where you are now is only a starting point. With each decision you make, you can change your risks and more importantly, change your quality of life.

If your ultimate goal is optimal health, then each decision you make throughout the day should support your goal. Stairs or elevator? Grilled or fried chicken? Low fat or regular? Sleep or another late night? We all know what choices lead to health. We just have to come to our own conclusion that our health is important. Once you make that decision, the next step is discipline. There will occasionally be times that we fall off the wagon and forget or intentionally ignore our goal of health. That is okay, just focus on your next healthy choice. If you can visualize your end goal, whether it be a certain pant size or just being able to play with your children or grandchildren, it is easier to make the right choices.

Take today to consider your priorities. Notice where you spend your time and energy and which choices you make. Choose to grab your health by the reigns. Enlist the support of a health coach if necessary. Today, will you choose to make your health a priority or will you let your health weight?

*Dr. Karalee Oldenkamp is the Executive Director of the Kentucky Board of Chiropractic Examiners and a Senior Health Coach for Take Shape For Life. She can be contacted at [drkaralee@gmail.com](mailto:drkaralee@gmail.com).*



# Committee Reports

## LEGISLATION

*Phyllis Hargrave, Chair*

I recently attended a function where some actions of our Founding Fathers were discussed. My thoughts naturally progressed to the actions of our current legislators. I wondered what our Founding Fathers would think about the state of politics now. Would George Washington, Benjamin Franklin, John Hancock, Thomas Jefferson and the others be pleased or shocked by the activities of today's legislators? What about the National Debt? Could our original leaders even begin to fathom being trillions of dollars in debt?

What do you think about today's politicians? What do you think about the debt? How do you feel our Founding Fathers would react today?

This leads me to another question. Have you told your legislators how you feel? If you haven't contacted them, I urge you to let them know your thoughts about how they are leading the country. Believe me, they do listen to their constituents – you! You just need to contact them.

We are again planning a trip to Frankfort to lobby our State Legislators. Mark your calendar for **Thursday, February 17, 2011**. I hope to see all of you in Frankfort. You'll be amazed at what you will learn!

Wishing you a very Merry Christmas and a prosperous Happy New Year!

## BPW LOBBY DAY 2011



Mark your calendar and make plans to attend BPW Lobby Day 2011 in Frankfort, KY on Thursday, February 17<sup>th</sup>, 2011. This is your opportunity to learn about the legislative process, meet with your Representative or Senator and observe the House and Senate in session. Stay tuned for more information.

## KENTUCKY BPW FOUNDATION

*Debrah V. Pierce, Chair*

The BPW/KY Foundation Board of Trustees would like to take this opportunity to thank you for your support of the Foundation Fundraiser and Silent Auction at KFPBW Interim Board Meeting. Approximately \$2,000 was raised on Friday evening during the fundraiser/silent auction.

Because of your continued generosity the Board of Trustees awarded more than \$6,000 in grants (scholarships) during its Board Meeting on Friday, November 11. Grant (scholarship) applications are due April 30, 2011 for consideration at the June Board Meeting. You are encouraged to share this information with women returning to school or those who might need financial assistance to maintain a certification.

The Grant Application can be found on the Foundation page on the KFPBW Website: [www.bpw-ky.org](http://www.bpw-ky.org). If you have questions about the Grant Application please contact Joanne Story by email at [joanne.story@kctcs.edu](mailto:joanne.story@kctcs.edu).

## BETTY HINZ FUND

*Debrah Pierce, BPW/KY Foundation Chair*

The Kentucky Business and Professional Women's Foundation has funds available for funding speakers for **Communication Workshops** at Local and Region meetings. Betty Hinz, a long time BPW member, left an endowment to the Foundation for use in funding these workshops.

What do you need to do? A local must submit a written request for funding addressed to the Foundation Chair. Details regarding the workshop, i.e., title of workshop, day, date, time, etc. should be included in the request letter along with the cost. A budget with supporting documentation must also be included. Funding requests will be reviewed twice annually; request deadlines are July 30<sup>th</sup> and October 30<sup>th</sup>.

The Foundation Trustees have added an additional date for 2011. Regional Directors and Local Presidents who wish to submit a request for funding have until January 31, 2011 for workshop funding for Regional meetings or a Local Organization workshop.

The Foundation Trustees will review each request and funding will be made available based on its merit.

We encourage you to make use of the Betty Hinz Funds. To receive an example of a funding request letter and budget please email me at [dp2799@att.com](mailto:dp2799@att.com).

## KENTUCKY CARDINAL ADVERTISING

*Susan Campbell and Sharron Belcher, Co-Chairs*

On behalf of Sharron Belcher and myself, we want to thank you for taking the time to sell advertising for *The Kentucky Cardinal*. No publication is a success unless you have ads to pay for it.

Continue to sell those ads. They are a bargain. We are still short of our \$2500 budget goal by \$1680 and we only have one issue left.

If either of us can be of assistance to you, contact us: Sharron Belcher, 270-365-4447; or Susan Campbell, 270-365-3870.

Merry Christmas and Happy New Year

## PROFESSIONAL DEVELOPMENT PROGRAM

*Bonny Manning, Chair*

Thanks to everyone who attended the Professional Development Modules 3 and 10, during the Interim Board meeting. Special thanks to Phyllis Hargrave, Brenda Gunn and, of course, Patti Fallin (technology expert) for their assistance. President Janis has additional CDs of the program for those unable to attend.

Happy Holidays to All! See you in the Spring.

## MEMBERSHIP & MENTORING

*Joanne Story, Membership Chair*

Local Presidents were recently sent a verbatim summary (no editing) of the Survey used to implement the Membership and Mentoring Program and Group Discussion conducted at Interim Board and of the surveys submitted by local club Presidents.

I sincerely hope that your local club members will discuss this information and continue to develop "THE PLAN" for Membership and Mentoring. We encourage you to share the M and M Program and information in the Membership and Mentoring Folder that was distributed at Interim Board. Be sure to share this information with your club Membership and Mentoring Committee Chairs. If your club is interested in mentoring another BPW Club please contact Joanne or Georgia Beth, we need to hear from several more clubs to get this program activated. Be Proactive!

Please contact Joanne Story, KFBPW Membership Chair or Georgia Beth Albany, KFBPW Mentoring Chair if you have any questions or comments on Membership and Mentoring. If you were unable to attend Interim Board and wish to have a copy of the Membership and Mentoring Folder please contact Joanne Story.

Merry Christmas and Happy New Year!

## NOMINATIONS - BPW NEEDS YOU!

Ladies, the deadline for nominations for state office is February 15<sup>th</sup>.

Nominations are needed for the following LEADERSHIP POSITIONS:

- **President Elect**
- **Vice President**
- **Treasurer**
- **Recording Secretary**
- **Nominations Chair**

Submit nomination forms and supporting documents by the February 15, 2011 deadline to:

Sandra Anderson  
15091 Cheatham Toy Road  
Henderson, KY 42420

Email: [sandra3303@att.net](mailto:sandra3303@att.net)

Please consider getting involved! KFBPW needs you!  
Happy Holidays everyone!



**Calling All  
Local BPW Presidents  
and  
Newsletter Editors** 

**We Need You!**

**Anxiously awaiting local club  
newsletters**



Please email  
Wanda Crowe or Nena Matheny  
KFBPW Public Relations Co-Chairs

[wcrowe@commonwealthbroadcasting.com](mailto:wcrowe@commonwealthbroadcasting.com)  
[nenamatheny@bellsouth.net](mailto:nenamatheny@bellsouth.net)

# Local Club News



## **BEREA B&PW**

*By René Poitra, President*

I am very excited about the upcoming December fund raiser. The Rudolf Auction is held yearly at Boone Tavern, where we enjoy a festive meal and bid on items the local businesses have donated. The auction and quilt sales are one of the biggest endeavors that our club organizes each year. I am looking forward to seeing each and every one of you who will be able to join us.

I want to send out a big Thank You to Janis and the state officers for the very informational Interim Board Meeting. I know a lot of hard work goes into organizing and facilitating a meeting of that caliber. I really enjoyed the speakers and the topics that were covered. I can definitely incorporate these trainings into my professional and personal life. Again Thank You!

Merry Christmas and Happy Holidays to all our B&PW Friends!

## **BPW/RIVER CITY, INC.**

*By Violet Clark, President*

BPW River City meets the second Wednesday of each month at the University Club on the Belknap Campus. You can check out our web-site for more detail at [www.bpwrc.org](http://www.bpwrc.org).

We have scheduled our annual "Lobby Day" in Frankfort for Thursday, February 17<sup>th</sup> and invite everyone to please join us. For more detail contact me at (502) 968-8786 or by email [vclark2009@gmail.com](mailto:vclark2009@gmail.com).

## **CENTRAL CITY B&PW**

*By Donna Slaton, Vice President*

Central City BPW met in October at the Purple Onion Restaurant in Central City. Officers for 2010-2011 elected were Helen Arnold President, Donna F. Slaton, Vice-President, Anne Bunch Second Vice-President, Hallie Whitmer Treasurer and Joanne Moore Secretary. Members planned fall meetings and welcomed new member Jean Turley. In November at the Purple Onion CCBPW numbers increased again when Kathryn Casebier joined the group.

Plans were made for the annual fun Christmas Auction at the December 14 meeting at the Central City Public Library which is home to the group's sponsored Kentucky Women's Hall of Fame. Members bring two gifts to auction each dressed the same in beautiful wrapping but one is truly a gift and the other is a little surprise such as a mouse trap, or molded hamburger bun. The ladies have been

having fun and raising money with this for years. Funds go to donations including Special Olympics, Relay for Life and Arthritis Foundation to name a few. The group also agreed to donate candy canes to the Christmas Carnival at Green River Correctional Complex where VP Donna Slaton is librarian.

## **HOPKINS COUNTY BPW**

*By Nena Matheny/Wanda Crowe, PR Committee Co-Chairs*

Hopkins County B&PW was very proud to present Lisa Miller with the Hopkins County Health Department a check for \$1850 at our November meeting. This money will be used for cancer screenings for women who might not otherwise be able to afford them. The money was raised during National Business Woman's Week by members Sharon Smith, owner of Merle Norman Cosmetics, and Melinda Oglesby, owner of Curves. Sharon featured a sale on 'gently used' Vera Bradley bags and accessories while Melinda donated the service fee of new members joining that week. We continue to have visitors (prospective members) attend our meetings and are looking forward to 2011.

## **HOPKINSVILLE B&PW**

*By Lena Wann, Recording Secretary*

The Hopkinsville Club was happy to have Georgia Beth Albany, KFBPW Mentoring Chair, Becky Barrick, KFBPW West Regional Director and Janis Turner, KFBPW President at our September meeting to share news and updates with our membership.

Hopkinsville is into the swing of fund raising. Our Finance Team lead a 2 ½ day rummage sale early October which added \$\$\$'s to our account; we are now selling our famous "just from the trees" pecans.

Rita Brown and Sue Mock were our hostesses for Fun Night at Rita's home on October 29. Wonderful food and fun games were enjoyed by all. We also delivered clothing left from our rummage sale to a nursing home and several of us participated in Community Readers Day on November 5. Our next activity is downtown's Polar Express on December 11.

Seven of our members attended the 89<sup>th</sup> Interim Board at Park Mammoth Resort on November 11-13. The seminar "Refuse to be a Victim" was very good as was the information on the PD modules. Of course, we enjoyed the food and the vendors.

We here in Hopkinsville send our greetings for a wonderful Christmas to all of you.

# Local Club News



## LICKING VALLEY BPW

*By Martha Sullivan, President*

Licking Valley BPW has been quite busy this year. Meeting topics have included ways to beautify our town and a new free medical clinic, where we provided dinner for the volunteer medical personnel. We also participated in a five mile county clean-up effort within Harrison County.

BPW week started with an informative breakfast with local officials about city and county topics. Several individuals and Maysville Community College – Licking Valley Campus were honored during our Awards Banquet. Guest speaker Jenny Lynn Varner gave a humorous talk about learning to celebrate the accomplishments in our lives. So often, as women we move right on to the next task and don't take time to celebrate.

Interim Board was a nice get away and allowed us to network, meeting up with old friends and learning new ways to do membership recruitment. And we all know who the first time attendee is, don't we girls. We are excited about the New Year and all the possibilities that lay ahead for 2011. In addition we hope, as women, we all take time in 2011 to celebrate past accomplishments and current accomplishments as we continue the strong tradition as Business and Professional Women. Happy New Year!

## PADUCAH BPW

*By Audrey Lee, President*

Happy Holidays and a Prosperous New Year to All! Paducah Business and Professional Woman have had a busy year in 2010 and are building on those successes for programs in 2011.

Most notably, our scholarship program, women entrepreneurs recognition and our gifts to Merryman House generated a lot of interest in the club this year. We think those efforts will dovetail into our membership and mentoring promotions this year.

In 2011 we plan to again partner with a local high school for scholarship. The scholarship presentation in 2010 generated a lot of publicity which resulted in added membership. The "Women Celebrating Women" program in July brought new interest and again new members. Honoring Merryman Kemp as our Woman of the Year was a community event that featured Paducah Club and Paducah River City which should bring added interest to both clubs.

For 2011, Paducah Club is planning to publish a newsletter to keep in touch with members who can't attend meetings as well as our older members who don't

have computers. That way our membership can be informed and we have information to give to prospective new members.

## WOODFORD COUNTY BPW

*By Brenda Richards, President*

Woodford County BPW held its annual Innisbrook products fundraiser in September. The proceeds will be awarded to an adult female returning to school for either a career change or to complete her degree.

We helped to co-sponsor the Woodford County Candidates Forum which was held October 7, 2010. Members helped by working as greeters, serving on the question selection committee and Past State President Phyllis Mattingly was the moderator for the event.

The club made a basket donation for the BPW/KY Foundation Silent Auction event held at the Interim Board meeting. The theme of the basket was KY Proud products and was made by Baskets From the Bluegrass owner Mary Ann Durr, one of the friends of Woodford County BPW.

In December, club members will again donate books to the Woodford County Literacy Council. The books that are donated will be given to the children in the community that range in age from birth through 14 years old. Last year the club donated around 40 books to this project.

A Christmas celebration will take place at the Cattleman's Restaurant in Frankfort, KY on December 7. A Cookie Exchange is proposed for the meeting with each member bringing cookies to share!





## **T'WAS A FEW DAYS BEFORE CHRISTMAS!**

*T'was a few days before Christmas, and all through the house.  
BPW members were stirring, but NOT quiet as a mouse.*

*Running projects, planning for the Holidays, and all the Christmas cheer.  
They're shopping, cooking, cleaning and preparing for a brand new year!*

*Christmas will be gone in a flash, and 2011 will be here soon.  
BPW members can then start to plan to attend State Conference in June.*

*The dates are June 2nd thru the 4th, to be held in Bowling Green.  
At the nice Hilton Garden Inn, that most of us have never seen.*

*On Janis Turner, on Suzanne Forshee, Karen Lamb and Jerilyn Hippler too.  
On Diane Croney-Turner, Deborah Pierce, Patti Fallin...all the Executive crew.*

*Make your plans to join them, there will be awards, food, friends and fun!  
And of course, in the month of June, there will be lots of warmth and sun!*

*So mark it on your calendar and many others we hope you'll bring.  
Registration forms will be available soon and in the Cardinal in the Spring.*

*Betty Driver, Glasgow and Brownie Bennett, Franklin are the contact chair.  
Just underneath this poem, you'll find their pictures and info listed there.*

*Don't hesitate to call them if they can answer any questions for you.  
At this time, they'd like to say Merry Christmas and Happy New Year too!*



**Betty Driver**  
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bbdriver@glasgow-ky.com



**Brownie Bennett**  
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bbennett852@hotmail.com

**KFBPW ANNUAL CONFERENCE**  
**JUNE 2 THRU JUNE 4, 2011 • HILTON GARDEN INN**  
**1020 Wilkinson Trace • Bowling Green, KY**  
Registration Forms Will Be Available in the Spring Issue of the Cardinal

# HAPPY HOLIDAYS FROM SOMERSET BPW



Pictured from L to R:  
Jill Davis, Treasurer  
Tracy Harness, Secretary  
Fran Roberts, 2nd Vice President  
Tammy Cundiff, President

## Business and Professional Women of River City 2010 "Signature Event" in honor of Kentucky Professional Women's Week

This year marked the 82<sup>nd</sup> anniversary of the Kentucky Professional Women's Week (KPWW). This annual event highlighted the significant accomplishments that have been made by professional women of the River City in both the community and in the workplace.

This year's event was held on October 27, 2010 from 11:30am – 1:00pm at the University Club in Louisville, KY. The event showcased the "Rising Flame" Speak-Off Competition. The candidates this year included Teresa Aldridge of UPS, Jole Burghy of Anthem, and Brittany Friddle of Occupational Health Solutions. The nominees were judged based on their speech as well as on their biographical essay and a one-on-one interview with the judges. We were honored to have Ron Eslick of USI, Lora Tucker of Girl Scouts of Kentuckiana, and Karen Morrison of Gilda's Club participate as judges.

During the event we also recognized a Woman of Excellence. The recipient of the 2010 Woman of Excellence was particularly deserving. BPW/RC's very own Alex Rohleder was honored! Alex is a past BPW/RC President and serves on the BPW Foundation Board. She has been a true pillar of BPW as well as our community with her many years of service at Girl Scouts of Kentuckiana.

Throughout the event, the guests also had access to silent auction items. The proceeds from the auction benefited the BPW Foundation. By the close of the auction, we were able to raise over \$2,500! We are so grateful to all of our wonderful members and guests who so willingly bid. The event was a great success.

We would also like to congratulate our 2010 Rising Flame winner, Teresa Aldridge of UPS! We look forward to having all of the candidates join us as we look forward to the future.

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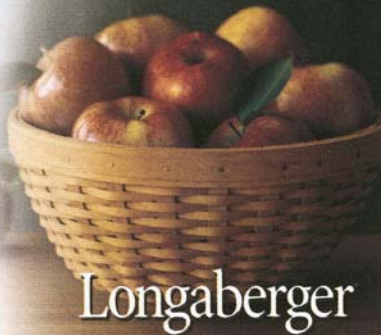
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## VOLUNTEER FORM 2011-2012

Below is a brief description of the duties associated with the committees that comprise the KFBPW Leadership Team. Please complete the form provided and indicate your areas of interest.

### STANDING COMMITTEES

**Aspiring Professional:** Coordinate and promote the Aspiring Professional Program on the state level and assist in developing programs on local and regional levels.

**Bylaws:** Review and approve amendments to local organization bylaws; review the amendments bylaws approved at the annual state convention to determine if any mandatory changes to the local organization bylaws are required; prepare and/or present any proposed state bylaws amendments to the state convention body; inform local organizations of any and all required changes to local bylaws.

**Finance:** Develop and monitor the annual budget for KFBPW.

**Issues Management:** Educate and inform local organizations about the KFBPW issues; Organize program(s) or project(s) around those issues.

**Legislation:** Responsible for developing KFBPW's legislative platform; Understand and educate members about KFBPW's state legislative platform; identify and inform locals of pending and prospective state and national legislation of particular interest to women and how it relates to our legislative platform and public policy issues. Educate and involve members in the legislative process;

**Membership:** Responsible for membership retention and recruitment; develop a membership campaign for membership recruitment and retention. This position is as much as you can make it!

**Professional Development Program:** Assist locals in developing and coordinating a Professional Development program and/or competition focusing on increasing women's communication and leadership skills.

**Public Relations:** Communicate our message and activities to the public by interacting with the media and other organizations and by funneling information and local organization news to media outlets.

### SPECIAL COMMITTEES, TASK FORCES & APPOINTMENTS

**Database Manager:** Update and maintain KFBPW membership database; Create monthly membership report; Generate mailing list for *Kentucky Cardinal*; Generate mailing labels, membership reports, etc. as requested by local organizations and state leadership.

**Expansion Task Force:** Expand and revitalize the number of local organizations in Kentucky; assist struggling locals with revitalization strategies upon request.

**Kentucky Foundation Board:** Willing to serve on the Board of Trustees for a three year term.

**Interim Board Contact:** Coordinate and plan all activities surrounding Interim Board of Directors meeting.

**Internal Auditor:** Provides the independent check of the financial records of the state organization

**Kentucky Cardinal Editor:** Prepare, with input from KFBPW President, all issues of the Kentucky Cardinal for publication.

**Kentucky Cardinal Advertising Editor:** Coordinate advertising sales for Kentucky Cardinal; Urge locals to solicit for advertising and/or obtain advertising contacts; Follow up on all contacts.

**Kentucky Professional Women's Week Chair:** Organize nominations from local organizations for Woman of Achievement candidates and Business Equity Award candidates for presentation at Interim Board meeting; obtain judges to make selection for state winner.

**Legal Advisor:** Advise president and Board of Directors on any necessary legal matters.

**Mentoring:** Develop and establish a program to provide the opportunity to connect women as both mentors and protégés to share career knowledge and professional experience(s).

**State Convention Contact:** Coordinate and plan all activities surrounding the KFBPW State Conference.

**Webmaster:** Maintain website for KFBPW information, activities and other uses as defined by the Executive Committee.

Return this form to Suzanne Forshee, 121 Hunters Crossing, Franklin, KY 42134 or fax (270) 438-4025. If you have any questions, please contact Suzanne at [suzforshee@gmail.com](mailto:suzforshee@gmail.com) or via cell phone at (270) 776-3773.

Thank you in advance for volunteering your time and talents!!!



**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

\_\_\_\_\_

**Phone(s)** \_\_\_\_\_

**E-Mail** \_\_\_\_\_

**Areas of Interest (check as many as you wish)**

- Aspiring Professional       Bylaws       Finance       Issues Management
- Legislation       Membership       Professional Development       Public Relations
- Database Manager       Expansion Task Force       Interim Board Contact       Internal Auditor
- Kentucky Foundation       KY Cardinal Editor       KY Cardinal Advertising Editor
- Legal Advisor       Mentoring       Kentucky Professional Women's Week
- State Convention Contact       Webmaster

Other areas of interest \_\_\_\_\_

# Calendar of Events

## January

- 1 State Bylaws Chair forwards proposed revisions to the Executive Committee
- 22 KFBPW Executive Committee meeting

## February

- 15 **Deadline** for state office nominations
- 17 KFBPW Lobby Day - State Capital, Frankfort

## March

- All Month Women's History Month
- 12 KFBPW Executive Committee meeting
- 15 **Deadline - Kentucky Cardinal**

## April

- 2 North Central Region Meeting - Danville
- 9 West Region Meeting - Central City
- 12 Equal Pay Day
- 16 South Central Region Meeting - Campbellsville
- 30 **Deadline** - Kentucky BPW Foundation Scholarship Applications

## May

- All Month Military Appreciation Month
- 1 **Deadline** for all awards submissions

## June

- 2 KFBPW Executive Committee dinner, Bowling Green, KY
- 3-4 KFBPW Annual Conference, Hilton Garden Inn, Bowling Green, KY

