

Notes and News

**AUGUST 2010
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WHAT YOU'LL FIND INSIDE:

What is your organizational style?
BPW Runs for the Garden Spot.
2010 The Packs were Filled!
90th Anniversary of Right to Vote



**2010-11 Franklin BPW
Executive Committee**

Jerilyn Hippler, President
jerilyn.hippler@gmail.com

Marsha Herndon, Vice-President
marsha.herndon@gmail.com

Janetta Shanklin, Treasurer
jshanklin2002@gmail.com

Suzanne Forshee, Secretary
suzforshee@gmail.com

Brownie Bennett, Parliamentarian
bbennett852@hotmail.com

Pam Womack, Exec. Assistant
pva1995@gmail.com

Amy Ellis, Immediate Past President
aellis@franklinfavorite.com

The Franklin BPW meets the third Thursday of every month at 6pm. Please email or call any officer with questions.



Jerilyn's Jabbers

BPW Sisters,

The dog days of summer are upon us. I hope everyone has been able to stay cool. School is back in full swing and hopefully things are beginning to get back to normal for most of you.

I hope everyone has made plans to be at our meeting on Thursday night. If not, please let Pam or myself know as soon as possible if you plan to attend.

I want to thank those of you who came out Saturday morning and helped with registration for the Garden Spot Run. And I want to tell all of you who walked or ran that I admire you. I don't think I could have made it.

Please take note of the activities coming up. We have Kentucky Business Women's Week and also the Political Forum coming up soon. We will be discussing these items at the meeting in addition to other things.

If you have any questions or concerns, please feel free to call or email one of your Executive Committee members. Also if you have a subject you would like to see us have a program on, please let us know.

Best Personal Wishes,

Jerilyn



**Business and
Professional
Women/USA**



**Standing
on the Power
of Participation**

Membership in Franklin BPW, KFBPW & BPW/USA brings many rewards but the most lasting and meaningful are the lifelong friendships. Through participation in the many BPW activities and programs, you will form supportive friendships as well as important business relationships. There is nothing quite like the feeling you get in a roomful of powerful women all focused and energized on current issues and a common cause. Whether it is laughing together, working together, or lobbying together, BPW/USA members know how to have fun and to get the job done!

If you haven't been attending monthly meetings, make it a priority to do so. Sign up for a committee, volunteer to help with a project. Get to know your fellow members and network with them. You may be surprised at the benefits you end up with, both professionally and personally.

Finding Scheduling Zen

by Arienne Cohen
(Published in Woman's Day Sept 2010)

If your personal goal list is anything like mine, somewhere between “get back to what I weighed in high school” and “find happiness” lies “getting organized”.

Unlike those other goals, though, getting organized only takes a few hours. What you need is a planning system. And at the center of it is the perfect planner. It will boil down all your scheduling chaos into two forms of information: appointments and to-dos—all in one handy place. The trick? Using it. Here's your guide to finding a system and planner you'll use and love.

WHICH PLANNER IS FOR YOU?

Do you prefer paper or electronic? Is it just for you or does your whole family need access? Once you decide, follow these tips. And to find out your planner personality, go to Womans-Day.com/Planner and take our quiz.

I'm a Paper Gal

Go with: A sleek planner with a durable binder or cover. Simple and affordable.

Make sure that: It's lightweight and fits in your purse, and that you love it enough to use it a dozen times a day (that's more than 4,000 times a year).

We love: The Planner Pad Organizer, an ingenious slim planner that takes you from all your to-dos into a neatly planned seven-day schedule, in two pages per week (\$24.99 to \$26.99; PlannerPads.com).



Yes—looks matter! When it comes to PDAs and paper planners, you'll use the thing a heck of a lot more if you like it. So make sure you enjoy looking at it and holding it, and that it fits your personality.

I'm an Electronic Gal

Go with: A calendar and task-management program that runs on both PDAs and computers (most do), so that you can pull it up wherever, whenever. You can plan appointments, prioritize your to-dos and set reminder alarms.

Make sure that: It's set to sync to another device regularly, even if you don't use it—that way, you always have a full backup.

We love: Though it's maddeningly frustrating that the cheapest PDAs now come with cell phone contracts, they are fantastic. We like the T-Mobile Sidekick LX, an organizational machine. It's not only a phone, but it also fully syncs with organizational programs, or lets you use many online organizers (\$49 with a two-year contract or \$199 without a plan; T-Mobile.com).

As for computer planner programs, there's a reason the business world uses Microsoft Outlook: Email, contacts and schedule are all in one place. (\$140 at Store.Microsoft.com, but comes free with many PCs.) For fewer bells and whistles, we like Google Calendar, a free online organizer.



3 Steps to Getting Organized

Step 1: Plan out the week on Sunday. Twenty minutes of planning at the start of the week can revolutionize your life. First ask yourself: What big picture goals would I like to accomplish (such as looking for a new job)? Put these in first, because they're the sort of goals that get pushed aside for daily tasks. Next, schedule in any projects you need to do. Then put in the usual to-dos: laundry, carpool, etc. Last, figure out your exercising and social goals for the week.

Step 2: Take 5 minutes the night before. Before dinner or an hour or so before bedtime, look at the next day and take a few minutes to plot it out. You can clump your errands together and estimate how much time each will take you. When you plan, you won't have conflicts and you're less likely to run out of time.

Step 3: Conquer the three mails. Here's a new way to look at paper mail, voicemail and email: They simply contain pieces of information that you need to enter into your planner. So rather than holding on to all of it, write the relevant information into your planner, then get rid of the original mail.

CALENDAR? PLANNER? or ORGANIZER?

“Most planners are overbuilt to make them look like they're going to get you organized,” says David Allen, author of *Getting Things Done*. The fewer minutes it takes you to learn it, the better! Ask yourself, “What's my planner going to be used for?”

A. Just appointments. My daily routines are pretty obvious, and a basic calendar usually gets the job done.

B. Appointments and to-dos. I have far too many things to do, and like to break down projects, such as parties and family meals, into lots of small steps.

C. Everything. I like the idea of having a space to keep track of addresses, doctor's contact info, family medication info and shopping lists, as well as appointments and to-dos.

If you answered:

A: You're a basic calendar kind of girl. Whether paper or electronic, you simply need one with enough space to write in each day's appointments.

B: You're a planner person. Planners are calendars plus task management systems, and come in both electronic and paper versions. Shop for something that says “task management” on it, with a clear system for prioritizing to-dos.

C: You need an organizer. Organizers include calendars, task management systems and space for storing all sorts of information. Look for a package that lists exactly what you need: workout tracking, allowance tracking, menu planners, etc.

BPW Volunteers keep things "running" at 2010 Garden Spot Run



Volunteers for the Garden Spot Run registration tables. Front Row: (L to R) Amy Ellis, Brownie Bennett, Jerilyn Hippler, Cathy Hughes. Middle Row: Suzanne Forshee, Debbie Johnson, Marsha Herndon. Back Row: Janetta Shanklin and Helen Pearson.

Jill seems happy to see the finish line!



Way to finish STRONG, Susan!

Rachael congratulates Cathy at the finish line!



Debbie worked hard, but still had a smile!

Yes, it was early. Yes, it was hot.

Yes, most would have rather been in bed or on the porch relaxing with their first cup of coffee. And yet, here they were. Already up, dressed, and on the Courthouse lawn before 5:30am.

Nine local members volunteered to assist the FS Chamber of Commerce with the 28th Annual Garden Spot Run. These ladies came out early, decked out in red and white to represent the volunteer spirit of the local BPW.

Manning the registration tables, our volunteers kept the crowd moving as the registrants went from a trickle to a flood between 5:45 and 6:45. Over 500 participants registered, many on site, for the annual event sponsored by The Medical Center-Franklin and other local businesses.

Showing the flexibility of our BPW, there were not only volunteers but also several participants in the run. Janetta Shanklin, Cathy Hughes, Jill Broderson, Laurie Cline and Susan Layne all completed the 5K route. Congratulations to these ladies for their determination and strength!

REMINDER:

Next BPW Meeting is:

Thursday, Aug. 19 6PM

Legion Room-Goodnight Library (back of building)

Frankfort to celebrate 90th Anniversary of Womens' Right to Vote

A great deal of sacrifice was endured by the brave women working for women suffrage. The passage of the 19th amendment was a hard fought battle waged mostly by women ... women of various political beliefs, backgrounds, religions, and ethnicities. They worked together, marched together, were jailed and beaten together. More importantly, they won together!

Each of us honors their sacrifice by voting knowledgeably in every election. However, this year we have an opportunity to show visibly the pride and unity of women and the power of our vote!

The 90th Anniversary of women winning the right to vote in America is August 26, 2010, and we must not let this date pass without fanfare, celebration, and meaning. The Kentucky Commission on Women invites you to join in the VOTES for WOMEN Celebration ... 90 YEARS and COUNTING! This event

will be held on Thursday, August 26th, 2010 at the State Capitol in Frankfort, KY beginning at 10:30 a.m. On this day, let's demonstrate the pride we take in honoring our foremothers for fighting for the right to have our voices heard through the power of the vote.

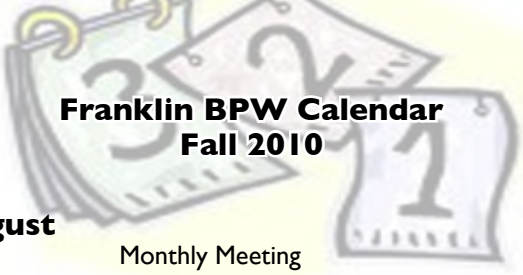
Whether you are a Democrat, Republican, Independent or, if you haven't yet registered to vote, you will want to attend this event held at the Frankfort State Capitol to pay tribute to those women who risk their lives so Kentucky women could have a voice. We owe the brave women (and men) who stood up, spoke up and protested the inequality of the silencing of women's voices. This day is too important to let go by without showing appreciation for what they endured and accomplished.

Article from KFBPW website.

For more information on the rally go to: <http://www.women.ky.gov/votesforwomen/>



Suffragettes marched tirelessly for women's rights.



Franklin BPW Calendar Fall 2010

August

19th Monthly Meeting
26th Women's Equality Day

September

1st EC Meeting
15th Kentucky Cardinal Deadline
16th Monthly Meeting
25th Simpson County Junior Miss

October

All Month Breast Cancer Awareness and Domestic Violence Awareness Month
6th EC Meeting
18th-22nd Kentucky Business Women's Week

November

2nd Election Day
3rd EC Meeting
12th-13th KFBPW Interim Board Mtg.
Park Mammoth Resort
22850 Louisville Rd.
Park City, KY 42160
18th Monthly Meeting

Member Business Directory

Support Your Sisters!

 **Need AVON??**
Call: 615-319-6531
Sharon Taylor-Carrillo

Guilt-Free Shopping Spree!
If you've ever hosted a premier party, then you know just how much free jewelry you can earn.
If you haven't, then have some friends over, get some fashion tips, and earn free jewelry by having a "Premier Night Out" with Marsha. It is the ultimate guilt-free shopping! (My last hostess earned \$380 in FREE jewelry! How much can you earn?)
Marsha Herndon
270.776.4332
marshaherndon@gmail.com

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Dear Dear *Jill Pederson*
Subscribers
Newly Balance (270) 776-0569
Dried Flower & Silk Wreaths (270) 776-5532
In-home consultation by appointment
210 South College Street • Franklin, KY 42134

Colonial Life
Jerrilyn M. Haggler
Agency Development Manager
1319 Autumn Dale Dr
Franklin, KY 42134
jerrilyn.haggler@coloniallife.com
800.276.7766
270.888.8888
Certified National Enrollment Team Member

Images by Amy
Amy Ellis
3206 Gold City Road
Franklin, KY 42134
(270) 566-4703
Cell (270) 647-0821
Professional photography with a personal touch

Newsletter Template and Design by:

Marsha Herndon
Graphic Designer
270.776.4332
marshamarshaherndon.com

FILL THE PACK 2010

Thanks to the generosity of our community and, in no small part, committee Chair Janetta Shanklin, the Fill the Pack Program raised supplies enough to fill 60 backpacks.

Fill the Pack collection boxes were placed at participating businesses all over town in June and remained there during the summer months. Prior to school beginning the boxes were collected, sorted, and supplies were distributed to the Franklin-Simpson schools.

This year \$210 from Citizens First Employees was combined with BPW funds in order to purchase the 60 backpacks. Each elementary school received 10 girl and 10 boy backpacks filled with the donated supplies. These supplies were directed by school staff to children in the community who are identified as being in need of assistance.

Great job, Janetta! And many thanks to all those who donated.

