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# THE KENTUCKY CARDINAL

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

## Basking in the Sun

By Christy South, MD, FACOG

Fewer things feel any better than relaxing by a pool amidst the summer heat. There is something so therapeutic about feeling the warmth of the sun on your skin. And, most of us yearn for that sun-kissed glow that a nice tan brings. However, are these brief moments of relaxation and joy really contributing to our overall health?

Overexposure to ultraviolet (UV) rays from the sun can cause significant skin damage. This can lead to wrinkles, freckles, sun spots or increase your risk for skin cancer.

UVA rays from the sun can penetrate deep into the skin. There they damage collagen and begin to break down its structure. Collagen is a protein that holds the skin together, making it firm and smooth. Its breakdown results in wrinkles. Once damaged, collagen is unable to re-build itself. Up to 80% of skin aging is caused by sun damage.

Freckles and sun spots also develop as a result of too much sun exposure. They, too, are signs of skin damage. They may frequently be found on the face, legs, and back of hands. Regular sunbathing may develop freckles and sun spots all over the skin surface.

Although a tan may give us a healthy "glow", it is a sign of skin damage. Contrary to popular belief, a tan is not "healthy". With exposure to the sun's UV rays, the skin's melanocytes produce melanin. Melanin is the dark pigment that creates a tan. This "tan" is the body's attempt to prevent UV rays from doing further damage to the sensitive skin cells in the epidermis. However, a tan does not help protect the skin from getting a sunburn in the future. A tan is equivalent to an SPF 4 at the most!

When the skin is overexposed to the sun's UV rays, a painful sunburn occurs. The UV rays penetrate deep into the layers of the skin and kill living skin cells. As a response to this trauma, the body's immune system begins to increase blood flow to the damaged area. This facilitates white blood cells ability to remove the dead skin cells. The blood flow is what causes the sunburned skin to become warm and red. There is substantial evidence that this process of sunburning leads to DNA damage. Repeated overexposures and burns dramatically increase the risk of developing skin cancer. The lifetime risk of getting skin cancer is 1 in 5! Approximately 90% of skin cancers are caused by the sun.

UV radiation harms more than just the skin. Too much unfiltered sunlight can harm your eyes by damaging the lens and even the retina. It can increase the risk of developing cataracts (the leading cause of blindness) or macular degeneration.

So....how do we enjoy those relaxing moments in the sun without running the risk of permanent damage? Limit your sun exposure. Avoid the midday exposure, where UV rays are the most direct. Wear protective clothing and hats. Wear protective eyewear. With the appropriate protection, you can enjoy the warmth of the sun without the worry of its longlasting effects.

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## resident's message



*Janis Turner*



I hope everyone enjoyed our 88<sup>th</sup> State Conference at Barren River State Park. I would like to encourage you now to start thinking about making a commitment to attend our Interim Board in November and our state conference in June 2011. As quickly as time passes, it will soon be upon us again.

At the conference, it was voted by the members to accept the license agreement with BPW/USA Foundation with an annual fee of \$50.00. BPW/USA Foundation may adjust the fee amount at its sole and reasonable discretion at any time after Fiscal Year 2011-2012. This agreement may be terminated by either party upon providing sixty (60) days notice in writing to the other party. This agreement shall also automatically terminate upon Licensee's failure to remit the annual renewal fee. By accepting the license agreement, we have the right to use the signature programs, trademarks and copyrights. All local organizations fall under the state's umbrella and are automatically covered.

I am looking forward to a wonderful year of growing our membership, networking and watching our Personal Development and Aspiring Professional programs develop. Thanks to Mary Beth Jessie and Bonny Manning. Because of their hard work last year, they are off to a great start. I hope we have a candidate from every local represented at our regional meetings for their speak-offs.

As I have stated at our regional and state meetings, my platform this year is to focus on our health and taking the steps to help you become a healthier you. As professionals, we tend to take care of our families and our work obligations before taking the time to take care of our own needs. Research shows that when women take care of themselves, the health of their family improves. It is important to educate our mothers, grandmothers, daughters, granddaughters, sisters, aunts and girlfriends about the steps they can take to improve their health and prevent disease. If we, me included, will learn to make a few positive changes in our lifestyles, we can perform our jobs and take care of our families more effectively.

At Interim Board this year, a few of the topics on our agenda are:

- Small health fair on Friday
- Physicians speaking on health topics
- Business Etiquette/Manners Seminar
- On the job exercise demonstrations by a Physical Instructor
- Professional Development Program module presentation
- 990N Training for locals
- Meet your Leadership Team and work one-on-one with whichever leader you choose. This will allow you to take positive feedback and information back to your local while establishing a working relationship with your leadership team for the remainder of the year.
- NRA Seminar at Park Mammoth Resort titled "Refuse to Be a Victim", a 3 to 4 hr. course at a price of \$30.00 with a \$10.00 deposit. If we have 10 or more enrolled the price will be reduced by 20%. This will be a wonderful opportunity!
- Option to tour Mammoth Cave National Park on Friday

It is very important for each local to be represented. Please remember while planning your budgets this year to allocate funds for expenses for your President or Representative to attend both the Interim Board and State Conference. This could eliminate the chance of your local missing the opportunity to network with other women throughout the state, learning new ideas and sharing an idea which works at your local. If they are willing to give their time to share ideas and hopefully bring helpful information back to your local, try to promote and assist in their attendance.

I still remember the first Interim Board which I attended several years ago while I was serving as the local Treasurer. My local President made sure our Executive Committee attended and stayed together. It created a great bond within the EC for the rest of the year.

This year Interim Board will not be having an awards dinner. All awards, including Woman of the Year, Woman of Achievement and Business Equity will be given at the state conference in June 2011. This Interim Board will be focusing on networking with the leadership team and improving our health along with our regular business sessions. Also remember you have the option to extend the Kentucky Professional Business Week into a whole month of celebration in March to celebrate Women's History month. Your Woman of Year, Woman of Achievement and Business Equity Awards can be celebrated during the month of March along with your speakoffs for your Professional Development and Aspiring Professional candidates. Speakoff winners would then go directly to their regional meetings in April and the final three, representing each region will be at the state conference in June.

Let's grow our membership this year, as we all know there is strength in numbers. With greater networking, we are able to learn from each other and build a stronger organization and provide more benefits to our members. If you need help with your membership drives, please remember to give Joanne Story, Membership Chair, a call. We all know how resourceful Joanne can be and she is committed to growing our membership. If you have a successful membership drive, share your secrets of success with us. I hope to hear great success stories in the upcoming months.

Georgia Beth Albany, Mentoring Chair is committed to help your local organization. She has been very successful in our Glasgow local. We constantly stayed around 45 members for several years. We would always have new members but would tend to also lose members each year, therefore staying around the same number. Georgia Beth saw a need and had the initiative to make it happen by establishing a mentoring program for Glasgow. We now have over 70 members and continue to grow each year. She plans to travel with me this year to your local, so please let me know when you would like for us to visit.

Please remember to send your membership dues along with your processing forms to Diane Croney-Turner as soon as you receive them so that we will be able to keep accurate records. Diane will forward the forms and necessary information to Database Manager Millie Lotter. Also remember to send your \$25.00 event liability coverage annual fee and your \$10.00 State Conference dues to Diane as soon as possible. Please keep in mind, we ask each local to submit \$150.00 in advertising in the Kentucky Cardinal. Advertise your fundraisers, your business or your award winners. This past year, we were able to lower the cost considerably with electronic mailings. Please keep Millie Lotter at [mdlotter@att.net](mailto:mdlotter@att.net) updated with your correct information and if you prefer to receive the electronic Cardinal mailings.

Sorry to be so lengthy but I feel that it is important to keep you informed. It is also important for you to remember that this is your organization and we need your input.

Let's all work together this year and have a very productive year.....one step at a time to build a stronger federation.

A handwritten signature in black ink, appearing to read "Joanne", with a large, stylized initial "J" and a long, sweeping underline.

# Meet Your 2010-2011 KFBPW Officers



## **Janis Turner** **KFBPW President**

I would like to thank you once again for allowing me the opportunity to serve as your President this year. I have treasured the last three years in serving on your EC.

I have been a member of BPW since 1999. I have been an active member serving as a local Officer; various committee chair positions and chair of fundraisers.

I live in Glasgow. I am the proud Mother of a daughter (Ashley) along with a wonderful Granddaughter (Kensy).

I have been in banking over 30 years and currently serve as Vice President of PBI Bank. I have been very active in my community for several years serving as an Ambassador of Glasgow Barren County Chamber of Commerce, Director of Glasgow Rotary Club, and a Paul Harris Member of Rotary and Commissioner of Joint Glasgow Barren County Planning and Zoning Commission.

I am very excited about the upcoming year and look forward to working with each of you to make B&PW the best it can be.



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

I'm very humbled and honored to be serving as 2010-2011 KFBPW President-Elect. Thank you for your confidence in my dedication to this organization and your continued support. I know that we will have a fun and exciting year as we continue to find new ways to promote the organization across the state.

I'm from Franklin and have lived there most of my life – with the exception of a three year period when my husband Scott was in the Marine Corps and we lived in North Carolina. We have two children, Zac & Allie. Zac is 18 and has recently graduated from the Gatton Academy of Math & Science at WKU and Franklin-Simpson High School. He will be enrolling at the University of Kentucky this fall, C-A-T-S CATS, CATS, CATS! Allie is 12 and will be going into the 7th grade this fall.

I have been employed at Fruit of the Loom for the last two and a half years. I have recently been promoted to the position of Category Manager, where I spend most of my work time working with Wal-Mart on Men's & Ladies underwear.

I have been a member of Franklin BPW for the last eight years. During that time I have served on several committees, chaired various committees, and held most every office on the local level, including a two year run as local president. For this year, I will be serving the Franklin Local as Recording Secretary.

I'm excited about the possibilities and opportunities we have for the coming year. If I can be of help to any member or local as we work through this year of change, please don't hesitate to give me a call or drop me an email.



## **Jerilyn Dawson** **KFBPW Vice President**

I am very honored to be your Vice-President for the upcoming year. I have been a member of the Franklin BPW for 16 years. I've previously served on the BPW/KY Executive Committee, serving two terms as Recording Secretary, Vice President, President-Elect and President. Prior to being on the Executive Committee, I served on various committees, served three years on the Foundation Board of Trustees and as Chair of that committee for one year and currently serve as local President for the Franklin BPW club.

I live in Franklin, KY with my husband Scott and dog Abby, and am the Agency Manager for the Jeff Carver Insurance Agency in White House, TN. I am the proud mother of Hayley and her husband Steven, proud Step-mother to Brent, Kylie and Jordan and am especially proud of my three grandchildren Alden, Avery and Emma.

My hobbies include being a mother, grandmother, playing golf, and spending time with my crazy friends. I am also very active with the White House, TN Chamber of Commerce serving as Ambassador.

I look forward to this year and working with the Region Directors and their Assistants. If I can be of any assistance to any of you, please call me.



## **Karen Lamb** **KFBPW Recording Secretary**

I would like to thank all of the members for their support in allowing me to serve as recording secretary for the 2010 – 2011 year. My experience from being an officer has been very rewarding. I have had the opportunity to meet so many outstanding women of Kentucky. As a member of the Kentucky Federation of Business and Professional Women's Club, Inc., we all will be given the opportunity to learn from others across the state if we only take the initiative.

At the local level, I currently hold the position of Hopkinsville BPW president-elect. I have been a member since 2005.

I work for Calhoun & Company in Hopkinsville as audit manager. Working in public accounting for 11 years also allows me to meet great people. I really enjoy what I do and feel that working with others in very rewarding.





**Diane Croney-Turner  
KFBPW Treasurer**

I would like to thank everyone for their support the past five years I have served on the Executive Committee. I would like to now ask for your continued support as Treasurer and I am honored to serve Kentucky Federation of Business and Professional Women's Club, Inc.

I am an active member of the Hopkinsville Business and Professional Women's Club where I have been a member since April 1994. I am employed by Pennrylle Allied Community Services, Inc., as Finance Director and have been an employee for 35 years. I also serve as Finance Director on a management team for West Kentucky Allied Services, Inc. I am a member of Virginia Street Baptist Church where I serve as church clerk, children's choir director and sing in two choirs.

I serve on several boards and have served as Program Coordinator for Focus 21<sup>st</sup> Century Minority Leadership Program for 10 years.

I live in Hopkinsville with my husband Charles. I am the 3rd child of ten children.



**Debrah V. Pierce  
KFBPW Executive Assistant**

Debrah (Debbie) Pierce is honored to be serving BPW/KY as Executive Assistant this year. An active member of BPW/River City, Inc. for over fifteen years, Debbie has held various board and committee positions at the local, region, and state level. She has served on BPW/KY's Executive Committee as

President, Vice President and Executive Assistant. Debbie is currently serving as Chair of the BPW Kentucky Foundation and President of Kentucky Pioneers Chapter 32.

Debbie believes in giving back to the organization that has presented her with numerous growth and leadership opportunities. She is employed by AT&T where she holds the position of Market Research & Analysis Manager. Never backing away from a challenge, Debbie completed her Masters Degree in Business Administration from Indiana Wesleyan University while working full time and continuing to be actively involved in BPW and other volunteer activities. She hopes to be an example to others who are considering furthering their education proving "It's never too late."

Debbie lives in Lawrenceburg, KY with her husband Bob. They have two sons and two grandsons.

She looks forward to building on the successes of the past while working to create a brighter BPW tomorrow.



**Patti Fallin  
KFBPW Parliamentarian**

During her 25 years as a BPW member, Patti has held various local, regional, and state positions, including 2003-2004 BPW/KY President. She is a member of Hopkins County BPW in Madisonville and is currently serving as Treasurer.

Patti is employed as a Drafter for Big Rivers Electric Corporation in Henderson, Kentucky, where she currently resides. Her community involvement has extended to the United Way, Red Cross, March of Dimes, Habitat for Humanity and Big Brothers/Big Sisters. Currently she is chair of the Hopkins County Junior Miss Scholarship program, a program that empowers outstanding high school women by providing scholarship opportunities, developing life skills, and encouraging positive values.



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"Leaders strengthen credibility by demonstrating that they are not in it for themselves; instead, they have the interests of the institution, department, or team and its constituents at heart. Being a servant may not be what many leaders had in mind when they choose to take responsibility for the vision and direction of their organization or team, but serving others is the most glorious and rewarding of all leadership tasks."

~ James Kouzes and Barry Posner

# Committee Reports



## KENTUCKY FOUNDATION

*Debrah V. Pierce, Board of Trustees Chair*

Members of Kentucky Business and Professional Women's Foundation Board of Trustees would like to thank each of you for helping change the lives of Kentucky Women. Because of your generosity the Foundation Board was able to award scholarships to **SIX** Kentucky women totaling \$3,600.

The KFBPW State Conference Friday evening "BPW Kentucky Foundation Silent Auction Fundraiser" was a success – we ZUMBAed the night away and raised approximately \$1,800 during the auction. Thank you KFBPW Local Organizations for the creative gift baskets and other auction items!

During Region meetings KFBPW Local Organizations were challenged to collect **Change for a Change**. Again, thank you...an additional **\$298.10** was collected in just two months. Think what could be done in twelve (12) months...so, I am issuing a challenge to all Local Organizations for 2010-2011; help us increase that amount five (5) fold. I know we can do it!

I am also pleased to announce that a number of contributions were made to the Promise Campaign during KFBPW State Conference. These donors will be recognized at the 2011 State Conference in Bowling Green, KY. If you would like more information about the Promise Campaign please contact me at [piercedv@aol.com](mailto:piercedv@aol.com) or Joanne Story at [joanne.story@kctcs.edu](mailto:joanne.story@kctcs.edu).

## CELEBRATE YOUR FREEDOM IN JULY!

*Phyllis Hargrave, Legislation Chair*

The 90th Anniversary of women winning the right to vote in America is August 26, 2010

Please check out [www.women.ky.gov/votesforwomen](http://www.women.ky.gov/votesforwomen) and read about the Votes for Women Celebration that the Kentucky Commission on Women is hosting in Frankfort, August 26, 2010!

Do 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 is a celebration we should all take part in to pay tribute to the women who were beaten, tortured and humiliated so we could have the right to vote! Can you imagine the strong message we can send about the power of the woman's vote in Kentucky if hundreds of women show up that day?

The Kentucky celebration will be held on Thursday, August 26th, 2010 at the State Capitol in Frankfort, Kentucky beginning at 10:30 a.m. The event is free so don't forget to register, order your purple sash and reserve lunch.

What a fitting tribute to the women who made it all possible. Help kick off the Kentucky Women's History Project on that day; attend this free rally and short presentation at the Thomas Clark History Center. Or, hold a rally within your Local.

Our voices still need to be heard! See you there... wearing your grandmother's suffrage hat!

## PROFESSIONAL DEVELOPMENT

*Bonny Manning, PD Chair*

Congratulations to President Janis and her new Leadership Team for 2010-2011. The Professional Development Program ("PDP") Committee is rolling up our sleeves and is ready for a New Year of service to the Kentucky Federation of Business and Professional Women ("KFBPW").

The Professional Development Program is one of the leadership opportunities offered by KFBPW to its members in good standing. The program update and streamlining is approved by the KFBPW for your benefit.

The 10 training modules can be presented in sequence or each module can be offered as a single training tool as the program for a meeting.

Please contact me at [bonnyman@win.net](mailto:bonnyman@win.net) if you have questions or if you need more information. The PDP Committee stands ready to assist any Local Organization who wants to give the Kentucky Federation Professional Development Program a try.

## NEW MEMBERS DUES SCHEDULE

Many of you have indicated that you are having problems determining the cost of dues for a new member joining in a month other than May. Below is a schedule of how much dues will be for any new member who joins in any particular month. **This is for new members only!** All continuing membership dues are \$25.00 no matter when they are paid. There are no pro-rated dues for continuing members. Dues are due May 31st of each year.

When submitting dues, send them to Treasurer Diane Croney-Turner. Include name, address, phone numbers (home, work, cell and fax) and email address. Also include their join date so we can enter the correct information in the database. Membership submittal forms are available on the Website - [www.bpw-ky.org](http://www.bpw-ky.org). Also, indicate if they prefer the electronic version of the Kentucky Cardinal versus a mailed copy.

If you have questions, please contact Treasurer Diane Croney-Turner or Database Manager Millie Lotter.

Month Joined in:	Dues to be paid:	
	Regular	Student
June	\$22.00	\$13.75
July	\$20.00	\$12.50
August	\$18.00	\$11.25
September	\$16.00	\$10.00
October	\$14.00	\$ 8.75
November	\$12.00	\$ 7.50
December	\$10.00	\$ 6.25
January	\$ 8.00	\$ 5.00
February	\$ 6.00	\$ 3.75
March	\$ 4.00	\$ 2.50
April	\$ 2.00	\$ 1.25

# State Conference Award Winners

**Kentucky Cardinal**  
Hopkinsville

**Kentucky Professional Women's Week**  
Glasgow

**Mentoring**  
Somerset Community College Samothrace

**Issues Management**  
Somerset Community College Samothrace

**Legislation**  
Licking Valley

**Giraffe Award**  
Licking Valley

**Excellence in Membership Development**  
Hopkinsville

**Most Successful Membership Drive**  
Glasgow

**New Member Kit**  
Licking Valley

**Most Creative Membership Drive**  
Somerset Community College Samothrace

**Public Relations**  
Franklin

**Newsletter**  
Hopkinsville

**Regional Award**  
West Region  
Mary Beth Jessie, Director  
Maggie Gammon, Asst. Director

**President's Award**  
Becky Barrick, Glasgow  
Karen Galde, Licking Valley

## Interim Board Promo Poem

We come to you as Mother and Daughter, and 2010 Interim  
Board Contact Chairs

With very exciting news that we would like to share.

Now you can say you have been told  
To put the dates of November 12<sup>th</sup> and 13<sup>th</sup> on hold.

Interim board is the event at hand  
So go tell every Kentucky BPW sister in the land.

Park Mammoth Resort is the place  
So register early to save your space.

Becky Barrick & Kylie Garrett  
Interim Board Contact Co-Chairs



## NOTICE

To all Members who have not paid their 2010-2011 membership dues - May Day Was Pay Day

Dues Invoices were sent to Local Presidents to be distributed to members. If you have not received your dues invoice, contact your Local President or contact Millie Lotter, Database Manager for a duplicate invoice.

State Dues are \$25.00 for regular members and \$15.00 for student members. When submitting dues, send them to Treasurer Diane Croney-Turner. Include name, address, phone numbers (home, work, cell and fax) and email address so we can enter the correct information in the database. Membership submittal forms are available on the Website - [www.bpw-ky.org](http://www.bpw-ky.org). Also, indicate if you prefer the electronic version of the Kentucky Cardinal versus a mailed copy.

Members who have not paid by August 1 will be dropped from the state membership roster. For questions, contact Millie Lotter at [mdloller@att.net](mailto:mdloller@att.net).

# Local Club News

## BEREA

*By René Poltra, President*

Our club will be busy planning several activities that will be taking place over the next few months. We will resume our meeting August 4th with planning for the Quilt Extravaganza. The Quilt Extravaganza will take place at Berea Community School on August 6th and 7th. Our group will be selling cookbooks, potato bags, spirit cards and chances on a beautiful quilt that we will be giving away at the Rudolf Auction in December. We will have KFBPW brochures and information to hand out. We should be able to do some good networking at this event.

In September we will also be doing a set up at the Spoonbread Festival on the 17th, 18th and the 19th. We will all be working hard to sell our goods so we can provide scholarships to the two Berea high schools. We voted to increase the scholarships to \$500 this year. If you are interested in these events please mark your calendars and stop by. We would love to see you. Hope you are having a great summer and hope to see you soon!

## HOPKINS COUNTY

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

New officers were elected in April and installed at our May meeting by KFBPW President Diane Croney-Turner. Lana Moore is our new local president and she is excited about the upcoming year. Also in May we presented our annual BPW scholarship to recipient Lindy Mitchell. Five members attended the KFBPW state conference at Barren River State Resort Park. Two of our members served at the state level. Patti Fallin held the appointed office of Parliamentarian and Beth Moore finished her third and final year as Bylaws Chair – they have served the KFBPW well. In June we held the first fundraiser of the year – our annual yard sale. Club member Teresea Hatler volunteers to host our July meeting at her home and we have a fun cookout/meeting. This has become an annual event and we all look forward to the evening. It's a good time to plan for the new year and volunteer for committee chair/committee member assignments.

## HOPKINSVILLE

*By Lena Wann, Recording Secretary*

Thanks to Diane Croney-Turner and her administration for their leadership last year. Welcome to Janis Turner and her administration and also our new 2010-2011 president, Dorothy Tolliver as they begin this new club year; we look forward to working with you both.

In April, our 2009 scholarship recipients updated us on their studies and education plans. We take great pride in making a difference in these young women's lives. We had (3) vendors with jewelry and other ladies merchandise and an auction of member donated items in May. It was a fun night which added \$\$\$'s to our budget.

Also in May, Diane Croney-Turner and Dorothy Tolliver worked with "Take Kids Fishing", an all day event which provides great fishing opportunities for young children. Fish are released into Little River and prizes are awarded for the big catches. Over 300 were in attendance.

We participated in Relay for Life, chaired by Polly Forns in June. Members Mary Fletcher and Etta Walker participated in the survivors lap. In July, our Issues Management Committee helps us plan our 2010-11 programs.

Keep Karen Hunter and her family in your prayers. Karen's husband, Butch was seriously injured while at work the last of June. He remains in a Nashville facility with Karen by his side. I know she would appreciate your cards and notes. Mail to 4455 Harmony Grove Rd., Hopkinsville, KY 42240.

Wishing everyone a wonderful and safe summer.

## PADUCAH

*By Audrey Lee, President*

In response to the club's recent publicity on scholarship and donations, Paducah Club is gearing up for its night of "Women Celebrating Women" on July 20. This event was planned as a social event to promote products and businesses by women and for women. In addition we offer women information on education, health and finance. Presently we have Beijo handbags, Adelle's Homemade Jams and Butters, Cutco Cutlery, Pre-paid Legal, Murray State University, Zumba exercise, Money Concepts Finance Adviser, Lia Sophia Jewelry as well as a local spa, boutique and nutrition representatives.

This activity has kept our event coordinator, Pat Moriarty very busy. It has also resulted in numerous membership inquiries.

Members will also attend the meeting in Illinois at the end of July. Paducah Club is anxious to connect with other affiliated state and local organizations and determine how they stand on affiliating with BPW/USA Foundation.

New officers for the year are: President Audrey Lee, Vice-president Merryman Kemp, Secretary Pamela Dawson, Treasurer Dorothy Carlisle. In addition to Moriarty, Irhonda Lovelace is chair of the Hospitality Committee and Johnette Mends-Cole and Tina White are the scholarship committee.

## PRINCETON BPW

*By Susan Campbell*

Following the State Conference held at Barren River State Park with six members from the local attending, new president Maggie Gammon held the annual family picnic at City-County Park. Next on the agenda is to get the bylaws updated and submitted and committee chairs placed.

New projects and an emphasis on membership is being stressed. The club will be gearing up for the Tiny Miss and Master Contest and the Black Patch Festival activities.

# Local Club News

## WKU-GLASGOW

By *Kylie Garrett, President*

The WKU-Glasgow B&PW Club has had an exciting May and June. In May we started off the month with five of our outstanding members graduating. Congratulations to Shana Garrett, Krista Reece, Christy Williams, Savannah Thurman, and Taylor Moore. The world is going to be a better place with these fine ladies entering their career fields!

On May 20<sup>th</sup>, we had our regular monthly meeting and officer installations. On May 21<sup>st</sup> our club participated in the Barren County Relay for Life. We had a beautiful campsite, face painting, and photos with Big Red!!

In June, three of our members were able to attend the state meeting at Barren River. It was a wonderful and powerful weekend with so much learned and achieved. We were so happy to see our "Woman of Achievement" Janis Turner installed as the State President. We are so proud of Janis and are ready to help and support her efforts in anyway we can!

Our officers are meeting during June and July due to school not being in session. Our regular monthly club meetings will resume on August 19<sup>th</sup> with an exciting year in the planning.

# Regional News

## GREETINGS FROM THE WEST REGION

By *Becky Barrick, Director*

2010 has proven to be an exciting year already for the clubs in our region. We had our Regional meeting in April and was excellently hosted by Hopkins County B&PW! Thank you for a wonderful day!! The officers for 2010-2011 were elected and are as follows: Becky Barrick, Director, Kylie Garrett, Assistant Director, Diane Croney-Turner, Treasurer and Maggie Gammon, Secretary.



Becky                      Kylie                      Maggie                      Diane

We were represented very well at the state meeting as well as receiving many awards in the state meeting awards ceremony.

### **Congratulations to the winners from the WEST REGION:**

- Hopkinsville B&PW – Kentucky Cardinal Award
- Glasgow B&PW – KPWW Award
- Glasgow B&PW – Most Successful Membership Drive
- Hopkinsville B&PW – Excellence in Membership Development
- Hopkinsville B&PW – Newsletter Winner
- Franklin B&PW – Public Relations Winner
- West Region – Regional Excellence Award
- Glasgow B&PW – President's Excellence Award

### **WAY TO GO WEST REGION CLUBS !!!!!**

The West Region will also be well represented on the state level this year! Congratulations to *President* Janis Turner, *President-Elect* Suzanne Forshee, *Vice-President* Jerilyn Hippler, *Secretary* Karen Lamb, *Treasurer* Diane Croney-Turner, and *Parliamentarian* Patti Fallin.

We are also in the process of developing a newsletter for the West Region – so if you are in one of the following clubs – Please e-mail us with news from your club for the newsletter: Central City B&PW, Franklin B&PW, Glasgow B&PW, Henderson B&PW, Hopkins County B&PW, Hopkinsville B&PW, Mayfield B&PW, Owensboro B&PW, Paducah B&PW, Paducah River City B&PW, Princeton B&PW, WKU-Glasgow B&PW

Becky Barrick, director    Email: awards@glasgow-ky.com

Kylie Garrett, assistant director    Email: kylie.garrett@wku.edu



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**\*\*SAVE THE DATE.....**

*November 12th & 13th, 2010*



# *Interim Board*

*Janis Turner*  
*KFBPW President*  
*2010-2011*

*To be held at*

## **PARK MAMMOTH RESORT**

**22850 LOUISVILLE ROAD  
PARK CITY, KY 42160**

*More Info Will Be Available Soon*

*Interim Board Contact  
Co-Chairs*

*Becky Barrick  
&  
Kylie Garrett*

*Email: [awards@glasgow-ky.com](mailto:awards@glasgow-ky.com)*

*270-651-7255 or 270-646-8848*

*136 East Public Square  
Glasgow, KY 42141*



*Park City Exit 48 on I-65  
then follow the signs*

# Calendar of Events

## July

- 30-31 Women's Professional Empowerment Alliance Celebration  
Sponsored by the Illinois Federation of Business & Professional Women  
Hilton Garden Inn 360 Regency Park Drive, O'Fallon, Illinois 62269  
[www.wpealliance.org](http://www.wpealliance.org)

## August

- 28 KFBPW Executive Committee meeting

## September

- 15 *Kentucky Cardinal* deadline

## October

- All Month Breast Cancer Awareness and Domestic Violence Awareness Month  
18-22 National Business Women's Week  
31 **Deadline** for BPW/KY Foundation Scholarship Application

## November

- 1 **Deadline** for KY Nominations Chair notifies locals of February 15  
2 Election Day  
12 Executive Committee Meeting, Park Mammoth Resort, Park City, KY  
12-13 KFBPW Interim Board of Directors Meeting, Park Mammoth Resort, Park City, KY

## December

- 1 *Kentucky Cardinal* deadline  
1 **Deadline** for proposed Bylaws revisions to State Bylaws Chair

## January, 2011

- 1 State Bylaws Chair forwards proposed revisions to the Executive Committee  
15 KFBPW Executive Committee meeting (Conference Call)

## February

- 15 **Deadline** for state office nominations

## March

- All Month Women's History Month  
12 KFBPW Executive Committee meeting

## April

- 2 North Central Region Meeting - Danville  
9 West Region Meeting - Central City  
16 South Central Region Meeting - Campbellsville  
TBA Equal Pay Day  
30 BPW/KY Foundation Scholarship Application deadline

## May

- All Month Military Appreciation Month  
**Deadline** for All Local and Regional Award Submissions  
1 Submit Regional ID/YC information to State ID and YC Chairs

## June

- 9 KFBPW Executive Committee Dinner, Hilton Garden Inn  
1020 Wilkinson Trace, Bowling Green, KY 42103  
10-11 KFBPW Annual Conference

## KFBPW Local Organization Presidents — 2010-2011

*2009-2010 Presidents are in Red*

Local President	Name	Address	Home Phone	Business Phone	Cell Phone	Fax	E-Mail Address
Berea	Rene Poitra	318 Forest Trail Drive; Berea, KY 40403	*859-986-5816	502-564-5625	859-404-1230		rene.poitra@education.ky.gov
<i>BPW of Louisville</i>	<i>Martyna Warren</i>	<i>1812 Burwell Ave; Louisville, KY 40210</i>	<i>502-774-1135</i>	<i>502-852-2732</i>		<i>502-852-0685</i>	<i>Mtwarr01@louisville.edu</i>
BPW/River City, Inc.	Violet Clark	5913 Whispering Hills Blvd.; Louisville, KY 40219	502-968-8785		502-296-5766		Vclark2009@gmail.com
Campbellsville	Wanda Washington	363 Sharon Dr.; Campbellsville, KY 42718		270-465-9636		270-403-3570	wanda@teamtaylorcounty.com
<i>Central City</i>	<i>Donna Slaton</i>	<i>3014 Pond River-Colliers Rd.; Madisonville, KY 42431</i>	<i>270-825-1478</i>	<i>270-754-5415, X259</i>			<i>Misspockets3@yahoo.com</i>
Danville	Lori Stocker	232 Hartland Dr.; Danville, KY 40422	859-583-0463	859-936-7808	859-516-1825	859-936-7849	lori@intercountyenergy.net
Fort Harrod	JoEtta Wickliffe	824 Hideaway Circle E. #322; Marco Island, FL 34145	239-642-4927				yankwick@embarqmail.com
Franklin	Jerilyn Hippler	1219 Autumn Oaks Dr.; Franklin, KY 42134		615-581-0221	*270-776-3238	615-581-0242	jerilyn.hippler@gmail.com
Glasgow	Mary Beth Jessie	1487 LeGrande Hwy.; Horse Cave, KY 42749			*270-670-3066		marybeth@scrtc.com
Henderson	Millie Lotter	420 Westfield Lane; Henderson, KY 42420	270-827-2677		270-823-2103	270-831-5072	mdlotter@att.net
Hopkins County	Lana Moore	1986 Lakeview Drive; Madisonville, KY 42431	270-824-9985		*270-339-1631		lanajmoore@live.com
Hopkinsville	Dorothy Tolliver	10565 Jefferson Davis Hwy.; Pembroke, KY 42266	*270-886-2101	270-885-3179		270-885-3692	
Lawrenceburg	Donna Seeberger	340 Eagle Drive; Lawrenceburg, KY 40342	502-839-3368	*502-564-5620	859-797-5273	502-564-5219	donna.seeberger@ky.gov
Licking Valley	Martha Sullivan	P.O. Box 492; Cynthia, KY 41031	859-234-6067	859-235-3535			msulliva@hmhosp.org
Mayfield	Dorothy Carlisle	4345 State Route 131; Mayfield, KY 42066	*270-658-3739	270-247-6800		270-251-9786	carlisle@wk.net
Middlesboro	Meryl Ward	20 Ennismore Drive; Middlesboro, KY 40965	606-248-2251	606-248-2251		606-337-3138	Brandy.miracle@ky.gov
Owensboro	Sherion Roberts	6715 Foster Road, Box 44; Philpot, KY 42366		*270-685-8448	*270-929-6900	270-685-8454	sgmroberts@gmail.com
Paducah	Audrey Lee	825 Madison Street; Paducah, KY 42001	270-444-9151	270-575-7285			Audrey.lee@ky.gov
Paducah River City	Jessica Koverdan	5925 Warrendale Drive; Paducah, KY 42003	270-816-4331	270-442-7179		270-442-7428	Jessica.Koverdan@kyfb.com
Princeton	Maggie Gammon	P.O. Box 14, Princeton, KY 42445	270-365-1358	270-365-5505X667	270-625-3879	270-365-4805	mcgammon@bellsouth.net
Russell County	Lindsey Wilson	P. O. Box 203; Russell Springs, Ky. 42642		270-866-3111	270-566-0201	270-866-3112	lindsey.wilson.m9sn@statefarm.com
Shelbyville	Elizabeth Nichols	1313 W. Washington St. #3; Shelbyville, KY 40065		502-647-3774	*502-321-3292		elizabeth.nichols08@gmail.com
Somerset	Tammy Cundiff	1126 S Hwy 27; Somerset, KY 42501		606-676-0000		606-679-6808	tammy@tammycundiff.com
Somerset Samothrace	L.J. Morris	Send all correspondence to: Joanne Story, SCC Samothrace Faculty Sponsor Professor; Somerset Community College 808 Monticello Street; Somerset, KY 42501					joanne.story@kctcs.edu
<i>Southeast Community &amp; Tech. College Samothrace</i>	<i>Nikki Gilliam</i>	<i>974 Forge Ridge Road, Harrogate, TN 37752</i>	<i>423-869-7932</i>				<i>nikkigilliam@hotmail.com</i>
<i>Springfield</i>	<i>Fran Carrico</i>	<i>134 Meadow Lane, Springfield, KY 40069</i>	<i>859-336-2077</i>	<i>859-336-5420</i>	<i>859-481-1827</i>	<i>859-336-5414</i>	<i>francarney@hotmail.com</i>
Stanford	Peggy Orberson	144 Edgewood Dr, Stanford, KY 40484	*606-365-9408		859-749-0704	606-365-9408	peggy6@bellsouth.net
	Brenda Baker	400 Clubside Drive, Stanford, KY 40484	606-365-9362	606-365-7098	859-749-2247	606-365-7243	brenda.baker@pbkbank.com
WKU - Glasgow Samothrace	Kylie Garrett	2763 Bristletown Rd.; Glasgow, KY 42141	270-678-7197	*270-651-7255	270-670-1315	270-651-7055	kylie.garrett@wku.edu
Woodford County	Brenda Richards	P.O. Box 4146, Midway, KY 40347	859-846-4471	502-875-5983		502-875-4110	br6555@att.com

## 2010-2011 KFBPW Executive Committee

State Office	Name	Address	Home Phone	Business Phone	Cell Phone	Fax	E-mail Address
President	Janis Turner	100 Victorian Way; Glasgow, KY 42141	*270-651-4954	*270-651-3543	270-576-3560	888-832-9724	jturner@pbibank.com
President-Elect	Suzanne Forshee	121 Hunters Crossing; Franklin, KY 42134		270-781-6400	270-776-3773	270-438-4025	suzforshee@gmail.com
Vice President	Jerilyn Hippler	1219 Autumn Oaks Dr, Franklin, KY 42134		615-581-0221	*270-776-3238	615-581-0242	jerilyn.hippler@gmail.com
Recording Secretary	Karen Lamb	2708 Cayce Meade Drive; Hopkinsville, KY 42240	270-881-1026	270-886-0880	270-348-0087	270-886-3716	kp_lamb@bellsouth.net
Treasurer	Diane Grony-Turner	26 Harton Place; Hopkinsville, KY 42240	*270-885-1425	*270-886-6341	270-881-0265	270-885-6078	diane@pacs-ky.org
Parliamentarian	Patti Fallin	2729B Green River Rd, Henderson, KY 42420	270-827-8741	270-844-6009	270-860-5957	270-844-6023	pfallin@insightbb.com
Executive Assistant	Debrah Pierce	1009 Fox Hollow Drive, Lawrenceburg, KY 40342	502-839-8777	*502-582-3056	502-445-8169	502-582-1079	piercedv@aol.com

## 2010-2011 KFBPW Regional Leadership

Regional Leadership	Name	Address	Home Phone	Business Phone	Cell Phone	Fax	E-mail Address
North Central Director	Amanda Ishmael	P.O. Box 773, Cynthia, KY 41031	859-234-2704	859-472-7000	859-235-8347		sharpmisshiee@hotmail.com
North Central Assistant Director	Shawna Stewart	75 Baker Drive, Apt. 13, Shelbyville, KY 40065	502-416-4431	888-281-2528			bkisses51@yahoo.com
South Central Director	Meryl Ward	20 Ennismore Drive; Middlesboro, KY 40965	*606-248-2251	606-248-2251	606-269-1135	606-337-3138	Brandy.miracle@ky.gov
South Central Assistant Director	Sherry Jones	2512 Oakley Wells Road, Richmond, KY 40475	859-622-1249	859-622-1249		859-358-0042	sherry.jones@eku.edu
West Director	Becky Barrick	2833 Bristletown Rd, Glasgow, KY 42141	270-651-2509	*270-651-7255	270-646-8848	270-651-7055	awards@glasgow-ky.com
West Assistant Director	Kylie Garrett	2763 Bristletown Rd, Glasgow, KY 42141	270-678-7197	*270-651-7255	270-670-1315	270-651-7055	kylie.garrett@wku.edu

## 2010-2011 Kentucky Foundation Board of Trustees

Name	Address	Home Phone	Business Phone	Cell Phone	Fax	E-mail Address
Debrah Pierce, Chair	1009 Fox Hollow Drive, Lawrenceburg, KY 40342	502-839-8777	*502-582-3056	502-445-8169	502-582-1079	piercedv@aol.com
Bonny Manning, Vice Chair	P. O. Box 4909, Louisville, KY 40204	*502-895-7096	*502-553-4372		502-896-6490	bonyman@win.net
Brenda Baker, Secretary	400 Clubside Drive, Stanford, KY 40484	606- 365-9362	606-365-7098	859-749-2247	606-365-7243	brenda.baker@pbkbank.com
Betty Hedges, Treasurer	412 Turnberry Lane; Shelbyville, KY 40065	502-633-2796				bettyhedges@insightbb.com
Joanne Story, Scholarship	380 Beauchamp Blvd., Somerset, KY 42503	606-561-5338	*606-451-6654	606-875-3200	606-679-4369	joanne.story@kctcs.edu
Diane Grony-Turner	26 Harton Place; Hopkinsville, KY 42240	*270-885-1425	*270-886-6341	270-881-6078		diane@pacs-ky.org
Peggy Orberon	144 Edgewood Dr., Stanford, KY 40484	*606-365-9408		859-749-0704	606-365-9408	peggy6@bellsouth.net
Donna Seeberger	340 Eagle Drive, Lawrenceburg, KY 40342	502-839-3368	*502-564-5620	859-797-5273	502-564-5219	donna.seeberger@ky.gov
Janis Turner	100 Victorian Way; Glasgow, KY 42141	*270-651-4954	*270-651-3543	270-576-3560	888-832-9724	jturner@pbibank.com

## 2010-2011 KFBPW Leadership Team

### *Standing Committees*

<b>Committee</b>	<b>Chair</b>	<b>Address</b>	<b>Home Phone</b>	<b>Business Phone</b>	<b>Cell Phone</b>	<b>Fax</b>	<b>E-Mail Address</b>
Aspiring Professional	Mary Beth Jessie	1487 LeGrande Hwy., Horse Cave, KY 42749			*270-670-3066		marybeth@scrtc.com
Bylaws	Cathy Hughes	610 Kerry Ct., Franklin, KY 42134	270-586-7779	270-745-1771	*270-791-3688		highesj@bellsouth.net
Finance	Brenda D. Gunn	1528 Garland Avenue, Louisville, KY 40210	502-585-5390				MsGunn3051@insightbb.com
Issues Management	Donna Seeberger	340 Eagle Drive, Lawrenceburg, KY 40342	502-839-3368	*502-564-5620	859-797-5273	502-564-5219	donna.seeberger@ky.gov
Legislation	Phyllis Hargrave	1411 Vixen Court, New Albany, IN 47150-9658	812-944-4411		502-468-7208		uofl_fan@insightbb.com
Membership	Joanne Story	380 Beauchamp Blvd, Somerset, KY 42503	606-561-5338	*606-451-6654	606-875-3200	606-679-4569	joanne.story@kctcs.edu
Professional Development	Bonny Manning	P. O. Box 4909, Louisville, KY 40204	*502-895-7096	*502-553-4372		502-896-6490	bonnyman@win.net
Public Relations	Wanda Crowe	1488 Theresa Lane, Madisonville, KY 42431	270-821-8639	270-821-1310	*270-452-1418	270-825-3260	wcrowe@commonwealthbroadcasting.com
	Nena Matheny	110 Mill Court: P.O. Box 260, Hanson, KY 42413	270-322-8218	270-824-8595	270-836-9554	270-824-8642	nenamatheny@bellsouth.net

### *Special Committees and Task Forces*

<b>Committee/Task Force</b>	<b>Chair</b>	<b>Address</b>	<b>Home Phone</b>	<b>Business Phone</b>	<b>Cell Phone</b>	<b>Fax</b>	<b>E-Mail Address</b>
BPW/KY Foundation Board	Debrah V. Pierce	1009 Fox Hollow Drive; Lawrenceburg, KY 40342	502-839-8777	*502-582-3056	502-445-8169	502-582-1079	pierced@aol.com
Database Manager	Millie Lotter	420 Westfield Lane, Henderson, KY 42420	270-827-2677		270-823-2103	270-831-5072	mdlotter@att.net
Expansion Task Force	Sherrie Burgess	360 Cherokee Rd., Lucas, KY 42156	270-646-3598	270-651-7560		270-629-2468	sburgess@scrtc.com
Interim Board Contact	Becky Barrick	2833 Bristletown Rd, Glasgow, KY 42141	270-651-2509	*270-651-7255	270-646-8848	270-651-7055	awards@glasgow-ky.com
	Kylie Garrett	2763 Bristletown Rd, Glasgow, KY 42141	270-678-7197	*270-651-7255	270-670-1315	270-651-7055	kylie.garrett@wku.edu
Internal Auditor	Peggy Orberson	144 Edgewood Dr, Stanford, KY 40484	*606-365-9408		859-749-0704	606-365-9408	peggy6@bellsouth.net
Ky Cardinal Editor	Patti Fallin	2729B Green River Rd, Henderson, KY 42420	270-827-8741	270-844-6009	270-860-5957	270-844-6023	pfallin@insightbb.com
Ky Cardinal Advertising Co-Editors	Susan Campbell	111 Deerfield Dr., Princeton, KY 42445	*270-365-3870	270-365-5588	270-963-0892		susancampbell@timesleader.net
	Sharron Belcher	714 West Main Street; Princeton, KY 42445	270-365-4447	*270-625-4916			sharronlb@bellsouth.net
KY Professional Women's Week	Megan Damron	47 Haynes Knob Rd.; Somerset, KY 42501-5723	606-382-5975	606-677-1222	*606-271-0619	606-679-4537	mdamron@bbandt.com
Legal Advisor	Lisa Prendergast	2203 Venetian Way; Owensboro, KY 42301	270-691-0502	270-683-4513	270-925-0853	270-683-4565	miprender73@bellsouth.net
Mentoring	Georgia Beth Albany	114 Marmak St., Glasgow, KY 42141	270-651-2336	270-651-2733			gbalbany@glasgow-ky.com
Nominations	Sandra Anderson	15091 Cheatham Toy Rd., Henderson, KY 42420	270-830-7099		270-823-2250		sandra3303@att.net
State Convention Contact	Betty Driver	215 Hidden Forest Rd., Glasgow-KY 42141	270-651-6477		270-590-8490		bbdriver@glasgow-ky.com
	Brownie Bennett	623B Sunnyside Drive, Franklin, KY 42134	270-586-8911	270-586-4481		270-586-0600	bbennett852@hotmail.com
Website	Patti Fallin	2729B Green River Rd, Henderson, KY 42420	270-827-8741	270-844-6009	270-860-5957	270-844-6023	pfallin@insightbb.com