

BPW River City

An edition of the News and Views



Attached to the end of this eNewsletter are the nomination forms of the new Executive Board:

Jennifer Morrison as President-Elect,

Jeanine Holden as VP of Programming,

Donna Dumstorf as Corresponding Secretary,

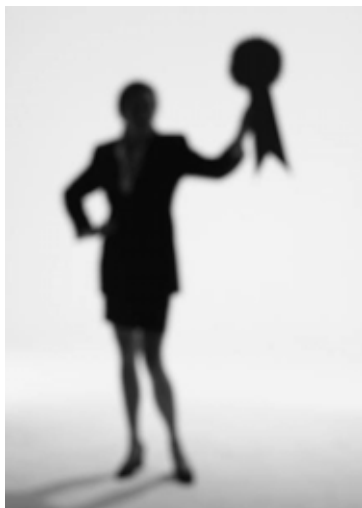
Tiffany Cardwell as Recording Secretary,

Lora Hardin as VP of Finance, and

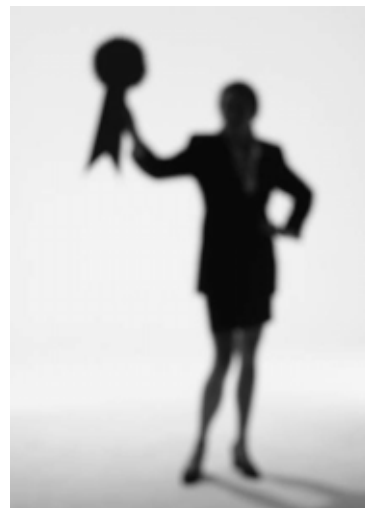
Sue Woods as Treasurer.

May Luncheon: BPW Awards & Recognition

COME CELEBRATE A GREAT YEAR OF BPW WOMEN WHO ARE BRIDGING THE GENERATIONS!



Recognition will be given to those who have participated in the BPW/RC program over the 2009-2010 year. And there will be awards given to those who have served us well this year!



Make Your MAY Luncheon Reservation Today!

Inside this issue:

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For lunch reservations, email your reservation to **Jeanine Holden** at JHolden@kforce.com



Lunch Reservation Deadline

**Thursday, May 6th by 4 p.m.! **

You may register in the same manner for a member or a guest, please be sure to specify that the person is a guest. Be advised: You are financially

responsible for any reservation you make whether you (or a guest) attend. Reservations are not required for non-eaters.

MAY MONTHLY LUNCHEON MEETING

Wednesday, May 12th, 2010

University Club of Louisville
Cardinal Blvd, (North Entrance Belknap Campus), Louisville, KY (502) 852-6996

12:00 Noon - 1:00 PM

Our menu for this meeting is:

LUNCH BUFFET: The Buffet includes Salad Bar, Soup of the day, two Entree selections, a Starch & a Vegetable, along with Rolls & Butter, Iced Tea and Coffee, and platters of Brownies and Cookies on each table. *Meeting attendance is free, and open to the public. Lunches are \$20 for members or guests.*

Please have checks made out in advance to speed-up the check-in process.

A Letter From the Prez:

Hi everybody!!

Happy Derby Week!! If you haven't heard, we have a new home!! We will be meeting at the University Club at U of L at the North Campus Entrance off Cardinal Blvd. Parking is FREE!! We are very excited about the location and think you will be too. The cost of the luncheon will be the same.

Our next luncheon on May 12th is our Awards Luncheon where we honor our members who participated in various activities throughout the year. I hope you will join us at the University Club.

Our Membership Committee is very excited about our membership drive. We want to challenge each of our members to invite 3 potential members to our next luncheon. We are also asking our past members to come back and join us. One of the groups that we are targeting is university students, so our new location on U of L's campus should make it easier for the students to join us. Getting young women involved in our organization at a young age will help us to continue to grow and thrive. We will be having a speed networking luncheon coming up later in the year in July.

The Kentucky Federation of Business & Professional Women's Clubs, Inc. will celebrate its year of change during the 88th State Conference, June 11th & June 12th at Barren River State Resort Park in Lucas, KY. I would like to invite all of you to attend the conference. Please see the attached registration form in this newsletter.

I hope that you will take the time to read this newsletter and see if anything is of interest to you. I look forward to seeing you at our next luncheon in our new location.

Thanks,

Sue Woods

BPW/River City
2009-2010 President



Sue Woods

*BPW River City President,
2009-2010*

"Our next luncheon on May 12th is our Awards Luncheon where we honor our members who participated in various activities throughout the year. I hope you will join us at the University Club."



Have you been to www.bpwrc.org lately?

Do you want the most up to date information about Business and Professional Women / River City? Check out our new and improved website at www.bpwrc.org. Be sure to bookmark our webpage. As a BPW/RC member, you will

want to visit this site often!

Have you missed an issue of the eNewsletter? You can find it on our newly updated website. Did you hear about an event at the monthly meeting and want to know more? Visit www.bpwrc.org!

Do you have information that you need to relay to the BPW/

RC membership? The BPW/RC website is the way to go!

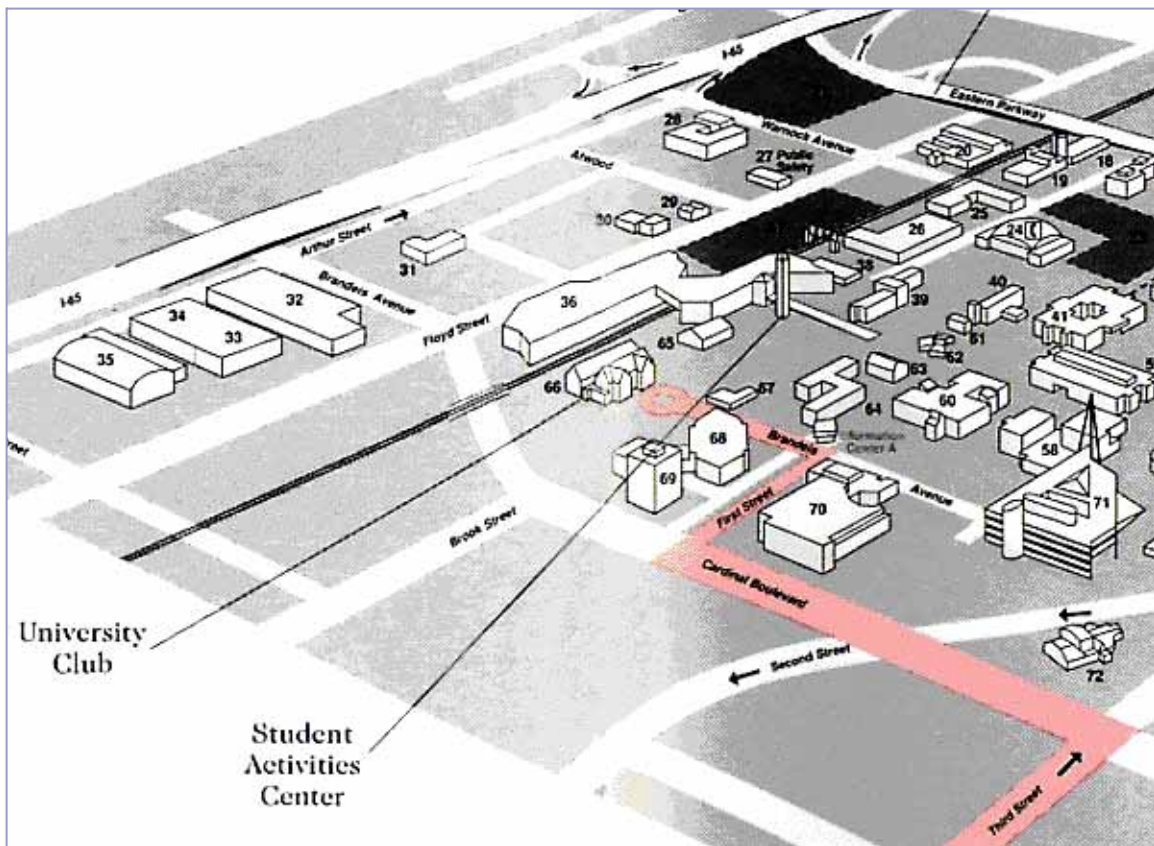
Contact Malena Kraig at mkraig@insightbb.com for website submissions.



Our New BPW/RC Luncheon Location:



The Club is located on the northeast corner of UofL's Belknap Campus off Cardinal Blvd. Enter at the North Entrance/School of Music and take a left. You will run directly into us. Free parking is located on the left . See map below:



Please note, the University Club is located on Belknap campus which has one address. The physical address of 2001 South Brook St. will not work if you try to search using Mapquest or put into a GPS. If you need assistance give us a call at 852-6996 and we will help.

Google maps provides the best listing and directions:

[Click here for information](#)

[University Club of Louisville](#), Cardinal Blvd, (North Entrance Belknap Campus), Louisville, KY - (502) 852-6996

2009–2010 Leadership BPW Program

Leadership BPW consists of meetings with community leaders who will share their knowledge about various community initiatives, community resources, places of interest and corporations. The goal is to become more educated about our city's resources, while developing attributes to become future business/community leaders. We are able to ask all the questions we want of these community leaders who have specifically opened their doors to accommodate our leadership program.

FINAL LEADERSHIP BPW DATE:

May 12, 2010

Graduation Day at BPW luncheon meeting

12:00 Noon

For more info contact Cindy Vaughan at: CindyVaughan14@bellsouth.net

or

Christine Taylor at: cmtaylor222@aol.com



Women For Habitat Need Volunteers

Women For Habitat, a subcommittee of Habitat For Humanity of Metro Louisville, needs your help. We are seeking volunteers to help with construction and fund raising. Absolutely no experience is necessary. We train on the job. Our houses are exceptional, because our homes are built primarily by women.

The Women For Habitat mission states: We believe everyone deserves a decent, affordable place to live. It is our mission to empower women from all walks of life to make a difference in the housing crisis facing families and individuals in our community by: Recruiting women and training them with construction skills; thereby instilling them with confidence in their abilities; Raising the nec-

essary funds required to build houses; Building houses with primarily women volunteers; Contributing to the affiliate's overall volunteer resource needs. Now is the time we need your commitment as we begin our 14th home!

You may sign up individually, or recruit your own crew with family, friends, church members or co-workers. (For safety and liability reasons, children under the age of 16 are not allowed on the construction site, and teens that are 16-18 years old must have an accompanying adult.)

As you can see, our greatest need is on week days. Simply contact me to let me know which date(s) you'd like to work, and, if you plan to bring others, how many people you would like to bring for these dates: -Raise the Roof:

Wednesday, May 19, Thursday, May 20, and Friday, May 21 (We need twelve of the 24 volunteers working May 19, 20 and May 21 to be willing to work on ladders and on the roof.) - Thursday(s): June 10, 17, 24; July 1, 8, 15, 29; Aug. 5, 12, 26 -Saturday(s): Aug.7, 28.

Please keep in mind that our construction schedule is based on you being there for the entire shift-- from 8:30 to 3:30. We depend upon you to arrive on time for introductions, instructions, and job assignments, and stay for clean up. We do not have half-day shifts.

As soon as you know your schedule and plans, please contact MaryAbbott@Bellsouth.net Cell: 550-4528. After we confirm your work date(s), I'll send you a Welcome Packet with direc-

tions and other pertinent information.

Finally, please join Women for Habitat in Norton Women's Pavilion Champions 4 Her Walk, Run—a 5K event-- on June 19, 2010. Go to <http://www.firstgiving.com/champions4her> for more information. You can form your own team and select Women for Habitat as the beneficiary of your efforts!

Volunteers are an essential part of the success of Habitat for Humanity and the Women for Habitat house. Your generous donation of time and talent is greatly appreciated. I look forward to hearing from you soon.

Submitted By: Women For Habitat, Mary Abbott

10 Things Dr. Oz Knows for Sure



During the past 10 years, I went from being a doctor to being a doctor/*Oprah* guest/book author/TV host, and in the process, I've learned a lot about my viewers, my patients, and myself:

1. The latest thing isn't always the greatest thing. I work at a cutting-edge hospital, but I also put stock in ancient remedies like treating burns with silver (long known as an antibiotic) or healing surgical wounds using leeches (yes, hospitals continue to do this). If it's still used today, the practice likely has some merit or it would have died off long ago.

2. Change is possible—but only if you believe it. The more we learn about genetics and disease, the more we realize that DNA isn't nearly as important as lifestyle. People think that if their parents had heart disease or were overweight, they're doomed to the same fate. But you can change your health—if you commit yourself to making good choices.

3. We regret the actions we don't take more than the ones we do. A few years ago, I appeared on *Oprah* with Randy Pausch, the Carnegie Mellon professor dying of pancreatic cancer. He told me that he had recently taken his family on a trip to Discovery Cove to swim with dolphins. It was something that he'd always wanted to do, but it wasn't until he was dying that he made it happen. The next day, I booked the same trip with my family. If there's something on your wish list for life, make plans today to do it.

4. Hosting a TV show is not that different from doing open-heart surgery. In both the TV studio and the operating room, you depend on highly skilled professionals doing their jobs correctly so you can excel at yours. As a team leader, I recognize that each player—from the anesthesiologist to the camera operator—is better at what they do than I would ever be, and I appreciate their ability to make me look better.

5. To achieve your goals, make the right thing to do the easy thing to do. I recently replaced the couch in front of my TV with a stationary bike. Now I can pedal while viewing my favorite shows (like *House*). Since the average American watches more than 30 hours of TV per week, it could mean a

lot of activity for your body, with little inconvenience.

6. Knowledge does not lead to change—understanding does. If I tell you, "There were a million heart attacks last year"—unless you're one of those million, you don't care. But if I can show you a picture of an artery, and you can see the plaque rupturing—now the heart attack isn't abstract, it's a real story. And you're much more likely to take care of your own heart, because you don't want that same story to affect you.

7. Going to bed 30 minutes earlier will change your life. I spent years surviving long hospital rotations on little sleep, and I learned that if I don't get seven hours of shut-eye a night, I won't perform well the next day. Less than half of Americans over age 50 get enough sleep, but if you make it a priority, I guarantee that you'll have more energy, less stress, and (most important for a doctor) a clear head.

8. If you want a healthier community, fight for it. I used to ride my bike across the bridge from New Jersey to Manhattan every morning. I noticed that many bikers stopped riding during the winter, in part because you had to haul your bicycle up and down

a flight of 50 stairs on each side of the bridge. So we petitioned for a new bike path that didn't involve stairs—and got it. We all have the power to improve the health of our community, whether it's getting better bike lanes, more sidewalks, or a farmers' market that sells fresh produce.

9. Better patients make better doctors. People are often hesitant to challenge their doctor, but a good patient is someone who raises her hand and says, "I don't understand this" or "This isn't working for me." Your physician will be able to take the knowledge she gains from your open, honest dialogue and pass it on to the next person she treats.

10. It's not about living longer—it's about living better. I once had a patient who was in danger of having a heart attack if he didn't change his habits. So he changed them. At his next checkup I congratulated him on adding years to his life, but he said, "That's not why I did it. I just wanted to feel better." The idea of living into your 80s or 90s is nice, but what really motivates people to make a change is having a healthy body today.

By Mehmet Oz, MD, O, *The Oprah Magazine*

6 Things To Do In a Doctor's Waiting Room



Waiting for a doctor can get frustrating, especially if you're in a hurry. Just last week I cooled my heels for more than an hour when I took my son to get a [flu shot](#). While I paced, he texted his friends (and the doctor kept coming out to check the football game scores). As a physician myself, I got to thinking there must be things patients can do to make their wait more productive and less irritating. The next time you're kept waiting, you may want to consider these:

1. Make a list of your top health concerns. If you organize them in advance, it can help us concentrate on your problem and provide you with optimal treatment. If you're a new patient, we want to know the main reasons you're here. If you're a returning patient, we'd like to hear how you've been feeling since your last appointment. Focus on your most frequent or most severe symptoms, noting when they began, how often they occur, what makes them worse, and

what makes them better.

Try to keep your explanations clear and to the point, without too many tangents. That will help us evaluate your complaints and arrive at the right diagnosis. And bring complaints up early enough during your visit to discuss them. Nothing's more disruptive than a patient who mentions an urgent symptom just as we're about to move on to the next patient.

2. Write questions down. It's the easiest way to remember to ask them, and it will save you the hassle of making a follow-up phone call. Glance at the list as your appointment is winding down to see whether you've covered everything. It can also be useful to repeat the answers back to your doctor. That helps avoid potentially dangerous misunderstandings.

3. Make a list of all your medications. I've seen more [medication errors](#) than I care to admit. Some were due to drug interactions, others to dosage

errors, and still others to [drug-name mix-ups](#). That's why I advise all of my patients to keep a complete list in their wallet of all the prescriptions, over-the-counter drugs, and [dietary supplements](#) they take, and update it whenever there's a change.

Ideally, this is something you should take care of well in advance of your appointment. One of my patients, for instance, writes her list on an index card cut in half, then covers it with clear, extra-wide packing tape. People who prefer computerized lists can use a free software program like [My Medication Tracker](#), or a simple text file. That's how one of my favorite patients has been keeping me updated for the past 10 years, and he's 94! If you haven't planned ahead, though, now's a good time to get started.

4. Ask the office to [check on your test results](#). We're better able to give you answers during your visit if we have all your test results on hand, something that can't be taken for granted in our fragmented system. If you've had any tests done since your last visit—[laboratory work, scans, X-rays](#)—ask the receptionist to see if the results are on file. If not, there may still be time to get the reports faxed to the office before your appointment starts.

5. Confirm that the office has the correct insurance information. We need this to get pre-authorizations for diagnostic tests and referrals to specialists, and to make sure that

billing goes smoothly. Incorrect or expired information can hold up your treatment and lead to billing hassles later for you and your doctor.

6. Read something besides the magazines. In addition to brochures and pamphlets from patient organizations, waiting rooms often have reprints of articles we've found particularly helpful. While the Internet can be a great source of medical information, much of the material in our offices provides the added advantage of having been vetted. Just make sure you check the source; pharmaceutical company sales representatives like to leave promotional material, and they don't always ask for permission.

—Orly Avitzur, M.D., medical adviser, *Consumer Reports*

This article first appeared in our January 2010 issue of [Consumer Reports on Health](#).





Important
DATE!

Important Dates to Remember:

May

- All Month Military Appreciation Month
- 1 Deadline for ALL Local and Regional Award Submissions
- 1 Submit Regional YC information to State YC Chair
- 12 Monthly BPW/RC Meeting - [University Club of Louisville](#), Cardinal Blvd, (North Entrance Belknap Campus)
- 17 Executive Board Meeting - USI Insurance, 9700 Ormsby Station Rd., Ste 200

June

- 9 Monthly BPW/RC Meeting - [University Club of Louisville](#), Cardinal Blvd, (North Entrance Belknap Campus)
- 10 BPW/KY Executive Committee Dinner, Barren River State Park, Lucas, KY
- 11-13 BPW/KY Annual Conference, Annual Conference, Barren River State Park
- 14 Board Meeting - USI Insurance, 9700 Ormsby Station Rd., Ste 200

July

- 14 Monthly BPW/RC Meeting - [University Club of Louisville](#), Cardinal Blvd, (North Entrance Belknap Campus)



9 Ways To Go Green

A Mug of Your Own: Every year Americans throw away 25 billion polystyrene cups and 25 billion individual water bottles, most of which end up in landfills. Instead buy a reusable to-go mug and a bottle that you can refill with filtered tap water. Bring your own (to a coffee shop, a meeting), and you cut down on Styrofoam.

Want Ice Cream?: A cone beats a cup. Why? "You're eating your silverware instead of using plastic," says Matthew Modine, a passionate promoter of earth-friendly policies. "It's all about consuming less, using fewer of the resources needed to make products and packaging."

Clean Without Chemicals: Natural cleansers like vinegar and baking soda do a great job without harming the planet. "And," Matthew says, "a little vegetable oil and lemon juice makes a great wood polish."

Bag It: Get reusable cloth bags for the grocery store and the dry cleaner. More than 100 billion plastic bags are thrown away every year.

Stop Junk Mail: Every year 100 million trees are chopped down for junk mail sent to American homes. Contact The Direct Marketing association at The-DMA.org to remove your name from mailing lists of their members.

A Better TP: Recycled toilet paper is scratchier than three-ply, but it's much softer on the environment. "It's like switching from whole milk to skim," says *O* writer Aimee Lee Ball. "After a while the beloved original seems over-the-top."

How Many People Does It Take To...: Compact fluorescent bulbs (CFLs) use four times less energy than incandescent ones. If every American family substituted five CFL bulbs for incandescent, it would be equivalent to taking eight million cars off the road for a year. Ball says "They cost a little more up front, but they last up to 15 times longer."

De-Lint the Dryer: Lint builds up after every dryer cycle, reducing the machine's efficiency. Removing it does a lot to decrease its usually massive energy use.

Pick Safe Paints: According to the Environmental Protection Agency, architectural coatings such as paints and varnishes are the second-largest source of fumes from volatile organic compounds, substances that evaporate at room temperature and react in sunlight to form photochemical smog. Look for cans with "No VOC." We'll all breathe easier. (If you don't use the whole can, you can [find out how to recycle the rest](#) .)



April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Deadline for STATE awards submissions	2	3  www.bpwrc.org Information Submission Deadline
4 Happy Easter 	5	6 5:30 Leadership Event: Louisville Convention Center & Visitor's Bu-	7	8	9 <i>E-Newsletter Article Submission</i> Deadline	10
11	12	13  E-Newsletter Distribution	14  12:00 Monthly BPW/RC Meeting @ University Club	15	16	17  www.bpwrc.org Information Submission Deadline
18	19  5:45 Full Board Meeting @ USI Insurance	20 Equal Pay Day! 	21	22	23 <i>e-Newsletter Article Submission</i> Deadline	24
25	26	27  E-Newsletter Distribution	28	29	30 BPW/KY Foundation Scholarship Application deadline	

May 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<p>1</p>  <p>www.bpwrc.org Information Submission Deadline</p>
2	3	4	5	6	7	8
					<p><i>E-Newsletter Article Submission Deadline</i></p>	
9	10	11	12	13	14	15
		 <p>E-Newsletter Distribution</p>	 <p>12:00 Monthly BPW/RC Meeting @ University Club</p>			 <p>www.bpwrc.org Information Submission Deadline</p>
16	17	18	19	20	21	22
<p>Mother's Day</p>	 <p>5:45 Executive Board Meeting @ USI Insurance</p>				<p><i>e-Newsletter Article Submission Deadline</i></p>	
23	24	25	26	27	28	29
		 <p>E-Newsletter Distribution</p>				 <p>www.bpwrc.org Information Submission</p>
30	31					
						

Churchill Downs Backside Tour Fundraiser

Again this year, the River City BPW Foundation will have a walking tour of the Churchill Downs “Backside” as a fundraiser. The cost to go on the tour is a \$25 donation to the RC Foundation. The entire \$25 is 100% tax deductible.

The tour is scheduled for **Saturday, May 8, 2010, at 7:45 AM** and will last for approximately an hour or an hour and a half. The tour will go on, rain or shine.

Last year’s tour was magical. We met several horse trainers including Kentucky Derby winning trainers Nick Zito and Chuck Woolery. We also met Kentucky Derby winning jockey Calvin Borel. We got to see the 2009 Derby Winner, Mine That Bird. Afterwards, we stopped in the Track Kitchen on the backside where we purchased wonderful breakfast while the fun continued!

Please contact Phyllis Hargrave at UofL_Fan@insightbb.com or by phone at 944-4411 to make a reservation to attend. **Reservations are REQUIRED!**

Come out to have some “Backside” fun and support the River City Foundation.
Can’t attend? Please consider making a donation to the Foundation.

The Foundation supports women in our community by awarding scholarships and supporting Breast Cancer.



A VERY SPECIAL THANKS TO OUR CORPORATE SPONSORS:



Louisville / Jefferson County Metropolitan Sewer District



WELENKEN HIMMELFARB & CO. CPA	<ul style="list-style-type: none">• Tax Services• Accounting and Auditing Services• Business Advisory Services• Computer Application Services
<i>Advisors for Financial Success since 1945</i>	
730 West Market Street • Louisville, KY 40202 502-585-3251	
www.whco.com	



BPW eNewsletter Submission and Distribution

BPW's eNewsletter goal is distribution on the 2nd and 4th Tuesday of every month. If you would like to include information in the eNewsletter, please submit your announcement via email, in paragraph form, in 50 words or less to BPWeNewsletter@aol.com by 7pm on the Friday prior to that following week's eNewsletter's release. ALL SUBMISSION REQUESTS WILL BE FORWARDED FOR APPROVAL BY A MEMBER OF THE BPW/RC BOARD. If approved, announcements will be posted to the next release. Preference is given to BPW members and sponsors. By default, all submissions will be posted on a one-time basis in the next pending BPW eNewsletter. If you require your submission to run more than one time, you will need to include the "run-untill" date in your submission request.

BUSINESS AND PROFESSIONAL WOMEN/RIVER CITY, INC.

Business
And
Professional
Women
River City, Inc.



**2010-2011 NOMINATIONS RESUME FORM
(Please type)**

DEADLINE: February 5, 2010

NAME: Jennifer Morrison

OFFICE DESIRED: President Elect

ADDRESS: 1304 Cedar Springs Parkway LaGrange, KY 40031

**PHONE: (O: 502-815-5131 (H:
(C: 502-939-3436**

Email: jennifer.morrison@usi.biz

EMPLOYER: USI Insurance

**EDUCATION: Graduate of The Academy for Individual Excellence;
Attendee of Jefferson Community College**

BPW EXPERIENCE

Length of Membership: Member since October 2006

Offices Held: Corresponding Secretary, Corporate Sponsorships

BPW Committees On in the Past:

**Women in Transition
IDP 2006
Dawn at the Downs**

BUSINESS AND PROFESSIONAL WOMEN/RIVER CITY, INC.

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BPW/RIVER CITY GOALS AND OBJECTIVES FOR 2010-2011 (List 3)

- 1) To contribute to the professional development of myself and other BPW members through continued training and/or mentoring opportunities.
- 2) To focus on the importance of women leaders in the workplace and find new and exciting ways to recognize their accomplishments.
- 3) To consider additional community support and involvement. Focus on a new charity/organization and how we can support and/or encourage their cause.

EMPLOYMENT HISTORY (Employer, Dates, Position)

- 1) July 99 – January 03, Enrollment and Billing Specialist for Anthem BCBS.
- 2) January 03 – July 06, Account Representative for Arison Insurance Services, Inc.
- 3) July 06 – March 10, Senior Sales Executive for Arison Insurance Services, Inc.
- 4) March 10 – Present, Benefits Advisor for USI Insurance

CIVIC/VOLUNTEER ACTIVITIES:

2008, 2009, 2010 – Volunteer on Women 4 Women luncheon planning committee.

2008, 2009 – Volunteer on Girl Scouts Desserts First planning committee.

HONORS, AWARDS, SPECIAL RECOGNITION:

2007 completed a professional designation. I successfully obtained my RHU, Registered Health Underwriter.

OTHER ORGANIZATION MEMBERSHIPS:

PROFESSIONAL GOALS:

My career objective is to become a highly effective addition to the Health Care Management Industry. I strive to improve and develop the level of service that is needed by my clients to ensure the job is done timely and accurately.

Signature Jennifer Morrison

Date : 4/5/10

BUSINESS AND PROFESSIONAL WOMEN/RIVER CITY, INC.

Business
And
Professional
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2010-2011 NOMINATIONS RESUME FORM
(Please type)

DEADLINE: February 5, 2010



NAME: Jeanine Holden

OFFICE DESIRED: VP of Programming

ADDRESS: 9207 Wattersen Trl

PHONE: (O: 307-3769
(C: 445-2559

(H: 445-2559

Email: JHolden@Kforce.com

EMPLOYER: Kforce Staffing

EDUCATION: Bachelors Information Technology Sullivan College

BPW EXPERIENCE

Length of Membership: 1 year

Offices Held: logistics/reservations

BPW Committees On in the Past:

BPW/RIVER CITY GOALS AND OBJECTIVES FOR 2010-2011 (List 3)

1. increase membership
2. understand member's goals and objectives
3. help to raise awareness of BPW River City along with our charitable support of organizations



**BUSINESS AND PROFESSIONAL WOMEN/RIVER CITY, INC.
2007-2008 NOMINATIONS RESUME FORM**

(Please type)

DEADLINE: February 12, 2006

NAME Donna Dumstorf

OFFICE DESIRED Recording Secretary

ADDRESS 215 South Hurstbourne Parkway, Lou 40222

PHONE (O 552-7236 (H 589-4389

EMPLOYER Independent Contractor, affiliated with Semonin Realtors –
licensed in ~~Kentucky and Indiana~~

EDUCATION ~~Graduate, Loretto High School; graduate, Sullivan College;~~
BSBA from University of Louisville

BPW EXPERIENCE

Length of Membership Three years

Offices held: Recording Secretary

Committees : Nominating Committee 2005-2006; Election
Committee 2005-2006; Membership Committee 2006-2007

BPW/RIVER CITY GOALS AND OBJECTIVES FOR 2007-2008 (List 3)

Bring in 4 new members

Attend Regional and State meetings

Lobby at State and National levels for BPW/women's issues

EMPLOYMENT HISTORY (Employer, Dates, Position)

1972 – 1983 Raine & Raine, Legal Secretary

1983 – 1989 Ky Fair and Expo Center, Adm Assistant

1981 – 1983 Student at U of L

1983 – 1985 International Association of Racing Commissioners
Coordinated equine and canine drug testing

1986 – 2002 Sales, Ikon Office Solutions

2003 – Present -- Realtor, an Independent Contractor, affiliated with
Semonin Realtors

HONORS, AWARDS, SPECIAL RECOGNITION –

**Semonin Top Producer
Senior Real Estate Specialist (working with senior citizens)
ePRO certified
eRES Specialist (formerly Client Care)
Semonin Certified First-Time Home Buyer Specialist
Semonin New Construction Specialist
Semonin Relocation Specialist**

OTHER ORGANIZATION MEMBERSHIPS

**National Association of Female Executives
One Southern Indiana
Butchertown Neighborhood Association**

PROFESSIONAL GOALS

**To assist my clients by providing the best, most professional
and ethical services in their goal of buying or selling real
estate.**

Signature _____ Date :

BUSINESS AND PROFESSIONAL WOMEN/RIVER CITY, INC.

Business
And
Professional
Women
River City, Inc.



2010-2011 NOMINATIONS RESUME FORM (Please type)

DEADLINE: February 5, 2010

NAME: Tiffany Cardwell

OFFICE DESIRED: Recording Secretary

ADDRESS: 5513 Hempstead Road, Louisville, KY 40207

PHONE: (O): 502-261-4349 (H): 502-896-4163
(C): 502-767-5273

Email: tiffany_cardwell@papajohns.com or tiffany_cardwell@hotmail.com

EMPLOYER: Papa John's International Inc.

EDUCATION: BA in English from Northwestern University and MSIR in
Global HR Management from Loyola University

BPW EXPERIENCE

Length of Membership: Member since January 2003

Offices Held:

2009 - VP Programming & Issues Management

BPW Committees On in the Past:

2003 – PR for NBWW, Links for Life

2004 – PR for NBWW

2005 – NBWW Committee, Leadership Program

2006 – Newsletter Chair, NBWW Committee

2007 – Newsletter Chair, NBWW Committee, Web Page

2008 – Newsletter Chair – Won BPW/KY PR Newsletter Award, NBWW Committee,
WOA Co-Chair, Leadership Program Graduate

BUSINESS AND PROFESSIONAL WOMEN/RIVER CITY, INC.

*Business
And
Professional
Women
River City, Inc.*



BPW/RIVER CITY GOALS AND OBJECTIVES FOR 2010-2011 (List 3)

1. Increase Membership.
2. Provide creative ideas to attract and retain members.
3. Have fun!

EMPLOYMENT HISTORY (Employer, Dates, Position)

Tran Union LLC, Chicago, IL from 1993-2000, Various HR positions,
Last Role as International HR Consultant

Humana, Louisville, KY from 2000-2004, Sr Comp Analyst, Last Role
as HR Consultant

Papa John's International, Inc., Louisville, KY from 2004-Present,
Various HR positions, Currently Sr HR Business Partner

(Please see attached Resume for more details)

CIVIC/VOLUNTEER ACTIVITIES:

- Human Resources Organizations: SHRM, LSHRM, WorldatWork and LCA – Certified Professional in HR (PHR) since 1997
- LSHRM Certification Study Group Chair
- Louisville Compensation Association Past Board Member
- Northwestern Club of Louisville Leadership Committee
- Northwestern University's Alumni Admissions Council
- SHRM/IUS Educational Series Speaker on Market Pricing
- SHRM "Essentials of HR Management" Speaker – Compensation Section
- Business First Panelist on Workplace Flexibility
- Papa John's Green Team, Internal Portal Team, Junior Achievement Mentor, FFA Tour Guide, Team Papa Lead, Ambassador
- CenterStage Theater Parent Volunteer
- Holy Trinity Parish Parent Volunteer
- Mockingbird Valley Parent Volunteer
- American Cancer Society Taste of the Grapevine Event Beverages Co-Chair
- Louisville Panhellenic Representative for Gamma Phi Beta Sorority; Past Alumnae President and Vice President
- Leukemia Society's Team In Training Program Walker and Mentor

BUSINESS AND PROFESSIONAL WOMEN/RIVER CITY, INC.

*Business
And
Professional
Women
River City, Inc.*



HONORS, AWARDS, SPECIAL RECOGNITION:

- Business First "40 Under 40" Award Recipient
- Papa John's Innovation Award Recipient
- Papa John's "Driver" Award Recipient
- BPW/KY Public Relations Newsletter Award
- Louisville Compensation Association's "Above & Beyond Award" Recipient
- Humana's Centers of Excellence's "It's a Jungle Out There" Tiger Award Recipient
- Papa John's 10 Miler – 5 years Finisher
- Triple Crown Finisher
- Team In Training Marathon Walker
- Bellarmine University & McKendree University Adjunct Professor
- PHR (Professional in Human Resources) Certified since 1997

OTHER ORGANIZATION MEMBERSHIPS:

Please see attached resume for more details.

PROFESSIONAL GOALS:

To continue to grow my career in the HR profession and to continue to be involved in my community. I enjoy giving back to the HR profession by teaching courses and continuously mentoring others interested in the HR field. I also enjoy giving back to other business professional women by being involved with BPW/R.C.

Signature Tiffany Cardwell

Date : 3/31/10

BUSINESS AND PROFESSIONAL WOMEN/RIVER CITY, INC.

Business
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2010-2011 NOMINATIONS RESUME FORM

DEADLINE: February 5, 2010



NAME: Lora L. Hardin
OFFICE DESIRED: VP Finance

ADDRESS: 424 Woodrow Ave, New Albany, In 47150

PHONE: (O: 502-301-8187 (H: 812-945-9665
(C: 502-551-2369

Email: hardinlora@yahoo.com

EMPLOYER: Luckett Holdings, Inc

EDUCATION: Indiana University Southeast

BPW EXPERIENCE

Length of Membership: 18 years

Offices Held:

President
President Elect
Treasurer
Recording Secretary

BPW Committees On in the Past:

Membership Committee
Maryhurst Mentoring
IDP Committee
Leadership BPW Chair
National Business Women's Week Chair
Woman of Excellence Chair

BUSINESS AND PROFESSIONAL WOMEN/RIVER CITY, INC.

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Professional
Women
River City, Inc.*



BPW/RIVER CITY GOALS AND OBJECTIVES FOR 2010-2011 (List 3)

To help the BPW organization regroup and grow and to build our strong relationships with our corporate sponsors and our community.

EMPLOYMENT HISTORY (Employer, Dates, Position)

Lockett Holdings – 2007 – Present - Accounting Manager
Monroe Shine 1998 – 2006 – Accounting Manager
Eskew & Gresham 1987-1998 - Accounting Manager

CIVIC/VOLUNTEER ACTIVITIES:

BPW North Central Region - Treasurer
Girl Scouts
Dare to Care – Kids Café
Northside Christian Church Volunteer

HONORS, AWARDS, SPECIAL RECOGNITION:

Kentucky Colonel
IDP Representative – BPW Ky

OTHER ORGANIZATION MEMBERSHIPS:

Project Women-Spirit Team
Mint Jubilee Committee

PROFESSIONAL GOALS:

To learn something new each day

To be a value to my employer by providing support and being a happy, enjoyable person to work with.

Signature

Sara L. Hardin

Date :

3/30/10

BUSINESS AND PROFESSIONAL WOMEN/RIVER CITY, INC.

Business
And
Professional
Women
River City, Inc.

**2010-2011 NOMINATIONS RESUME FORM
(Please type)**

DEADLINE: February 5, 2010



NAME: Sue Woods

OFFICE DESIRED: Treasurer

ADDRESS: 1805 Sils Ave

PHONE: (O: 502-327-2505 (H:
(C: 502-643-5968

Email: Swoods@semonin.com

EMPLOYER: Semonin Realtors

EDUCATION: BA in English & French

BPW EXPERIENCE

Length of Membership: 4 years

Offices Held: ~~Membership~~, VP of Issues and Management, President

BPW Committees On in the Past: Membership Chairperson

BPW/RIVER CITY GOALS AND OBJECTIVES FOR 2010-2011 (List 3)

BUSINESS AND PROFESSIONAL WOMEN/RIVER CITY, INC.

Business
And
Professional
Women
River City, Inc.



EMPLOYMENT HISTORY (Employer, Dates, Position)

Realtor Since 2000. - Semon's Realtors
Assistant Controller 1984-1988
Bookkeeper 1988-2006 and in 2009

CIVIC/VOLUNTEER ACTIVITIES:

PTSA when my kids were in school - for 14 years
Volunteer at Gilda's Club since 7/08's volunteer at
my church (hospitality)

HONORS, AWARDS, SPECIAL RECOGNITION:

OTHER ORGANIZATION MEMBERSHIPS:

PROFESSIONAL GOALS:

Signature Sue Woods Date: 2/5/10



- Have a Voice in the business and decision making of the Kentucky Federation. Representation from each and every Local Organization is needed!
- Participate in the Town Hall meeting about transition issues affecting your local organization.
- Enjoy good food and good friends, while donating to KFBPW Foundation. Surprises are in store for all.
- Experience "Shoppertainment" first-hand as we visit the exhibit and vendor booths set up especially for us.
- KFBPW Awards Luncheon, honoring Local Organizations for their accomplishments over the past year. Make sure your Local is submitted for consideration!
- Be informed and inspired by seminar speaker Laura Emberton Owens.
- Support our new 2010-2011 State Officers as they are installed into office.

CONFERENCE REGISTRATION INFORMATION

Registration is required for any member attending any event scheduled as part of the State Conference. In an effort to control costs, KFBPW is asking members to wear your own local BPW name badge which will serve as your pass to conference activities. Blank name tags will also be available to registrants at the KFBPW registration desk.

Registration time shall be from 1 p.m. to 6 p.m. Friday and 8 a.m. to 4 p.m. Saturday. Credentials must be presented at the registration desk prior to 4:00 p.m. Friday, June 11, 2010, to establish a quorum. Registration for voting shall close at 10 a.m. on Saturday. All registered KFBPW members in good standing and who have paid their registration fee are eligible to vote in the business session. Guests are welcome to attend and speak, but cannot vote.

Early bird registration is available until May 1st. All registrations postmarked after May 31st must include a late fee of \$20.00.

PAYMENT MUST BE RECEIVED WITH REGISTRATION FORM TO QUALIFY FOR REGULAR AND EARLY REGISTRATION.

REFUND POLICY

Cancellations must be made in writing to: Sherrie Burgess, State Convention Contact Chair, 360 Cherokee Road, Lucas, KY 42156. For a full refund, cancellation requests MUST be postmarked no later than May 23, 2010. No refunds will be processed after May 23, 2010.

SUGGESTED ATTIRE

President Diane Croney-Turner is requesting everyone wear black and/or white business attire during the business sessions. The first business session will be Friday afternoon, continuing Saturday morning with completion on Saturday afternoon. For the awards luncheon and installation ceremony on Saturday afternoon President-Elect Janis Turner is also requesting black and/or white business attire.

HOTEL RESERVATIONS

Reservations will be processed in order of receipt. THE ROOMS WILL BE BLOCKED UNTIL MAY 10, 2010. Reservations beyond that date will be on a space and rate available basis. The room rate is

2010 STATE CONFERENCE

JUNE 11-12, 2010

REASONS TO ATTEND!!!

\$119.95 per room per night for single or double plus tax. Cottages are also available upon request. Rates DO NOT include the sales and occupancy tax. Reservations will need to be guaranteed with a credit card OR a first night deposit. Cancellation of reservations must be made by 6:00 p.m. date of arrival. Check in is 4:00 p.m. and check out is 12:00 noon.

Call the hotel directly at 800-325-0057 or 270-646-2151 to make your room reservations. TO BE SURE YOU GET THE CONFERENCE RATE, IDENTIFY YOUR AFFILIATION WITH KFBPW.

INTERIM BOARD CONFERENCE HOTEL

Barren River Lake State Resort Park is located at 1149 State Park Road, Lucas, KY 42156-9709; 15 miles southwest of Glasgow and 44 miles southeast of Bowling Green.

The lodge was built in 1972 and renovation of all lodge rooms was completed in 2007. All rooms have an outside entrance and a balcony. There are 49 rooms with 2 queen beds and 3 rooms with a single king bed.

All lodge rooms are complete with hair dryers, irons and ironing boards. Other amenities include: soap, shampoo, and coffee pots with John Conti Bluegrass Blend Coffee. The lodge offer free wireless internet access from lodge public areas, lodge rooms and meeting rooms.

LEADERSHIP, RED SOCKS & CAMELS...

Building from her own experiences and learning from others, Laura Emberton Owens helps audiences work toward success by turning everyday moments into meaningful lessons. She brings enthusiasm and credibility to presentations that strengthen organizations through enhanced leadership skills and personal success. Leaders are much like a red sock, rubbing off on others even when no one expects it. Whether through calculated strategies or unintentional actions, true leaders impact those around them. Her seminar - *Becoming the Red Sock in the Laundry Basket* - will teach us that leadership is a result of practice not position. It is the product of perfecting the critical elements of credibility: image, attitude, teamwork, communication.

Laura Emberton Owens has spent the last 30 years involved in workforce training, education, and government. Before founding Advancement Strategies, Laura served as the Secretary of Education for the commonwealth of Kentucky, and before that as Commissioner for Workforce Investment, a position responsible for the oversight of 2300 employees and a budget of nearly 1 billion dollars

Her commitment has been noted at both the state and national levels where she has received appointments from Governor Paul Patton and Governor Ernie Fletcher, as well as serving on a White House commission at the invitation of two presidents, President George W. Bush and President Barack Obama.

Prior to her current position, Laura served in a variety of other roles: teacher, writer, TV host, and an elected city official.

She has recently published a book: *Thank You for Blue Horses: Lessons I Have Learned from My Children* with a second book: *Becoming the Red Sock in the Laundry Basket: Simple Strategies to Everyday Leadership* due out this year.

Laura lives in Frankfort with her husband Donnic. She has two children and two brilliant grandchildren.

TENTATIVE AGENDA

88th ANNUAL STATE CONVENTION
Barren River State Resort Park, Lucas, KY
June 11-12 2010



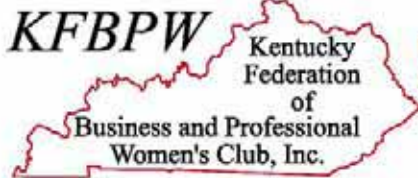
Friday, June 11, 2010

- 10:00 a.m. - 12:00 noon Executive Committee Meeting
- 10:00 a.m. - 12:00 noon Foundation Board of Trustees Meeting
- 1:00 p.m. - 6:00 p.m. Registration
- 3:00 p.m. - 4:45 p.m. Town Hall Meeting
- 5:00 p.m. - 6:45 p.m. BUSINESS SESSION #1
Proposed Bylaws and Policy Amendments
State Officer Nominations
- 7:00 p.m. - 7:45 p.m. Reception with Officers and Leadership Team
Exhibits
- 8:00 p.m. - 10:00 p.m. BPW/KY Foundation Event & Fundraiser
- 10:00 p.m. - 11:00 p.m. Incoming Officer Training

Saturday, June 12, 2010

- 7:00 a.m. - 8:00 a.m. Breakfast on Your Own
- 8:00 a.m. - 4:00 p.m. Registration
- 8:00 a.m. - 1:00 p.m. Exhibits
- 8:00 a.m. - 8:15 a.m. Candidates Forum (If necessary)
- 8:30 a.m. - 9:30 a.m. Seminar - Laura Emberton Owens, Owner Advancement Strategies, LLC
- 9:30 a.m. - 10:00 a.m. Book Signing
- 10:00 a.m. - 12:30 p.m. BUSINESS SESSION #2
Presentation of 2009-2010 Leadership Team
New Business
Announcements
- 12:00 noon - 1:00 p.m. Voting (If necessary)
- 1:00 p.m. - 4:00 p.m. Awards Luncheon & Installation of 2010-2011 KFBPW Officers

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



88th STATE CONFERENCE REGISTRATION FORM

Barren River State Resort Park ♦ Lucas, Kentucky ♦ June 11-12, 2010
 Please type or print; use one form for each registrant.

Name _____ Phone (____) _____

Address _____ City/State _____ Zip _____

E-mail _____ BPW Local _____

_____ First Time Attendee at State Conference _____ New Member

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

- | | |
|---------------------------------------|--|
| _____ BPW/KY Executive Committee | _____ 2009-10 Local Organization President |
| _____ BPW/KY Standing Committee Chair | _____ Other Board Member _____ |
| _____ Committee: _____ | _____ Past State President & Year Served _____ |
| _____ Regional Director | _____ Member _____ |
| _____ Assistant Regional Director | _____ Guest _____ |

Registration Packages: NO REFUNDS WILL BE PROCESSED AFTER MAY 23, 2010

	Postmarked on or before May 1, 2010	Postmarked on or before May 15, 2010	Postmarked after May 31, 2010
Full Conference Package (Includes: Friday afternoon Town Hall Meeting, All Business Sessions, Reception, Friday Evening Foundation Event, Officer Training; Saturday Seminar, and Saturday Afternoon Award Luncheon and Installation of the 2010-2011 State Officers)	\$115.00	\$130.00	\$150.00
Saturday-Only Conference Package (Includes: Saturday Morning Seminar, 2 nd Business Session, and Saturday Afternoon Awards Luncheon and Installation of the 2010-2011 State Officers)	\$ 80.00	\$ 95.00	\$110.00
Registration Only – NO MEALS (includes: All Business Sessions, Friday afternoon Seminar; Friday Evening Foundation Fundraiser (no meal); Officer Training; Saturday Awards Presentation (no Lunch); and Installation of the 2010-2011 State Officers)	\$ 60.00	\$75.00	\$95.00

**Payment MUST be received with registration form.
 If not received, late payment will be accessed.**

Additional Guest Meals:

- | | |
|---------------------------|----------------|
| Friday Foundation Auction | \$35.00 |
| Saturday Award Luncheon | \$35.00 |

Total Enclosed: _____

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

I will be attending:

Friday Events

- _____ Town Hall Meeting
- _____ Reception with Leadership Team
- _____ Friday Foundation Fundraiser
- _____ Officer Training (Everyone Welcome)

Business Session

- _____ Friday _____ Saturday

Saturday Events

- _____ Saturday Seminar
- _____ Saturday Awards Luncheon
- _____ Saturday Installation Ceremony

Mail completed registration form and payment (*keep a copy for your records*) promptly by **May 31, 2010** to:
Sherrie Burgess, Contact Chair, 360 Cherokee Road, Lucas, KY 42156. Make check payable to KFBPW
Questions? Call Sherrie at (270)646-3598 or email her at sburgess@scrtc.com

Make Hotel Reservation directly with **Barren River State Park, 1149 State Park Road, Lucas, KY 42156-9709**
 Telephone -800-325-0057 or 270-646-2151. **Room Rates \$119.95 - Lodge Rooms (38) (Single/Double); \$199.95 - Lodge Vicinity Cottages (7); \$229.53 - Beach Front Cottages (2); and \$244.95 - Beachview Cottages (3).**
Identify your affiliation with KFBPW for group rates Room Block will be available until **May 10, 2010.**