

Fort Harrod BPW Newsletter

July 2008

July 15, 2008

Volume 1, Issue 2

Message from the President

We did not have a quorum at last month's meeting so unfortunately we were not able to vote on a couple of important issues: 2008-2009 budget and the scholarship fundraiser. We need everyone who possibly can to attend the meeting this month so we can finalize these two items.

I urge you to set aside one evening each month for our club meetings. BPW give us all an opportunity to network, learn something new, and to be involved with a very worthwhile organization.

Summer is a very busy time for everyone—it certainly is for me. As women we often get bombarded with extra responsi-

bilities and it is important that we take time out for ourselves. The stress of our everyday life gets overwhelming at times so we must all find ways to relieve the stress. Setting priorities, making lots of lists and focusing on the task at hand helps me more than anything. I encourage you to find what works for you to relieve stress and put it into action to help relieve summertime stress.

Hopefully BPW is somewhere on your list of priorities and I hope to see you at our meeting this month!

Trish Claunch, Pres.



Inside this issue:

Election Results	2
Women's Health	2
Legislative News	2
Pledge Letter	3
Upcoming Meetings	4

July Club Meeting

Our club meeting will be on **Monday, July 28th** at 6:00 p.m. at Cloud's Family Restaurant in the back private room.

Emily Steer from the Mercer County Health Department was rescheduled as our guest

speaker for this month. Emily will speak on the new programs available at our local Health Department.

I encourage you to be there and to invite a guest. This is a great opportunity for us to network



Mark Your Calendars

with other women, be educated on health issues that effect us all and allows us to show women in our community that BPW has a lot to offer.

Did you know

- During Governor Beshear's first 100 days in office, he appointed 268 women to boards and commissions and only 62 men to promote gender equality.
- The Governor also moved the Commission on Women into the Capitol for their first time in Kentucky history.

Election Results from BPW/USA

Nearly 13% of BPW members across the nation voted for the BPW/USA Leadership Team.

The leaders who will serve during the 2008-2009 year are:

President: Diane M. Polangin

Vice President: Susan Parsons Reed

Secretary: Sandi M. Haase

Treasurer: Tina L. Garner

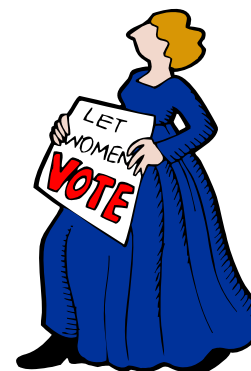
Representatives for our area (Area 6) are:

Donna Hopkins (3-year term)

Teresa Estep (2-year term)

Beth Bates (1-year term)

Thanks to all of you who participated in the election process.



Women's Health

BPW USA has joined forces with the American Heart Association to raise awareness that heart disease is the # 1 killer of women. You are encouraged to “learn how you can lead a heart-healthy lifestyle—and encourage others to do the same—through your personal, professional and political actions.”

Check out their website at www.goredforwomen.org to find questions to ask your doctor, heart-healthy recipes, a free 12-week physical activity program, featured news and much more.

Join BPW members across the country in the Choose to Move Challenge.



CHOOSE TO MOVE®

Legislative News

According to the Kentucky Commission on Women, the following bills affecting KY women were passed during the 2008 session:

SB 96—Relating to health insurance coverage for colorectal cancer screenings.

SB 98—Relating to the treatment of breast and cervical cancer in Kentucky and declaring an emergency. This bill will expand Medicaid coverage to offer benefits to uninsured women who are under age 65.

SB 151—Relating to victims of sexual offenses. Prohibit law enforcement officers or a state prosecutor from requiring a victim of a sexual offense to submit to a polygraph examination as a condition precedent to the investigation or prosecution of an alleged sexual offense.

HB 211—Amend the punishments for crimes relating to sexual abuse.

HB 316—Require basic health benefit plans to include mammograms.

HB 415—Establish a colon cancer screening program within the Department for Public Health to provide screening services to uninsured individuals age 50 to 64 and others at high risk.

*Fort Harrod BPW
P.O. Box 32
Harrodsburg, KY 40330*

July 15, 2008

Dear Members,

Our proposed budget for the new year reflects \$1,000.00 in pledge income. Your pledge is a tax deductible contribution which replaces the many time consuming fundraisers members have done in the past such as fair booth raffle, spring and fall salad luncheons, selling pecans, wrapping paper, etc. This payment is the main resource the club has to meet its financial obligations.

Attached is a pledge card which can be returned to the address above or brought to this month's meeting. I will maintain this information for each member to always have easy access to the amount they have pledged for the year and where they currently stand in their payment.

If you have any questions, please feel free to contact me at work (734-2880) or at home/cell (734-4767).

Sincerely,
Ann F. Evans
2008-2009 Treasurer

FORT HARROD BPW PLEDGE CARD 2008 – 2009

Please complete this tax deductible pledge card and return to Ft. Harrod BPW, P.O. Box 32, Harrodsburg

PLEDGE AMOUNT \$ _____ to be remitted:

Annually with date of payment being _____

Semi-annually with the 1st payment on _____ and the balance to be paid on _____

Quarterly to be paid on these dates: 1st _____ 2nd _____ 3rd _____ 4th _____

Signature: _____ Date _____

Do you have an upcoming event or something you would like to communicate to your fellow BPW members? If so let me know and I would be glad to put it in the newsletter.

Trish



**Business and
Professional
Women/KY**

Upcoming Meetings

Executive Board

(Held at Cousin's Restaurant @ 1pm)

August 14
September 11
October 9
November 13
December 11

Club Meetings

(Held at Cloud's Family Restaurant @ 6pm)

August 25
September 22
October 27
November 24
December 22





BUILDING POWERFUL WOMEN

PROFESSIONALLY • POLITICALLY • PERSONALLY



Business and
Professional
Women / KY

Fort Harrod BPW
Trish Claunch, President
1090 Industry Road
Harrodsburg, KY 40330