



The Franklin BPW News

Let Yourself "GROW" with BPW



Volume 1, Issue 10

Business and Professional Women
The VOICE OF WORKING WOMEN

FEBRUARY 2009

2008-09 BPW Leadership Team

President – Sharon Taylor

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Pres. Elect – Amy Ellis

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Vice Pres.- Joyce Montgomery

montgomery_joyce@hotmail.com

Secretary – Debbie Johnson

debwbrown@aol.com

Executive Assistant. Cathy Hughes

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Treasurer – Pam Womack

pamelab.womack@ky.gov

Parliamentarian – Katherine McCutchen

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Immed. Past Pres. – Suzanne Forshee

suzanne_forshee@comcast.net

Franklin BPW
P.O. Box 155
Franklin, KY
42135



For Everyone with a
FEBRUARY Birthday:

Happy Birthday to you,
Happy Birthday to you,
13 Cathy Hughes
27 Alice Bailey
28 Alison Cummings

Happy Birthday to you!



Message from the President:

Hello members, A short 10 months ago The Leadership team you see listed to the left were installed . As the time quickly comes to an end please reflect over the past months and recall the great things that the Franklin BPW has accomplished.

We are joining in celebrating the US History being made with the election of the 44th President Barack Obama and we see that Yes, change can happen with the support and the dedication of the members .

The nominating committee will be selected at the Feb. Meeting . In March they will come back with a slate of officers for the next year. If you would like to step forward and take a leadership role in the Franklin BPW please contact one of the officers or someone on the nominating committee. Elections will be held in April at our annual meeting and the new officers will be installed in May.

I thank you all, for the support and the guidance you have given me to make this year a great one.

I hope to see you all at the next meeting Monday the 16th (President's Day)

Have a great month, Sharon



Monday, February 16th

“Foundation Month”

at the Blewett-Bradley Building

\$7.00 per person Dinner at 6:30

Program at 7:00

Business Meeting at 7:30

PLEASE RSVP to Cathy by the 13th



February 2009



Vote for BPW/USA

The BPW/USA Finance Committee encourages all members to support the Vote for BPW/USA's Future Resolution by making a monetary contribution to the Challenge Grant. In honor of our **90th Anniversary in 2009**, you can help support BPW/USA by making a contribution of **\$20.09**.

By meeting the Challenge Grant of \$100,000, BPW/USA will be in a much better position to approach and secure additional funding from other Foundations, organizations and corporations. Support BPW/USA, secure the future of our organization and honor the 90th Anniversary of the leading advocate for working women...BPW/USA!

[Donations can be made online](#) or by sending your check to BPW/USA, 1620 Eye Street, N.W., Suite 210, Washington, DC 2006. Watch the monetary thermometer increase and your name scroll across a [webpage](#)... make your contribution today!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Mark Your Calendar

February	10	2009 Lobby Day in Frankfort
February	16	Monthly Meeting
February	19	Reality Store at FSMS
March	7	FES Mothers Breakfast
March	31	BPWUSA Policy & Action in DC
April	18	2009 South/SouthEast Region Meeting
June	5-6	2009 KY State Convention in Louisville
November	13-14	2009 KY Interim Board Meeting



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 Located across from
 Dunn's BBQ

Michelle Obama



NAME _Michelle LaVaughn Robinson Obama.

AGE-BIRTH DATE-LOCATION — 45; Jan. 17, 1964 in Chicago.

EXPERIENCE — Executive vice president for community and external affairs, University of Chicago Hospitals, 2005-2008; Executive director for community affairs, University of Chicago Hospitals, 2002-2005; Associate dean of student services, University of Chicago, 1996-2002; founding Executive director, Public Allies Chicago, 1993-1996; Assistant commissioner of planning and development, city of Chicago, 1992-1993; Assistant to the mayor, City of Chicago, 1991-1992; Associate attorney, Sidley & Austin, 1988-1991.

EDUCATION — Princeton University, BA degree, sociology, 1985; Harvard University, Doctor of Law, 1988.

FAMILY — Husband, President Barack Obama; daughters Malia and Sasha.

QUOTE — "Deep down inside, I'm still that little girl who grew up on the South Side of Chicago."

February is FOUNDATION MONTH

Established in 1956, Business and Professional Women's (BPW) Foundation became the *first* foundation dedicated to conducting research and providing information solely about workingwomen.

Today, BPW Foundation is transforming workplaces by focusing on issues that impact workingwomen, families and employers.

BPW Foundation mission: to empower workingwomen to achieve their full potential and to partner with employers to build successful workplaces.

As neutral conveners, BPW Foundation launched its Successful Workplaces Movement while engaging women, employers and policy makers, to inspire collaboration, create systemic change and expand options for more equitable and flexible workplaces.

****BRING "2" White Elephant Items for a Silent Auction that will be held at the February BPW meeting. All proceeds will be donated evenly to the BPWUSA and BPWKY Foundation**

Make a Difference by Donating to BPW Foundation

When you support Business and Professional Women's (BPW) Foundation, you support a powerful research initiative and education institution that seeks to empower women to reach their full potential and works with employers to create successful workplaces.

Your tax-deductible contributions help BPW Foundation develop research, resources and programming on issues affecting women in the workplace and provide financial assistance for women to further their education.

Visit www.bpwusa.org
Make your foundation donation today.

Today I did a bit of research on heart disease and women. I found an estimated 44 million American women live with or are at risk of heart disease, but too many are unaware of the threat they face. The following illustrates some of the facts found and an urgent need for greater awareness of heart disease in women and for immediate efforts to eliminate the disparities in women's heart care.

Heart disease is the #1 killer of American women.

Nearly one-third (27.2 percent) of all female deaths each year are from heart disease.

Of the 500,000 annual deaths from cardiovascular disease, 267,000 women die from heart attacks—six times as many women as will die from breast cancer.

The rate of sudden cardiac death in women in their 30s and 40s is increasing much faster than in men the same age—rising 30 percent in the last decade.

The majority of Americans that die from congestive heart failure are women—more than 30,000 each year.

Heart disease is more common than you think.

An estimated eight million American women currently live with heart disease, including 10 percent of women aged 45 to 65, and 25 percent of women over 65.

Nearly half a million women have heart attacks each year.

Heart disease is more likely to strike—and kill—more American women than men.

Within one year of a heart attack, 38 percent of women will die compared to 25 percent of men. Of those who survive, 35 percent of women will have a second heart attack compared to 18 percent of men.

Heart disease is more deadly for minorities and other women at risk.

Women who are minorities, have diabetes, are overweight, smoke, have high blood pressure or high cholesterol are all at greater risk of heart disease.

For African American women, the age-adjusted rate of heart disease is 72 percent higher than for white women.

A majority of Hispanic women over 20 years old have borderline high or high cholesterol levels.

American Indian women are 1.4 times more likely to be obese.

Women with diabetes are two-to-three times more likely to have heart attacks.

Women who smoke have heart attacks nearly 20 years earlier than non-smoking women.

Heart disease is more likely to be treated accurately in men than women.

A study published in the May 2008 issue of the journal *Heart* showed that among heart patients, women were less likely than men to receive medications called beta blockers, statins and ACE inhibitors—which are crucial to prevent further heart problems.

Women are also less like to receive ICDs (an implanted device that helps to control irregular heartbeats) or even aspirin, following a heart health event.

Heart disease is preventable.

Many women can significantly reduce their risk of heart disease if they have the information they need, know the questions to ask their health providers and receive the support to make heart-smart changes in their lives.

Decide today to take this issue to heart and see your health care provider for more information.

What's Happening?



How many times are you registered for the FREE Membership Drawing?

All you have to do is the following:

- **Attend the local Monthly Meeting
- **Wear your name tag (BPW or Work)
- **Wear your BPW membership Pin
- **Recruit a new member
- **Donate \$10.00 to the BPW USA Foundation
- **Donate \$10.00 to the BPW KY Foundation
- **Attend the Interim Board Meeting in November
- **Attend the South/SouthEast Region Meeting in the Spring



Each time you do one of the items listed above, your name will be added to the drawing, which will be held at the May installation. The more times your name goes in, the more chances you have to win a FREE membership(\$80.00 value).

Change in Choices Scheduling

The Choices classes have been rescheduled to Tuesdays instead of Thursdays due to student conflicts with games, cheerleading, etc.

If this does not work for you please call me at 586-6394 or call Sharon at 586-0099.

If anyone else would like to help with choices instruction please let us know.

Thank you for your participation in the Choices Program.

Alice Bailey

CHOICES CLASSES:

- Tues 2-3 12-Janet Eve
- Tues 2-10 5- Brenita McCutchen
- Tues 2- 17 11- Katherine McCutchen
- Tues 2-24 Pizza Party

& Presentations

BRING "8" GOODIES

FOR THE CHOICES PROGRAM TO THE FEB. 16th MEETING

We will make goodie bags for the girls in the Choices program. Please bring 8 items to put in the bags for the girls. You can bring anything that you think a middle school girl would like.

Examples: Candy, lotion, notebooks, pencils, pens, makeup, nail polish, snacks, treats, etc. If you have goodies to donate and you can not attend the Meeting, please contact Alice Bailey 586-6394

Additional ways to add your name into the membership drawing for February:

Bring a friend to the meeting

Wear Red to the meeting

Bring your 2 items for the silent auction

MEMBERSHIP INFORMATION: If you have not received your National membership renewal form, you can send it to the Franklin BPW, P.O. Box 155, Franklin, KY 42135 and the Treasurer will forward your payment to National or you can go online to renew with a credit or debit card.

Renewals: Leslie Sanders, Laura Smith

January- Alma Gentry February -0- March-Amy Ellis

As of February 1st 2009 our membership total was 43 members.



LEGISLATIVE ISSUES



U.S. President Barack Obama shakes hands with Lilly Ledbetter before signing the "Lilly Ledbetter Fair Pay Act on January 29, 2009.

The first piece of real legislation Barack Obama signed as the 44th President of the United States helps ensure that workers discriminated on the basis of gender have a fair chance to sue their employers. The Lilly Ledbetter Fair Pay Act is named after a woman who was paid less than her male co-workers at an Alabama tire factory. Ledbetter did not set out to be an activist; she did not even involve herself in politics much. But after the Supreme Court ruled against her, she decided it was time to start.

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