



NEXT MEETING

February 12, 2013 at
Country Club of Paducah
6500 Turnberry Drive
Paducah, KY 42001

11:30 Networking
12:00-1:00 Meeting

Newsletter Editor:

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Kentucky Federation of
Business & Professional Women:
www.bpw-ky.org

2012-2013 Leadership Team

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Check us out on Facebook!!!

Paducah-River City BPW

Women Transforming Women into Leaders

KY First Lady Promotes Violence Shelter Benefit

Kentucky's first lady is promoting a domestic violence shelter benefit set to take place in February. The 5th annual "Shop & Share" day is scheduled for Feb. 2 at Kroger and Food City stores in Kentucky. Beshear says the one-day event allows shoppers to purchase necessities for shelters and donate them in the store.



Last year, the combined goods and monetary donations for Shop & Share day were estimated at more than \$782,000. Beshear says this year's goal is to collect more than \$1 million in combined donations. Volunteers will be on hand with lists of items that shelters need such as school supplies, toilet paper and soap. Monetary donations will also be accepted.

Contributions will be given to the 15 Kentucky Domestic Violence Association shelters across the state. The Merryman House is one of the shelters that will receive a contribution from this benefit.

The Merryman House

A check for \$1,357.50 was presented to Mary Foley, Executive Director of Merryman House. Mary also was the program speaker and presented on why they do what they do. In her presentation, Mary explained that many of the adults and children have grown weary and need encouragement to finish the race. At the Merryman House, the staff provides safe environment so those ladies and children that enables to finish the race.

Club members made in-kind donations from MHDCC's "Wish List" at the meeting. Tonya Ladd was able to make a significant in-kind donation of linens and kitchen items from the Residence Inn by Marriott. Merryman House has an account at the Goodwill Store so next time you donate items ask Goodwill to apply your donation toward the Merryman House account.



If you would get involved, monetary and in-kind donations of goods and services are always welcomed and are vital to the success of our program. Please contact the Mary Foley at 1-800-585-2686, 270-443-6001, or merrymanhouse@hcis.net to learn more about the Merryman House or visit their Website at www.merrymanhouse.org.

Congratulations to Mariah Hamby, RN!!

Mariah passed her NCLEX-RN December 29, 2012, and will be working in the Nursery/NICU at Western Baptist Hospital.

2012 STEM Update from Cindy Ragland

Cindy will be presenting BPW with a Certificate of Appreciation from the 2012 STEM for Girls Collaboration. There were 200 attendees, 127 being students. It is such a great example of collaboration, with so many different local groups coming together for a great cause. Cindy stated, "It is wonderful that our local Business and Professional Women's group is supportive of the education of young students and we proudly display our logo on the flyers." Also, Cindy wanted to thank Rayla Bridges and the board for agreeing to support the 2012 STEM Project and hopes that we can continue to support the STEM Project in 2013. Please contact Cindy Ragland at CindyB.Ragland@ky.gov for more information.

College scholarships available for women

The Bluegrass Alliance for Women is now taking applications for the BAW Legacy of Leadership Scholarship and the BAW Lifelong Learning Scholarship funded by AARP. Female residents living in one of the Bluegrass Area Development District counties are eligible to apply. These counties are Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, and Woodford.



Both scholarships are open to women who will be attending a two-year or four-year colleges as a full-time student or as a part-time student carrying at least nine credit hours. Two Legacy of Leadership scholarships, each for \$500, will be awarded, one for a traditional student and one for a non-traditional student. The Lifelong Learning Scholarship funded by AARP, also \$500, is for women who will be 50 or over in 2013.

Application information and forms are available on the BAW website: www.bluegrassallianceforwomen.com or by e-mailing Maria Bush, lady412@aol.com.

The 2013 Legacy Award Luncheon will be held March 19 at the Clarion Hotel in Lexington. Scholarship winners as well recipients of Impact Awards and the Legacy Award will be introduced.

Kentuckywomen List is a listserv moderated by the Kentucky Commission on Women. The purpose of this list is to provide information to and create a network between women throughout the Commonwealth.

News Submitted by Members

Announcements:

Aspiring Professional Program is NOW TAKING APPLICATIONS! Please consider applying or someone you work with or go to church with. It's a great way for young professionals to develop speaking skills, network with other business women, add to their resume and there are prizes for the winners. Application packets have been emailed out to you or contact Amy Glasgow, Wells Fargo Advisors amy.glasgow@wellsfargoadvisors.com for information. **Deadline is January 31, 2013.** Please see the flyer on page nine of the newsletter.



Looking for a way to Grow your Business in 2013? Come visit Business Networking's 4 Rivers Chapter. It is a group of professionals, who meet every week to see how they can help each member share business, pass referrals and facilitate introductions. It is a very effective and driven group.

You are cordially invited to the **BNI Four River's Referrals Chapter** at the Heartland Worship Center located at 4777 Alben Barkley Drive in Paducah, KY on **Tuesday, January 29, 2013 from 7:00 am to 9:00 am.** We are going to select a professional in banking to pass referrals. Please come to this event as we will choose our best candidate only from those in attendance. If you feel that you would be a good candidate for this position, then we hope you will take advantage of the opportunity. If you have any questions, please contact Trina Vaughn 270-933-7099.

If you own a business or are in sales, and would like a way to generate referrals and word of mouth business. Please visit, **4 Rivers Business Networking, Tuesdays from 7:15am-8:45am at Heartland Worship Center** (activities building). RSVP amymglasgow@gmail.com.

Lock out your competition, (only 1 person from each professional allowed to build loyalty in referrals)

News Submitted by Members

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Announcements:

2013-2014 State Officer Nomination, deadline is Feb. 15, 2013. Information on offices may be found on the KFBPW website at www.bpw-ky.org. Before submitting, please obtain and enclose the following with your form: Paducah-River City BPW endorsement signed by President and Secretary, a letter stating your willingness to serve and publicly support the KFBPW legislative platforms (also found at www.bpw-ky.org), and a wallet size photograph of yourself. *The nomination form for interested members is on the eighth page of the newsletter.*

Desserts First

Saturday, February 2 from 6-8pm at Paducah-McCracken County Convention Center

Desserts First is Paducah's premier networking event for adults. Chefs from Paducah restaurants create original desserts and hors d'oeuvres using the well-known Girl Scout Cookie varieties as the key ingredients and present them for tasting. This signature event is open to the public at large and will create an opportunity in which guests may network and enjoy an evening with friends, while sampling delicious, one-of-a-kind desserts created for this event. The evening will also include silent auction tables, a judging crowning the best desserts of the event, and many more surprises! BPW's own Meagan Musselman will be a speaker at the event.

All funds raised from this event will benefit Girl Scouts of Kentuckiana, which serves over 20,000 girls and 6,500 adult members in 64 counties in central and western Kentucky and southern Indiana.

Sponsored by: Girl Scouts of Kentuckiana
Who should attend: Adults
Event Cost: Reservation per person \$30
Table of 8 \$300



Register online at:

<https://www.gskentuckiana.org/Events/Event-Details/ID/2460/begin/2-2-2013/Desserts-First-Paducah-2013.aspx>

News Submitted by Members

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JOBS:

Edward and Meagan Musselman just purchased the Coca-Cola building and are looking for interested professionals who would like to **purchase or lease space**. Contact Meagan for more information at meagan_musselman@yahoo.com

Join my team and earn back the money for your starter kit! Mariah Hamby, **Uppercase living** Senior Director, 2707042578 or Mariah.uppercaseliving.net
Uppercase living: order \$70 and receive an item for \$35 or less FREE
Spend \$100 and get an item \$65 or less FREE!
ACE diet pills for \$55 (two month supply) contact Mariah Hamby to order

Easter Seals West Kentucky is now hiring a **Director of Nursing for the Prescribed Pediatric Extended Care Program**, an innovative program offering child development services for medically-fragile children. The Director of Nursing will oversee the day-to-day operations of the PPEC program within the financial budget. The DON will also organize and implement in-services education for the staff and ensure all state and administrative regulations are met. The Director Nursing will also work closely with the Medical Director in determining patient eligibility and admission to PPEC and coordinate plan of care meetings. Minimum requirements for the position include a registered nurse with a current license in the Commonwealth of Kentucky and two (2) years nursing experience of which six (6) months have been in pediatric intensive care or neonatal intensive care setting during the previous five months. As these criteria are part of the program regulations , only currently licensed registered nurses meeting the nursing experience criteria will be considered for the position. Budgeting, fiscal management and supervisory experience are preferred.

To apply for the position, resumes should be sent to:

Lori Devine, Vice President of Human Resources
Easter Seals West Kentucky
801 North 23rd Street
Paducah, KY 42001

Our club is a member of the Paducah Area Chamber of Commerce. If you would like to receive the Chamber's email communications, please contact Rayla to have your email address added to the distribution list:
rayla@horizonmediagroup.com.

News Submitted by Members

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JOBS:

Horizon Media Group seeks a **Custom Website Designer**. 3-5 years experience in the design of custom website, fluent in Drupal, PHP, Adobe CS5 products. Photography experience a plus. (Please note that HMG websites are custom; we do not use templates.) Contact: john@horizonmediagroup.net

EVENTS:

Bristol's Bridal Expo, January 26, 2013 from 10:00am - 4:00pm at the Carroll Convention Center, Paducah, Kentucky.

Lourdes Foundation's Mardi Gras & All That Jazz fundraiser is coming up on **Fat Tuesday, February 12**. Tickets for Mardi Gras are \$50 each or \$800 for reserved tables of ten. Corporate sponsorships are available for \$2,000 or \$1,000, with the added benefit of reserved seating and special gifts. To arrange a sponsorship or purchase tickets, call Lourdes Foundation at (270) 444-2205 or visit www.eLourdes.com. Our own, Oma Farmer will be participating as a vendor for Dove Chocolate Discoveries.



West Region Meeting, The West Regional meeting will be held **Saturday, April 20**, in Madisonville. The Hopkins County Club is securing the venue and caterers. As soon as this information is released, Susan Campbell, Director West Region BPW, will pass along the information.

Find more events at ilistpaducah.com!

Career Boosters...

Thursday, January 17 from 5:30-6:30

More information on page six of the newsletter



CareerBoosters

January 17, 2013

The BPW "CareerBoosters" Series Event is targeted towards working professional women in the region and is a blend of business networking and a presentation of professional development information.

WHAT: De-stressing after the Holidays

WHEN: Thursday, January 17, 5:30 – 6:30 p.m.

WHERE: bbQ&More; 321 Broadway

WHY: Because we all need to rejuvenate

Professional Development Speakers:

Carrie Gottschalk Singler, The Legacy – Techniques to use throughout the day

Laura Duff, A Pampered Palate – Keeping our bodies healthy

Vendors: bbQ&More and Laura Duff

RSVP to Gina Leeper at 270-415-7785 or gina.leeper@bhsi.com



**KFBPW NOMINATION FORM
2013-2014 STATE OFFICE
Deadline: Feb. 15, 2013**

**Return to: Brenda Richards, State Nomination Chair
P.O. Box 4146, Midway, KY 40347
br6555@att.com**

NAME _____

PHONE _____

FAX _____

E-MAIL _____

ADDRESS _____

LOCAL ORGANIZATION _____

OFFICE SOUGHT _____

BUSINESS & PROFESSIONAL WOMEN EXPERIENCE

State Level _____

Regional Level _____

Local Level _____

Education _____

Career Experience _____

Community Activities _____

Achievements/Awards _____

Use a separate sheet where necessary.

Please attach the following:

- Local organization endorsement of nominee signed by local organization president and secretary.
- Nominee's letter stating willingness to serve and public support of the Kentucky Federation legislative platforms.
- Wallet size photograph of the nominee.



Aspiring Professionals

Our Paducah River City Business & Professional Women's organization will be promoting a program in coalition with KY State BPW. The program is called "Aspiring Professionals". Aspiring Professionals is a program designed to develop, mentor and promote professionals in our community. To compete in the Aspiring Professional program, individuals do not need to be members of the Paducah River City Business & Professional Women's organization. **Members and non-members can all apply.** An Aspiring Professional candidate benefits from opportunities in networking, visibility, personal and professional development, awareness of the issues of concern to working women and educational programs. The process includes a short application-bio, a group interview, and a 4 minute presentation. The candidates will compete at the local level in Paducah and the winner will have the opportunity to compete at the regional level and that winner goes to the state competition. The program provides young women ages 18-41 who have been in their field for one year the opportunity to develop a four-minute presentation on one of five topics.

What is the value for young women and men to learn about women's history today when we have so many competing topics in history considered important for students to know?

- Work-life balance continues to be a prominent issue for women now. Why do you feel this is so and why should business, government, and society promote/improve the situation?
- What is the value for young women and men to learn about women's history today when we have so many competing topics in history considered important for students to know?
- What effect do you believe a female US President would have on the future of women and men worldwide?
- Legislative Issues – Why should we be concerned about women's rights and the women's rights movement now that men and women have equal rights in 2012?
- B&PW – How is the organization of Business and Professional Women relevant to the lives of women today?

BPW members will be able to support the candidates through an orientation to BPW, mentoring and assisting in a professional development seminar and networking. Applications will be accepted until January 31, 2013. Local competition will be held in March 2013. Applications and more details can be obtained from Amy Glasgow at amy.glasgow@wellsfargoadvisors.com Prizes will be awarded including a one-year membership to Paducah River City Business & Professional Women and more.