



The Shelbyville BPW Cardinal News

February—March 2008

Shelbyville BPW was chartered in 1949

BPW/USA was founded on July 15th 1919

BPW fosters the success of workingwomen by providing career advancement resources, worklife strategies along with personal and professional connections.

March Meeting—Find the Star Within Yourself Professional Public Speaker Joe Vary, CEO and Founder of J. Vary & Associates LLC

Joe Vary, the Star Finder, is the CEO and founder of J. Vary & Associates, LLC (JVA). JVA provides different modalities to find the star in their clients. JVA offers several workshops and seminars for personal and professional improvement. JVA also produced a conference on Presentation Skills and Ms. Vary is the co-author of *Becoming the Professional Woman* and will have copies of her book available for sale.

Please join us for this special meeting held at Kentucky Farm Bureau, 6:30pm Monday March 10th. Arrive at 6pm to mix with other members and guests before the meeting begins.

THE FEBRUARY MEETING WAS CANCELLED DUE TO INCLEMENT WEATHER

2007-2008 Officers

Mary Jo Newton, President

Beth Kovacs, Vice President

Erin Riggsby, Treasurer

Cindy Burkett, Secretary



Susan Mechler

Correction—The speakers at the January meeting were Elizabeth McKinley presenting information on the new Drug Court and Attorney Susan Meschler about the importance of CASA—Court Appointed Special Advocates.



M. J. Newton with Elizabeth McKinley

Celebrate Foundation Month!

This year BPW Foundation released a briefing paper identifying the issues women vets face in making the transition to the civilian workplace and hosted a luncheon at Policy and Action, "Taking it Home", featuring a lively discussion on how BPW/USA members can use this research to help women vets back home. Your gift to BPW Foundation will enable us to take our work to the next level, for the women who have served their country so valiantly.

Giving is as easy as 1-2-3!

1. Donate online at <http://www.bpwusa.org/i4a/pages/index.cfm?pageid=3712>
2. Find a match. Check if your employer matches gifts to organizations like the BPW Foundation or ask friends or colleagues to join you in empowering women to succeed in the workplace.
3. Create a legacy—contact Peggy Morrison-Curtis, Development Director, at pcu-tis@bpwfoundationn.org for information on different types of planned giving.

Advertise in the BPW State Publication The Kentucky Cardinal

Only \$35 for a business card size, \$60 for 1/4 page, \$85 for 1/2 page, and \$150 for a full page ad. To plan your ad or request additional information, contact Denise Coon at 502.777.2099 or enterprise.eclectic@yahoo.com



Because I am a woman, I make unusual efforts to succeed. If I fail, no one will say "She doesn't have what it takes", they will say, "Women don't have what it takes". ~ Clare Booth Luce

March 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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30	31					

HAPPY BIRTHDAY!!

- Cindy Burkett—Mar 12
- Cecilia Piccini—Mar 23
- Lawren Just—Mar 28
- Debbie Martin—Apr 4
- Tonya Lancaster—Apr 8
- Kathy Miracle—Apr 15

News from BPW/USA Headquarters

The following is from BPW/USA Headquarter News sent on February 25th

BPW/USA encourages all members to update personal information. We receive a large volume of returned mail from the US Postal Service because of insufficient addresses for our members. You can easily update your address online in three steps:

1. Log in to the BPW/USA Member Center
2. Click on your Member Profile Name
3. Click on the Edit button

GIVE THE GIFT OF FRIENDSHIP A prototype of our new Friends gift cards was shared at Policy & Action Conference. They will be ready to order in the next few weeks. A Friends of BPW/USA e-subscription costs less than taking them to lunch!

Friends of BPW/USA is a unique way to introduce today's workingwomen to BPW/USA. This electronic subscription is designed to keep women abreast of critical issues for only \$19.95/year.

For more information please visit www.businesswomanmagazine.org

Friday, February 1st was **National Wear Red Day** and Shelbyville BPW invited the public to a Heart Healthy Lunch Buffet hosted at Shelby Fit For Life. The program is designed to support heart healthy lifestyles. Participants were asked to wear red and a free chair massage was given to every woman who did! The massage was compliments of BPW Member Nancy Barnett, LMT. Peggy Tschauner did an excellent job pulling this together with the help of other BPW Volunteers. There were about 45 women in attendance and together they raised over \$200. Thanks to everyone who helped make this event a **huge success!**



North Region Spring Meeting

It's time again to start planning to attend the BPW/KY North Region meeting. If you haven't ever attended one, now would be a great time to start.

Here are some of the benefits of attending:

- Learn about BPW as an organization beyond local meetings and events
- Increase Networking contacts
- Support BPW Shelbyville's Young Careerist candidate, as

well as the YC and Individual Development Programs in general

- Visit a new city
- Meet other BPW members from the North Region
- Professional Development opportunities
- Get a sneak peek of the Kentucky State Conference and the President Elect's plans for the coming year
- Enjoy good food and good company

- Renewed commitment to improve yourself
- Get inspired by other women that are making a difference

Date: March 15th

Time: 9:00—2:00pm

Location: Springfield Opera House

Click here for the list of state events and download/print the registration form for the North Region Spring Meeting:
<http://www.bpw-ky.org/events.shtml>

For more information call 502.231.1096 or 502.321.2800

Check us out on the Web:
WWW.BPWUSA.ORG
WWW.BPW-KY.ORG

