

*Somerset Business &
Professional Women*
THE MONTHLY SCOOP



BPW Sisters,

Fall is definitely here! The weather has sure turned much cooler!! That means we are getting close to our BIG fundraiser for our club. I hope everyone is getting the word out about our auction/supper coming up in November. We need everyone's help in gathering items, food, and people to come and buy!!

Our club has a goal now of having at least 30 members on the books by the end of April. We need your help to reach this. Invite co-workers, family, friends, any lady you think may be a great addition to our club. I know this club has come to mean a lot to me and I have been trying to share my love and enthusiasm for you all and our mission with others. I have faith in you all that we can do this! I will keep you posted on our numbers.

Our President has a new ride! Congrats Tammy on your new broom. Does State Farm insure this too?



I hear our speaker for this month is going to be GREAT! I hope you all can attend and even invite a guest to join us!! Remember our meeting is on Thursday Oct 20th this month.

**Lovingly,
Tammy Cundiff**



BROOM PARKING



Drs. Carol and Kevin Crosslin

You will not want to miss our October program. In honor of Breast Cancer Awareness month, we are honored to have breast cancer survivor Dr. Carol Crosslin share her inspiring story of courage and determination. I promise, she will be an inspiration to you, so make plans to attend Thursday **OCTOBER 20, 5:30pm at **Cumberland Valley National Bank.****

Many of you asked for the Tortilla soup recipe that we enjoyed during our meeting last month. BJ Smith graciously has shared her masterpiece. Enjoy!

- 1 LARGE ONION, CHOPPED
- 4 TO 6 GARLIC CLOVES, MINCED
- 2 TABLESPOONS DRIED OR FRESH CILANTRO
- 3 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 4 BONELESS AND SKINLESS CHICKEN BREASTS
- 2 QUARTS LOW SODIUM AND 99% FAT FREE SWANSON CHICKEN BROTH
- 4 CHICKEN BOUILLON CUBES FOR DEPTH (OPTIONAL)
- 1 (4 OZ.) CAN DICED GREEN CHILIES
- 1 (14 OZ.) CAN DICED TOMATOES WITH OR WITHOUT MORE GREEN CHILIES (OPTIONAL)
- 1 (10 OZ. CAN STEWED TOMATOES UNDRAINED AND CHOPPED
- 1 TABLESPOON OF CUMIN
- 1 1/2 TEASPOON OF GROUND CORIANDER
- 1 TABLESPOON OF SEAL SALT, A PINCH OF BLACK PEPPER OR I USE GROUND CAYENNE RED PEPPER (ONLY USE A PINCH, SINCE YOUR USING GREEN CHILIES)
- 1 TABLESPOON OF CHILI POWDER
- 1 TABLESPOON OF PAPRIKA- I USE HUNGARIAN 100% SWEET DELICATE PAPRIKA BUT REGULAR WILL WORK
- 1 CAN BLACK BEANS DRAINED (OPTIONAL)

IN A LARGE DUTCH OVEN SAUTE' FIRST 4 INGREDIENTS IN 3 TABLESPOONS OF EXTRA VIRGIN OLICE OIL ON MEDIUM HEAT UNTIL ONIONS AND GARLIC ARE TRANSLUCENT. THEN ADD YOUR COOKED CHICKEN AND NEXT 6 INGREDIENTS. BRING EVERYTHING TO A BOIL AND REDUCE HEAT AND SIMMER FOR ABOUT 45 MINUTES TO AN HOUR. ** I PREFER TO ROAST MY CHICKEN BREATS IN MY CONVECTION OVEN COATING THEM WITH OLIVE OIL AND GARLIC POWDER, SEA SALT AND ONION POWDER UNTIL DONE. THEN WHEN COOL, SHRED YOUR CHICKED INTO PIECES AND ADD TO YOUR FIRST 4 INGREDIENTS.

CONDIMENTS FOR SOUP IS YOUR PERSONAL PREFERENCE, HERE ARE SOME IDEA'S!

- 1. SHREDDED MONTEREY JACK CHEESE
- 2. FRESH CILANTRO
- 3. SCALLIONS, CHOPPED
- 4. GREEK YOGUERT



Member Spotlight

MEGAN DAMRON

In Her Own Words....

I grew up in Fort Wayne IN. My parents are John and Kathy Leakey, who are both retired and still call Indiana home. I have one sister, Amy, who is much younger than me (she's only 32). Amy lives in Indy with her husband and three sons.

I'm married to Kyle "Duckman" Damron. Kyle works in sales for Line-X of Somerset. We have been married for nearly 15 years and it was wonderful to find someone that could put up with me! As for children, we are blessed with two chocolate labs; Cody, 10 years old and Gunner, 7 months old. Kyle and I have been wanting to expand our family and I'm happy to say, we are in the process of adopting a homeless horse.

I work as the City Executive for BB&T serving Corbin, London, Monticello, Somerset, and Russell Springs. After moving to Somerset in August 2004, Kyle told me that I was drinking too much wine during the day and that I had to get a job! BB&T hired me as a Business Banker in September 2004. In May 2009, I accepted a position as a Private Financial Services Advisor, and 30 days later, I was offered and accepted the City Executive position. I plan to run for Somerset mayor during the next election. Prior to moving to Somerset, I worked for 2 years as a credit analyst for Lake City Bank, a small bank in Northern Indiana.

I enjoy serving my community. I'm involved in the Lake Cumberland Area Chapter of the American Red Cross, Board Chairman; Somerset Pulaski County Chamber of Commerce, Board Member; Somerset BPW Past President, Past Secretary, Young Careerist Winner 2005 (obviously I wasn't deserving of this award), Woman of Achievement Award (i.e. Fran Roberts Award) Recipient in 2008; KFBPW Current KY Professional Women's Week State Chairperson; Somerset Rotary Club Past President, Past Treasurer. In my spare time I volunteer with the boy scouts. I love their motto and their work ethic.

Because of my age (41), I have become very familiar with anti aging techniques. I'm also currently researching cryogenics. This is the practice of freezing your body to preserve your current age and intellectual being. I would be happy to share this information with anyone that would like to learn more!

Sept SBPW Mtg



Is it me or is Fran looking a bit psycho these days?

Dr. Angie Wilson was kind enough to share HANK with us!



We had to calm Megan down when she learned that there wasn't alcohol in the pitcher!



We all had a great time doing whatever we did.... I didn't pay attention of course.

INFO YOU CAN'T LIVE WITHOUT

Make Plans to attend our
Prospective Member
Luncheon. Please bring a
friend and join us on Tuesday
Oct 18th, 11:30am at Casa
Grande!

viva Mexico!

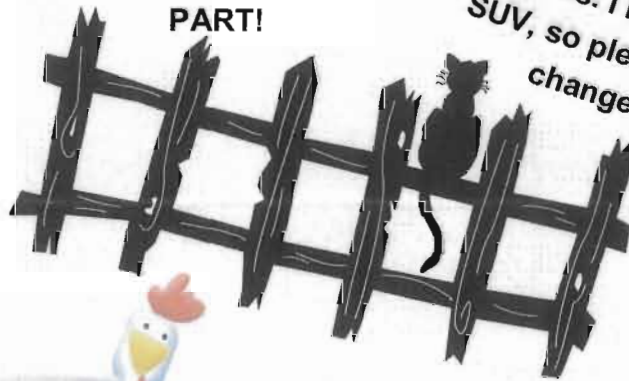
Mark your calendar. We
are planning on having a
wonderful Christmas
party on Tuesday
December 6, 5:30pm.

Emma New has
graciously agreed to
host us again this year.
PLEASE RSVP TO
TAMMY CUNDIFF BY
NOV 30TH. This year the
cost will be \$15 per
person. Please also
bring a piece of jewelry
(\$10 value) as we will be
doing a jewelry
exchange at the party.



Have you heard? The
annual SBPW Fall
Auction and Raffle will be
held Thursday Nov 17th,
5:30pm at the SKRECC
building. Please plan to
bring two new or gently
used items for auction.

**WE ARE POOR, SO
PLEASE DO YOUR
PART!**



Upcoming Hostesses:
October: Fran Roberts/ Donna Hunley
November: Annual Auction
December: Christmas Dinner Party
January: Katie Wood/ Jennie Stanley
February: Barb Sanders/ Carolyn Mounce
March: Debbie Long/ Kim Pierce
April: Jill Davis/ Pam Emerson
May: Joanne Story/ Megan Damron



For our federation, please
bring a dime for every door
knob you have in your house.
For example, your front door
technically has TWO door
knobs. I need gas for my
SUV, so please bring lots of
change with you!

Happy Birthday!
Debbie Long 10/18
Megan Damron 10/24 (she will be 41)

Happy Anniversary!
Dr. Angie Wilson 10/28



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Many Thanks To Our Sponsor This Month

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Make sure your loved ones are not financially burdened in the event of your premature death: let me help you with life insurance that will fit your needs and your budget. Remember, the service and advice are free. The decisions are yours.

Tammy Cundiff
State Farm Agent
676-0000

And Now Words From Your Aspiring Fran Roberts Award Winner.....



Each day I wake up I'm thinking about Fran Roberts. She is such an inspiration to us all. To the left you can see that she is demonstrating her cupcake decorating talents. Once I told her which end the icing came out of, Fran was on a roll! When I grow up, I want to be just like my hero, Fran Roberts!



My hero in action

