

KANSAS BPW ADVOCATE

The official newsletter of THE KANSAS FEDERATION OF BUSINESS AND PROFESSIONAL WOMEN'S CLUBS, INC

“Kansas BPW: Working Together for a Better Tomorrow”

January 2017- Issue 3

President's Message



I am excited to share that the task force for our policies and procedures has met several times and logged multiple hours. We have combed the entire document front to back and have compiled several items to be presented at our Spring Conference Business meeting (this information will be sent out as a separate e-mail). Please take the time to read over and bring thoughts to the Sunday Business meeting.

I was overjoyed to see the number of new people who have joined this great organization over the past six months. I hope we keep this up and welcome them to conference as once they come they are hooked. The energy level can't be explained and the feeling of sisterhood is like nothing else you can imagine.

Christina Rush
BPW/Kansas President
945 S. Olive Ottawa KS 66067
785-418-5033
Crush4122@sbcglobal.net

Call to Spring Member Board

By virtue of the power vested in me as President of the Kansas Federation of Business and Professional Women's Clubs, Inc. I do hereby call the Annual Spring Board to meet at the Capital Plaza Hotel & Convention Center, 1717 SW Topeka Blvd, Topeka Kansas on Sunday March 12, 2017 at 9:00 a.m.

Has your Local Organization been in the local newspaper lately? Have you had an outstanding program? Have you taken any pictures of special events? Kansas/BPW State Historian, Sue Patrick is anxiously waiting to receive news articles, pictures and reports of all your local's activities to include in the state history. Articles, pictures and club member's achievements may be sent to Sue Patrick at PO Box 22, Valley Center, KS 67147 or email suzyq52@hotmail.com.



A Note from the desk of
President Christina Rush

Happy New Year to all of you! Hope this note finds you keeping warm, healthy and enjoying the start of a great new year. Can you believe that I am half way into my term as your president? (time flies when you are having fun). I have had a great time thus far in my position, I mean, who would not enjoy traveling to places and spending time with such a great group of people even if it is only little day trips here and there.

OH Yea! Spring Conference is just around the corner, and it will be jam packed with Fun, laughter, and lots of memories. We will be “baskin in You”.

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PRESIDENTIAL AWARDS

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Local Organization Awards 2016-2017

Deadline to submit is May 1, 2017

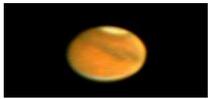
to

Christina Rush
945 S. Olive
Ottawa, Ks 66067



_____ EARTH:

- Local that has 100% retention of membership
- Sign 2 new members
- Have 2 members attend fall, spring conference and Convention
- Young careerist participate
- Put Article in Advocate
- Submit Business of the Year
- Local will receive \$250.00



_____ MARS:

- Bring new members to fall, spring and state Convention
- Four Members from your local attend Fall, Spring and State Convention
- Local will receive one paid nights lodging at 2017 State Convention



_____ JUPITER:

- Participate in Business Women's Week
- Retain 80% retention in membership
- Sign new member
- Local will receive \$50.00



_____ SATURN:

- CHARTER A NEW LOCAL with 5 members
- Local will receive \$500.00

President's Goals

1. Provide informative/educational speakers at all meetings
2. Every member a sense of belonging
3. Help this organization continue to grow in numbers and future leaders.

President's Focus

Improving oneself and one's community

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PUBLIC RELATIONS AWARD

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A special award will be presented at State Convention to the local BPW for the most outstanding Public Relations coverage for the 2016-17 BPW year.

Public Relations Notebook should contain:

- A. Newspaper clippings and pictures of events.
- B. Copies of PSA's (Public Service Announcement) submitted to media
- C. Copies of local BPW newsletters

DEADLINE TO SUBMIT PUBLIC RELATIONS NOTEBOOK is MAY 1, 2017.

Send to:

Fran Graham
fmgraham@mindspring.com
2012 E. Sheridan Bridge Lane
Olathe, KS 66062
(913) 764-1441

Tastefully Simple
The food you love, the time you deserve
Linda Reed, Consultant
1517 S Apple Ln Ottawa, KS 66067
Phone 785.241.6094
simplylinda@swbell.net
www.tastefullysimple.com

Newton BPW enjoyed dinner and a White Elephant gift exchange for their December meeting. The Newton High School chorus with twenty-two members entertained the group by singing Christmas Carols. The chorus and club members enjoyed punch and cookies following the singing.

Newton BPW will plan its 2017 activities at the January 9 meeting. Wishing everyone a Happy New Year and looking forward to seeing all at spring conference in March

Ellen Yocum PSP
Newton President

Equal pay day is Tuesday April 4, 2017, the symbolic day when women's earnings "catch up" to men's earnings from the previous year. Equal Pay Day originated in 1996 as a public awareness event to illustrate the gap between men's and women's wages. Check out www.pay-equity.org for ideas on what you can do to support fair pay. Wear RED on April 4 to symbolize how far women and minorities are "in the red" with their pay!

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NOMINATIONS

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DEADLINE REMINDER

March 1, 2017 is the deadline for nominations for state office to be listed on the election ballot. Candidate information received by this deadline is included in the Convention Advocate.

Candidates must be employed and an active member in good standing. Candidates for President-Elect and Vice President must have served one year as a chair or elected officer of the BPW/Kansas State Board of Directors.

Potential candidates and their local organizations need to complete the following:

1. A copy of the minutes of the local organization meeting at which the candidate was endorsed must be submitted.
2. The candidate must write a letter agreeing to serve if elected.
3. The candidate must provide a resume of activities and qualifications for the office. This should include: years in BPW, offices and chair positions held at the Local and state levels, special task forces, special achievements, occupations and community involvement.
4. The candidate must provide a black and white glossy photo or digital photo (jpg form) for publication.

Nominations can be made from the convention floor provided all required material is presented to the Nominations Chair immediately following the nomination. Send nominations to Nancy Kernick 628 S Santa Fe, Chanute KS 66720. For more information email nck43@cabelone.net.

Nancy Kernick
Nominations Chair

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ISSUES MANAGEMENT

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The deadline for Woman of the Year and Business of the Year is March 1, 2017. I hope each club has chosen their Woman of the Year and Business of the Year by now. Remember you have two divisions that can be honored for Business of the Year:

1. Business with 15 or more employees
2. Business with fewer than 15 employees.

These Businesses should stand out on how they help with the needs of female employees. Consider if they offer training for career development, provide dependent care and/or parental leave policies. A business that works with an academic program and is responsive to student needs, to have salary levels that provide equal pay for equal work

by their base salaries being based on comparable worth.

Please submit to me what your locals did during National Business Women Week to receive recognition at the State Convention in June.

If you have any questions mail me at the above address or email. My home phone number is 785-594-6782

Donna Gratts
Issues Management Chair

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KANSAS BPW HALL OF FAME

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The Kansas BPW Hall of Fame was established to honor individuals who have distinguished themselves in their careers and communities for outstanding achievements benefiting women in the workforce. The BPW/Kansas Hall of Fame will emphasize the important contributions of working women, not only in job related activities, but also in areas that affect our lives. Nominees are accepted in two (2) categories:

- 1) BPW member inductee and
- 2) Posthumous inductee

Nominations must include name, address, biographical information and reasons the member/nominator feels the nominee should be inducted into the BPW/Kansas Hall of Fame. The member/nominator must also include their name, address and local affiliation.

The deadline for nominations is January 31, 2017. Send nominations to Hall of Fame committee chair, Sue Rouse, 400 W 5th, Hays KS 67601

The BPW/Kansas Hall of Fame inductees are announced and recognized at the BPW/Kansas convention. Additional information is available on the BPW/Kansas website.

2017 Committee
Sue Rouse – Chair
Charlotte Shawver
Jane Hanks

	<p>Jeanna Fancella 785.447.0129 empowerkansas@gmail.com www.mydamselpro.net/PRO16695</p>
<p>Personal Protection for Women</p>	

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YOUNG CAREERIST

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Please be prepared to attend **BPW/Kansas Spring Conference 2017** and **present a 5-Minute Speech** to other Young Careerists. There are 2 young careerist categories 1) 18 and under; 2) 19 to 35. Participants will critique each other's speeches as they practice in preparation for state convention in June. Participants have several topics to choose from when preparing their speech.

Topics include:

- a. What other words could you use to define the acronym "BPW," and how does it match or complement "Business and Professional Women"?
- b. As a BPW Young Careerist candidate, what is your vision for the future of BPW, and how can our organization utilize modern technologies to get there?
- c. Discuss how the women's rights movement is still alive today. Why is it still important?
- d. What is the most important issue facing working women today?
- e. Participant's Choice.

Looking forward to seeing you in March!

YC Chair

Amie Trafton
(913) 634-0703
grlscout4lfe@hotmail.com

Co-Chair

Dr. Sharon Wiber
(913)-530-4983
sswiber@mindspring.com

UPCOMING DEADLINES

<u>EVENT</u>	<u>DUE BY</u>
Hall of Fame Nominations	January 31, 2017
Scholarship Applications	February 1, 2017
Woman of the Year	March 1, 2017
Business of the Year	March 1, 2017
State Officer Nominations	March 1, 2017
Club History to Historian	May 1, 2017
Public Relations Notebook	May 1, 2017
President's Awards	May 1, 2017

The ADVOCATE advertising plan was changed at Fall Board to include a Platinum Deal to include all plans plus a display area at events for \$40. Check with Executive Secretary Kathy Niehoff for details.

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HEART HEALTH MONTH IS FEBRUARY

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Friday, February 3, 2017 is National Wear Red Day®.

Go Red for Women got its start when the American Heart Association partnered with the National Heart, Lung and Blood Institute to raise women's awareness of heart disease that was claiming nearly 500,000 American Women each year. This is a disease most women don't pay much attention to since they believe it affects more men than women, however it is the No.1 killer of women.

Using the Red Dress symbol and working together the American Heart Association and the National Heart, Lung and Blood Institute worked to increase women's awareness of the disease and the need to actively participate in protecting their health. Using heart facts and personal stories of women who have survived heart issues they encouraged women to not only know what is considered healthy levels for cardiovascular risk factors but also to follow an exercise routine, eat healthier and learn their risk for heart disease.

This coming National Wear Red Day, February 3, 2017 will mark 15 years since the initial National Wear Red Day. Some accomplishments:

- Nearly 90% of women have made at least one healthy behavioral change
- More than one-third of women have lost weight
- More than 50% of women have increased their exercise.
- 6 out of 10 women have changed their diets.
- More than 40% of women have checked their cholesterol levels
- One third of women have talked with their doctors about developing heart health plans
- Today, nearly 300 fewer women die from heart disease and stroke each day
- Death in women has decreased by more than 30 percent over the past 10 years.

Even with all these tremendous strides more is still needed. 1 in 3 women die of heart disease and stroke each year. But what's more powerful? Millions of mothers, sisters, daughters and friend making a change.

Funds raised through donations go to support educational programs to increase women's awareness and for critical research to discover scientific knowledge about cardiovascular health. To find out more about Go Red For Women and to see personal stories go to their website <https://www.goredforwomen.org> Don't forget to wear your Red Dress on February 3. Don't have the pin? Go to the website, take the heart health test, read some personal stories and make a donation to receive your very own pin.

Information for this article came from articles posted on the website <https://www.goredforwomen.org>

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KANSAS BPW EDUCATIONAL FOUNDATION

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February 1, 2017 is the deadline for scholarship applications. Send the original application and 5 copies to Diana Redger, Box 122, Ashland KS 67831. Applications may be endorsed by an individual member or a local organization. Please make sure the applications have been reviewed and only those that qualify for the scholarships are submitted. **Locals no longer** need to send a copy of their minutes endorsing each person applying, but the president or the member sponsor must still sign each person's application.

The Treasurer's Scholarship in honor of Linda Linkugel has been funded for the 2017-18 school year. This scholarship is available to anyone going into education - elementary or secondary fields. Persons wishing to apply for the scholarship need to check the "other" box on the application and fill in Treasure scholarship in the blank. Please share this with any applicants eligible for this scholarship.

The current application has (9/14) in the bottom right hand corner of each page. It is on the Kansas BPW website <http://kansasbpw.memberlodge.org> and is available from each Foundation Board member. Two copies of the application were given to each local president at fall conference. If you have any questions or need additional information please contact a board member.

Incomplete applications or ones where the applicant does not meet the scholarship criteria will not be considered.

Please note the scholarships are for the 2017-18 school year and are available after the recipients are announced. Funds are given for 2 semesters and the recipient may choose which 2 semesters they will receive the funds, summer, fall or spring.

Scholarship recipients will be announced at the Spring Board Meeting in Topeka. Soon after, all applicants (and local organizations/sponsors) will receive written notice of the status of their applications. Thank you, to all local organizations and members who actively promote the Foundation's scholarships.

Grant still available

Greater Johnson County BPW established a \$500 grant with the Kansas BPW Educational Foundation Inc. in 2011 when the organization disbanded. It is a onetime grant for the purpose of assisting in the establishment or continued development of a woman owned business. Applications were given to each local in the packets distributed at fall conference. They are available from each Foundation board director and are on the state's website <http://kansasbpw.memberlodge.org>. All applications will be reviewed by the Foundation based on the criteria established by Greater Johnson County BPW.

Foundation Donations

Like most charitable organizations, the Foundation is always looking for additional contributions. This last year, through the generous donations of the members, we have been able to give more scholarships and we sincerely thank you for your contributions.

When making a contribution during the remainder of this club year, please complete a contribution form and send to Helen Norman, Treasurer, 41 Lakeshore Dr. Garnett, KS 66032. If you need contribution forms, these can be provided by Helen or are available on the BPW/Kansas website.

WANTED - Kansas BPW Foundation Board Member

Candidates!

Two Board positions will be open for election at the June 4, 2016 Foundation Annual Meeting in Topeka. Members of the Board of Directors serve a three-year term. The qualifications for Foundation Director are:

- 1) Must be a member in good standing of Kansas BPW, and
- 2) Elected by a majority vote of the voting body at the annual meeting.

Candidates for the Board of Directors shall file the following with the Secretary of the Foundation – Linda Reed 1517 S. Apple Lane, Ottawa, KS 66067. – by **May 1, 2017**

- 1) Copy of the approved minutes of the local organization meeting at which the candidate was endorsed,
- 2) Letter agreeing to serve if elected,
- 3) And a resume of past federation and local activities and qualifications for the Board of Directors.

Nominations may also be made from the convention floor provided all required material is presented immediately following the nomination.

Mary Tefft Grant

Any Kansas BPW member in good standing may apply for a grant for spring conference. The maximum amount for each grant is the actual expenses of registration and meals that are part of the meeting. (The meals listed on the registration for a fee). Funds are paid directly to the Kansas BPW Federation upon proof of participation.

Members agree to participate in all activities for the meeting they request funds. There is no limit to the number of times a member may apply.

To apply, submit an application to the Foundation president by February 10. The criteria for the grant is on the Kansas/BPW website under the Foundation tab.

Diana Redger, President
Kansas BPW Educational Foundation, Inc.
PO Box 122, Ashland KS 67831
redger@ucom.net

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BPW TIDBITS

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One of the fun activities at the Christmas party of Baldwin City BPW was to write message to our community on cut outs of Christmas lights. The "lights" were strung on rope and attached to the Red Bud tree which is a landmark next to the Post Office in the center of town. Messages included: " May your holiday season be filled with laughter joy, happiness, and love, "and "Wishing you good health and happiness in this Christmas season2016. Have a happy and prosperous 2017! Baldwin Business and Professional Women."

PSP Helen Norman had the misfortune of falling during the icy weather and breaking her left arm. Please send her good wishes for a speedy recovery.

Ashland BPW will celebrates its 75th anniversary in 2017.

Kansas website – <http://kansasbpw.memberlodge.org>
NOTES

For information regarding a change of address for your advocate mailing or other information, please contact Kansas BPW Executive Secretary, Kathy Niehoff, at the following address and phone:

605 E 15th, Ottawa KS 66067 Home Phone: 785-242-9319
e-mail kathyniehoff@scbglobal.net

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BPW CALENDAR

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January 31, 2017	Hall of Fame Nominations Due
February 1, 2017	Foundation Scholarship Applications due
March 1, 2017	Nominations for State Offices
March 11, 2017	Spring Conference Topeka, KS
March 12, 2017	Spring Business Meeting Topeka, KS
March 31, 2017	Business and Woman Of the Year due
June 2-4, 2017	State Convention Topeka, KS

NOTE: Please send items for the newsletter to Diana Redger, Newsletter Editor, Box 122, Ashland, KS 67831 phone 620-635-2546. E-mail redger@ucom.net

BPW/KANSAS ADVOCATE

BPW/Kansas
C/O Executive Secretary Kathy Niehoff
605 E 15th
Ottawa KS 66067

ADDRESS CORRECTION REQUESTED

"Baskin in You"
AGENDA
SPRING CONFERENCE & BUSINESS MEETING
March 11-12, 2017

Saturday: 8:30-9:00 Registration

9:00 – 9:30 Welcome – Visit Topeka / Fun & Interaction time – Debbie & Erin

9:30 – 10:00 TBA

10:00 -10:15 Break

10:15 -11:00 Cassie Myers & Kristen Tebow – The Willow: “The many faces of Human Trafficking”

11:00 – 12:00 Amanda Geist – Stress management

12:00 -1:00 Lunch

1:15 – 2:15 Cindy Simons- “Executive Elite “

2:15 – 2:30 Fun with Debbie & Erin

2:30 – 3:30 Christina Rush- “Come travel the World with Me” Part 1

3:30 -3:45 Break

3:45 - 4:45 Christina Rush- Part 2 “Come travel the World with Me”
or Young Careerist Workshop by Amie Trafton & Dr. Sharon Wiber – must be 35 or younger to attend

4:45 Announcements

6:00 Dinner Special Guest Speaker: Dr. Michackine Chance-Reay, “The Harvey Girls”

This is a tentative agenda. Times of speakers may change. It will be a fun and learning weekend. Send in your reservation. This will be a weekend to learn & enjoy, don't forget to bring a friend and/or new member for this great experience.

March 12, 2017
Membership Meeting

Sunday 9:00 am - Business Meeting (Please attend if possible)

Spring Conference Registration
"Baskin in You"
March 11-12, 2017

Capital Plaza Hotel and Convention Center
1717 SW Topeka Blvd
Topeka Ks 66612
785-431-7200

“BPW/Kansas” Block of Rooms
Rooms are \$85.00 - **reservations due by February 10, 2017**

Registration fee \$15.00 _____
Saturday Breakfast \$ 14.00 _____ (egg/cheese croissant, fresh fruit, muffins, yogurts),
Saturday Lunch \$15.00 _____ (club croissant, potato chips, pasta salad, cookies/brownie)
Saturday Dinner \$18.00 _____ (Caesar Salad, Bourbon Street Chicken, Roasted Red Potatoes,
Chef Choice vegetable)
Sunday breakfast \$14.00 _____ (egg/cheese croissant, fresh fruit, breakfast breads, yogurts)
Total enclosed \$ _____

Special requests _____

Name _____ Address _____
City State Zip _____
Local _____ State Board Position _____

Registrations due by February 20, 2017

Mail registrations to

Debbie Grosdidier
2145 N. 900 Rd
Eudora, Ks 66025

Please note Check will not be cashed till after event

