



The Business Buzz

Wichita Falls Business & Professional Women

May 2009

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In Step With The President

By President Sandra Sims

Congratulations! At the spring awards day on April 25 our club was named LO (local organization) of the Year for our region! You all deserve a pat on the back for the great activities of our club that earned us this award. We had 18 members from Wichita Falls in attendance which gave us the "traveling gavel" award. This award is given to the club that has the highest percentage of members present at a regional event.

Meredith Kennedy-Lee was recognized as Woman of the Year at the Region level! Now she will compete at state for the top honor. Finally, three of our members were recognized as outstanding leaders in membership. Sally Gray and Rita Vokes were recognized for each recruiting 3 new members this year. Edwina Wight was given a "membership cheerleader" award for all of her efforts to foster strong membership at our club. Congratulations everyone!

A special thanks to Brenda Wehmeier and everyone who helped plan the Trivia Night! Kelly was a great MC and "trivia queen" and everyone had a fun time. Meredith was so creative in the Chinese Auction fundraiser for Foundation/MD Anderson. The silent auction was something new and was quite popular. (Ask to see Keri's beautiful jewelry!) Several people won prizes in the raffles and our Region Director won a weekend get-away!

It's nearly time for the BPW/Texas State

Convention, June 11-13 in Forth Worth. A registration form is included in this issue of the Business Buzz. There are several members from our club that are planning to attend so we can coordinate our travel plans. If you have never attended a state convention, this is a great year to go! It's close to home and there will be many fun activities. We also have two scholarships available for first-timers! So if you would like to go, and finances are an issue, please see me ASAP.

Together, let's "Step Into the Future" with BPW!

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We're on the Web at:
WichitaFallsBPW.com,
Bpwtx.org (State),
Bpwusa.org (National)



A Look Back

by Sheryl Moses—Issues Management Chair

In our April Program Jeff Hughes from the Wichita Falls Police Department spoke to us about The Choking Game. This is a deadly game where adolescents cut off the flow of blood to the brain, in exchange for a few seconds of feeling lightheaded. Some strangle themselves with a belt, a rope or their bare hands; others push on their chest or hyperventilate. When they release the pressure, blood that was blocked up floods the brain all at once. This sets off a warm and fuzzy feeling, which is just the brain dying, thousands of cells at a time. Some do it for the high, which can become addictive. Others do it because it's "cool" and risky. Most kids who have died from this were active, intelligent, stable children who thought this was a safe alternative to drugs and alcohol. Most children have no concept of their own mortality—they truly believe nothing can hurt them.

The warning signs are:

Any suspicious mark on the side of the neck, sometimes hidden by a turtleneck, scarf or permanently turned-up collar.

Changes in personality, such as overtly aggressive or agitated.

Any kind of strap, rope or belt lying around near the child for no clear reason—and attempts to elude questions about such objects.

Headaches (sometimes excruciatingly bad ones), loss of concentration, flushed face.

Bloodshot eyes or any other noticeable signs of eye stress.

A thud in the bedroom or against a wall—meaning a fall in cases of solitary practice.

Any questions about the effects, sensations or dangers of strangulation.

If you know of someone who is playing this game, be proactive and warn them about this activity—they often don't know it can kill them or leave them brain damaged. Supervise him or her very closely, and check that siblings are not involved. Dispose of items that could be used for this purpose. Alert school officials so they can monitor the situation; often other students may also be participating. Consider alerting the adolescent's friends' parents as well. If you feel strongly that your child may be doing this, seek professional counseling and support for your child and your family. For more information on the Choking Game visit www.gaspinfo.com



Community Events

by Sally Gray, Community Services Chair

For the month of May our project is Relay For Life. Funds donated will be given to the American Cancer Society. I will encourage our BPW sisters to get a team together. I know several of us are already walking for this great cause on June 5th with other groups.



BRAGS

Meredith Kennedy-Lee - being named Region 7 Woman of the Year!

Wichita Falls BPW - winning the "Networking" Award!

Sally Gray and Rita Vokes - winning awards for having brought in 3 new members each this year!

To all the ladies who supplied food, helped arrange, cleaned up - for the Region 7 Spring Awards:

Evelyn Lucus

Keri Orsak

Keli McCord

Meredith Kennedy-Lee

Joan Gray

Diane Hoskin

Melodie Berry

Sue Yingling

Sheryl Moses

Rita Vokes

Jamie Feaster

Cheryl Cogdel

To the three First Timers:

Joan Paradeis

Sally Gray

Jamie Feaster

Cheryl E for a GREAT newsletter!!!

— *By Edwina Wight*



CALENDAR OF EVENTS:

BPW meets the 2nd and 4th Thursday of the month at noon, Luby's, 1801 9th St, (back entrance says "Monarch Catering"), Wichita Falls, TX.

May

- 7—Board Meeting—Noon—Kemp Center
- 14—Business Meeting—Luby's
- 21—Social Networking 5:30-6:30
Los Tres Amigos Patio, 2210 Southwest Pkwy
- 28—Program Meeting—Noon—Luby's

June

- 11—Business Meeting—Noon—Luby's
- 11-13—BPW State Convention
- 18—Social Networking 5:30-6:30
Los Tres Amigos Patio, 2210 Southwest Pkwy
- 25—Program Meeting—Noon—Luby's
Installation of New Officers



May Birthdays

4—Joan Riddles
13—Linda Sheriff
15—Evelyn Lucus
18—Keri Lucas-Orsak

Happy Birthday Ladies!



If you have a **birthday** and you don't see your name in here, please let us know at one of the meetings. A rose is given—to each member who has a birthday for that month. And, I must say, they are very pretty roses. Sounds like a good reason to visit one of our business meetings. Not to mention that you might learn some valuable information and have fun visiting with each other.

And don't forget our social networking at Los Tres Amigos on the 21st of May (see calendar of events this page).



Sandra Sims (right) accepting the LO of the Year Award from Region Director Lana Bernardin



Trivia Night



Keli McCord "Don't you know the answer to that question. It's easy. Course I have all the answers!"



Meredith Kennedy-Lee (center) accepting the Woman of the Year award from Region Director Lana Bernardin (left) and Donna Lorance (right)



Regional officers (l-r) Lana Bernardin, Keri Orsak, Keli McCord, Meredith Kennedy-Lee, Donna Lorance

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BPW/Texas 89th Annual State Convention June 11 - 14, 2009 - Ft. Worth, Texas

Name: _____ LO: _____
 Address: _____ Region #: _____
 City, State, Zip: _____
 Email: _____ Phone: (____) _____

If paying by: MasterCard Visa
 Account Number: _____ Exp. Date: _____
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 Name as it appears on credit card: _____

- State Officer BPW/USA Officer Past BPW/Texas President
 - BPW/USA Comm. Chair _____ BPW/USA Comm. Member _____
 - State Comm. Chair _____ State Comm. Member _____
 - Region Director Region Director Elect 2008-09 Woman of the Year
 - 2008-09 Young Careerist 2008-09 Individual Development Candidate
 - 2008-09 LO President First Timer Leadership 101/201/301 Alumnus
- I have been a BPW member since _____.



Mail completed registration form and check made payable to **TFBPW Clubs, Inc.** no later than **May 29, 2009** to:

Evelyn Lucus
 1505 PB Lane, Suite B
 Wichita Falls, TX 76302
evelyn.lucus@sbcglobal.net
 940-723-7282

PLEASE MARK ALL ACTIVITIES YOU PLAN TO ATTEND EVEN IF THERE IS NO CHARGE.

Time/Date	Function	Amt	Total
	Registration (Mandatory)	\$25.00	\$25.00
	Late Fee (If postmarked after 5/29/09)	\$20.00	
Thursday, 6/11/09			
8:30a-4:00p	EC meeting	N/C	
4:30-5:00p	Finance Committee Meeting	N/C	
7:00-10:00p	Circus of Fun(d)! MD Anderson Fundraiser	\$35.00	
Friday, 6/12/09			
8:00-11:00a	BPW/TX Foundation Board	N/C	
8:30-9:30a	Young Careerist Interviews	N/C	
9:00-10:15a	Individual Development/ Young Careerist Speak-off	N/C	
10:30-11:30a	First Timers	N/C	
10:30-11:30a	Presidents, RDs & Officer Training	N/C	
10:30-11:30a	Lifestyles Workshop-E Miller	N/C	
11:30a-1:00p	Lunch—Town Hall Meeting	\$23.00	
1:30-4:30 p	Board of Directors Meeting	N/C	
4:00-9:00 p	Jump Start to Success		
4:30-6:00p	Technology Workshop-Holly Hoffman/Kendra Kinnison	N/C	
6:00-7:30p	On Your Own For Dinner		
6:00-7:30p	Past State Presidents Dinner		
7:30-8:00p	Pep Rally!	N/C	
8:00-10:00p	Opening Ceremonies/ Business Session & Awards	N/C	
10:00-10:30p	Meet the Candidates	N/C	

Time/Date	Function	Amt	Total
Saturday, 6/13/09			
BREAKFAST WORKSHOPS Choose A or B			
7:30-9:00a	A —What Habits? D Arrington	\$19.00	
7:30-9:00a	B —Delegation-Sarah Zink	\$19.00	
9:15-11:45a	Business Session & Elections	N/C	
8:00a-12:00p	Jump Start to Success		
11:45a-1:45p	Lunch-Jump Start Fashion Show, Membership, PR and Legislation Awards	\$23.00	
1:30-6:00p	Business Session	N/C	
7:00-10:00 p	President's Banquet Keynote Speaker—Anne Barab Awards Presentations 90 th Anniversary celebration!	\$45.00	
Sunday, 6/14/09			
8:00-9:00 a	Anne Barab Workshop	\$10.00	
9:30a-12:00 p	Officer Installation & Brunch	\$22.00	
1:00-5:00p	Post Conf Executive Meeting		
Total Amount Enclosed			\$

Ft. Worth/Dallas Airport Marriott South
 4151 Centreport Blvd.
 Ft. Worth, Texas 76155
 800-228-9290

ROOM RATE: \$119.00

Refer to "BPW/Texas" to receive special rate.
**HOTEL RESERVATIONS MUST BE MADE BY:
 May 20, 2009**

Maps/Directions, amenities and online registration are available at
<http://www.marriott.com/hotels/travel/dfwam-dallas-fort-worth-airport-marriott-south/>

Group code: txtxfa



May's Program Meeting

by Sheryl Moses— Issues Management Chair

In May Vanda Wright, the Director of the Small Business Development Center, will talk to us about the SBDC telling us who they are and what they do.

The Wichita Falls **S**mall **B**usiness **D**evelopment **C**enter is located on the campus of Midwestern State University. The SBDC provides business counseling, technical assistance, training workshops, and business plan development for small businesses in our 13 county area. They strive to promote growth, expansion, innovation, increased productivity and improved management for small businesses.

To learn more about the Small Business Development Center please join us on Thursday, May 28, 2009 at noon at Luby's.





Trivia Night Success

by Brenda Wehmeier, VP of Finance

Thanks to everyone that attended, donated prizes, time and gifts, our Annual Trivia Night was a wonderful success! A great time was had by all – and we can be sure that we will be able to award our scholarships next year.

A special thanks goes to Keli McCord, (our own special Emcee), to Doris Lackey for the great advertisements and bulletins, and a special thanks to the staff at Hunans. Hunan's gave us a great room and exceptional food and service. We would not have had such a wonderful evening without everyone's help! Also, special thanks to Joan Gray, (way to go on ticket sales) and thanks to Sandra Sims and her husband for loaning us the speakers and equipment for the evening. If I inadvertently left anyone out – I apologize.

If you were unable to attend, please make a date on your calendar for next year. These events are a lot of fun and important financially to the organization. Thanks again to all of our round sponsors and business' who gave us exceptional gifts. If you did not attend this year – the Grand Prize was a one night stay at Candlewood Suites, 2 Massages by Southwest Massage, 2 Cinemark show tickets, and dinner for two at Toscani's. Yes – it was awesome! See you all next year.

All of our Round Sponsors, Gift Sponsors and Business sponsors are listed on the following sheet. Thanks again to everyone.

Letter from the Editor

by Cheryl Zachary, Newsletter Editor

Starting July 1st, I will be starting from scratch with the business sponsors. All current business cards will be deleted and replaced by new ones as I receive them. If you are interested in placing your business card in the Buzz, please make out your check for \$30.00 to Wichita Falls BPW and hand them to me at the June program meeting. Or you can mail them to me. (My address is on the front page.) Future sponsoring will run along with The BPW's fiscal year which is July 1, 2009 through June 30, 2010. If you have any questions, please feel free to call me. Thank you.



Shari's Shoes Update

by Meredith Kennedy, By-Laws

The Shari's Shoes project has been a great success thanks to everyone in our club who has supported this wonderful cause. As I have reported previously, Shari Macioch was the BPW/Texas President for 2008-2009, but shortly after she was installed as President last year in Austin, she lost her long battle with cancer. Shari was obsessed with all things related to shoes and collected beautiful miniature ceramic shoes. Upon her death, her husband donated several of the shoes to BPW/Texas and asked that local organizations across the state generate funds at their discretion with the shoes.

Here in Wichita Falls BPW we decided to raise money for BPW/Texas Foundation's MD Anderson fund in honor of Shari and her fight with cancer. Several months ago we began the Shari's shoe project. For a donation to the BPW/Texas Foundation MD Anderson fund, members could color a shoe in honor or memory of someone. Joan Gray made a great poster displaying all the cool shoes that have been colored. We have raised \$110 so far. Then something terrible happened. Our wonderful polka-dot shoe was kidnapped just before it was to be auctioned off at our annual Trivia Night. The ransom note was delivered to me just hours before the event and threatened the shoe would be destroyed if we did not pay the ransom. But once again, our Wichita Falls BPW team pulled together. After a spirited Chinese Auction, Shari's Shoe sold for \$210!! It was enough to make the kidnapper happy and Sheryl Moses became the proud owner of Shari's shoe.

At Spring Awards on the following Saturday morning, BPW President-Elect Beth Johnson was so impressed with our efforts and the creative way we chose to use Shari's shoe that she has asked us to bring our project to State Convention in June. Therefore, we have decided to continue the Shari's Shoes project through State Convention. The sheets to color a shoe are available at the meetings or you can email me at meredithkennedy@sbcglobal.net. For those of you who did not have a chance to meet Shari Macioch, she was an amazing woman who loved BPW and all of its members. She was committed to its programs and preserving its history. I am very proud of Wichita Falls BPW for supporting this project in her honor. Thank you for your support.





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The Business Buzz



Step Into The Future With BPW

2008 –2009 BPW Officers

Wichita Falls BPW

Sandra Sims	President	(940) 867-2600	sandrasims@gmail.com
Sheryl Moses	President-Elect	(940)696-5477	sheryl1763@aol.com
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Edwina Wight	2nd Vice President	(940) 704-2219	EdwinaWFRealtor@aol.com
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Doris Lackey	Corresponding Secretary	(940) 676-5183	doris.lackey@sheppard.af.mil
Cheryl Cogdell	Treasurer	(940) 631-0058	cacogdell@yahoo.com

BPW Region 7

Lana Bernadin	Region Director
Meredith Kennedy-Lee	Secretary
Keli McCord	Treasurer
Kay Aldridge	State Nominating Committee Member
Keri Orsak	State Nominating Committee Member Alternate

BPW/Texas

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