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The Colonelette

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## The Colonelette (June 1970)

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# *The Colonelette*



AMERICAN BUSINESS WOMEN'S ASSOCIATION  
KENTUCKY COLONEL CHAPTER  
Bowling Green, Kentucky

## REMEMBER THIS

If you work for a man, in heaven's name,  
WORK for him. If he pays you wages which  
supply you bread and butter, work for him,  
speak well of him; stand by him and stand  
by the institution he represents. If put  
to a test, as we are of loyalty is worth  
a record of self-sacrifice - you must willingly  
surrender and stand by the flag - resign  
your position and when you are outside,  
come to your heart's content, but as long  
as you are a part of the institution do  
not condemn it. If you do that, you are  
loosening the conditions that are holding  
you to the institution, and if the first  
high wind that comes along, you will be  
swepted and blown away, and probably  
will never know the reason why.

By Elbert Hubbard

CREED  
of the  
AMERICAN BUSINESS WOMEN'S ASSOCIATION

## CHAPTER CHARTERED, JUNE 2, 1961

Edited and published monthly by the members of the Bowling Green Chapter of the Kentucky State Association of Women's Associations, Inc., Bowling Green, Ky.

## EXECUTIVE COMMITTEE

President:	Clara B. Anderson College Gymnasium Res: 781-2161
Vice-Chairman:	Sobbie Cardwell Ky. Tourism Center, 2d. Ltr 24 Tel: 781-1727
Secretary:	Laura Taylor 643 East 18th St. 117

## CHAPTER OFFICERS

President:	Iva Miller	242-3300
Vice-President:	Ann Bays	242-2650
Recording Secretary:	Arline Rountree	349-2650
Corresponding Sec.:	Bill Gentry	242-2121
Treasurer:	Judy Harris	242-6152

MONTHLY MEETING:	Fourth Tuesday
6:00 Social Hour	7:00 Dinner
Holiday Inn (midtown)	Ky. Room

AMERICAN BUSINESS WOMEN'S ASSOCIATION

9100 Ward Parkway

Kansas City, Missouri 64114

Founder & Executive Director Hilary A. Buften, Jr.  
National Co-ordinator Mrs. George Parrett  
National Extension Director Mrs. Glorine Tuckey  
Asst. Executive Dir. & Con- William H. Blair  
vention Director  
National Public Relations Dir. Frank Bistrom

NATIONAL OFFICERS

President Peggy O'Neal  
First Vice-President Marilyn R. Tucker  
Secretary-Treasurer Velma Peoney  
Southeastern District V. S. P. Joye H. Br.

Colors: Black & Gold Flower: White Carnations

NATIONAL MOTTO

"Better Personality for Better Living"

NATIONAL SLOGAN

"Starting in '70!"

The purpose of the American Business Women's Association shall be to elevate the social and business standards of women & conduct business with them ethically for training designed to make them efficient, more cooperative & more competitive toward their work, their employers, and their employer's customers, thereby increasing their earning ability, success and happiness.

OFFICIAL PUBLICATION

"WOMEN IN BUSINESS"

WOMEN'S ASSOCIATION

*Happy Birthday  
To  
Betty*



National Co-ordinator  
 National Extension Director  
 National Executive Director  
 National Director

National Public Relations Dir. Frank Bixton  
 NATIONAL OFFICERS

Peggy O'Neal  
 Marilyn B. Foster  
 Velma Kenney  
 Joe H. Br

JUN 8th  
 JUN 12th  
 JUN 15th

NATIONAL MONTH

**June 8th**

**June 8th**

"Better International - Better Living"

NATIONAL SEMINAR

**June 12th**

**June 12th**

Meeting in 1970

**June 15th**

**June 15th**

The American Business Women's Association is pleased to announce the social and business luncheon to be held in conjunction with the National Seminar in 1970. The luncheon will be held at the Sheraton Hotel in New York City, New York. The luncheon will be held on Thursday, June 15, 1970, at 12:00 PM. The luncheon will be held in the ballroom of the Sheraton Hotel. The luncheon will be held in conjunction with the National Seminar. The luncheon will be held in the ballroom of the Sheraton Hotel. The luncheon will be held in conjunction with the National Seminar. The luncheon will be held in the ballroom of the Sheraton Hotel.

OFFICIAL PUBLICATION

WOMEN IN BUSINESS



TO EVERY MEMBER OF ABWA  
IT'S OUT OF THE BAG THAT-----  
HAPPINESS IS IN "DALLAS IN 1970"

ENJOY THE 1970 NATIONAL CONVENTION IN

**D**azzling city with  
**A**tttractive scenery and  
**L**avish entertainment in  
**A**ccommodating hostesses and  
**S**ensational sights

REGISTRATION fee will be \$27. For hotel reservations, contact ABWA Housing Bureau, 1507 Pacific, Dallas, Texas. The headquarters hotel will be the Statler Hilton Hotel in Dallas.

Thursday night, October 15, will be only the beginning of a fabulous fun and learn time for you in Dallas, October 15, 16, 17, and 18. A wonderful Post Convention Tour will take you through the beautiful sights and fascinating ways of Acapulco and Mexico City. It's a different

M A K E

Y O U R

R E S E R V A T I O N S

N O W I I I I I I !

1970 BOSS NIGHT

WHEN: June 27

WHERE: Diamond Caverns, Park City, Kentucky

TIME: Social 6:30                      Dinner 7:30 p.m.

SPEAKER: Robert (Bob) Abernathy  
Director of Extension and Field Services  
Middle Tennessee State University

Topic: "Three Traits of Superiority"

THEME: "Soaring in '70"

The purpose of Boss Night is to acquaint the bosses with the aims and purposes of the American Business Women's Association. Point out that ABWA members are more loyal, more efficient, better employees through the educational program of ABWA. Promote better understanding between employer and employee.

Each member should attend and put forth GREAT effort in every respect to have an outstanding BOSS NIGHT.

Reservations for BANQUET are \$5.00 and should be given to: Mrs. Gladys Walker, 928 Elm Street, before June 20th. Your boss will be sent an engraved invitation as soon as you return the name to Jean Fulkerson, 526 East 13th Street, before June 1st.





FROM THE DESK OF  
**Jean Fulkerson**

1970 BOSS NIGHT

When: June 27

Where: Blended Caverns; Park City, Tenn.

Time: Social 6:30 Dinner 8:30

Speaker: Robert (Bob) Abernathy  
Director of Extension and Field Services  
Middle Tennessee State University

Topic: "Three Traits of Superiority"

Theme: "Soaring in '70"

The Purpose of Boss Night is to acquaint the Bosses with the aims and purpose of the American Business Women's Association. Point out that ABWA members are more loyal, more efficient, better employees through the educational program of ABWA. Promote better understanding between employer and employee. To fetter the Boss since this is the night set aside to honor him.

Each member should attend and put forth GREAT effort in every respect to have an outstanding BOSS NIGHT.

Reservations for BANQUET are \$5.00 and should be given to: Mae Gladys Walker, 928 Elm St. before June 20. Your Boss will be sent an engraved invitation as soon as you report his name to Jean Fulkerson, 526 E. 13th St. before June 1.



# The Relaxing Way to Beauty

Ever feel so tense you want to scream? Well, you're not alone. Tension is everybody's complaint.

What can you do about it? Plenty, if you start right now to learn to use your body properly.

No groans, please! You don't have to climb into a gym suit and try 50 pushups. In fact, you can start with a one-minute wonder trick—just learning how to yawn.

Try a yawn—let your jaw drop down. Don't push it down, just let it drop. Oh, more than that—until it feels as if you could take a whole apple in your mouth. Now you begin to feel a yawn that seems as though it will never end. As you yawn, you discover that you're taking a deep breath, filling your lungs. (That's why babies yawn—to get oxygen, not because they're sleepy.) When the yawn ends, you feel relaxed right down into your stomach. Your lungs have expanded, your back begins to release its tension. You've relaxed your jaw, your mouth and your tongue. You've stopped frowning. And for a change you've really gotten some oxygen into your system.

That wasn't so complicated, was it? Try it often during the day—preferably before an open window, but anywhere will do. If you yawn deeply before starting a difficult job, or before going in to talk to the boss, you'll be relaxed and refreshed, much better able to tackle the situation.

Naturally, you'll have to practice your yawning with a little tact—not in the boss's face, please. But be sure to try a few yawns when you go to bed. They'll help you drop off to sleep.

## For Eyes, Neck, Shoulders

Here's how to prevent burning eyes and pains in the back of the neck and shoulders that trouble so many of us who sit at a desk all day. Close your eyes, tell yourself they're dropping forward out of their sockets. You can see nothing at all in the soothing darkness. With your eyes closed, let your head drop until your jaw is almost on your chest, and you feel that the

hinges of your jaw are relaxed. Take a deep breath and begin to rotate your head. Don't pull it; just let it roll softly, slowly around to the right, then to the back so it falls back on the shoulders (ouch, that hurt, didn't it?), then to the left and forward. Now exhale and rest, then start to the left and rotate to the same way. This exercise releases the tension that was forming at the back of your neck and head that not only hurt, but also made you feel worn out.

**Neck and Shoulder Exercises**

Now's another time to help release shoulder tension after hours of sitting. Take a deep breath, hold it and raise your right shoulder, roll it forward, up, back and around, over your head a semi-circle to a point directly over your left shoulder. Make a circle with your right hand, but a heavy one. Do the same with the left shoulder. Do this with a long breath. You've been surprised to find how tense and painful your shoulders are. It's not a surprise. You've been sitting at a desk that needs to be moved.

**Eye Exercises**

To relax your eyes, try this trick. Close your eyelids. Don't press them together, just close them gently. Your eyes will begin to be moving around under the lids, still tense and staring. Tell yourself there's nothing to see. It's very dark and you're sitting quietly and at ease. With your eyes still closed, massage your temples gently with the tips of your fingers. Now concentrate on the important part. Imagine that your sight isn't at the front of your eyeballs but at the back. Slowly you feel that your eyeballs are dropping back into your head until they're in the back of your skull, with the sight on the back of the eyeball so you're looking back into your head. After a few moments, open your eyes. They'll feel rested, and the tension around them will be gone. Your eyes will be brighter, too, because the exercise improves the blood supply.

**Time for a Beauty Hour**

Now that you're thoroughly relaxed, you're in just the right mood for beauty.

This is a good time to start treating yourself to a full Beauty Hour about once a week. What you'll need are a bathroom and bedroom to yourself, plus a bit of patience.

griping-eyed Harry the... out of life to garden... god-hand your... ods and...

SUGGESTED ITEMS FOR SERVICEMEN

The following items are suggested as suitable. It is permissible to include items bearing commercial names. Each bag must have 10 items exactly. The items must be no

- |  |                                 |
|--|---------------------------------|
| Ball point pens  | Pen-sized flashlights (battery) |
| Plastic soap cases   | Small pen knives                |
| Small address book   | Plastic toothbrush holder       |
| Nail clipper   | Plastic cigarette case          |
| Comb   | Packaged moist towelettes       |
| Windproof-type cigarette lighter and flints  |                                 |
| Small packages of writing paper with self-seal envelopes   |                                 |
| Terry cloth washcloth (other than white or light color)  |                                 |
| Mailing-size voice tapes (reels of 3" tapes-750" length)   |                                 |
| Small tins of nuts, candy, or fruit - vacuum packed  |                                 |
| Small kitchen-size, sandwich type plastic bags (minimum of 3, not wax paper type)                                      |                                 |
| Pocket games (small enough to put in pocket or plastic bag, i.e., small decks of playing cards, chess, pinochle, etc.) |                                 |
| Pocket or diary type calendars (not from funeral homes)  |                                 |

They would like to have each item gift-wrapped individually

DO NOT INCLUDE THE FOLLOWING

- Gifts in breakable containers
- Alcoholic beverages
- Food packed in non-vacuum containers
- Medicaments (including foot powder and insect repellent)
- Reading and printed or advertising material (Staff in Vietnam advise there is an ample supply of paper-backs available for them to read)

BECKY MOREHEAD will be in charge of making the "Ditty Bags" this year for the servicemen.

P R O G R A M

June 23, 1970

SOCIAL HOUR . . . . . 6:00 to 7:00 p.m.

INVOCATION . . . . . Member

DINNER . . . . . 7:00 p.m.

GUEST SPEAKER

INTRODUCTION . . . . . Jean Fulkerson

SPEAKER . . . . . Dr. Thomas H. Inman  
Office Administration Dept., WKU

VOCATIONAL TALK

*Maxine Strickland works in the Food Services Dept.  
at Western Kentucky University.*

BUSINESS MEETING

BENEDICTION . . . . . Member

②

yes

yes x

yes

yes x

can't find a last call.

yes x

no

no

no

yes x

not repeat  
y/s

City of ...  
Village of ...  
State of ...  
Borough of ...

yes

yes x

yes x

City of ...  
Village of ...  
State of ...  
Borough of ...

NO  
She had  
not been

yes x

yes

yes x

yes x

City of ...  
Village of ...  
State of ...  
Borough of ...

yes

yes  
Frances [unclear] yes  
2317 [unclear] [unclear]  
Res: 442-1712  
Bus: 442-1712

~~yes~~  
~~Mrs. [unclear] [unclear] yes~~  
~~404 E. 17th Street~~  
~~Res: 442-4975~~  
~~Bus: 442-4975~~

yes  
Barbara [unclear] yes  
Shelby Drive  
Res: 442-1584  
Bus: 442-1584

yes  
Irene Taber yes  
241 E. 18th Street  
Res: 781-2747 Ext. 235

no  
Joyce [unclear] no  
Shelby [unclear] Dr.  
Res: 441-1264  
Bus: 442-1497

~~yes~~  
Peggy Thomas no  
1119 Temple  
Res: 442-1188  
Bus: 442-4537

yes  
[unclear] [unclear] yes  
1117 [unclear] Street  
Res: 442-4537  
Bus: 442-1177

yes  
Ridge Walker yes  
923 Elm Street  
Res: 442-740  
Bus: 442-8175

yes  
[unclear] [unclear] call.  
130 E. 18th Street  
Res: 442-4072  
Bus: 442-4072

Lionelle Walker yes  
144 S. Sunnyside Avenue  
Res: 442-1979

yes  
[unclear] [unclear] call  
225 E. 18th Street  
Res: 442-1712  
Bus: 442-1712

yes  
Brenda Williams yes  
526 E. 18th Street  
Res: 442-5165  
Bus: 442-1603

yes  
[unclear] Springs no  
100 Garcia Way  
Res: 442-8527

Elizabeth Wilson yes  
3118 Cheyenne Drive  
Res: 442-8790

to me  
Barbara  
Blundy.