

Kentucky Pacesetter

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50 Years-- Preparing Bold Leaders

Dates to Remember:

- June 1 to June 2*
Pre NLC at Bellarmine University
- June 23 to June 26*
National Leadership Conference in Nashville, TN

KY PBL – Celebrates 50 years of Preparing Bold Leaders

Kentucky PBL has a tradition in preparing bold leaders. PBL has always given its members exciting conferences, opportunities to compete in various events, and leadership preparation to succeed in the workplace. This year marks an exciting milestone for our organization, as KY PBL celebrates its 50th year anniversary. The association has never been more proud of its

existence. The executive council would like to thank all the members and supporters who have made PBL a success.

In the spirit of celebration, the executive council has reformatted the 2002 Spring Leadership Conference. Members will have the opportunity to attend various workshops including Being Your Own Boss and Anatomy of a Leader. Be sure to attend these and

other workshops along with the KY PBL Needs Assessment sessions. The SEC has planned an awards banquet preceding the annual awards presentation in honor of KY PBL's 50th year.

*By: Deepa Kamat
KY PBL State Reporter*



To Give is to Receive

In that spirit we undertook our first community service activity of the semester. The week of November 20th-27th was spent working on a food drive for a food pantry at the United Methodist Church in Wayland. We raised approximately forty bags of groceries for the food pantry. On the 27th of November we went to the church to donate the food and help make some Christmas baskets. These baskets are given to families throughout the Christmas season and really help families to have

a better Christmas. We had a good time helping out those who needed it. There is something inside us all that just lights up when we exercise generosity. On that note, I hope that everyone goes out and exercises their own sense of generosity

*By: Jonda Barker
Allice Loyd Chapter
President*



Anniversary T-Shirts are Here!



Be part of PBL 50 year celebration! Show off your PBL spirit! Buy your anniversary T-Shirts during the SLC!

We are on the web!

***Visit
www.kypbl.org***

- ❖ State and Officer Goals
- ❖ Local Chapter Websites
- ❖ Newsletters
- ❖ Upcoming Events and much more.....

Kentucky Phi Beta Lambda's website is online and ready for business!

Your KY PBL officer team would like to keep in contact with you. Please send us your email address along with the following information.

Name: _____

School: _____

Address: _____

Tel: _____

Email: _____

Please email the following information to: Deepa Kamat at dkamat01@bellarmine



Tips for Running for a State Office

When it comes to running for a state office you need to start early and have a lot of support and help from your local chapter. It takes a lot of time and preparations to have a successful campaign.

First, you need to decide what office you are interested in running for. Before deciding you will need to read over all the responsibilities of each office (this can be found in Kentucky Phi Beta Lambda Handbook). This will give you an idea of what is expected of you if you are elected to fill the office. Once you have decided on an office you would like to run for you will need to have the approval of your local chapter. There are qualifications listed in the handbook that each candidate must meet. Candidates will have to be willing to give a lot of time to their duties. Each candidate will have to be willing to travel to several different locations for meetings throughout the year and must attend all state conferences. Also each candidate will be expected to set personal goals and state goals and work towards them throughout the year.

Next, you will need to set down with your local chapter members and decided how you want to run your campaign. You will want to pick a theme, design or slogan that is easy to pick

up on. This will give your voting members something to remember you by. For example, when I ran for historian last spring I used little pigs on my handouts, poster boards and in my campaign speech. Then you will want to decide what everyone is going to do. You will need someone to be your campaign manager. This person helps make sure everything is getting done. This person will also give your introduction speech at the spring conference. You will need a couple of people working on poster boards and a couple working on something to hand to everyone (example: candy, pens, rulers or flyers) at the first general secession.

Finally, at the spring conference you will have to go through screening processes. At this screening processes your poster boards and handouts will be checked. Also at this screening your duties will be reviewed and you will be asked if you are willing to travel for meetings and give up personal time for PBL. Once you have passed the screening processes you will be ready to give your speech at the first general secession. Remember to practice your speech so that it appears to the audience that you are prepared. Once you are on stage remember to speak loud, clear and most important

smile. But in the end always remember to have fun and enjoy it!!

My experience for running for office was a very positive. I got the chance to meet a lot of different people. I also get to work with people in my local chapter that I really did not know but now I can say we are very close friends. I found it very exciting to get up in front of my peers at conference and tell them what I wanted to do for them as state historian. In my two years as a state officer I have had the chance to travel to many different parts of Kentucky.



In the past two years I have been lucky to work with some great officers and meet some wonderful people. I would not trade my experience as state historian for anything. Remember to make the best out of everything and you won't regret it in the end.

*By: Deanna Jewkes
PBL State Historian*

Time Management

How many of you have suffered from the "Oh, I've got loadsa time for that!" syndrome? Believe me, I have -- both while in college and since graduation. However, I quickly learned that "loadsa time" soon disappears! After attending literally dozens of workshops and self-help sessions on Time Management, I also found that the only way to truly manage time is continuous reinforcement. Listed below are some tips that I have found effective both in my professional and personal lives. Yes, you've probably heard many of them before, but like I said, CONTINUOUS

REINFORCEMENT is the only way to get the picture!

- * Do things requiring greatest concentration when you are most alert - early bird or night owl?
- * Perform least-concentration items when not at one's best (washing/ironing!)
- * Set time limits and stick to them. Estimate the time needed for each task.
- * Do not postpone difficult tasks.
- * Try to think ahead and plan. List the activities for the day or week ahead.
- * Prioritize! Be ruthless and split tasks into "Must/Should/Could"
- * Use small time slots.

- * Avoid exaggerated perfectionism.
- * Don't forget to congratulate yourself and have a little treat!

For those of us who doubt the true benefits of effective Time Management, here's a fairly solid list of health and lifestyle benefits:

- Time to think
- Clearer thinking
- Better forward planning
- Time available for more important tasks.

- Less Pressure
- Better personal relationships
- Better informed
- Improves self confidence and credibility
- Better quality work
- Improves career prospects

"When I am told to make the time for something, I simple reply with 'I have exactly the same amount of time available to me as everyone else; I cannot make time, but I will take the time for things which are important and manage my given time to accomplish those things."

*By: Scott Martin
KY PBL Adviser*

Note from the Professional Division

Greetings from the Kentucky Professional Division! This year the Professional Division has accomplished a great many things and plans more before the year ends. Of course these things would not be possible without the support of the FBLA, PBL and Professional Division members. That support has come by way of the time you have invested in the organization and with the dues you've paid to fund this year's activities. I cannot thank you enough for all your support! As the State Leadership Conferences for FBLA and PBL quickly approach, I hope to see

many of you at the conferences. I also thought now would be a good time to review what has been accomplished this year and what we still have planned. This year, the Professional Division has or will by year's end...

- * Sponsor an Adviser and Professional Division ice cream social at the PBL Fall Conference
- * Sponsor two events at the PBL Spring State Leadership Conference
- * Sponsor an event at the FBLA Spring State Leadership Conference
- * Award two scholarships at the PBL Spring Conference

- * Award a Professional Division Member of the Year Award at the FBLA and PBL conferences
- * Award the local FBLA and PBL chapters with the highest number of PD members affiliated with their chapters at the FBLA and PBL state conferences
- * Organize and sponsor the Pre-NLC for PBL national competitors
- * Assist in coordinating judges for the PBL Spring Conference
- * Serve as judges at state PBL and FBLA conferences, plus regional FBLA conferences

For those about to graduate, I hope you'll be able to continue your support of the organization as a Professional Division Member. And I continue to encourage all Advisers to become members.

We've tried to make joining as easy as possible by placing a membership form online that you can fill out, and then print to send in with your dues.

If you have any questions or comments, please send me an email to gtnotes@hotmail.com or give me a call at 859-491-2722.

*By: Greg Thompson
Professional Division
President*