

PROFESSIONAL WOMEN'S FORUM

Volume 22, Issue 10

Dedicated to the Advancement of Women at Work

October 2017

www.professionalwomensforum.com



October 4 PWF Meeting—Kurt Becker The Voice of Keeneland

“And they’re off!”

Join us in October for the voice of Keeneland, Kurt Becker. Learn about Kurt's unique story and other interesting facts from Keeneland's first public-address announcer.

Read Kurt's bio on page 3.



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Next Meeting:

Wednesday, October 4, 2017

Location: Copper Roux
861 S. Broadway
Lexington, KY 40504
(859) 523-7915

Time: 11:30-1:00

Members: \$25

Guests: \$29

Check, cash, or credit
card*

*\$1 service fee if using a
credit card.

**When registering for
this meeting please let us
know if you need a vege-
tarian plate or gluten-
free.**

Parking—Free!

REMINDER!!! NEXT MEETING OCTOBER 4, 2017.

Please Email: Prowomensforum@aol.com or call 859-233-1171 and leave a message for the Professional Women's Forum. Reservations must be in by **September 29, 2017, 5:00 p.m.** A confirmation note will be sent for all e-mail reservations. **If you do not receive one, please call.** Only cancellations received by 10:00 a.m., Monday, October 2, 2017, will not be charged. After this, you will be billed. **A reservation is a promise to pay. Reservations are required. Because the meal is plated, walk-ins will be assessed an additional \$5 fee.**

If you are going to bring a guest (which we hope), please inform us of their name, company name, telephone number and email address. **Be aware that if your guest does not come, you will be charged. A guest may attend twice in a fiscal year (October-September) before deciding to join.**

To speed up the registration process at the meeting, please tell us when making a reservation if you **really, really**, need a receipt. We can have the receipt written before hand and you can have more time to eat and meet others. Thanks for helping us out!

September 6 Meeting Recap: Laura Freeman Laura's Hemp Chocolates

Sometimes trying to do good is hard. Just ask Laura Freeman as she has tried over many years to produce food for the Commonwealth of Kentucky and beyond that is grown without pesticides and herbicides. In other words, she has tried to produce food that is good for us and for the environment.

As many of us remember, Laura first started out with Laura's Lean Beef back in 1984. The cattle raised receive no antibiotics or hormones. When she had a very bad accident from a horse Laura had to sell her business to her partner. She moved away from Kentucky for awhile, but the Bluegrass state called her back. She started Mt. Folly Farm. The farm is working toward sustainable agriculture.

Laura said that there are three legs of sustainability: ecology, economy, and community. Laura's farm is one of the largest organic grain farms in the state. Her website states: "We participate in the Kentucky Department of Agriculture's hemp pilot program, and we still have a top-flight cow herd. The health benefits of hemp led us to make Laura's Hemp Chocolates, and Mt. Folly heritage grains led us to our cornmeal, distillery plans, and the launch of the Moonshine Trail." Her farm is trying to increase the organic materials in the soil. She added hemp to her organic rotation and the first three years produced a lot of invasive weeds and poor yields! Laura decided to start making hemp chocolates and she worked with the Ruth Hunt Candy Co. in Mt. Sterling. She wanted to stay local.



Organic farming is a tough business, Laura said. The government is allowing in fake organics. Transparency and honesty are critical. Hemp is still considered a schedule 1 drug which makes it very difficult to produce even for rope products and candy! The organic certification process is regulated by the Kentucky Department of Agriculture. There must be no pesticides and herbicides for three years.

From Laura's website: "For the past several years, we've raised a bounty of organic and non-gmo corn and beans and hemp. We also are raising three varieties of open-pollinated heirloom corn, one of which, Hickory King, we have on the market, with the rest coming this fall. We plan to distill some of these corn varieties as well. Not all of our sales are online though. Laura's Hemp Chocolates and Mt. Folly Hickory King Cornmeal are stocked at local retailers, some of which you might not expect, such as D&S Hardware, our excellent Bluegrass Heritage Museum, and haberdasher and antique salesman, Mason's. In common here is a presence on Main Street, our hometown. Our chocolates and cornmeal also are available in the Red River Gorge area, Richmond, Berea, Lexington, Versailles, and Louisville."

For more information about Laura Freeman and her many companies visit these websites: www.laurasmercantile.com, www.mtfollyfarm.com. Contact Laura at 859-983-1142 or laura@laurasmercantile.com. Mt. Folly Farm is at 3043 Schollsville Road, Winchester, KY 40391. Laura will schedule farm tours.

New PWF Meeting Location Starting in October

PWF will move to its new meeting location, **October 4**, to **Copper Roux, 861 S Broadway, Lexington, KY 40504, (859) 523-7915**. Bayou Bluegrass is the catering company for Copper Roux. They used to do the catering for The Red Mile before their renovation. You will enjoy a buffet lunch!

<http://www.bayoubluegrass.com/>



Kurt Becker's bio:

Native of Altamont, Illinois, where I still make my home.

Graduate of Southern Illinois University-Carbondale, with a B.A. in Political Science

Began my announcing career on the Illinois fair circuit, working alongside my father, Carl, in 1985 when I was 16.

Hired as Keeneland's first public address announcer for their Thoroughbred race meetings in April of 1997.

Began working as an announcer at the Keeneland sales in 2000.

Have worked for Motor Racing Network since 1994, where I currently serve as host for the network's pre-race coverage of the Monster Energy NASCAR Cup Series

Also have worked since 2006 as an announcer for Barrett-Jackson Classic Car Auctions.

Upcoming Meetings

October 4—Kurt Becker, The Voice of Keeneland

November 1—Becky Naugle, State Director, Kentucky Small Business Development Center - University of Kentucky, Economic Update

PWF Committee Notes—contact the committee chair for information

Membership/Networking: Tamara Combs, 859-963-2241, tamara.combs@brittonjohnsonlaw.com

—Be inviting!!! Ask your friends and business associates to join PWF! Let's not keep the best kept secret to ourselves!

Dreambuilders: Melissa Bright, 859-492-1128, mcbright@twc.com— Please see Melissa's updates on pages 6-7.

Program: Open—If you have a speaker or topic of interest that you think would appeal to the members, please contact a member of the Program Committee or a member of the board.

PR/Social Media: Marci Adams, 859-421-2057, maadams115@gmail.com—The committee assists with social media and public relations.

Technology: Rhonda Bartlett, 859-271-8977, rb@rbdesignstudio.com—The committee helps with the PWF website and meeting setup.

Corporate Sponsorships: Alisa Rose, 859-333-8608, amrganz01@gmail.com and Angela Crow, 859-233-4462, angela.crow@uwbg.org—The committee helps with obtaining corporate sponsorships.

Third Wednesday PWF Networking Lunches

Third Wednesday Networking Lunches are a way to connect with your fellow PWF members outside of the regular monthly meetings. Usually 10-12 people attend, but we welcome as many as possible! Guests are welcome, too! The time is 11:30 a.m. Lunches for the next quarter will be at **Locals' Craft Food & Drink**.

Wednesday, October 18 , 2017

Locals' Craft Food & Drink

701 National Avenue

Lexington KY 40502

(859) 523-3249

www.localslex.com



PWF BOARD— 2017-2018

Michelle Buerger, Chair: 230-9425, Michelle.buerger@bankatcity.com

Beverly Clemons, Immediate Past Chair: 296-2800, beverly@cmiconsulting.com

Dereka Bradley, Secretary: 367-3705, dereka.bradley@bankatcity.com

Diana Hughes, CPA, Treasurer: 259-3403, dhughes@hisle-cpa.com

October Spotlight Member—Tamara Combs

The new PWF Membership Chair is Tamara Combs, and she has hit the ground running in her new role! Tamara is an associate attorney with Britton Johnson, PLLC and she has been with the firm since September 2016. “The firm handles primarily family and employment law cases.” What she likes best about her job is her interaction with clients. “I find it very rewarding to be able to guide clients through a stressful and sometimes daunting process toward a better and happier future.”

Some inspiring thoughts Tamara would like to share are these: “I believe most things can be accomplished through kindness and cooperation. All other times we must not be afraid to simply do what is right, even if the right thing to do is not the nice thing to do.”

In Tamara's free time she enjoys spending time with people. “I love to go out in the town with my husband or just hang out with friends. But I also enjoy the quietness of taking long walks with my dogs, reading and cooking.”

“I am married to Fred Combs who works for LexTran, and we have two purebred mutts! I was born and raised in Brazil and moved to the United States as a young adult. English is my third language. So, if you think you hear an accent, you're right!”



Contact Tamara at (859) 963-2245, tamara.combs@brittonjohnsonlaw.com, or visit the website at www.brittonjohnsonlaw.com.

*There is a destiny that makes us brothers,
None goes his way alone.
All that we send into the lives of others,
Come back onto our own.
Edwin Markham*

PWF Dreambuilder 2017 Projects

Women Helping Women

April—Basic clothing for school age children in need

for Lexington Women's Club

- Goal: 50 sets of new children's socks, underwear, hats, and mittens for school age children up to Youth Large

June—Literacy Rocks!

for Carnegie Learning Center

- Goal: 20 books (KY women writers preferred), 20 blank lined journals, 10 reams of copy paper (white/color), 5 boxes of pens, 2 tablets of flip chart paper, 5 boxes of large paper clips, 5 tape refills & 2 dispensers

Aug—"Give me your...tempest-tossed,"

for Kentucky Refugee Ministries

- Goal: Maxi pads, diapers from newborn and up, wipes

Oct—Working for a cure and supporting survivors

for Susan G. Komen of Kentucky

- Goal: 100 pink items to go in gift baskets for fundraiser survivor event.
*Items needed include individual home spa items—shampoo, conditioner, soaps, wipes, nylon bath scrubby, nail polish, nail brush, emery boards, facial masks

Dec—We Need a Little Christmas

for The Nest

- Goal: For Reindeer Express—wrapping paper, 50 rolls; board games, 20; children's toys are, of course, welcome; have the option to give through Amazon Wish List and the donations go straight to The Nest

How PWF Partners with other Organizations in the community

- **Dreambuilders**: Each year the Dreambuilders Committee identifies agencies who support women who work in Lexington that are a good fit. Once an agency is selected, then the committee will work with that agency to identify items for donation and delivery of those collected items. Special events for that agency may be featured in the PWF newsletter and on the website/social marketing. That same agency may be considered for support again in three years. This practice allows PWF to support a wide range of groups who are supporting women in Lexington.

- **Members of other organizations are invited to Join PWF**. As a member there are opportunities for sharing information about upcoming events in the newsletter as well as placing information on the Member Information Table just as members enter the room. Also as a member you or your designate can attend the monthly meeting and network with members so that they know what is coming up at your agency.

- A relatively new option is the **PWF Spotlight program**, where an organization sponsors a meeting and has the opportunity to speak to the group for 3 minutes before the keynote speaker. Also the Spotlight organization receives recognition leading up to the meeting in the newsletter and on the website / social marketing.

Dreambuilders Committee Project for October



Access to breast cancer screenings and services can make the difference between an early breast cancer diagnosis (when outcomes are best), and a delayed diagnosis when the outcome may not be as positive. Seventy-five percent of our net funds stay local to help Kentuckiana residents impacted by the disease. The remaining twenty-five percent is dedicated to critical global breast cancer research.

The money raised through the **2015 Komen Kentucky Races for the Cure (Louisville and Lexington)** and galas helped us fund these critical services in 2016 for the following number of individuals: mammograms - 3,423; patient navigation - 1,379; treatment support services – 892; diagnostic services – 528; transportation assistance – 466; compression garments – 296; financial assistance – 216; survivorship programs – 51; and education – 70,270!

MEET OUR PARTNERS:

As noted, 25% of our net funds support research, in addition to that, Komen Kentucky is using the money from 2016 events to fund diagnostic screenings, treatment support services, education, and survivorship programs in 2017 through the medical and non-medical partners including:

In and Around Lexington KY

Saint Joseph – Yes, Mamm! - Screening and diagnostic services available at KentuckyOne Health Breast Care locations for uninsured/underinsured women and men in Fayette, Jessamine and surrounding counties, including underserved rural areas in Kentucky

Saint Joseph Berea – Yes, Mamm! - Screening mammography services available at Saint Joseph Berea for uninsured/ underinsured women and men in Madison County and surrounding areas; transportation assistance; lodging assistance

As well as around Kentucky

Fund for the Arts - Emotional healing through the transformative power of the Arts

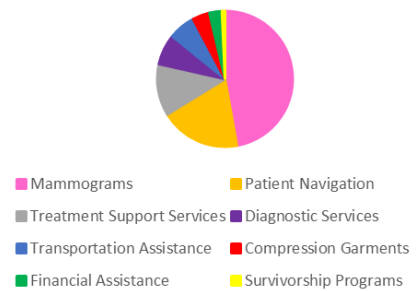
James Graham Brown Cancer Center – M. Krista Loyd Resource Center - Support for uninsured/underinsured individuals diagnosed with breast cancer; transportation assistance; prosthetics; bras; camis; puffs; wedge pillows; wigs; massage therapy; art therapy; breast health education

University of Louisville Hospital – Lymphedema Clinic - Lymphedema assessment, treatment, and rehabilitation

Ways for PWF to Support Susan G Komen Kentucky

At the Oct PWF meeting we will be collecting individual home spa **pink** items- shampoo, conditioner, glycerin soaps, wipes, nylon bath scrubby, nail polish, nail brush, emery boards, and face masks. These items will be used in raffle baskets to help raise funds to support these services to Lexington and the surrounding areas. As always, if you would like Susan G Komen Kentucky to do the shopping then cash or a check to the agency is always appreciated.

In addition to research and education, Komen funds provide:



Annual Fundraiser: 2017 Komen Lexington Race for the Cure: Saturday, October 21, 2017

Susan G. Komen Kentucky • 207 N. Upper St, Ste D • Lexington, KY 40507 • 859.368.7133
komenkentucky.org



NAWBO
KENTUCKY
SYMPOSIUM
Business in the Bluegrass

HOSTED & SPONSORED BY:



BELLARMINO
UNIVERSITY
IN VERITAS AMORE
RIBBELL SCHOOL OF BUSINESS

SAVE THE DATE

NAWBO Kentucky is hosting its first state-wide Symposium on November 9 at Bellarmine University. This symposium will be open to any business owner or business professional. Our mission is to provide education, tactical skills, and resources to women in business.

DATE: November 9, 2017 / **TIME:** 8:00 a.m. - 3:45 p.m. / **PLACE:** Bellarmine University

For more information, visit: nawbokentucky.org/symposium



KEYNOTE SPEAKER:
Victoria MacRae-Samuels,
Maker's Mark® Bourbon Vice President, Operations
With more than 25 years of experience in the spirits industry, Victoria MacRae-Samuels holds the unique distinction of being the first woman to hold the title of vice president of operations of a bourbon distillery.



MEDIA SPONSOR:



LUNCHEON SPONSOR:

PWF Girls Night Out at Sash and Bow



**109 Walton Ave, Lexington, KY 40508
(606) 481-9800**

October 5th, 6:30-8:30 p.m.

A sip and shop event!

Desserts!

Champagne!

Shopping!

RSVP to Tamara Combs at tamara.combs@brittonjohnsonlaw.com
by October 3.



The University of Kentucky (UK) Alumni Association, Fayette County Cooperative Extension Services, and UK Human Resources Staff Career Development are pleased to announce the fall 2017 Central Kentucky Job Club schedule.

The purpose of the Job Club is to provide a positive environment for motivated job seekers to meet, connect, share and learn. The free group is open to the public and meets the second and fourth Tuesday of each month, from 9:00–10:15 a.m. at the Fayette County Cooperative Extension office, 1140 Harry Sykes Way (formerly Red Mile Place), Lexington, KY. Business attire is encouraged. Convenient, free parking is available.

Job Club is for anyone who is motivated to find employment, whether currently out of work, underemployed or making a career transition. In addition, recruiters and employers are always welcome and introduced to Job Club attendees.

For more information, call the UK Alumni Association at 859-257-8905, the Fayette Cooperative Extension office at 859-257-5582 or the UK Human Resources Staff Career Development office at 859-257-8920. Additional information including testimonials from former Job Club participants can be viewed at: www.ukalumni.net/jobclub.

Job Club Meeting Schedule*:

Sep. 26 - Networking Your Way To A New Job - Presented by Angela Keene, PHR, SHRM-CP, University of Kentucky College of Pharmacy HR

Oct. 10 - Brace Yourself: Resume Advice Is Coming; and More Career Lessons from the Game of Thrones - Presented by Robin Fleischer, Master Career Counselor

Oct. 24—The Business & Personal Value of LinkedIn - Presented by Marc Whitt, UK Office of Philanthropy

FREE resume reviews immediately following Job Club

Nov. 14—A Life Ring for Those Who Have Given Up Hope in Their Job Search - Presented by Doug Bruce, President Covenant Executive Search

Nov. 28—Capitalizing on Your Personality Strengths in Your Job Search - Presented by Melody Nall, MS, MCHES, Extension Specialist Community and Economic Development Initiative of Kentucky (CEDIK)

Dec. 12—The Best of 2017: Stand-out Resources for Job Seekers and Career Changers - Presented by Diane Kohler, UK HR Staff Career Development & Caroline Francis, UK Alumni Career Services

Incident Weather Policy: If Fayette County Public Schools are closed or on a delay, Job Club will not meet.





Corporate Sponsorships with PWF

Support PWF while obtaining tangible benefits for your organization.

Thank you for your time in learning more about the Professional Women's Forum's (PWF) corporate partnership opportunities. We are excited to offer you the following benefits as we join with you to promote your company to PWF members and to the circle of influence which the organization has locally. Full information on PWF is available at professionalwomensforum.com.

The benefits of your corporate partnership will include:

- Opportunity to showcase your programs or benefits in membership & guests packets for a year
- Opportunity to reach potentially hundreds of PWF members to promote your products/services
- Recognition in PWF E-news blasts for 1 month prior to sponsored meeting
- Recognition on PWF website for one year from date sponsorship payment is received
- One complementary lunch provided at the monthly meeting you are sponsoring
- Corporate Partner Spotlight, 3-minute presentation & provide marketing materials for tables/display table at the monthly meeting being sponsored
- Corporate logo and link to your organization's website on professionalwomensforum.com, corporate logo on newsletter to PWF membership, link on Facebook, special name badge for corporate recognition when attending PWF monthly meetings and visual display with logo at monthly meetings.
- Host a special event at your location
- Opportunity to provide a door prize item

Best of all, PWF is an organization whose members support each other and our corporate partners.

Thank you for considering this opportunity to obtain visibility and representation within the business sector and gain access to our members as clients, suppliers, and subcontractors. This is an excellent opportunity for a collaboration that will bring a positive public and community relations image. If you have any questions about the corporate partnership levels, please feel free to contact us at amrganz01@gmail.com or at angela.crow@uwb.org

Alisa Rose and Angela Crow 2016/2017 Corporate Partnership Co-Chairs

SUPPORT OUR ADVERTISERS!!!



Rhonda Bartlett

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www.RBDesignStudio.com 859.271.8977

Want to place a business card ad in the Professional Women's Forum newsletter? **Business card ads are \$10 per month.** Space is limited to 10 per month with the exception of special events. The Professional Women's Forum newsletter is published monthly. The newsletter deadline is the first Friday of the month prior to publication.

Mail payment to:

PWF

P.O. Box 1762

Lexington, KY 40588

PWF MEMBER GOOD NEWS!

BJM Staffing & BJM Medical Staffing is celebrating 46 years of being in business! **Janey Moores** is the President and CEO.

Melissa Bright, Technical Business Analyst with **CHI-Catholic Health Initiatives**, has obtained the Project Management Professional (PMP) Certification. The PMP certification is offered through **PMI.org**. This certification includes the global language of project management and connects certificate holder to a community of professionals, organizations and experts worldwide. In order to sit for the exam, she needed her college degree, 4,500 hours leading and directing projects, and 35 hours of project management education. The exam includes 200 multiple-choice questions with four hours to complete it. To maintain the certification, PMP certificate holders will need an additional 60 professional development units every 3 years.

Please submit any new job changes, promotions, etc. to Prowomensforum@aol.com by the 10th of the month

Professional Women's
Forum

Phone: 859-233-1171
Email: Prowomensforum@aol.com
www.professionalwomensforum.com



Thanks to all of you who
have contributed to this
newsletter!

Dates to Remember:

October 4

PWF meeting

New Location!

Copper Roux

October 5

PWF Sip & Shop

Sash and Bow

October 9

Columbus Day

October 18

PWF Third Wednesday

Lunch

Locals' Craft Food &

Drink

October 31

Halloween

...the bottom line

Try a little kindness

A little over a month ago singer, songwriter, and actor Glen Campbell passed away at the age of 81. He had been most popular in the 1960's and 1970's with hits in both the country and pop genres. One of the songs that became a hit in 1970 was *Try A Little Kindness*. The late 60's and 70's were times of turmoil in the country with riots and controversies over civil rights and the Vietnam War. His song was an appeal to show kindness in the midst of the chaos. In the past month, with Hurricanes Harvey and Irma causing monumental damage and loss of lives, we have witnessed some incredible acts of kindness and service. People have come together to help one another. Many, many homes have been destroyed. Many businesses have literally blown away. It will be an enormous task to bring these areas back to some type of normalcy.

Bottom line...

There are many ways we can help these areas and there are multiple service organizations that are taking donations. Choose one. Choose many. Look to your heart to try a little kindness.

Below are the lyrics of this great song which is so appropriate right now.

Take care

Try A Little Kindness

If you see your brother standing by the road
With a heavy load from the seeds he's sowed
And if you see your sister falling by the way
Just stop and say, you're going the wrong way

You got to try a little kindness
Yes show a little kindness
Just shine your light for everyone to see
And if you try a little kindness
Then you'll overlook the blindness
Of narrow-minded people on the narrow-minded streets

Don't walk around the down and out
Lend a helping hand instead of doubt
And the kindness that you show every day
Will help someone along their way

You got to try a little kindness
Yes show a little kindness
Just shine your light for everyone to see
And if you try a little kindness
Then you'll overlook the blindness
Of narrow-minded people on the narrow-minded streets