

PROFESSIONAL WOMEN'S FORUM

Volume 23, Issue 4

Dedicated to the Advancement of Women at Work April 2018

www.professionalwomensforum.com



April 4 Meeting—Rob Perez Owner of Saul Good and DV8

Rob Perez, the owner of Saul Good and DV8 restaurants, will talk about the concept behind DV8 and the Lexington restaurant scene. From Kentucky.com, DV8 Kitchen, at 867 South Broadway, employs people who are in recovery from drug or alcohol dependence. Rob Perez thinks it's Lexington's first social enterprise restaurant.

Recap: March Mtg.	2
Committee Updates	3
Membership Drive	3
Spotlight	4
Dreambuilders	5/6
Meeting Sponsorship	8
Bottom Line	10



Next Meeting:

Wednesday, April 4, 2018

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 vegetarian plate or gluten-free.

Parking—Free!

REMINDER!!! NEXT MEETING APRIL 4, 2018.

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 Friday, March 30, 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, April 2, 2018, will not be charged. After this, you will be billed. A reservation is a promise to pay. Reservations are required.

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!

March 7 Meeting Recap: Kentucky Lieutenant Governor Jenean Hampton

Before Jenean Hampton became the 57th Kentucky Lieutenant Governor she worked as a plant manager in a box manufacturing company. But don't put her in a box as she has her own strong values and goals that have inspired her throughout her career.

Lieutenant Governor Hampton talked about how she was influenced by her upbringing in inner city Detroit. Her parents divorced and her mother taught her how to stretch a dollar and to be happy with what they had. She learned to cook and sew and she liked being around older people to learn from them. Lieutenant Governor Hampton said that she was a follower of Dr. Martin Luther King Jr. and embraced the mindset of not judging people by their skin color. She worked her way through college and after two years of studying accounting she decided that was not what she wanted to do! Lieutenant Governor Hampton said that she always liked learning how things were put together and she changed her major to engineering.



After graduating from Wayne State University with a degree in Industrial Engineering, she joined the Air Force. After serving seven years in the Air Force she went to work in the box industry and spent many years in that area. After her position was eliminated she prayed to God what she would do next. She ran for a Kentucky state house seat in 2014 and lost. However, she learned a lot about the political arena. Through her activity in the Tea Party she met Matt Bevin and when he was chosen to run for the Governor of Kentucky he called her.

The first thing Lieutenant Governor Hampton did was to find out what duties there were with the position. She speaks at schools and is especially interested in reaching out to alternative school children such as the Martin Luther King Jr. Academy for Excellence. She is also involved with the Lieutenant Governor's Entrepreneurship Challenge which is a pitch competition for all Kentucky high school students grades 9-12. The goal is to introduce students to a realistic business environment, highlight entrepreneurial values, promote business ownership, and encourage lifelong learning. Lieutenant Governor's STEM Challenge for Girls through The Commission on Women, tries to encourage more girls to get involved in STEM (Science, Technology, Engineering and Math) careers. The Bluegrass Book Buddies (KYB3) is an "initiative inviting Kentuckians of all ages to try reading in a fresh way through meaningful community and shared experience. There are three steps involved in the KYB3 Challenge: pick a buddy, pick a book, and post a blurb." Being a veteran, she is very interested in military and veteran's affairs. Lieutenant Governor Hampton had a desire to be an astronaut and she told the PWF audience that Kentucky is second in the nation in the aerospace industry. Morehead State University has one of only five space science programs in the nation.

When asked a question about pursuing a career in the trades vs. a college degree Lieutenant Governor Hampton said that there is a shortfall of qualified people in the areas of welding, electrical, plumbing, and construction. College is not for everyone.

Contact information for Kentucky Lieutenant Governor Hampton includes the website at <http://ltgovernor.ky.gov/> or (502) 564-2611. The address is Lt. Governor's Office, 700 Capital Ave. Ste. 142, Frankfort, KY 40601.

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 5-6.

Program: Becky Naugle, 850-257-7744, lrnaug0@uky.edu—If you have a speaker or topic of interest that you think would appeal to the members, please contact Becky.

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.

PWF Membership Drive!

Help us get to 80 members or more!

From now until April 1, if you bring a guest that joins PWF both of you will be entered into a drawing to win a \$50 gift certificate!

We will have two drawings: one \$50 gift card drawing for the new member and one \$50 gift card drawing for the existing member who invited them to attend.



The drawings will be held at the April 4 PWF meeting. There are no restrictions on how many times you can be entered to win!

Invite your friends! Invite your co-workers!

April Spotlight Member—Allison Arnett Gillum

April's Spotlight Member is a returning member to PWF! Allison Arnett Gillum had been a member several years ago and was on the board at one time. Allison is the Financial Services Coordinator for CUSO Financial Services, LP at UK Federal Credit Union. As the Financial Services Coordinator she provides sales support and administration for Roy Wagner, Certified Financial Planner. "We offer investment management, financial planning and insurance services including life, annuities and long term care products. Since taking on this position I have secured my life and health insurance licenses and am studying for my Series 7 and 63 securities licenses."

Allison has been in the banking and financial services industry for 26 years, primarily in Private Banking as a lender, mortgage originator, small business lending, and in service to a variety of non-profit organizations. "In 2016 I moved into this new role to learn the investment business and move into a financial advisor position. I welcome the challenge of continuing education and the opportunity to branch into a new line of business."



"I love helping and serving people. Knowledge is power and providing people with information, education and service is hugely rewarding to me both professionally and personally. I'm happy to have the opportunity to add to my professional qualifications and knowledge skill base."

Some inspiring thoughts Allison would like to share with other PWF members include the following: "It's important to always continue to learn and challenge yourself both personally and professionally. Find your passion and pursue it. I have to have a sense of a job well done and knowing that I do my best for my clients."

When not working and studying, Allison and her husband, Don, have a small antiques business that they do as a hobby together. "I also do wedding and special event floral designs."

"After being single-again for 18 years, I met the love of my life, Don Gillum, and married in 2012. He is a retired Sergeant First Class, and retired Treasury Department Police Officer with the US Mint. We are managed by two easy going Whippets and one very force-to-be-reckoned with Jack Russell."

"I have always enjoyed being a member of Professional Women's Forum with my original membership in the very early 1990's. I'm happy to have renewed my membership as I have made many longtime, quality friendships through PWF over the years. I especially enjoyed chairing the Trade Show several years ago when PWF monthly meetings were at the Hyatt Regency downtown. The monthly programs have always been enjoyable and certainly a great source of monthly encouragement, current events and energy! I am so proud to be a part of this great group again!"

Contact Allison Arnett Gillum at (859) 264-4804, agillum.cfsinvest@ukfcu.org, or visit the website at www.cusonet.com.

In the long run, we shape our lives and we shape ourselves. The process never ends until we die, and the choices that we make are ultimately our responsibility.

Eleanor Roosevelt

PWF 2018 DREAMBUILDER PROJECTS

Together is Better!

*Together our efforts through Dreambuilders reach more women.
Together we each grow stronger professionally and personally.*

I am pleased to announce the PWF outreach projects for this year. The **Dreambuilders Committee** reviewed almost a dozen nominations from a wide range of organizations. Together we narrowed the list down to four organizations that support women in a variety of ways and that are all strongly aligned with the mission of PWF. In the coming months the Dreambuilders will share more details about how each of these organizations support women who are in a vulnerable phase and how you can help them in their journey to working, supporting their own family, and strengthening our community. For now here is a list of the organizations that **PWF Dreambuilders** will be spotlighting and when to look for information about them.



Agency	Type	Agency Focus	Donation Focus	Timing
Chrysalis House	Rotating, Previously supported 2012	Rehab for pregnant women	Baby and Baby Personal Care	Project 1: March information, April donation
One Parent Scholar House	Rotating, Previously supported 2012	Educational support of single parents	Class room supplies and children's books	Project 2: May information June donation
The Well	Rotating, New to PWF	Support for women coming out of Sex Trafficking	Cleaning supplies	Project 3: Aug information Sept Donations
The Nest	Recurring	Child Care; Crisis Care; Domestic Violence counseling, advocacy; and parent education/ support	Wrapping supplies, & toys to help mothers provide some holiday joy for their family	Project 4: Nov information Dec Donations

Watch for information from the **Membership Committee** about how you can volunteer to help one of these organizations in a hands-on way with your fellow PWF members.

As you become aware of other great organizations supporting women in Lexington remember that they can be nominated for a Dreambuilder project for next year, 2019. In the mean time, please encourage **members of other organizations to [Join PWF](#)**. As a PWF member they will have opportunities to share information about upcoming events in the newsletter as well as placing information on the Member Information Table by the entrance to our meeting space. Also as a PWF member you or your designate can attend the monthly meeting and network with other PWF 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.

Melissa Bright, Dreambuilders Committee Chair



Building a Community, One Family at a Time...

<http://wptest.chrysalishouse.org/>

Chrysalis House is Kentucky's first, oldest and largest licensed substance abuse treatment program for women. This year, they will be celebrating their 40 year anniversary of serving Lexington women.

Their Mission:

To support women and their families in recovery from alcohol and other drugs.

About Chrysalis House

- Originally founded in 1978 with six beds on the grounds of Eastern State Hospital.
- Today, Chrysalis House is a comprehensive agency with three residential facilities, a forty-unit apartment complex, eighteen scattered-site apartments, an 18,000 square foot, multi-purpose community center, and two playgrounds.
- Provides temporary housing, substance abuse and mental health treatment, case management, domestic violence counseling, computer training, GED tutoring, vocational training and job placement assistance, access to medical care, housing assistance, and children's services.
- They now specialize in treating pregnant and parenting women. Almost 33% of women entering Chrysalis House are pregnant and deliver babies while in the program.
- Previously supported by PWF Dreambuilders in 2012.

Programs Offered for Recovering Women

- Substance Abuse Treatment
- Domestic Violence Counseling
- Children's Services
- Employment, Education and Housing
- Health and Wellness Programs

Why We Care

It's about empowering women. Chrysalis House takes in women that are in a vulnerable state and gives them a safe space, providing temporary shelter and care to help them get back on their feet. They don't just give a handout and send them on their way; these women in need are given the treatment, support and encouragement necessary to become self-sufficient. Helping women achieve the capacity to provide for themselves and their children is their focus, and the results speak for themselves. Graduates are staying sober, working in jobs that support their families, earning their GEDs, living in their own homes, and giving back to their community as their lives come full circle.

How We Can Help

- Donations to Serve **Baby**: • Diapers • Wipes • Baby Lotion
- Donations To Serve **Mom**: • Shampoo • Deodorant

If you'd rather someone else do the shopping, donations of cash or a check written out to the agency are always gratefully accepted. Please bring donated items to the PWF meeting on April 4, 2018. Thank you for your support.



The University of Kentucky (UK) Alumni Association, Fayette County Cooperative Extension Services, and UK Human Resources Staff Career Development are pleased to announce the winter/spring 2018 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 you if you are motivated and currently out of work, underemployed or looking to make 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 Staff Career Development Office at 859-257-9416. Additional information including testimonials from former Job Club participants can be viewed at: www.ukalumni.net/jobclub.

Job Club Meeting Schedule*:

March 27: Social Media and Your Career – Presented by Madison Osborne, Senior Staffing Manager, Office Team at Robert Half

April 10: An Insider Viewpoint on the UK Hiring Process – Presented by Sarah Bowes, Employment Director, UK HR

April 24: Searching For Your Next Career Opportunity –It's A (temporary) Full-time Job - Presented by Jon Caldwell, Senior Director, Talent Management & HR, Valvoline

May 8: The Hard Facts about Soft Skills - Presented by Greg Coker, President/CEO, The Institute for Soft Skills

May 22: Panel of Job Club Success Stories

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



Please welcome our new members for April:

Beth Chassie-Copeck, Office Professional, Thrivent Financial Mid-America Region

Samantha M. Bender, Human Resource Manager, Hurst Office Suppliers, Inc.

This is the list as of March 15, 2018



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 Prowomensforum@aol.com.

SUPPORT OUR ADVERTISERS!!!



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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

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.

PWF MEMBER GOOD NEWS!

Jennifer Gripshover has a new position. She is now the Executive Director for **ITN Bluegrass**. Her new e-mail address is jennifer.gripshover@itnbluegrass.org and her cell is (502) 370-7353.

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

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

Professional Women's
Forum

Phone: 859-233-1171
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www.professionalwomensforum.com



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

Dates to Remember:

*PWF Meeting
April 4*

*Tax Day
April 17*

*Earth Day
April 22*

*Administrative
Professionals Day
April 25*

...the bottom line

See you later

As many of you know the Professional Women's Forum lost a sister in February. Hope Hurst Lanham, the CEO of Hurst Office Suppliers Inc., passed away suddenly due to complications from the flu. Hope had been a member for the past seven years and came to meetings when she had the chance. She took over the family business when her father died in 2011. If one were to describe a humble servant Hope would fit that title. Besides her participation in Commerce Lexington, her church, and the Lexington Humane Society, Hope contributed to many projects with PWF. One time the Dreambuilders Committee was needing paper and office supplies for a particular non-profit. Not only did Hurst Office Suppliers provide this organization with much needed materials but they also delivered the items! She never wanted any recognition for her kindness. Her generous gift was just something she felt compelled to do.

Bottom line...

Hope, we will miss your sweet smile and your enthusiasm for life which was way too short for you. See you later, sister...

Take care



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