

PROFESSIONAL WOMEN'S FORUM

Volume 23, Issue 11



Dedicated to the Advancement of Women at Work November 2018

www.professionalwomensforum.com

November 7 Meeting Expressing Gratitude—Reverend Elizabeth King

Elizabeth speaks out of her experience as Minister of Congregational Care at Central Christian Church in Lexington, KY, as mom to a compassionate and creative eight-year-old boy, and as a seeker of spiritual wisdom and practice.

Her studies as an art major at the University of Tennessee Martin, as a Master of Divinity student at Vanderbilt Divinity School, and as a Chaplain Resident at the Veterans Administration Hospital have led her into congregational ministry with a passion for accompanying people through life's many struggles, joys, and transition.

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Next Meeting:

Wednesday, November 7, 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 vege-
tarian plate or gluten-
free.**

Parking—Free!

REMINDER!!! NEXT MEETING NOVEMBER 7, 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, November 2, 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, November 5, 2018, will not be charged. After this, you will be billed. **A reservation is a promise to pay. Reservations are required.** Just a reminder...per the current PWF by-laws, it is the policy of the meeting facility and the Forum that no one be seated without a lunch. Unfortunately, this policy prohibits people from attending a meeting without being served a lunch.

PWF will try to accommodate any special meal requests given at least 3 days in advance of the meeting.

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!

October Meeting Recap—Lexington Fashion Soreyda Begley

When we want to purchase a piece of clothing we either plunk down in front of a computer or we head to the local mall. We really never consider where the clothing was made or who made it. Soreyda Benedit Begley enlightened the PWF members and guests at the October 3 meeting regarding the “seen and the unseen” of the fashion industry.

Born in a remote part of Honduras, Soreyda has been in Lexington for 19 years. She met her husband, who is an archaeologist, in Honduras and followed him. Soreyda said that when she was just 14 years old she worked in a clothing sweatshop. She said that the fashion industry hasn’t changed much since the sweatshops of the late 1800’s and early 1900’s. 5% of clothing in the United States is made in the United States. 90% of the workers who make clothing are women. Very few women are in management. Soreyda speaks for women who are still in the sweatshops. She represents Latino and women of color. Clothing factory workers are way behind in human rights and pay.



Fashion, Soreyda said, is a combination of art and business. Fashion designers are artists in that they love to create. However, in order to survive, they also need business management experience. With so much of the clothing being produced outside of the United States controls over the industry are questionable. Labor is cheaper overseas and major clothing companies are interested in making money for their shareholders.



However, people, like Soreyda, are trying to educate the public about fair trade and to improve working conditions. Her daughter is in the fashion industry, too, and she prefers to work with natural fibers. Soreyda likes to share her gift of sewing and has done six summer camps teaching children the joy of creating clothing. Camps were held at the Carnegie Center, the Lyric Theatre and Cultural Center, and in Danville. Soreyda was the founder of the Lexington Fashion Collaboration. From its website the Lexington Fashion Collaborative has developed several annual events with the purpose of providing its members with hands on learning opportunities and to expand each individual's creativity and networking opportunities. Most of these projects are done in partnership with other local organizations.

The Ingenia Club is a youth organization which Soreyda started with her daughter, Bella. From the Ingenia Club website the Ingenia Club is a networking group for young (12-17), creative minds who come to socialize, have fun, share their ideas, and receive feedback and guidance in developing their talents. The group meets at the Living Arts and Science Center the 4th Saturday of each month in a "drop in" type of setting. They have a performing/presentation area where attendees can perform or share with everyone about projects they are working on or ideas that they would like to develop. They can also provide reviews on age appropriate books, magazines, YouTube channels, TV shows and movies that they are following. They can talk about community and global happenings and share their perspective in social, political and cultural issues.

The PWF audience was privileged to see some of Soreyda's designs. Models from PWF member Janie Olmstead's business, Images Model & Talent Agency LLC, presented some beautiful gowns.



Contact Soreyda Begley at soreyda@soreyda.com, (859) 576-0924, or visit her website at www.soreyda.com.



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 the Dreambuilders' projects on pages 6 and 7.

Program: Becky Naugle, 859-948-4589, lrnaug0@uky.edu—If you have a speaker or topic of interest that you think would appeal to the members, please contact Becky.

Technology/PR/Social Media: Rhonda Bartlett, 859-271-8977, rb@rbdesignstudio.com—The committee assists with social media, public relations, the PWF website and meeting setup.

Corporate Partner: Caitlin Neal, 859-619-7370, cneal@oriusa.com—The committee seeks both individuals and businesses that may be great partners with PWF.

PWF Membership Renewals Underway!

It's that time of year again! The Professional Women's Forum's fiscal year runs from October-September. That means that it's membership renewal time. Good news! The dues for 2018-2019 remain the same! \$125 if paying with check/cash and \$130 if using a credit card. Membership renewal forms were mailed the end of August. You can also find the membership renewal form on the website at this link:

https://professionalwomensforum.com/wp-content/uploads/2018/08/PWF-Membership_Renewal_Form2018-19.pdf

There are some outstanding programs slated for the coming year and more opportunities to give back to the community through Dreambuilders. You won't want to miss being a member of PWF! And, of course, tell others of PWF, too! We welcome all!



*Constant kindness can accomplish much. As the sun makes ice melt,
kindness causes misunderstandings, mistrust, and hostility to evaporate.*

Albert Schweitzer

November Spotlight Member—Adrienne Grizzell

A long time member of Professional Women's Forum (12 years according to our records), Adrienne Grizzell has been dedicated to the organization. She is the CEO/President of MANAGEMENT, Inc.. "MANAGEMENT, Inc. is a for-profit business formed to serve nonprofit organizations. We serve organizations and associations by providing administration, fundraising, financial management, meeting planning, and board development."

"I became involved in nonprofits as a volunteer more than thirty years ago. I realized that, at the end of the day, the work I was doing with nonprofits was most rewarding. I went back to school, earned a Master's degree in Public Administration specializing in nonprofit organizations, and became a Certified Association Executive in 1999. I know I am blessed to be doing what I love."

Adrienne started MANAGEMENT, Inc. in 1999 and what she likes best about her job is being able to make a difference to help organizations achieve their missions. "An additional bonus is that I work from a home office. And yes, if I respond to your e-mail message at 5:30 in the morning, I'll be in my PJ's sipping coffee. Client members find it convenient to call during traditionally off-hours, and although I may work longer and harder than if I went to another office, the flexibility to take a two hour lunch with my mother is offset by working early in the morning, after dinner, and on weekends. This flexibility also allows me to encourage and mentor women to own their own business."



Some inspiring thoughts Adrienne would like to share with PWF include the following: "Do what you love, and love what you do and you'll not work a day in your life; and try to keep balance in your life."

"My husband, Tom Lipinski, and I are empty nesters (and we recommend it very highly!) We live with feline, Cosmo Topper, my office colleague. We enjoy being with our family, entertaining, and seeing the world. We recently moved to a three-story townhome. The first level is leased to MANAGEMENT, Inc. The office opens up to a small garden in our courtyard, and the floor includes a conference room and ample storage for client files."

"I must tell you that I admire my peers who do such a beautiful job balancing parenting and career. I am grateful to affiliate and work with you to better our community."

Contact Adrienne Grizzell at (859) 245-0717, adrienne@grizzell.org, or visit the website at www.managementinc.info.

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



Center for Women, Children, & Families

<https://thenestlexington.org/>

Their Mission

To provide a safe place for education, counseling, and support to children and families in crisis.

About The Nest

- They focus on the prevention of physical and sexual abuse, neglect of children, and the stabilization of the family unit.
- All their programs at The Nest are provided for FREE. Together, their programs provide a safe and nurturing place for families. They hope to become one of the leading resources for building a strong, self-sufficient community.
- The Nest Child Care Center provides drop-in child care to accommodate parents and guardians who are under stress, have appointments to attend to or need time for selfcare. This service allows parents and guardians who have no support system to have a safe and nurturing place to take their children.
- They are different than most nonprofits by the way they focus on four separate programs that work together using a holistic approach for the whole family.
- The Nest has been helping children and families in crisis since 1977!

Programs Offered by The Nest

1. Parenting Education and Support
2. Domestic Violence Counseling and Advocacy
3. Crisis Care for Basic Human Needs
4. Child Care Services for Children Birth to Age Five

How We Can Help with The Nest's Reindeer Express Event

Donations:

Wrapping Paper ♦ Clear Tape ♦ Board Games ♦ TV-Themed Women-Empowering Toys

If you'd rather someone else do the shopping, donations of cash or a check written out to the agency are always gratefully accepted.

CENTRAL KENTUCKY JOB CLUB – SUMMER 2018

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 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 a motivated professional 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:

November 13: Building A Career on Your Strengths – Presented by Michelle Jones, UK Training Specialist

November 27: Working on Mysteries Without Many Clues: Networking to Find Your Place – Presented by Dwayne Buckles, Business Development Consultant

December 11: Optimizing LinkedIn for Your Job Search: LinkedIn is Changing! – Presented by Michael Gililland, Not Average Media, Co-Founder & Development Partner

*** Snow 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 Caitlin Neal at (859) 619-7370 or cneal@oriusa.com**.

SUPPORT OUR ADVERTISERS!!!



Rhonda Bartlett

RB Web & Design Studio
4750 Hartland Parkway
Suite 248
Lexington, KY 40515



rb@rbdesignstudio.com

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 BOARD— 2018-2019

Hazel Teichen, Chair: 699-0773, hteichen@bgcarenav.org

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

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

Jill Shirley, Treasurer: 244-7251, jshirley@wesbanco.com

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:

*Daylight Saving Time
Ends*

November 4

Election Day

November 6

PWF Meeting

November 7

Veteran's Day Observance

November 12

Thanksgiving Day

November 22

...the bottom line

Obstacles

The other day, when it was still warm and sunny, I completed one of my dreaded acts of housecleaning, that being washing windows. I must say the chore is not as bad as it used to be when we had the old double hung wooden windows which would stick and I would have to go outside to wash that side of the window. A few years ago we had all of the windows replaced with the tilt-in version. What a concept! However, washing the windows themselves isn't the real issue. It is what is in front of the windows in and outside of the house that has made the task difficult to say the least. Obstacles. There were plants, a television, chairs, a printer table, a sewing machine, a big Christmas tree box, and tote boxes to move and that was INSIDE of the house! On the outside, when I washed the window frames, I had to contend with holly and prickly rose bushes! By the end of the day my back and fingers hurt and I had scratches on my arms and legs. What a fun time! I usually wash windows when I am by myself for I am afraid I might hurt someone if they were around!

Bottom line...

Do you have obstacles in your personal or professional life that keep you from completing your goals? Are they movable? Can you go around them? Can someone/something help you?

Take care

Professional Women's Forum

P.O. Box 1762
Lexington, KY 40588

