

PROFESSIONAL WOMEN'S FORUM

Volume 23, Issue 12

Dedicated to the Advancement of Women at Work

December 2018

www.professionalwomensforum.com



Mary Quinn Ramer

<i>Nov. Meeting Recap</i>	2
<i>Committee Updates</i>	3
<i>Spotlight</i>	4
<i>Dreambuilders</i>	5-7
<i>Corporate Partner</i>	9
<i>Bottom Line</i>	11

Next Meeting:

Wednesday, December 5, 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!

December 5 Meeting—VisitLex

VisitLex works every day to tell the world what's special about the Bluegrass Region. Listed in National Geographic Traveler's "50 Best Places of a Lifetime," Kentucky's famed Bluegrass Region is not to be missed. Lexington, Horse Capital of the World, is at the heart of this region of rare beauty, but the region is dotted with charming small towns to explore.

Whether your interests are Civil War sites, historic homes, Bourbon distilleries, folk arts and crafts, hiking, bird watching, antiques, horse farms, museums, art galleries or memorable dining, the Bluegrass has a wealth of attractions to discover.

Mary Quinn Ramer, President, and Marci Krueger-Sidebottom, VP of Sales and Services, VisitLex, will share information about the region and upcoming events that remind us how lucky we are to be a part of Lexington.



Marci Krueger-Sidebottom

Thank you ORI, Office Resources, Inc. for sponsoring this meeting!



REMINDER!!! NEXT MEETING DECEMBER 5, 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 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, December 3, 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!

November Meeting Recap—Expressing Gratitude Reverend Elizabeth King

What are you thankful for? That was the first question Reverend Elizabeth King, Minister of Congregational Care at Central Christian Church, asked the audience at the November 7 PWF meeting. Since we are in the midst of several holidays with all of the hustle and bustle of juggling work with shopping, concerts, parties, and family dinners, we often forget to be thankful of all of the blessings we have. Reverend King read some passages from the book, “Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead” by Dr. Brene’ Brown. Gratitude, Reverend King said, is the path to joy.



Reverend King has cause for not expressing gratitude. Her husband was abusive and she continues to struggle after divorce in dealing with him especially as they share a child. She said that if it wasn’t for her friends, co-workers, and other resources she couldn’t have faced the challenges. We have a choice to be grateful over resentment. Reverend King said to not let resentment dictate our being.

It requires risk and daring to express gratitude. Reverend King tries to find the positive in the negative. She said we need to be grateful for what we have and honor what we have.

Many people have asked for the passage that Reverend King read at the end of her presentation. It is below:

"The Language of Letting Go: Daily Meditations on Codependency" (Melody Beattie, p. 218)

Say thank you, until you mean it.

Thank God, life, and the universe for everyone and everything sent your way.

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. It turns problems into gifts, failures into successes, the unexpected into perfect timing, and mistakes into important events. It can turn an existence into a real life, and disconnected situations into important and beneficial lessons. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

Gratitude makes things right.

Gratitude turns negative energy into positive energy. There is no situation or circumstance so small or large that it is not susceptible to gratitude’s power. We can start with who we are and what we have today, apply gratitude, then let it work its magic.

Say thank you, until you mean it. If you say it long enough, you will believe it.

Today I will shine the transforming light of gratitude on all the circumstances of my life.

Contact Reverend Elizabeth King at (859) 233-1551 or eking@centralchristianlex.org.

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 5-7.

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 Girls' Night Out!

Shop for a Cause!

Join us on December 13 for an evening of shopping and sipping hosted by Draper James. Shop Draper James' fabulous winter fashion and accessories while enjoying complimentary champagne and treats! To make the deal even sweeter, 15% of the proceeds of the evening will benefit The Nest - our PWF Dreambuilders organization for December. Come and go as you please and guests are always welcome!

Please RSVP to Tamara Combs by December 7 at
tamara.combs@brittonjohnsonlaw.com or (859) 963-2245

PWF Girls' Night Out

Thursday, December 13 from 6pm to 8pm

Draper James

120 Summit At Fritz Farm Suite 170, Lexington, KY

www.draperjames.com



December Spotlight Member—Laura Day DelCotto

Laura Day DelCotto, Founding Member of DelCotto Law Group PLLC, has a passion for empowering women. As an attorney for the past 32 years she has seen a lot in her career.

“We are a small law firm dealing mostly with financial distress of debtors of all kinds—individuals, municipal, and businesses (often these are interwoven for small and medium size companies.) We also do other types of commercial and personal litigation involving mostly fraud, contract disputes, corporate governance issues, and bankruptcy—related litigation. Many of these flow out of the original financial distress issues.”

What Laura likes best about her career include the following: “I still enjoy the challenges of all the different situations and businesses I work with. Each type of industry and company has its own struggles. Most of those I work with are self-made business owners. They’re usually very smart and engaging to work with, to try to figure out and then implement solutions. Many are simply way over-leveraged, and often they don’t show up until they are having some kind of liquidity crisis, so it is never routine or dull. People’s lives are always being affected in significant ways, and that makes me feel like I’m doing important work. Fiscal stress is proven to be one of life’s biggest stressors.”



Some inspiring thoughts Laura would like to share with other PWF members are these: “I’m a big fan of ‘The Four Agreements’ and try to re-read it every so often. It’s a quick read and so simple yet hard to master! 1. Be impeccable with your word. 2. Don’t take anything personally. 3. Don’t make assumptions. 4. Always do your best.”

In her “spare” time Laura says she has become more of a homebody as she has gotten older. “I like to just putter around the house doing all my ‘projects’ (WAY TOO MANY), reading, and being outside when it’s a sunny day. I’m working towards becoming a certified health and wellness coach and am excited about that. I hope to do something with it but even if I don’t, it’s fun to me to be constantly learning.”

Laura has been married to Mark for 27 years, and they have “yours, mine, and ours” grown children, 33,30, and 25. She loves dogs and cats, but have lost a few over the years and now only has one old cat, Mittens, left at home. She is looking for a new white kitten if anyone comes across one! 😊

“I’ve seen so many financial messes in my job, and often it seems like it’s a ‘surprise’ to the person whose life it is. So, I’m passionate about empowering women to stay employed and to always be able to financially support themselves and their children as you never know what might happen and things can and do change.”

Contact Laura Day DelCotto at (859) 231-5800, ldelcotto@dlgfir.com, or visit the website at www.dlgefir.com.

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.

2019 Dreambuilders Suggestion Form

PWF is "dedicated to the advancement of women at work". One of the ways we show our commitment to women is through the **Dreambuilder projects**. Your current Dreambuilders Committee is working to identify some worthy community service groups for the coming year. You are invited to share suggestions for local groups that support women in Lexington through training, networking, or other important services.

E-mail your completed nomination form to Melissa C Bright at mcbright@twc.com by Wed, Feb 6, 2019.
Professional Women's Forum – Putting Women First
Incomplete forms will not be considered

Name of Non-Profit Organization:

Primary contact's name, phone, email:

Physical Address:

How does this organization align with the **PWF Mission statement (Complete those that apply)**
Diverse group of people dedicated to the advancement of women at work.

Support networks; mentoring opportunities for women to share strengths, talents, and experience;

Leadership potential; career and personal development,

Recognition of women's achievements and foster the advancement of women at work.

What do you suggest that we collect to support this organization? (Complete those that apply)

- New items: _____
- Gentle Used items: _____
- Office Supply Items: _____
- Recycling items _____

What would \$100 cash mean to this organization?

What would 2 hours of volunteer time for 5 women on one day mean to this organization?

What events /programs does this organization have planned for next year that we could support?

Link to Good giving.net profile or other state or national non-profit oversight group profile:

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 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 Gililand, 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.**

Ideals are like the stars. We never reach them, but, like the mariners on the sea, we chart our course by them.

Carl Schurz



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 MEMBER GOOD NEWS!

Laura Day DelCotto, founding member of DelCotto Law Group PLLC, has been selected to serve on the 2019-2020 Board of Directors for NAWBO Kentucky (National Association of Women Business Owners.)

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:

December 2

Hanukkah Begins

December 5

PWF Meeting

December 7

Pearl Harbor

Remembrance Day

December 21

First Day of Winter

December 25

Christmas

December 26

Kwanzaa

...the bottom line

Wish List

The other day I heard some commentators talk about the new "wish" list apps. Evidently you can look at Instagram, Snapchat, and Twitter to pick and choose what you would like for Christmas. Back in the day...children would look at a Sears or Penny's catalog and mark what they would like Santa to bring to them. Wow! How times have changed. I don't remember getting a catalog to make my choices. My family farmed and although we never wanted for anything my parents were pretty frugal and self-sustaining. I wasn't much into dolls or toys. My gifts were to be outside playing with the animals!

Bottom line...

As we come to the end of the year what would be on your wish list for 2019? As a business professional I thought of a few:

- Good health—You can't work or run a business if your health is not good.
- Good employees—Employees can make or break your business. Choose wisely and be kind to those you have.
- Good clients—Loyal and true. And they pay on time!
- Good support groups—People who will be there when you need them.
- Good opportunities to learn—Continuing to find new/different ways of doing things
- Good times to rest and refresh—All work and no play can be a real drag on productivity and health.

May all of your wishes come true in 2019!

Take care

Professional Women's Forum

P.O. Box 1762
Lexington, KY 40588

