

PROFESSIONAL WOMEN'S FORUM

Volume 24, Issue 1

Dedicated to the Advancement of Women at Work January 2019

www.professionalwomensforum.com

No January 2 Meeting!



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Next Meeting:

**Wednesday, February 6
2019**

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!

Copper Roux will be doing some maintenance projects during the first week of January. The PWF board decided that since the first Wednesday falls on January 2 many people would just be getting back to work after a holiday break. Therefore, instead of moving the meeting date to another week, the board made the decision to forgo a meeting in January. The board would encourage everyone to take advantage of the Third Thursday Luncheon which will be January 17 at Smashing Tomato, behind Fayette Mall, 11:30 a.m. No reservations needed. Just come, bring a friend, and do a little networking.

We hope to see you all back at Copper Roux, **Wednesday, February 6, 11:30 a.m.**

REMINDER!!! NEXT MEETING FEBRUARY 6, 2019.

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, **Friday, February 1, 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, February 4, 2019, 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!

December Meeting Recap—VisitLex

What brought you to Lexington and the Bluegrass? Born here? Job? School? Family? No matter what brought you to Lexington you probably have discovered that there aren't many places in the world that match its beauty and friendliness. Mary Quinn Ramer, President, and Marci Krueger-Sidebottom, Vice President of Sales and Services, of VisitLex have the fun job of promoting Lexington and the surrounding area to the world!

From the VisitLex website, The Lexington Convention and Visitors Bureau (VisitLEX) positively impacts the economic well-being of Lexington-Fayette County by marketing the Bluegrass Region as an outstanding destination for leisure travel, business travel, meetings and conventions, and by providing quality service to these visitors. VisitLex has a full time staff of 20 and 8 part time workers.



From left: Marci Krueger-Sidebottom and Mary Quinn Ramer

In Lexington, as in cities across the country, the Bureau has three prime responsibilities:

- To encourage visitors to discover the historic, cultural and recreational opportunities available in the Lexington area.
- To encourage groups to hold meetings, conventions and trade shows in Lexington.
- To assist groups with meeting preparations and while their meeting is in progress.

A convention and visitors bureau does not organize meetings and conventions, but guides meeting planners and visitors to attractions and services that result in a positive Lexington experience. Operating revenue is generated by occupied hotel/motel rooms in Lexington-Fayette County.

Some highlights of Lexington that VisitLex promotes include that the city is very centrally located in the country and there is also a lot of free parking! McConnell Springs, Keeneland, Kentucky Horse Park, the University of Kentucky, the Bourbon Trail, The Summit, and the Distillery District are top attractions. But, did you know about zip lining at Boone Creek? Or the new Castle & Key Distillery? Winter events include the Alltech choral event at The Square, skating at Triangle Park, Southern Lights, and Waveland teas.

Share the Lex, <https://sharethelex.com>, is written by locals to advise visitors of what's hot in Lexington! Who better to promote Lexington than its own people? Mary and Marci talked about the Convention Center expansion and how it will not close during the renovations. Projects will be completed in phases.

What would be a wish list for VisitLex? Mary and Marci said that the city could be better with transportation in that people have to use a car to get to the attractions. They would like to see another downtown attraction, a science center, more flights daily, and perhaps a photo icon feature much like The Bean in Millennium Park in Chicago. Perhaps the Blue Horse???

Mary Quinn Ramer, mramer@visitlex.com / (859) 244-7704 or (800) 848-1224

Marci Krueger-Sidebottom, mkrueger@visitlex.com / (859) 244-7712 or (800) 848-1224

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 5-6.

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.

Third Thursday Networking Lunch

Thursday, January 17, 2019
Smashing Tomato, Fayette Plaza,
3801 Mall Rd #195, Lexington, KY
40503

11:30 a.m.

<https://smashingtomato.com/>



Third Thursday 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.

Courage is being scared to death and saddling up anyway.

John Wayne

January Spotlight Member—Diana Hughes

A stalwart of Professional Women’s Forum for 24 years, Diana Hughes, has given a lot of her time and experience in keeping the organization viable. Diana has held just about every board position during her time as a member. A CPA and Partner with Hisle & Company, CPA’s, a full service accounting firm, Diana has been at her job for 29 years. “We help locally owned businesses with all of their accounting needs, including tax return preparation, tax planning, preparation of financial statements, perform audits, compilations and reviews and provide business valuation services.”



“I love working with my clients and helping their businesses become successful. I like that I have variety and flexibility in my position. With technology I can work anywhere.”

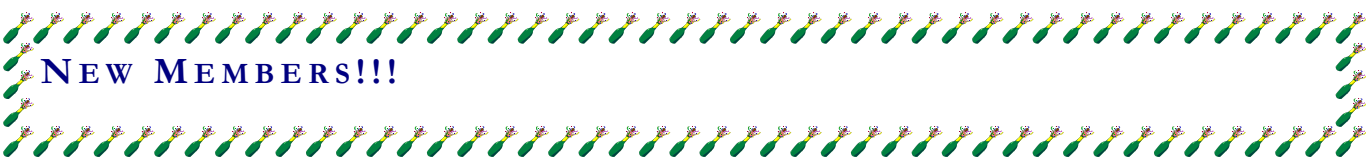
Inspiring thoughts for other PWF members include the following: “Do what you love and take the time to enjoy the things outside of work that make you happy. Work/life balance is so important. Never be afraid to ask for help.”

When Diana isn’t helping people with their finances she is an avid sports fan. “I love to watch football, basketball and soccer. I am a runner and have been running with the same running group for about 15 years. We meet at 5:45 a.m. and will run unless the temperature falls below 10 degrees. I am thankful for my running group and the mental boost running gives me. I love the water and enjoy most weekends on the lake boating and floating.”

Diana has been married 29 years to Mackie and has 3 children, Trey, 25, Halle, 23, and Alana, 20.

“2019 will be my 25th year as a member of PWF. I was born in California and have lived in Virginia and Indiana but Kentucky is my home.”

Contact Diana Hughes, CPA, CVA, (859)259-3403, dhughes@hisle-cpa.com.



Please welcome our new members for January:

- Raleih Bennett, Director of Market Sales, Aimbridge Hospitality
- Amber Bentine, Growth Manager, Spotless Floorcare

Welcome back:

Dell Link, Account Manager, Unified Technologies

This is the list as of December 15, 2018

PWF 2018 DREAMBUILDER PROJECTS

Together is Better!

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

Below is the summary of the PWF outreach projects for 2018. 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. Throughout the year, the Dreambuilders shared details about how each of these organizations support women who are in a vulnerable phase and how PWF member can help them in their journey to working, supporting their own family and strengthening our community.

Agency	Type	Agency Focus	Donation Focus	Timing	Collected
Chrysalis House	Rotating, Previously supported 2012	Rehab for pregnant women	Baby and Baby Personal Care	Project 1: March information, April donation	Diapers: 615 (indiv count) Wipes: 344 (indiv count); Personal care Items for mother, Magazines, And Books Cash: \$385
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	Children's books 96; Diapers 2 packages; Cash \$105
The Well	Rotating, New to PWF	Support for women coming out of Sex Trafficking	Cleaning supplies	Project 3: Aug information Sept Donations	2 jugs of laundry Detergent; 2 packages of Sponges; 14 rolls of paper Towels, Cash: \$20
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	Wrapping Paper and Tape: 34 Toys: 16 Book: 4 Cash: \$375 Membership Committee hosted Social event to Support The Nest.

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 volunteer opportunities do you have for a person who is interested in supporting a one time event?

What volunteer opportunities do you have for a person who is willing to commit to 2 hours a month?

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

CENTRAL KENTUCKY JOB CLUB – WINTER/SPRING 2019

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 2019 Central Kentucky Job Club schedule.

The purpose of 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*:

January 8: Unleashing the Beast: Finding the Job That's Right for You – Presented by Mark D. Rucker, President, The Mark D. Rucker Companies of Lexington

January 22: Think Startup! - Presented by Eric Hartman, Director UK Director, Co.Create; Office of Technology Commercialization

February 12: Analyzing Three Aspects of Your Next Job – Presented by Michael Cunningham, Insurance Program Evaluator, Carroll & Stone Insurance Services a division of Nations Choice Trusted Advisors

February 26: Active Job Seekers: It's Time to Start Thinking Like Recruiters - Presented by Jayne Jarvis, Sr. Talent Sourcing Strategist, Catholic Health Initiatives

March 12: Target Your Resume - Presented by Jill McCoy, Business Development Executive, The BaronHR Family of Staffing Companies

March 26: 100 Interviews to 1 Job: How to Interview Less and Get the Job You Want! – Presented by Amanda Huddleston, CSP, Executive VP People Plus Inc.

**Free resume critiques immediately following Job Club for attendees*

April 9: Identifying Your Talents and Envisioning Opportunities – Presented by Dr. Lori Garovich, Professor Emeritus, UK Department of Community and Leadership Development

April 23: LinkedIn Or LinkedOUT: How to Build a Knockout Profile & Network Yourself into Your Dream Job – Presented by Amanda Schagane, MSEd, CCC, CCSC, Associate Director UK Alumni Career Services

May 14: Job Search Tips & Strategies from a Panel of Regional Recruiters and HR Professionals

May 28: Panel of Job Club Success Stories

** 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

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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 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:

January 2

No PWF Meeting!

January 9

First Day of Classes

Spring Semester

University of Kentucky

Third Thursday

Networking Lunch

January 17

January 21

Martin Luther King Jr.

Day

...the bottom line

The Drawer

The other day I was looking for a couple of pictures that were last seen on our kitchen table. Since they were not there I decided to look in the drawer beneath the area where we keep our phone. Oh my goodness! I could hardly pull it out without a bunch of papers falling out. This drawer is where my sweet spouse puts just about everything! It was a mess. Since it was late in the evening I just told him that the drawer needed to be cleaned out; not right then, but soon! The next day, after coming home from church, before we had even taken off our coats, I pulled out the drawer and brought the garbage can next to it. He got the message. Soon, he was going through everything tossing just about 99% of the contents. Some papers were dated 2007! Long story short, I still haven't found the pictures, but the drawer is now clean (at least for a few days!)

Bottom line...

After going through all of that stuff I started thinking about my own file cabinets. Wasn't I just as guilty of stashing things away??? It's the beginning of the year and it's a perfect time to evaluate things. Can we declutter our lives by throwing out some old papers; some activities that weigh us down; or some people who make us tired?

Take care

P.S. Be sure to get the advice of accountants or tax professionals about throwing out documents. You don't want the IRS making a visit to your business!

Professional Women's Forum

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Lexington, KY 40588

