

PROFESSIONAL WOMEN'S FORUM

Volume 24, Issue 2

Dedicated to the Advancement of Women at Work

February 2019

www.professionalwomensforum.com

February 6 Meeting—Ouita Michel

Kentucky's restaurant legend Ouita Michel just opened her latest adventure in the renovated historic courthouse. Her national reputation as an outstanding chef and entrepreneur continues to grow. Come hear what she is working on now and her experience with Top Chef, Kentucky Season.



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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!

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!

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’ 2019 Charity Suggestion Form on page 4 for new projects in the coming year.

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 Third Thursday Networking Lunch - February 21

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.

Below is the date and location for this month's lunch:

Thursday, February 21
Zim’s Café
Old Courthouse
215 W. Main St.
Lexington KY 40507
(859) 785-3690
www.Zimscafe.com



Please welcome our new member for February:

Jeanine Fowler, Claims Manager, AI Torstrick Insurance Agency Inc.

This is the list as of January 15, 2019

February Spotlight Member—Julia Harrison

If there ever was a person who could be labeled a humble servant Julia Harrison would definitely fit that profile. Because of her busy schedule we rarely see Julia at a monthly meeting, but she has been a Professional Women's Forum member, according to our records, since 2005. Julia is the owner and manager of Allegra Print & Imaging on Moore Drive. "We print almost anything and that has to be printed—stationery, forms, booklets, etc." Julia has been at her job 22 years. Allegra Printing has done many projects for Professional Women's Forum over the years.



In her own words, Julia explains what she likes best about her job: "There are so many things that I like about what I do; the creativity, the customer service, watching a job done from start to finish, problem solving. There is always something that needs to be fixed or needs another way of being done."

On inspiring thoughts Julia said this: "This was the most difficult since I don't think that I have much in the way of inspiration for others. I have been inspired by others by the challenges that they have overcome and risks they have taken. I know that the things I remember most about my life have been the challenges (becoming a Peace Corp volunteer, taking on a business, helping someone work thru a difficult decision) I have taken on. So, if there is inspiration, it is in the challenges of life and taking them on, whether successful or not, take them on!"

In her time away from Allegra, Julia likes to try new recipes, spend a fair amount of time in the kitchen, knit, and sew. "I would like to have more time to do stained glass...maybe some day."

"I have one daughter, who has been an officer in the Coast Guard and is now a nurse who will soon be working in the emergency department of the largest hospital in Savannah, GA. I now have one small dog and a very bossy cat, both rescues. I lost my most lovely Lexi, a rescue Labrador, that I had for 12 years, this past summer."

When asked to do the Spotlight Julia said in her own humble words: "Just thank you for asking me to do this profile and thank the PWF for all the good things that they do for their members and the community."

Contact or drop by Allegra Printing at Moore Drive. Julia's phone is (859)277-7468, e-mail allegrasouthlexington@gmail.com, and the website is www.allegramarketingprint.com/locations/lexington-ky-south/

I keep the telephone of my mind open to peace, harmony, health, love and abundance. Then, whenever doubt, anxiety, or fear try to call me, they keep getting a busy signal and they'll soon forget my number.

Edith Armstrong

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*:

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 Garkovich, 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, MEd, CCC, CCSCC, 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

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!

Sheila Taluskie is celebrating the start of her 23rd year at **Chrysalis House** as the Job Readiness Coordinator.

PWF BOARD— 2018-2019

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

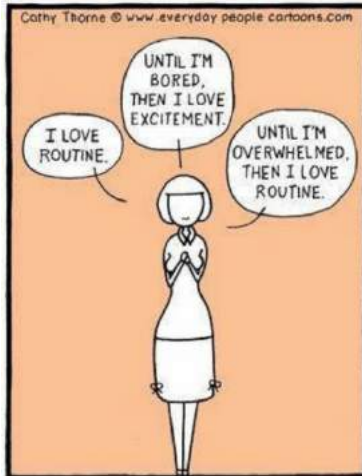
Michelle Buerger, Immediate Past Chair: 230-9425, michelle.buerger@bankatcity.com

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:

Groundhog Day

February 2

PWF Meeting

February 6

Lincoln's Birthday

February 12

Valentine's Day

February 14

President's Day

February 18

PWF 3rd Thursday Lunch

February 21

Washington's Birthday

February 22

...the bottom line

Routines

We have just come off a very busy holiday season. Some of you may have been able to take a couple of weeks for vacation. My own schedule was abbreviated a little when several activities stopped during this time period. I thought that having those few extra hours for myself would make me feel better; refreshed. However, at times I felt a little out of sorts; like I was off-balance. I was out of my routine. As I thought about this I did some research on having routines. Routines are described as a usual collection of habits or actions we do on a regular basis to bring order to our day. As a planner, I could see that when I wasn't in my normal routine I just didn't feel right. From the Skilled at Life website, they list 18 reasons why a daily routine is so important. Here are a few: Routines help make us more efficient. They reduce our need to plan. Routines create structure in our lives. Having a routine saves time, our most valuable resource. Routines help instill good habits. They help us prioritize and reduce procrastination. Routines help us achieve our goals. The following reason for having routines hit home the most for me: Routines help reduce stress and facilitate relaxation. What??? Facilitate relaxation??? Here is the reason they gave:

There will always be things in our lives that are beyond our control, and we need to accept that. However, there is so much that we can control, especially if we follow a routine. When we design and stick to a routine, it eliminates a lot of stress because we do not have to think and worry about what needs to get done. The act of 'doing' gives us a sense of control and helps us relax instead of fretting about the tasks at hand.

Bottom line

Changing things up a bit can be good sometimes. However, it's OK to rely on the mundane to keep us focused. I'm not so weird after all!

Take care

Professional Women's Forum

P.O. Box 1762
Lexington, KY 40588

