

PROFESSIONAL WOMEN'S FORUM

Volume 24, Issue 3

Dedicated to the Advancement of Women at Work March 2019

www.professionalwomensforum.com



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Next Meeting:

**Wednesday, March 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!

March 6 Meeting—Networking!

Members of The Professional Women's Forum want you to succeed! You have the opportunity to market yourself and your organization on March 6th at our Networking session. This session is one of the most popular sessions annually. It's fast paced, fun, and provides great information.

Prepare your elevator pitch that says who you are, introduces your organization, and tells what you want (referrals, customers, information, introductions).

If you are a member by March 6th you can take advantage of this great opportunity. **Not a member yet? Join by March 6th and get a 10% discount on the annual membership fee and a presentation slot.**

Please join us at this fun meeting and let PWF help you succeed!



REMINDER!!! NEXT MEETING MARCH 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, March 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, March 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!

February Meeting Recap—Ouita Michel

The Professional Women's Forum was very fortunate to have Lexington's own celebrity chef, Ouita Michel, talk to the audience at the February meeting about her journey in the restaurant business. She named her presentation, *A Kentucky Chef's Tale—a Quest for Kentucky Cuisine*.

A native of Lexington, Ouita graduated from the University of Kentucky with a Political Science Major. After completing school she moved to New York City with thoughts of becoming an attorney. Her path turned to the restaurant industry and she went to the Culinary Institute of America where she met her husband who was a New Yorker. In 1993 she fell back in love with Kentucky and she and her east coast husband moved to Lexington. She had a tough time finding a job as a chef in the city, but soon she landed a position at Dudley's. Ouita gives high praise to owner, Debbie Long, who shares Ouita's belief about using fresh, local meats and produce to create wonderful dishes for the Bluegrass. Ouita also worked at Dupree Catering, Emmetts (which was on Tates Creek Road), and she also worked with Matt Falcone who owns Bayou Bluegrass Catering, the company that provides the great food PWF experiences at their monthly meetings at Copper Roux.



In 2000, she bought the Holly Hill Inn in Midway, and it was off to the races after that! The Ouita Michel Family of Restaurants includes Wallace Station which is in a 100 year old train station, Windy Corner Market and Restaurant, The Midway Bakery and Café, Smithtown Seafood, Glenn's Creek Café, Woodford Reserve Distillery, Honeywood, in The Summit at Fritz Farm, and her newest venture, Zim's Café, at the renovated courthouse in downtown Lexington. Ouita wanted Zim's to be family friendly, use local ingredients, and to be affordable. And, she does catering for Fasig Tipton, too!

What are the most selected food items in all of her restaurants??? Brown beans and cornbread! Ouita said she uses old products to appeal to young people!

Ouita said we need food made in Kentucky. We need to purchase local protein, vegetables, fruit, and grains and not processed food. Her mission is hospitality that is open and welcoming to all people. By purchasing local foods we increase the income for Kentucky. Kentucky is 4th in the nation in family farms. 30 cents of every dollar goes to Kentucky farms. For her grains, Ouita uses Weisenberger Mills, which has been operating on the banks of the South Elkhorn Creek for 6 generations. Other local products she incorporates in her dishes include hickory nuts, sorghum, pecans (yes, there are pecan trees in Kentucky!), catfish, asparagus, beans, greens, tomatoes, and squash. She mentioned Happy Jack's farm which produces fresh produce, beef and honey. Stone Cross Farm has cheeses, beef, pork, and lamb.

When asked about Wallace Station being on Guy Fieri's Diners, Drive-Ins and Dives, Ouita said that after his visit her revenues increased four-fold. Ouita said that with all of her restaurants it can be difficult at times to find good people to work, but she wants everyone who works for her to feel important and that they are a definite member of the business.

Contact Ouita Michel through Genie at 859-846-4732 or visit the website at www.ouitamichel.com

PWF Committee Notes—contact the committee chair for information

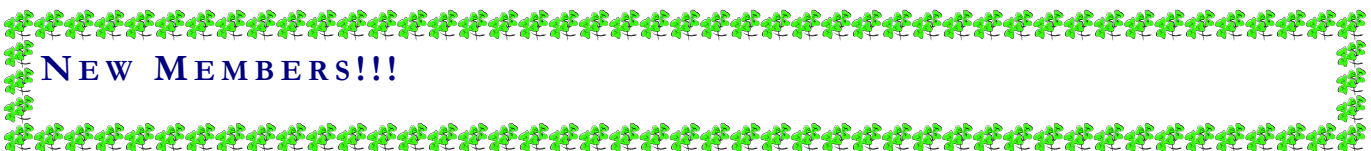
Membership/Networking: Tamara Combs, 859-963-2241, tamara.combs@brittonjohnsonlaw.com
—Be inviting!!! Ask your friends and business associates to join PWF! Let's not keep the best kept secret to ourselves!

Dreambuilders: Melissa Bright, 859-492-1128, mcbright@twc.com—The Dreambuilders Committee provides opportunities for members to give back to the community. Please see Melissa's notes on pages 5 and 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.



Please welcome back our new member for March:

Patty Fenley, Studio Franchiser, Pinots Palette-Fayette Mall

This is the list as of February 15, 2019

March Spotlight Member—Janey Moores

From the Professional Women's Forum records, the March Spotlight has been a member for at least 30 years! Janey Moores is the President and CEO of BJM Staffing & BJM Medical Staffing. She has been in her business for over 47 years. "We get people jobs (permanent and/or temporary) in business offices (medical, legal, accounting and more), plus our nursing agency places nurses, nursing assistants, CMA's and more."

What Janey likes best about her job is "knowing that we are making a difference in people's lives, their careers, in addition to strengthening business and medical facilities with first-class staff."

Some inspiring thoughts Janey would like to share with other PWF members are these: "Since joining PWF in the early 1980's, the first Wednesday of each month is always a special highlight of the month for me. I have worked with our Dreambuilders' team from day one and know that our work to help needy people in Lexington is priceless in so many lives."



In her off time Janey loves to travel, is a history buff, and an animal lover. "Charleston, South Carolina and Colonial Williamsburg are two of my favorite places and all colonial locations."

"My husband and I will soon celebrate our 32nd wedding anniversary. My son, Greg, has been working in my business with me for the last 10 years. He has two children, Zach and MaKayla."

Contact Janey Moores at (859) 223-3000, ej7@bjmstaffing.com, or visit the websites at www.bjmstaffing.com; www.bjm-medical.com.

If nature has made you a giver, your hands are born open, and so is your heart. And though there may be times when your hands are empty, your heart is always full, and you can give things out of that.

Frances Hodgson Burnett

PWF Dreambuilders is excited to announce the 2019 projects to support women in our community.

The Dreambuilder Committee's theme for 2019 is taken from a quote by the Grammy winning singer Leah LaBelle.

Work hard for what you want because it won't come to you without a fight. You have to be strong and courageous and know that you can do anything you put your mind to. If somebody puts you down or criticizes you, just keep on believing in yourself and turn it into something positive.

Through PWF Dreambuilders we each have the opportunity to show women in need in Lexington that we see your hard work, we know it is not easy, and we stand with you and want to support your journey to be your best self. New for this year in addition to the information about what each agency offers, we will be sharing how you can volunteer at a one time event or as an on going supporter of each of the featured agencies. Watch for more details in the monthly newsletters and at the first Wednesday luncheons.



The four agencies that we will be highlighting this year each support the values in our mission statement, and together these projects will allow us to support a variety of women from diverse backgrounds who, like each of us, is trying to live their best life.

On the following page are the four projects for 2019, watch for more details about the great work these agencies are doing, how you can volunteer to support their mission, and what we will be gathering to directly help the women these agencies serve.

If you are interested in helping bring one or more of these projects together, please let me know as we are looking for additional committee members.

Thank you for your continued generosity for the Dreambuilder projects!

Melissa C Bright, PMP

PWF Dreambuilders Chairperson

mcbright@twc.com

PWF Dreambuilder Projects for 2019

PROJECT 1	PROJECT 2	PROJECT 3	PROJECT 4
<p>Step By Step, Inc (Rotating Group)</p> <p><u>Project 1: Feb 22 Marketing info due, March information, April gathering</u></p> <p>Promote the Step into Beautiful Fund Raiser (03/23/2019) and the House Warming Party (04/11/2019) volunteer opportunities at the March meeting. As well as share what ongoing volunteer needs exist. Then at the April meeting we would mention the House Warming Volunteer opportunity again with the collection.</p> <p>Collect: jugs of laundry detergent, 64 wash minimum, all allergy free (used as reward for client who complete specific curriculum)</p>	<p>Hope Center for Women (new to PWF)</p> <p><u>Project 2: Marketing info due April 1, informational in May, gathering in June</u></p> <p>Gathering more information about their volunteer opportunities</p> <p>Collect: 10 back packs, and enough supplies to fill them - toothpaste, calamine lotion , combs, disposable razors , shaving cream, feminine hygiene products</p>	<p>Lady Veterans Connect, Inc (New to PWF)</p> <p><u>Project 3: June 3 Marketing due, information Aug, gathering Sept</u></p> <p>Gathering more information about their volunteer opportunities</p> <p>Recommend completing gathering before Vet's Day in Nov</p> <p>Collect Personal Hygiene supplies, (shampoo, toothpaste, tooth brush), cleaning supplies, and clothing (socks, underwear) for 10 women.</p>	<p>THE NEST RECURRING</p> <p><u>Project 4: Oct 7 Marketing info due, Nov Information, Dec Gathering 2019</u></p> <p>Gathering more information about their volunteer opportunities</p> <p>Collection timed to support Reindeer Express</p> <p>Collect: 20+ rolls of wrapping paper, 20 + Women empowering toys and several board games</p>

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 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, 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
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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!

Images Model & Talent Agency LLC, owned by **Janie Olmstead**, began their first class February 14, 1977. Congratulations for 42 years in business!

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:

PWF Meeting
March 6

Ash Wednesday
March 6

International Women's
Day
March 8

Daylight Savings Time
Begins
March 10

St. Patrick's Day
March 17

First Day of Spring
March 20

...the bottom line

Two ears, one mouth

During a discussion at a meeting a few days ago someone spoke up and quoted Epictus, a Greek philosopher who lived from AD 55-135, by just saying: two ears and one mouth. This gentleman was referring to the entire quote, "We have two ears and one mouth so that we can listen twice as much as we speak." I thought that the quote was very appropriate especially in these times. In the age of social media it seems easy to just blurt out anything that comes to mind. At times, I am guilty of not listening to what someone is saying because I am thinking of what I am going to say! From the website, Symmetry Counseling,

www.symmetrycounseling.com, it listed some tips to the art of active listening:

- ◆ Give your full attention
- ◆ Demonstrate that you are listening and interested
- ◆ Respond to what is being said
- ◆ Listen with your heart
- ◆ Don't interrupt
- ◆ Be respectful
- ◆ Don't practice selective listening
- ◆ Think about what is being said and don't just hear the words

Bottom line

Listening is something we need to practice and exercise. If we listen more instead of speaking maybe our world would be a kinder place.

Take care

Professional Women's Forum

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Lexington, KY 40588

