

PROFESSIONAL WOMEN'S FORUM

Volume 24, Issue 4

Dedicated to the Advancement of Women at Work April 2019

www.professionalwomensforum.com



April 3 Meeting—Lexington Mayor Linda Gorton!

The Professional Women's Forum is honored to have newly elected Lexington Mayor Linda Gorton. She will share her vision of Lexington into what makes Central Kentucky a great place to live and work.

Linda grew up in the heart of farm country in central Ohio, where her father sold Ford tractors and later managed a grain elevator. Her mother worked in a physician's office. They raised Linda, her two brothers and one sister. Linda left home for the first time to attend the University of Kentucky College of Nursing, where she graduated in 1971.

She married Charles Gorton, a native Lexingtonian and fellow UK graduate. The newlyweds moved to Germany where Charlie was stationed with the U.S. Army and Linda worked as a registered nurse. After three years in Germany, the two moved to Columbus, GA, next to South Korea and then back to the U.S. where they decided to come home to Lexington.

Over the years, Linda has enjoyed volunteering with numerous groups in Lexington. She was a Girl Scout leader for many years, a LYSA youth soccer coach and volunteered with school activities, from Glendover Elementary School P.T.A. President to Lafayette Band Parents' Association President. She is an ordained Elder and Deacon at Second Presbyterian Church.

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Next Meeting:

Wednesday, April 3 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 APRIL 3, 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 29, 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, April 1, 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!

March Meeting Recap—Networking!

With the schedule being tight at Professional Women’s Forum meetings it can be difficult to try to talk with many attendees. PWF tries to be respectful of everyone’s time because we are all working women. However, when the program is just networking it allows for everyone to have a chance to tell the members and guests where they work and what they do. The Program Committee allowed members two minutes to present their “elevator speech.” There were also lists of attendees on the tables so the women could follow up if they wanted to contact them. The Professional Women’s Forum has a wide variety of professions represented. If you want your floors cleaned, there’s a member to help you. If you need a job, there’s a PWF member you can contact. The possibilities are endless. Please visit the PWF website each month as there is an updated directory with contact information available. Get to know one another. Invite people. Develop relationships.

Here are a few pictures Rhonda Bartlett, RB Design Studio, LLC, took at the meeting.





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 6-8.

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.

Mayor Linda Gorton Bio Continued:

Linda has served on many community boards, including the Friends of the Dog Park, Parks Advisory Board, Family Circuit Court Advisory Board, Sister Cities Commission, UK/LFUCG Arboretum Advisory Board, Bluegrass Council-Boy Scouts, Bluegrass Military Affairs Coalition, Friends of the Lafayette Band, Central Kentucky Radio Eye, and Emergency Medical Advisory Board. She is a graduate of the Citizen Police Academy, the Citizen Fire Academy, Leadership Lexington 2000 and Leadership Kentucky 2001.

Linda served 16 years on the Lexington-Fayette Urban County Council: four terms representing the 4th District, one term as a Council Member At-Large and one term as Vice Mayor.

In addition to her community service, Linda was a staff nurse for a local physician and was a volunteer Family Support instructor for the U.S. Army Reserve Battalion and Brigade Pre-Command Course.

Linda and Charles have been married almost 47 years and have two children and four grandchildren. Both children are in military families. Daughter Abby is married to a US Air Force F-16 fighter pilot who is a native Lexingtonian. Son Clay is a US Army Blackhawk helicopter pilot married to a native of Henderson, KY. Charles is a retired public health administrator and retired US Army Major General.

April Spotlight Member—Julia Thamann

It's always fun to learn more about Professional Women's Forum members! You just never know what interests them. You have to read on to find out about Julia Thamann's off-time pursuits!

Julia works for KY Wired and has been at her job for the last 10 months. "Essentially, I'm a mini-project manager with the KY Wired project which is bringing high-speed internet to every county in Kentucky. I work in the make-ready construction portion of the project where I coordinate making room for our fiber lines on the utility poles in a certain area of the state (the 'Golden Triangle.')

What Julia likes best about her job is that she loves the work that she does and that it is something that's going to help many people. "This project will really make a difference in our state! It's going to have a huge impact on education, healthcare and emergency services as well as bring business opportunities into rural areas. It's going to change Kentucky in a very positive way!"



Some inspiring thoughts Julia would like to share are these: "I love how philanthropic the companies backing this project are. 'Making the world a better place' is literally in their mission statement. I'm thrilled to have the opportunity to work alongside organizations with such values. From charitable giving to sponsoring solar resources in the Third World and disaster-stricken areas, these companies care about the world and about their employees and it shows."

In Julia's time away from KY Wired she is an avid belly dancer! "I've been practicing and performing American Tribal Style (ATS) and Tribal Fusion belly dance for almost 3 years and I love it. I also really enjoy reading, hiking, canoeing, outdoor activities, and art."

Julia is single and comes from a large family. "I'm the middle of 4 siblings, most of which have multiple kids of their own. I love being an aunt!"

Julia is a member of the PWF Dreambuilders Committee and loves doing work that helps others. "Sustainability and making the world a better place are very important to me. Once my time in KY Wired project is up, I'd love to work in the solar/renewable energy field or something related."

Contact Julia Thamann at j.thamann@gmail.com.

Most people ask for happiness on condition. Happiness can be felt only if you don't set any conditions.

Arthur Rubenstein

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>Dress for Success (Rotating Group)</p> <p><u>Project 1: Informational in Mar.; gathering in April</u> Programs: Suiting programs work with client to help them choose an interview outfit and will also provide guidance and support for the upcoming interview. Employment Retention programs focus on helping clients remain employed, providing them with strategies to nurture your professional growth. Job Training programs address and eliminate the frustrating obstacles that may arise during a search for employment.</p> <p>Collect: Women's clothing, shoes and accessories, specifically designer bags (gently used), scrubs (new, misses/plus sizes), portfolios for resumes (gently used)</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>



DRESS FOR SUCCESS®

LEXINGTON

Their Mission

The mission of Dress for Success is to empower women to achieve economic independence by providing a network of support, professional attire and the development tools to help women thrive in work and in life.

About Dress for Success

- Dress for Success Lexington is part of a **global network** of Dress for Success Worldwide affiliates.
- Their purpose is to offer long-lasting solutions that enable women to **break the cycle of poverty**.
- Dress for Success Lexington was **founded in April of 2013** by two Lexington women eager to bring the services and career development opportunities offered by Dress for Success® to women in the Lexington community.
- The organization has **served over 650 women** and counting through their Suiting program and Career Center.

Programs Offered by Dress for Success

- **Suiting** programs work with client to help them choose an interview outfit and will also provide guidance and support for the upcoming interview.
- **Employment Retention** programs focus on helping clients remain employed, providing them with strategies to nurture your professional growth.
- **Job Training** programs address and eliminate the frustrating obstacles that may arise during a search for employment.

How We Can Help- Donation Collection at the April 2019 meeting

Donations*: Women's clothing, shoes and accessories, specifically designer bags (gently used), **scrubs** (new, misses/plus sizes), **portfolios** for resumes (gently used)

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

Volunteer Opportunities:

Career Center -- Mentoring -- Suiting -- Donation Sorting

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*:

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.***

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.



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

New PWF Meeting Date for July!

Mark your calendars now! Because of the 4th of July holiday the first week of the month, the PWF meeting will be Tuesday, July 9th, 11:30 a.m., at Copper Roux.



PWF BOARD— 2018-2019

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

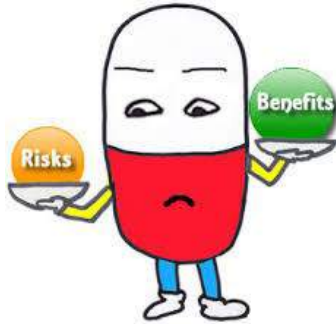
Michelle Buerger, Immediate Past Chair: 230-9425, michelle.buerger@bankatcity.com

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

Professional Women's
Forum

Phone: 859-233-1171
Email: Prowomensforum@aol.com
www.professionalwomensforum.com



Dates to Remember:

*April Fools Day
April 1*

*Fayette Co. Schools
Spring Break
April 1-5*

*PWF Meeting
April 3*

*Tax Day
April 15*

*Good Friday
April 19*

*Easter
April 21*

*Earth Day
April 22*

*Administrative
Professionals' Day
April 24*

...the bottom line

Risk vs. Benefit

Every day we have to make decisions. From the minute our eyes open in the morning we have to decide on whether we will get up and go to work or just lie there in bed and take the day off. The benefit is that we can rest and rejuvenate. The risk is that we might get fired! We make a decision on whether we eat a good breakfast or just get a doughnut on the way in to work. The benefit is keeping ourselves healthy if we choose the former or eating something tasty. The risk is not getting the nutrients we need and crashing mid-morning! You get the picture. Our lives are just one big risk/benefit! In the business world companies make decisions that also have risks vs. benefits. Not to get too technical, but from the University of Cambridge IfM Management Technology Policy website, www.ifm.eng.cam.ac.uk, they list the following Cost/Benefit/Risk Analysis methods:

Cost / Benefit

1. Define, or breakdown the plan / decision /process into its elements by drawing up a flowchart or list of inputs, outputs, activities and events.
2. Calculate, research or estimate the cost and benefit associated with each element. (Include if possible direct, indirect, financial and social costs and benefits)
3. Compare the sum of the costs with the sum of the benefits.

Benefit / Risk

4. Rank the elements into a hierarchy that reflects their impact of their potential success / failure on the whole process. If the variation in the potential impact of the ranked elements is significant, then:
5. Assign weighting values to each element.
6. Estimate the likelihood of success or failure of each element.
7. Multiply the likelihood of success or failure for each element by its weighting value.
8. Compare the risk (result of 7) with the costs and benefits associated with (3).

Bottom line

Shew! You didn't know you were going to get a management class in this newsletter! However, if you can use some of those tips in making your decisions, it might just be the benefit you are looking for.

Take care

Professional Women's Forum

P.O. Box 1762
Lexington, KY 40588

