

PROFESSIONAL WOMEN'S FORUM

Volume 24, Issue 9

Dedicated to the Advancement of Women at Work September 2019

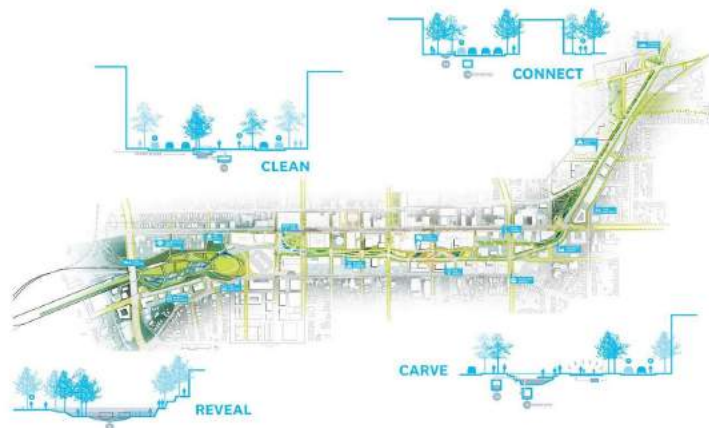
www.professionalwomensforum.com



Update on Town Branch Development with Ann Bakhaus

As both a green oasis in downtown Lexington and an active space that will serve all kinds of users, Town Branch Park will be the anchor to Town Branch Commons. The park will occupy the space between the expanded Lexington Convention center and Oliver Lewis Way.

Join us as Board of Director member Ann Bakhaus shares an update and details for this exciting project.



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Next Meeting:

**Wednesday, September 4
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 SEPTEMBER 4, 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, August 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, September 2, 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!

Recap—August Meeting with John & Jessica Winters & Lexington's Street Art

Lexington is changing. Sure, Lexington is famous for the University of Kentucky basketball and football teams and horse racing at Keeneland, but the city, in the past few years, is also embracing the arts more than ever. Married couple, John and Jessica Winters, want to bring an awareness of the world around us and bring art to the people through street art.

Jessica Winters is an attorney with the Winters Law Group and John is a stay at home father for their young child. Both have a background in the entertainment industry and are passionate about art to the masses. Having traveled the world, they became interested in the street art in many countries. In 2011, they founded PRHBTN. From their website,



“PRHBTN is an annual celebration of art forms that have been criminalized, marginalized, and under-appreciated in the mainstream, featuring public murals alongside an exhibition of street art works in a space that complements the raw, powerful nature of the message and artistry of each piece.”

John and Jessica shared their knowledge about the history of street art. Graffiti has been around a long time. When there was no written language people expressed themselves through pictures. It communicated their thoughts, identity, and their politics. Street art comes in different forms. All types of media are used such as paint, paper, stencil, wheat paste, stickers, and projection. Is graffiti art or crime? PRHBTN has a street art code in that they only sponsor sanctioned art. Most street artists want anonymity. Street art has gone from underground to public.

PRHBTN operates with just John and Jessica but they have a lot of volunteers. They raise funds through Kick-starter and they partner with the Lexington Art League. They bring street artists from all over the world into Lexington for the PRHBTN festival. This year's festival is October 18 and there should be between 4 to 6 murals created. Planning for the festival is a year long process and they have a very tight budget. They must pay for the artist to come into Lexington and all of the materials. Some of the countries the artists come from include Poland, the United Kingdom, Japan, Brazil, and Germany.

Why do they do it? John and Jessica said, “Why not?” They want to bring the world back home and they want to connect Lexington to the world. They like to have fun and don't take no for an answer!

Jessica and John shared a quote from President John F. Kennedy: “One person can make a difference and everyone should try.” John and Jessica Winters are passionate in making a difference!

Visit the PRHBTN website at www.prhbtn.com. There is a map of all of the street art at the site. The Winters Law Group e-mail contact is info@thewinterslawgroup.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 5-7.

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 Membership Bash 2019

Thursday, September 26,
2019

Pivot Brewing -1400 Delaware Ave, Lexington, KY
40505

5pm-7:30pm

Pivot will offer a tour of the facility and an overview of the brewing process. They will also offer a special on a flight with a good variety of brews for guests to try.



More details to come.

September Spotlight Member—Jeanine Fowler

Jeanine Fowler is fairly new to PWF. Sue Miller retired from Al Torstrick Insurance and when that happened Jeanine became a member. Jeanine is the Claims Manager for Al Torstrick. “Our company sells insurance to businesses, individuals and families. We also have a very strong employee benefits department. I handle property and casualty claims and accounting.”

Jeanine started at the agency 41 years ago, but she says that it doesn't seem that long! “I love that every day is different from the day before. Customers have a variety of claims/situations they need help with, and the insurance industry is ever changing.”

Some inspiring thoughts Jeanine would like to share include the following: “I think it's important to reach out to others and offer good advice when you can. Share what you know with others.”

In the times Jeanine isn't helping customers and businesses with their insurance needs she loves to read, camp, and boat with her husband. She also loves to browse fashion for each season.



“I've been married 42 years. We have two sons, a daughter-in-law, and three grandchildren.”

Jeanine loves that PWF supports Dress for Success and any organization that feeds the hungry.

Contact Jeanine Fowler at (859) 233-1461, jfowler@altorstrick.com, or visit the website at www.altorstrick.com.

There are no impossible dreams; there is just our limited perception of what is possible.

Author unknown

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>

PWF Dreambuilder Project for September 4



A place for Hope, Homes, and Healing

<https://www.lv-connect.org/>

Did you know?

- The Department of Housing & Urban Development shows female veterans are 2 to 3 times more likely to be homeless than any other group in the U.S. adult population?
- Kentucky is home to over 24,000 women veterans—with that number expected to double in the next 5 years?
- Nearly 41% of all current homeless adults are veterans?

Lady Women Veterans Connect was founded in 2012 in Lexington in order to provide hope, homes, and healing for women veterans who struggle with homelessness and post-traumatic stress syndrome (PTSD).

How can we help these brave patriots?

- **On Wednesday, September 4, please bring personal hygiene items and/or your donations payable to Lady Veterans Connect. They need:**

Shampoo, deodorant, soap, body wash, toothpaste/toothbrushes, hairbrushes/combs, hairspray, nail files, etc.

- In November of this year, please volunteer to help these brave women during their Week of Valor. Help serve them a special dinner or participate in organizing the VA 5K Run/Walk. For details, contact: info@ladyveteransconnect.org or call (859) 806-4297.



Central Kentucky Job Club Press Release – Fall 2019

The University of Kentucky (UK) Alumni Association, Fayette County Cooperative Extension Services, and UK Human Resources Career Development are pleased to announce the fall 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*:

September 10: Lexington's Economic Update – Presented by Lexington Mayor Linda Gorton

September 24: A Crash Course in Job Search Strategies – Presented by Diane Kohler, MA, CCMC, Manager, UK Human Resources Career Development, Caroline Francis, Ed.S., CCC, BCC, CCSP, Director of UK Alumni Career Services & Amanda Schagane, MEd, CCC, CCSCC, Associate Director, UK Alumni Career Services
**Free professional headshot photos immediately following Job Club for attendees.*

October 8: Target Your Resume - Presented by Caroline Francis, Ed.S., CCC, BCC, CCSP, Director of UK Alumni Career Services & Amanda Schagane, MEd, CCC, CCSCC, Associate Director, UK Alumni Career Services

October 22: Building a Foundation for Success: How to Ace Your Interview – Presented by April Spellman, Corporate Recruiter, Gray Construction
**Free resume critiques immediately following Job Club for attendees.*

November 12: Writing Your Way to Your Next Opportunity – Presented by Amanda Lawrence, PhD, Lecturer/Course Coordinator, UK Instructional Communication and Research

November 26: Finding Employment after 50 – Presented by Diane Kohler, MA, CCMC, Manager, UK Human Resources Career Development

December 10: Keeping Your Sense of Humor in the Ups and Downs of a Job Search – Presented by Mike Nichols, PhD, Licensed Psychologist and Retired Professor of Psychology

** 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.

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

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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

PWF MEMBER GOOD NEWS!

[Shannon Gordon](#), Provider Liaison, [Sayre Christian Village](#), announced that Sayre Christian Village was rated **#1** in three categories of the Readers' Choice Lexington Awards for 2019. Sayre Christian Village was voted the Best Retirement Community, Best Assisted Living, and Best Physical Therapy Provider.

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.

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:*
- Labor Day*
September 2
 - PWF Meeting*
September 4
 - Patriot Day*
September 11
 - First Day of Autumn*
September 23
 - PWF Membership Bash*
September 26



Professional Women's Forum
 P.O. Box 1762
 Lexington, KY 40588

...the bottom line
Young Entrepreneurs

A few weeks ago I was in one of my cleaning modes (doesn't happen that often!) and I noticed that my blinds could use a little "freshening" up! When you can't remember the last time you cleaned them then you KNOW it is time! I called a former PWF member whom we had purchased the blinds and had cleaned them in the past. I did remember that the last time she had come she mentioned that they were thinking of selling their business. Her husband was having a tough time of getting around, and he was the one who had been installing and taking down blinds. When I called the number, a young man answered the phone. He said that he had purchased the business back in January, and that he could clean our blinds. At first I was a little hesitant about him doing the job. The fear of the unknown! But, he came on time and proceeded to take down all of the blinds. My husband and I started talking to him. He had graduated from college just a few years ago and started teaching. But, after a few years he decided that teaching was not his calling. He said that he had helped the previous owner of the business while he was in high school. His parents were friends of the previous owners, too. He decided to change his career and become a small business owner. Now, he said, he could plan his own day and choose the jobs he wanted. He also teaches soccer to young people and by having his own business he could schedule his time to include this activity. My husband and I had to smile when the young man brought his father back with him after the blinds were cleaned. His father was a retired teacher and now he was helping his son with his business!

Bottom line...

It is so good to see young people taking initiative and stretching themselves in to starting businesses. Small business keeps America running!

Take care

