

# PROFESSIONAL WOMEN'S FORUM

Volume 25, Issue 2

Dedicated to the Advancement of Women at Work February 2020

[www.professionalwomensforum.com](http://www.professionalwomensforum.com)



## February 5 Meeting—Cyber Security with Bill Dotson

### Protect Your Office from Hackers, Vendors, and (Rogue) Employees

IT security, hacking, data breaches, phishing...We hear about these on a daily basis and often want to throw our hands up or go back to pen and paper. Bill Dotson will walk us through a realistic way to approach security for your office and home through stories from companies he's helped across the US. He's often remembered as "that guy who scared us" from organizations who hire him to speak to multiple times.

Bill is a partner at Rocker, a technology consulting company. Rocker's projects have included helping Big Ass Fans build their cloud infrastructure managing 75,000 smart fans around the globe, advising ten of central KY's largest employers about cyber insurance and risk management, and interpreting what IT people say to non-IT people every day. Rocker is Bill's third company and, although today may seem a bit scary, he will help us understand how to mitigate the risk.

Thank you ORI, Office Resources, Inc., for sponsoring this meeting!

[www.oriusa.com](http://www.oriusa.com)



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#### Next Meeting:

**Wednesday, February 5  
2020**

Location: Copper Roux

861 S. Broadway

Lexington, KY 40504

(859) 523-7915

Time: 11:30-1:00

Members: \$28

Guests: \$32

Check, cash, or credit  
card\*

\*\$1 service fee if using a  
credit card.

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forum.com/shop/](https://professionalwomensforum.com/shop/)

\*\*When registering for  
this meeting please let us  
know if you need a vege-  
tarian plate or gluten-  
free.\*\*

**REMINDER!!! NEXT MEETING FEBRUARY 5, 2020.**

Please Email: [Prowomensforum@aol.com](mailto: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, January 31, 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 3, 2020, 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!

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**PWF Committee Notes**—contact the committee chair for information

**Membership/Networking:** Chair open at this writing—Be inviting!!! Ask your friends and business associates to join PWF! Let's not keep the best kept secret to ourselves!

**Dreambuilders:** Chair open at this writing—The Dreambuilders Committee provides opportunities for members to give back to the community. Please see page 4 for the Dreambuilders' Suggestion Form for 2020.

**Program:** Janie Olmstead, 859-489-4752, [Images@imagesmodelagency.com](mailto:Images@imagesmodelagency.com)—If you have a speaker or topic of interest that you think would appeal to the members, please contact Janie.

**Technology/PR/Social Media:** Rhonda Bartlett, 859-271-8977, [rb@rbdesignstudio.com](mailto:rb@rbdesignstudio.com)—The committee assists with social media, public relations, the PWF website and meeting setup.

**Corporate Partner:** Sheila Taluskie, 859-533-1945, [staluskie@gmail.com](mailto:staluskie@gmail.com) or Beth Wofford, 859-338-7858, [bbwofford@gmail.com](mailto:bbwofford@gmail.com)—The committee seeks both individuals and businesses that might be great partners with PWF.

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**PWF BOARD— 2019-2020**

Becky Naugle, Chair: 948-4589, [lrnaug0@uky.edu](mailto:lrnaug0@uky.edu)

Hazel Teichen, Immediate Past Chair: 699-0773, [hteichen@bgcarenav.org](mailto:hteichen@bgcarenav.org)

Chair Elect:

Beverly Clemons, Secretary: 296-2800, [beverly@cmiconsulting.com](mailto:beverly@cmiconsulting.com)

Melissa Whitton, Treasurer: 219-0056, [mvpincorp@aol.com](mailto:mvpincorp@aol.com)

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## February Spotlight Member—Phyllis Snyder

As most of us spend a lot of time in our offices, we would like to have pleasant surroundings in which to work. Phyllis Snyder with ORI: Office Resources, Inc., would be a good person to contact to make that happen! “My title is Workplace Consultant. We help our clients create work environments that support their business objectives.”

Phyllis has been in the industry for 33 years, 19 of them in Kentucky. “It’s a fast-paced job, for the most part. Different clients. Different projects. Large and small—keeps my career interesting.”

“A person’s work environment or learning environment make a huge impact on their life: job performance, physically, mentally, and in their morale.”

Phyllis rarely has time off, but when she does she loves to read, renovate her home (an on-going process she says!), and spend time with her family and church. She is married to Tim. “He’s a great carpenter which is why we continue to renovate!” Her family also includes two sons, three step-children, 10 grandsons, and three step-grandchildren.



“As I’ve grown older and have more experiences in my life, I’ve realized that the things that I thought were so important in the past have become so minor now. Enjoy every day and be your best every day.”

Contact Phyllis Snyder at (859) 885-6161, [psnyder@oriusa.com](mailto:psnyder@oriusa.com), or visit the website at [www.oriusa.com](http://www.oriusa.com).

Thanks again to ORI: Office Resources, Inc., for sponsoring the February PWF meeting!



**OFFICE RESOURCES, INC.**

*Though no one can go back and make a brand new start, anyone can start from now and make a brand new end.*

*Carl Bard*

## 2020 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](mailto:mcbright@twc.com) by Wed, Feb 5, 2020.**

**Professional Women's Forum – Putting Women First**  
Incomplete forms will not be considered

**Name of Non-Profit Organization:**

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**Primary contact's name, phone, email:**

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**Physical Address:**

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**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 \_\_\_\_\_

**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:**

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## Central Kentucky Job Club – Press Release – Winter/Spring 2020

The University of Kentucky (UK) Alumni Association, Fayette County Cooperative Extension Services, and UK Human Resources Career Development are pleased to announce the winter/spring 2020 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](http://www.ukalumni.net/jobclub).

*Snow Policy: If Fayette County Public Schools are closed or on a delay, Job Club will not meet.*

### Job Club Meeting Schedule:

#### **January 28: Are Job Offers Negotiable? How Much Are You Leaving on The Table?**

Presented by John Kirn, MBA, Negotiation Professor, UK Gatton College of Business & Economics

#### **February 11: Lifelong Learning 2020**

Presented by Bob Callen, Assistant Manager, Lexington Public Library

#### **February 25: Rad Resumes: Be Seen, Get the Interview and Rock Your Skills!**

Presented by Amanda Huddleston, Executive Vice President, People Plus, Inc.

#### **March 10: LinkedIn, "WIIFM" What's in It for Me?**

Presented by Rodney Worrix, Technical Recruiter, TEKSystems

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

#### **March 24: Presenting Your Best Self: Interviewing with Confidence**

Presented by Zach Fuqua, Cooperative Education Program Director, UK College of Engineering

*\*Free LinkedIn headshots immediately following Job Club for attendees.*

#### **April 14: How to Play the Job Search Game**

Presented by Everett Bracken, CEO, VOLO Careers International, Inc.

#### **April 28: Job Search Tips & Strategies from a Panel of Regional Recruiters and HR Professionals**

This Job Club meeting will feature a panel of local HR professionals and recruiters. You will learn job search tips and strategies directly from those involved in the recruiting and hiring process. This is an opportunity to get your job search, application, and hiring questions answered, so come prepared with questions for the panel.

#### **May 12: Working for State Government: Insights into the Job Application Process**

Presented by the Kentucky Personnel Cabinet

#### **May 26: Panel of Job Club Success Stories**

Back by popular demand this annual program will be sure to inspire. Hear from former Job Club attendees on how they made successful job or career transitions, landed interviews and kept their spirits up during their search.

*Last updated 11/26/19.*



## 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](http://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](http://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 Sheila Taluskie, 859-533-1945, [staluskie@gmail.com](mailto:staluskie@gmail.com) or Beth Wofford, 859-338-7858, [bbwofford@gmail.com](mailto:bbwofford@gmail.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**

### PWF MEMBER GOOD NEWS!

If you have good news, such as a promotion, new employee/s, or a special event to share with the members please send the information to [Prowomensforum@aol.com](mailto:Prowomensforum@aol.com) by the 10th of the month. This is your opportunity to promote yourself or your business.

#### 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



*Dates to Remember:*

*February 2*  
*Groundhog Day*

*February 5*  
*PWF Meeting*

*February 14*  
*Valentine's Day*

*February 17*  
*Presidents Day*

*February 26*  
*Ash Wednesday*

*...the bottom line*

*Morning Boost*

If you ever watch the Today show on NBC in the mornings usually it starts at 7:00 a.m. with "breaking news" of something bad that has happened overnight. For the first hour of the program, the content is pretty heavy material, not exactly what you want to see or hear at that hour of the morning. However, by 8:00 a.m., the program gets a little "softer" or lighter in tone. After all of the previous bad stuff, they come up with Hoda Kotb's "Morning Boost." It usually is a piece that inspires and/or lightens our hearts. How refreshing! Well, here's a "morning boost" to share:

A friend of mine had a sudden death in the family. Her brother-in-law had a massive heart attack and after a few days passed away. The family was devastated since he was only in his early 50's. As they were making plans for the funeral they had to stop at a neighborhood grocery store to pick up a few things. My friend was walking around the store and one of its employees came up to her and cheerily asked her how she was doing. My friend said she was OK, but the employee could tell something was not right. So, the employee cautiously asked her what might be wrong and she told him what was going on in her life. All of a sudden the employee shouted out "greenhouse on aisle 7." Within moments, another employee came running to my friend with a bunch of beautiful roses! My friend was in shock and in tears. What a wonderful gesture of service this store provided.

*Bottom line...*

Whether you call it a "morning boost" or great customer service it is always good to know that there is still kindness in this world.

Take care

*Professional Women's Forum*

P.O. Box 1762  
Lexington, KY 40588

