

PROFESSIONAL WOMEN'S FORUM

Volume 25, Issue 3

Dedicated to the Advancement of Women at Work March 2020

www.professionalwomensforum.com



March 4 Meeting—Leadership from the Inside Out: Learning to Tell Your Leadership Story—with Audrey Smith Bachman, M.A.

Leadership is more than something we just do. Leadership comes from a deeper reality within us – a reality that is shaped by our values, traits, principles, life experiences, beliefs, and motives. Leadership is an intimate expression of who we are; it is our whole person in action. In this presentation, Audrey will share her story about the power of great leadership and what we can do to develop our own powerful stories to create enduring value for our teams, organizations, and communities.

Audrey Bachman is a Training Specialist for Human Resources Training and Development at the University of Kentucky. Audrey routinely partners with employees to strengthen their job performance and help develop their aptitude for leadership. Audrey is an advocate for lifelong learning and delivers training programs for UK that focus on improving interpersonal and group communication, managing workplace conflict, fostering diversity and inclusion, and facilitating creative problem-solving. Audrey earned a BA in communication studies from Eastern Kentucky University and Master's degrees in communication and information sciences and public health from the University of Kentucky. She is a member of the Association for Talent Development, National Communication Association, and American Public Health Association.

Thank you Images Model & Talent Agency for sponsoring this meeting!


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Next Meeting:

**Wednesday, March 4
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.

[https://
professionalwomens-
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 MARCH 4, 2020.

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 28, 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 2, 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!

Recap—February 5 Meeting—Protect Your Office and Be Safe Online—Bill Dotson

It's bad enough dealing with the daily challenges of working for a business or being an owner, but when you have to contend with "bad guys" lurking behind the computer screen it can just be downright scary! A partner of Rocker, an IT advisory service and consulting firm, Bill Dotson provided lots of information to help fend off any would-be hackers from ruining your day.

Things have changed in the information technology world. In the past, breaches of information were few, but now they are an every day occurrence. We need to accept that all private information is for sale. Bill said that on the Dark Web the price to obtain names, Social Security numbers, and driver's licenses is quite cheap; \$35 for US data. Mr. Dotson gave an example of a company which was hit by ransomware and had to pay \$250,000 to unlock their computer systems. The company which has over 500 employees had no e-mail for a week. The chance of a hacker being caught is less than 1%.



PWF Program Chair, Janie Olmstead and Bill Dotson

IT people, Bill said, should tell you what your company needs and then implement it. He said that every person in a company should go through training for security. Companies that are very vulnerable to data breaches are law firms and doctors' offices. Hackers can find an immense amount of personal data there.

Scammer season is right now, January 1 to the end of April, because of people filing tax returns. Mr. Dotson said to try and file early and check to see if it has already been filed meaning someone has compromised your data.

Passwords...it seems like we have a zillion of them! Bill said to try a password manager such as 1Password, LastPass..., and dashlane. Some tips on passwords include: use as many characters as possible, different passwords everywhere, no family or work information in the password, and don't share if possible. Use two factor authentication. Be careful what you put in texts and e-mails. Don't text/e-mail bank account information, credit scores, driver's license numbers, date of birth, credit/debit card information, and social security numbers.

Mr. Dotson recommended technology insurance and to get as much as you can. Be sure to change WIFI passwords when an employee leaves. Bill suggested the following website to help a company ensure proper security: <https://securitycheckli.st/>

Contact Bill Dotson at Rocker at bill@rocker.io or 859-654-7625.

We want to again thank ORI-Office Resources, Inc. for sponsoring this meeting!



PWF Committee Notes—contact the committee chair for information

Membership/Networking: Co-chairs: Shirley Riley, 859-223-1111, spcriley@twc.com and Marie Toles, 859-223-1111, marietoles@icloud.com—Be inviting!!! Ask your friends and business associates to join PWF! Let's not keep the best kept secret to ourselves!

Dreambuilders: Julia Thamann, 859-230-9146, j.thamann@gmail.com—The Dreambuilders Committee provides opportunities for members to give back to the community. The organizations supported for 2020 will be announced soon.

Program: Janie Olmstead, 859-489-4752, 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—The committee assists with social media, public relations, the PWF website and meeting setup.

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

PWF BOARD— 2019-2020

Becky Naugle, Chair: 948-4589, lraug0@uky.edu
Hazel Teichen, Immediate Past Chair: 699-0773, hteichen@bgcarenav.org
Chair Elect:
Beverly Clemons, Secretary: 296-2800, beverly@cmiconsulting.com
Melissa Whitton, Treasurer: 219-0056, mvpincorp@aol.com



Please welcome our new members for March:

Tanya Bolton, Marketing Director, Lexington Women's Health
Emily Hacker-Todd, Realtor, CRS, GRI, Century 21 Advantage Realty

This is the list as of February, 15, 2020

March Spotlight Member—Janie Olmstead

From the PWF records, Spotlight Member, Janie Olmstead, has been a member for 20 years! She is the owner of Images Model & Talent Agency LLC which has been in business for 43 years! Her first class was held February 14, 1977, above Magee's Bakery in Frankfort, Kentucky. "I borrowed \$500 from Farmer's Bank in Frankfort to start the business. Now, I wonder why I didn't borrow \$1,000. LOL" Images was named Lexington's Small Business of the Year and was inducted into the Modeling Hall of Fame.

"As owner, I oversee the operation of the modeling school and job bookings, but my main responsibility is to train the recruited contestants for the Los Angeles and New York City International Modeling & Talent Association competitions, accompany them to conventions and work toward placing them in regional, national or international modeling/talent agencies. Also, I am the 'face' of Images; the PR person who represents the company."

What Janie likes best about her work is that she has the opportunity to help Images' students, no matter what age, make their dreams come true.

Inspiring thoughts Janie would like to share include the following: "As a PWF member, it is very important to become a committee member to get the most of your membership. You meet the most interesting women and if, like the Program Committee, we have become very close friends. Don't be afraid to take risks, even taking a chance and doing something totally different from which you were trained."

Janie has two children and four grandchildren. And...if you didn't know, Janie was Miss Kentucky!

Contact Janie Olmstead at (859) 273-2301, images@imagesmodelagency.com, or visit the website at www.imagesmodelagency.com.

We want to thank Janie and Images Model & Talent Agency LLC for sponsoring the March meeting!



images
MODEL & TALENT AGENCY

Strategic planning is worthless—unless there is first a strategic vision.

John Naisbitt



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.

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

Job Club Meeting Schedule:

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.

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 Sheila Taluskie, 859-533-1945, staluskie@gmail.com or Beth Wofford, 859-338-7858, bbwofford@gmail.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!

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 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:

*PWF Meeting
March 4*

*Daylight Savings Time
Begins
March 8*

*St. Patrick's Day
March 17*

*First Day of Spring
March 19*

...the bottom line

The Gatekeeper

Most people probably have heard of the REAL ID. From the United States Homeland Security website, the REAL ID Act establishes minimum security standards for license issuance and production and prohibits Federal agencies from accepting for certain purposes driver's licenses and identification cards from states not meeting the Act's minimum standards. If someone does not have a REAL ID they can not access a Federal facility or board a Federally regulated commercial aircraft. Kentucky is now in the process of issuing REAL ID's. October is the deadline. Currently, at this writing, there are only a few counties which can issue a REAL ID. Until all counties can do this there is an office in Frankfort which will issue a REAL ID to anyone in any county.

To make a long story short, I decided to go ahead and get the REAL ID because I have been doing quite a bit of flying. I didn't want to wait until the last minute. To get a REAL ID one must have several pieces of documentation. The Kentucky Transportation Department website has a listing of what is needed. I gathered everything that I thought I should have and headed to Frankfort. Once I got to the building there was quite a line of people, which I expected. They all had envelopes and tote bags of documents which they thought could pass as acceptable. But, to actually get back to the people actually doing the registration there was a gatekeeper. I must say this person was very nice considering what she has to face each day. One by one she turned people away because they didn't have the correct documents. There was a lot of grumbling and under the breath cursing, but the gatekeeper didn't lose her cool. The closer I got to the gatekeeper the more nervous I got. Thankfully, my documents were found acceptable and I proceeded to the back.

Bottom line...

Do you have a gatekeeper in your business? If so, is the gatekeeper a person or a machine. The gatekeeper can be the first impression of a company. Proper selection and training of a gatekeeper can make all of the difference in a company's success.

Take care

Professional Women's Forum

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Lexington, KY 40588

