

Business & Professional Women / River City

# BPW River City

An edition of the News and Views

BPW Websites - Keep Informed by Checking Us Out Regularly:



BPW River City:  
[www.bpwrc.org](http://www.bpwrc.org)

BPW of Kentucky:  
[www.bpw-ky.org](http://www.bpw-ky.org)

BPW USA:  
[www.bpwusa.org](http://www.bpwusa.org)

## September Speaker: Mary Ellen Wiederwohl



Mary Ellen Wiederwohl

Want to know what organization contributed over 13,300 hours in community service and impacted over 2,800 lives through

hands-on projects? Then come to our September meeting (9/9/09) and learn more about the Junior League of Louisville--89 years old and still going strong!

Mary Ellen Wiederwohl is the President of the Junior League of Louisville (JLL). Mary Ellen leads JLL in its 89th year of a mission to improve the lives of Louisville's women and children and build a better community.

The Junior League of Louisville (JLL) is an organization of

women committed to promoting voluntarism, to developing the potential of women, and to improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. JLL reaches out to women of all races, religions, and national origins who have an interest in and commitment to voluntarism.

JLL is currently engaged in numerous community endeavors, including a multi-faceted, long-term Signature Initiative - *Be Fit, Be Fine*.

## Make Your September Luncheon Reservation Today!



For lunch reservations, email your reservation to **Jeanine Holden** at [JHolden@kforce.com](mailto:JHolden@kforce.com)

Lunch Reservation **Deadline**

**\*Thursday, September 3rd by 4 p.m.!**

You may register in the same manner for a member or a guest, please be sure to specify that the person is a guest. Be advised: You are financially responsible for any reservation

you make whether you (or a guest) attend. Reservations are not required for non-eaters.

### AUGUST MONTHLY LUNCHEON MEETING

**Wednesday, September 9th, 2009**

at The Jefferson Club

Top Floor, 500 West Jefferson St.

11:30 AM - 12:00 Noon: Networking and Registration

12:00 Noon - 1:00 PM: Program and Lunch

Our menu for this meeting is:  
**LUNCH BUFFET:** The Buffet

includes Salad Bar, Soup of the day, two Entree selections, a Starch & a Vegetable, along with Rolls & Butter, Iced Tea and Coffee, and platters of Brownies and Cookies on each table. *Meeting attendance is free, and open to the public. Lunches are \$20.*



*Please have checks made out in advance to speed-up the check-in process.*

### Inside This Issue:

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## Letter From the Prez:

Hi, everybody.

I hope everyone is enjoying your summer. It feels like it has finally decided to get hot for the summer—just in time for the kids to return to school.

I went to the BPW 90<sup>th</sup> Anniversary Celebration in St. Louis last weekend and it was a lot of fun. There were many states represented and we all decided that we wanted to try to continue an annual meeting. The state of Illinois has offered to host next year sometime in the summer. We also discussed a National Facebook page as a way to network nationally without a lot of expense, but I'm not sure who was going to set it up. Our state BPW President, Diane Kroney-Turner, was in attendance and hopefully will keep all of the local groups apprised of what is going on nationally.

Violet Clark, our President-elect, is in charge of our KBWW (Kentucky Business Women's Week) this year. She and I talked at length on the ride to St. Louis about the upcoming week which will be from Oct. 19th-23th. We are very excited about the prayer breakfast on Tuesday morning of that week, the Rising Flame (Young Careerist) luncheon competition on Wednesday, and our Woman of Excellence (Woman of Achievement) banquet on Thursday evening of that week. Because of the dissolution of the National BPW, we had to change the names of our activities, and we feel that we came up with some wonderful new names. So please be thinking about someone you know who you can nominate to represent your company or just someone you know who would make an excellent candidate, both for the Rising Flame competition and the Woman of Achievement recognition. Please contact Violet Clark at [vclark2009@gmail.com](mailto:vclark2009@gmail.com) for any details. I think she has also put the applications and information on our website. Malena Kraig is doing an excellent job of keeping our website up-to-date.

I need your help!! Our treasurer, Karen Bertram, has to resign her position as she has gotten a new job which will not allow her to continue as our treasurer. She was nice enough to stay on for me this year and we have gotten the budget approved by the board, but I need to find a replacement as soon as possible. The requirements for treasurer are that someone must have a strong accounting background and must have been a member for at least 6 months. Please contact me if you might be interested or you know someone who might be interested. I would really appreciate it.

I hope to see all of you at our Foundation luncheon this week. I'm sure that you will have a wonderful time.

*Sue Woods*

BPW/RC President



**Sue Woods**

**BPW River City President,  
2009-2010**

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*"I need your help!! ...I need to find a (Treasurer) as soon as possible. The requirements for treasurer are that someone must have a strong accounting background and must have been a member for at least 6 months. Please contact me if you might be interested or you know someone who might be interested."*

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## Have you been to [www.bpwrc.org](http://www.bpwrc.org) lately?



Do you want the most up to date information about Business and

Professional Women / River City? Check out our new and improved website at [www.bpwrc.org](http://www.bpwrc.org). Bookmark our webpage. As a BPW/RC member, you will want to visit this site often.

Have you missed an issue of the eNewsletter? You can find it on

our newly updated website. Do you have information that you need to relay to the BPW/RC membership? The BPW/RC website is the way to go!

Contact Malena Kraig at [mkraig@insightbb.com](mailto:mkraig@insightbb.com) for website submissions.



# Leadership BPW Program Graduation Requirements

1. Attend at least five out of the 18 Leadership BPW scheduled events.



2. Attend at least three BPW/River City luncheons throughout the 2009-2010 year, under the leadership of President Sue Woods.

3. Attend at least one National Business Women's Week event (October 19-23, 2009).

4. Write a one-page white paper on: What Leadership Means to Me and How I Plan to Give Back to My Community (or How I Have Given Back to My Community). This one-page

paper is due by the March 2010 BPW luncheon meeting.

5. Attend at least one BPW Board Meeting or attend through the conference phone line. Conference call in #: 712-775-7100 and use 889805#

6. Attend at least one Metro Council Meeting OR one Mayor's Community Conversation Meeting.

Refer to Page 5 for the 2009

Schedule Leadership BPW Program events.

For more info contact Cindy Vaughan at : [Cindy-](#)



## Individual Development Program (IDP)

The IDP Program is for women who would like to expand their business knowledge and learn more about the Business and Professional Women (BPW) organization. It teaches many things, such as public speaking and how to give a professional

presentation, but most importantly, it introduces women to Business and Professional Women/ Kentucky and teaches them what BPW is all about. It is truly a learning experience that is not to be missed. If you are interested in this program

please contact Amanda Boston at [Amanda.boston@anthem.com](mailto:Amanda.boston@anthem.com) and she will be able to assist with the details of how to participate in this invaluable program.



## 26<sup>th</sup> Annual Labor Day Weekend Pioneer Run/Walk



the 26<sup>th</sup> Annual Pioneer Run/Walk.

The USATF certified and sanctioned race starts promptly at 8:00 a.m. rain or shine at the Seneca Park softball fields. Cost is \$20 in advance and \$25 after September 3, 2009.

or at the registration tables the day of the race. Pre-race packet pickup available September 4, at Fleet Feet during store hours. Late registration will begin at 7:00 a.m. and close at 7:45 a.m. Follow us on Facebook at <http://www.facebook.com/pages/Annual-Pioneer-5k-RunWalk/94557645901?sid=ae9e2193851b1db14c29529abd848b39&ref=search>

for news and updates on sponsors, and the fabulous awards and door prizes that will be



The Links for Life Committee and AT&T Pioneers challenge all BPWRC members to STEP UP TO FIGHT BREAST CANCER, Saturday, September 5, 2009 in

Applications are available at local running stores and online at Fleet Feet, [www.fleetfeetlouisville.com](http://www.fleetfeetlouisville.com),

presented after the event.

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BPW USA: [www.bpwusa.org](http://www.bpwusa.org)

# Networking Opportunities

## Taste of the Grapevine Event

Seelbach Hilton Louisville  
Medallion Ball Room  
August 15, 2009  
7:00 p.m. to 12:00 a.m.  
Cocktail Attire

together to attend this event. For \$500.00 you can reserve a table for up to 10 people. There are only a limited number of reserved tables and they are available through advance sales only. There will be live music by Radio Radio!

for only \$145.00 per room. This price includes breakfast for two the next morning.

[www.ACSTASTE.com](http://www.ACSTASTE.com). Please fill out order form on-line for tickets to event. REMEMBER tables are limited-- and sell out every year! And, of course, you must be at least 21 years of age to attend this event.

To find out more, please visit our website at

The cost to attend this event is \$50.00 per person in advance or \$75.00 per person at the door. This price includes wine tasting and dance. There will be a Silent Auction, live music by Radio Radio!

You may become an event patron for a \$10 donation; patrons will be listed in the program. Take home a souvenir glass for only \$5.00.



Get your family and friends to

If you choose to stay overnight at the Seelbach, you can do so

## Business Networking at Smoketown USA



Smoketown USA hosts a "standing room only" Business Networking Event ON THE LAST THURSDAY OF EACH MONTH at

2:00 p.m. @ Smoketown USA! This event is for anyone who wants to tell about their busi-

ness, connect with others, form new relationships, or just come and eat and see what all the buzz is about!

Each person who attends is given the opportunity to stand up and give a 2 minute commercial about their company, products, and services.

so an RSVP is encouraged and it's a great idea to come early and eat before the crowd arrives.

Call Eric Gould if you would like to attend or just show up! E-mail [info@smoketownusa.com](mailto:info@smoketownusa.com) with any questions.

This is a great opportunity to mingle with Louisville's business crowd, but we fill up fast,

C'mon down! We look forward to seeing you there!

## Establish New Contacts to Expand Your Business

Louisville Business Xchange

Wed., August 26th  
11:30a - 1:00p  
Stoney River Steaks  
(Summit Plaza)  
RSVP Early

Includes: Lunch, Networking & Contact List

Price: \$30 advance / \$35 on-site

Open Event: NO Membership. NO Dues. NO Requirements!

Business Owners, Decision Makers & Professionals from across all industries are invited to participate in a highly effective networking event.

Start cultivating relationships in an accelerated format among many of the Louisville

& Southern Indiana's leading organizations and companies. Experience dynamic structured networking to meet high quality professionals and develop new contacts.

Establish new contacts, share resources and promote your business!



## Important Dates to Remember:



### August

- 12 Monthly BPW/RC Meeting - Jefferson Club
- 17 Executive Board Meeting - Arison Insurance

### September

- 15 *Kentucky Cardinal* deadline
- 9 Monthly BPW/RC Meeting - Jefferson Club
- 14 Board Meeting - Arison Insurance

### October

- All Month Breast Cancer Awareness & Domestic Violence Awareness Month
- 14 Monthly BPW/RC Meeting - Jefferson Club
- 19 Board Meeting - Arison Insurance
- 19-23 Kentucky Business Women's Week
- 31 **Deadline** to submit KBWW award information
- 31 **Deadline** for BPW/KY Foundation Scholarship Application

### November

- 1 **Deadline** for KY Nominations Chair notifies locals of February 15
- 3 Election Day
- 11 Monthly BPW/RC Meeting - Jefferson Club
- 16 Executive Board Meeting - Arison Insurance
- 20 Executive Committee Meeting, Barren River, Glasgow, KY
- 21-22 BPW/KY Interim Board of Directors Meeting, Barren River, Glasgow, KY

### December

- 1 *Kentucky Cardinal* deadline
- 1 **Deadline** for proposed Bylaws revisions to State Bylaws Chair
- 9 Monthly BPW/RC Meeting - Jefferson Club
- 14 Board Meeting - Arison Insurance



## 2009 Leadership BPW Program

Leadership BPW consists of meetings with community leaders who will share their knowledge about various community initiatives, community resources, places of interest and corporations. The goal is to become more educated about our city's resources, while developing attributes to become future business/community leaders. We are able to ask all the questions we want of these community leaders who have specifically opened their doors to accommodate our leadership program.

The committee chairs doubled the number of events for this year's program from 9 to 18 events. This will give participants 2 events per month to select from.

### LEADERSHIP BPW DATES:

<b>Aug. 17, 2009</b>	<b><i>Kentucky Refuge Ministries</i></b>	<b><i>5:30 - 6:30 p.m.</i></b>
Sept. 1, 2009	Gilda's Club	5:30 - 6:30 pm
Sept 14, 2009	Family Scholar House	5:30 - 6:30 p.m.
Oct. 6, 2009	Olmstead Parks	5:30 - 6:30 pm
Oct. 19, 2009	TBA	
Nov. 4, 2009	TBA	
Nov. 16, 2009	TBA	
Dec. 1, 2009	Flame Run	5:30 - 6:30 p.m.
Dec 14, 2009	Rainbow Bloom Foods	5:30 - 6:30 pm
Jan. 5, 2010	Bucks for Brains - U of L	5:30 - 6:30 pm
Jan. 18, 2010	Downtown Development Corp	5:30 - 6:30 p
Feb. 2, 2010	Sullivan University	noon
Feb. 15, 2010	Norton Commons	5:30 - 6:30 pm
Mar. 2, 2010	Printing House for Blind	3:00 - 4:30 pm
Mar. 15, 2010	Persimmon Ridge	5:30 - 6:30 pm
Apr. 6, 2010	Louisville Convention Center & Visitor's Bureau	5:30 - 6:30 pm
Apr. 19, 2010	TBA	
May 12, 2010	Graduation Day at BPW luncheon meeting	noon



For more info contact Cindy Vaughan at : [CindyVaughan14@bellsouth.net](mailto:CindyVaughan14@bellsouth.net)

or

Christine Taylor at: [cmtaylor222@aol.com](mailto:cmtaylor222@aol.com)



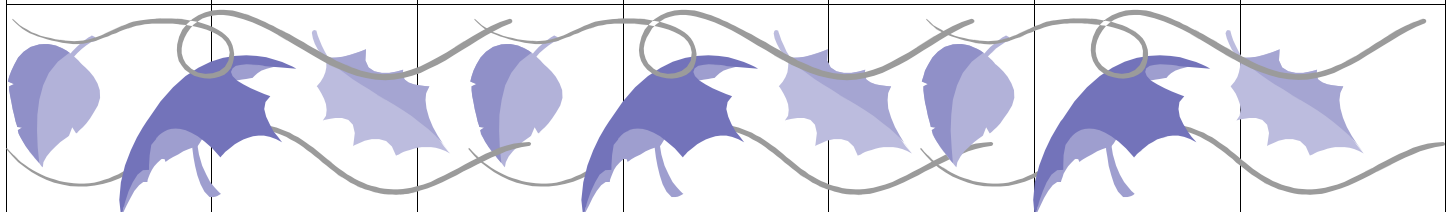
# August 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6  <b>Deadline to make Luncheon Reservation for the monthly meeting (12th)</b>	7  <i>E-Newsletter Article Submission <b>Deadline</b></i>	8
9	10	11  E-Newsletter Distribution	12  <b>12:00 Monthly BPW/RC Meeting @ Jefferson Club</b>	13	14	15
16	17  5:45 BPW/RC Executive Board Meeting @ Arison	18	19	20	21  <i>E-Newsletter Article Submission <b>Deadline</b></i>	22
23	24	25  E-Newsletter Distribution	26	27	28	29
30	31					

# September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3  Deadline to make Luncheon Reservation for the monthly meeting (9th)	4  E-Newsletter Article Submission Deadline	5
6	7	8  E-Newsletter Distribution	9  12:00 Monthly BPW/RC Meeting @ Jefferson Club	10	11	12
13	14  5:45 BPW/RC Board Meeting @ Arison	15 <i>Kentucky Cardinal</i> deadline	16	17	18  E-Newsletter Article Submission Deadline	19
20	21	22  E-Newsletter Distribution	23	24	25	26
27	28	29	30	31		



## Pay Equity

### Background

Forty-six years after President John F. Kennedy signed the Equal Pay Act ensuring "equal pay for equal work," the Census Bureau reports that, on average, full-time working women earned 78 cents to every dollar earned by men. The Lilly Ledbetter Fair Pay Act, signed into law on January 23, 2009, ensures that victims of discrimination have fair access to the courts, but additional legislation is needed to close the persistent gap be-

tween men's and women's wages.

### Legislation

**The Paycheck Fairness Act** (HR 12/S 182) will strengthen the Equal Pay Act in ways necessary to guarantee that women workers are not short-changed solely because of their gender.

### Updates

**Paycheck Fairness Act has 33 Co-Sponsors August 6, 2009**

Although the House voted on the Paycheck Fairness Act (PFA) way back in January, the Senate has yet to take it up. The PFA coalition has been keeping the pressure on with a Letter-A-Day campaign that is in its third straight week. BPW sent letters on July 27 - one to thank the co-sponsors and one to encourage the stragglers to sign-on. And it is working! Sens. Shaheen (NH) and Franken (MN) became the latest two Senators to sign-on to

the bill.

To read more, please go to <http://www.bpwfoundation.org/i4a/pages/index.cfm?pageid=4419>



### Here is your connection to Legislative Hotlines:

- BPW/USA Legislative Hotline: See [www.bpwusa.org/custom/getactive/iframe.cfm](http://www.bpwusa.org/custom/getactive/iframe.cfm)
- Kentucky Political News - U.S. Politics Today: [www.uspolitics.einnews.com/kentucky/](http://www.uspolitics.einnews.com/kentucky/)
- Kentucky Legislature Home Page: [www.lrc.ky.gov/home.htm](http://www.lrc.ky.gov/home.htm)
- Louisville Metro Council Home Page: [www.louisvilleky.gov/MetroCouncil/default.htm](http://www.louisvilleky.gov/MetroCouncil/default.htm)

## Keep the noise down: Hearing damage adds up



It's pretty obvious when a product makes a lot of noise. A rude awakening on a Saturday morning by a neighbor's leaf blower, lawn mower, or string or hedge trimmer is enough for most people to curse the inventors (and the users). Your neighbor may not care that he's bugging you, but he also may not realize the damage he's

doing to his own hearing.

If you're already in the market for a hearing aid, a [recent story in Consumer Reports](#) can help you navigate the marketplace. Our investigation also looked closely at product-related noise and how to minimize your risk of hearing loss.

Noise damage is a function not just of how loud a product is, but how long you're exposed to the noise. [In our testing](#), we found models of leaf blowers, chain saws, string trimmers, lawn tractors, and even some hair dryers that crank out enough noise to cause concern if you're exposed to it repeatedly. Environments can be noisy too. The subway, sporting

events, rock concerts, and even some movie theaters can easily exceed 100 decibels, loud enough to cause damage in just a few minutes if exposure is routine.

Noise damage is cumulative, so it's best to use hearing protection as much as you can, limit how long you're exposed to noise you can't avoid, and save your noise budget for things you really enjoy, like the occasional loud concert or sports event. Take care to wear ear plugs properly for the best protection. And be aware that when it comes to noise you want to hear, like your car stereo or MP3 player, you may not be the best judge of whether it's too loud, espe-

cially when there's a lot of [background noise](#).

Source: Consumer Reports



## A VERY SPECIAL THANKS TO OUR CORPORATE SPONSORS:



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## **BPW eNewsletter Submission and Distribution**

BPW's eNewsletter goal is distribution on the 2nd and 4th Tuesday of every month. If you would like to include information in the eNewsletter, please submit your announcement via email, in paragraph form, in 50 words or less to [BPWeNewsletter@aol.com](mailto:BPWeNewsletter@aol.com) by 7pm on the Friday prior to that following week's eNewsletter's release. ALL SUBMISSION REQUESTS WILL BE FORWARDED FOR APPROVAL BY A MEMBER OF THE BPW/RC BOARD. If approved, announcements will be posted to the next release. Preference is given to BPW members and sponsors. By default, all submissions will be posted on a one-time basis in the next pending BPW eNewsletter. If you require your submission to run more than one time, you will need to include the "run-until" date in your submission request