

BPW River City "Building Phenomenal Women"

# BPW River City

## September Speaker: Kelly Watkins, MBA

### Special points of interest:

- We need to vote on the budget in tomorrow's August 13th meeting. **Please review the attached Proposed 2008-2009 Budget.** Questions will be answered at the meeting prior to a vote as is or as amended.
- Back-the-Pack Donations: LAST CHANCE TO PARTICIPATE** is tomorrow's Luncheon Meeting: BPW/RC is once again sponsoring this program for the upcoming school year for the Portland Elementary After-School program.

On **September 10, 2008**, our guest speaker with me Kelly Watkins, MBA.

Kelly has spoken to women all over the world, from San Francisco to Siberia, from Dallas to Dubai. What's their most common concern?--How to juggle everything. Kelly will share her international (and universal!) experiences, as well as her biggest secret - work/life balance doesn't exist!

Kelly Watkins, MBA, has witnessed communication from awesome to awful - all over the planet (on all 7 continents & in all 50 US states). Kelly offers consulting and speaking services to help companies improve communication in order to lead more productively and serve customers more profitably. She has written five books and 125+ articles. Kelly founded Expressive Concepts in 1992. She is Chair-Elect of the International Forum for the

National Association of Women Business Owners and is Past President of the National Speakers Association/KY. Kelly joined BPW/RC in 1992. She has spoken at numerous national & regional BPW conferences. For tips & articles:

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

and

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

### MONTHLY LUNCHEON MEETING

**Wednesday, September 10th, 2008**

**The Jefferson Club**

Top Floor, 500 W Jefferson St.

**11:30 AM - 12:00 Noon:**



*"The Secret to Work/Life Balance - How can you have it all without having a nervous breakdown?"*

By Kelly Watkins, MBA

Networking and Registration

**12:00 Noon—1:00PM:**  
Program and Lunch

**Lunch Reservation Deadline \*\* Thursday, September 4th by 4 p.m.! \*\***

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## Make Your Lunch Reservation Today!

### MONTHLY LUNCHEON MEETING

**Wednesday, September 10th, 2008**

For lunch reservations, call **502-396-8659**, or email your reservation to Cheryl Tingle at [cheryl.tingle@insightbb.com](mailto:cheryl.tingle@insightbb.com). 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.

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.**

## HERE IS THE LATEST FROM THE PREZ:

Ladies:

2008-2009 is going gangbusters! Recently several of us attended National Conference in Atlanta, Georgia and let me just say that our local (the largest in the country) is doing far more and on the ball more than most INCLUDING National. While National is struggling a bit I know that BPW/RC carries on strong and phenomenally! It seemed to be the consensus that National would survive but it is going to take quite a bit of tightening the belt for them and some new strategies.

I pray that strong women leaders who are passionate about mentoring girls, BPW, their faith and leadership the way it was meant to be, join the ranks of those who have begun this fight. It blew me away that while we are struggling, they have not replaced a membership staff member for BPWUSA OR BPW Foundation. I am proud to report that a member was brave enough bring this subject to the attention of the body during open mic time and I expect the National Board as well as staff heard her loud a clear with the rousing response of applause.

SO, a couple of things - if you have not renewed your membership, PLEASE do so NOW! You can renew early, just make sure they are aware that your expiration date will extend through the following year of your true membership year and not an earlier date. If you have suggestions, ideas, recommendations, please pass these on to me or Debbie Pierce the BPW/KY State President. It sounds like the National Board and staff can use all the help they can get and you could be the one that has the very idea they need. Pulling together at these times of insecurity and need we can show the world that we ARE a united front! And finally of course pray for wisdom, strength, integrity and humbleness in the leadership that will forge ahead.

I LOVE YOU ALL! You give me great joy! Women in Louisville and Southern Indiana shine and are indeed a true role model for other BPW locals and our National organization. Thank you SO much for your loyalty, commitment and hard work! YOU GO GIRLS!

Blessings Abundant!

Lorie



Lorie Marcum  
BPW River City  
President,  
2008-2009

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*"It sounds like the National Board and staff can use all the help they can get and you could be the one that has the very idea they need."*

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## A Public Relations Call Out!

Calling all members of Business and Professional Women (BPW) of River City! You are **WANTED** by the BPW public relations committee. Share your vision and inspire a plan to connect with our stakeholders in the coming year.

Meetings will be the first Friday each month, 8 a.m. to 8:59 a.m. at ArtSpace 321 West Broadway!

For more information contact **Alina Pabin-Prusak** via phone **618-5328**, or



[apa-](#)

[binprusak@yahoo.com](mailto:binprusak@yahoo.com)

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## National Business Women's Week (NBWW)

National Business Women's Week (NBWW) is the week of **October 20, 2008**.

This year NBWW is the week of October 20, 2008.

Business & Professional Women - River City has some exciting events planned for that week. All the events will be held in the Kentucky International Convention Center. The Kentucky International Convention Center is sponsoring us once again this year! Business & Professional Women - River City

has some exciting events planned for the week.

On Tuesday, **October 21, 2008** we will have a prayer breakfast 7:30 - 9:00 AM, Wednesday, **October 22, 2008** Young Careerist Luncheon and Thursday, **October 23, 2008** our signature event, the Woman of Achievement (WOA) awards banquet. Key note speaker for prayer breakfast and YC Luncheon will be Anne Barab ([www.annebarab.com](http://www.annebarab.com)). Judge O'Malley Shake will be the key note speaker for the Woman of

Achievement banquet.

Stay tuned for more information about registration etc.

**NBWW**

**10/20/08-10/24/08**

**Shantha Diaz**

**President-Elect**



## Hoyer Statement on the Paycheck Fairness Act

Released : Friday, August 01, 2008  
12:09 PM, July 31, 2008

Hoyer Statement on the Paycheck Fairness Act It Is Time To Do the Right Thing

WASHINGTON, DC House Majority Leader Steny H. Hoyer (MD) spoke on the House Floor today in support of the Paycheck Fairness Act. Below are his remarks as prepared for delivery:

Equal pay for equal work. When we put the principle as bluntly as that, I doubt that anyone in America would disagree. It is a basic ideal of fairness: The value of work lies in a job well done, not in the gender of the worker.

But within my lifetime, it was a radical notion. For decades, it was perfectly acceptable for women to earn less simply because they were women. In 1963, when the landmark Equal Pay Act was passed, women made barely 60 cents for every dollar earned by men.

Thanks to the hard work of

generations of women s advocates, we ve closed that gap but when women still make 77 cents on the dollar, we have much more to do. According to the Business and Professional Women s Foundation, that wage gap costs working families some \$200 billion every year \$4,000 per family, each year.

And while all of us pay lip service to equal pay for equal work, the fact is that pay discrimination continues in America often in secret. In fact, it depends on staying hidden. It depends on keeping women in the dark.

By now, we have all heard about Lilly Ledbetter. Ms. Ledbetter was a supervisor at a tire plant in Alabama, and for years she was paid less than her male coworkers. But she had no way of knowing the truth, and by the time she found out years after the discrimination began it was too late.

Her case is hardly unique. Justice Ginsberg has written

that Comparative pay information is often hidden from the employee s view. In many workplaces, merely asking a coworker about his or her pay is a firing offense. Far from protecting privacy, rules like that can protect an employer s power to discriminate.

That s why this bill, the Paycheck Fairness Act, is so necessary. It amends the Equal Pay Act to bar retaliation against employees who share or inquire about pay information. It strengthens sanctions against discriminatory employers, which have not been adjusted for 17 years. It clarifies acceptable reasons for differences in pay related to factors other than sex. And it authorizes additional training for Equal Employment Opportunity Commission staff to better identify and handle wage disputes.

I want to recognize my colleague, Congresswoman DeLauro, for working so hard to bring this bill to the Floor. I urge all of my colleagues to

support it. Paycheck fairness is about equal dignity and equal respect. I want my granddaughters to grow up in a world where that equality is unquestioned for them, and for and every woman, in every American workplace.

Contact:

Stacey Farnen Bernards

202-225-3130

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**P r o v i d e r :**  
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## BPW-USA National Conference Re-cap

Just wanted all of you to know that BPW - USA National conference was a great success. 8 members of BPW/RC were in attendance for the 3 and 1/2 day conference. Each day of the conference was packed with great leadership development sessions and of course the IDP and Young Careerist speak off competition kept Iris & Poorna busy.

Even though we did not come home with the trophies, I must say that Iris & Poorna are WINNERS in our eyes. Iris Jasmin competed in the Individual Development Program against 12

candidates and Poorna Ramakrishnan competed in the YC competition against 32 candidates across the country. Each and every candidate poured their hearts out during the speech competition / impromptu / panel interview and other networking sessions.

Both of them delivered their speeches flawlessly and really rose to the occasion. Several of the judges complemented BPW-River City for putting up a tough competition and bringing top notch candidates each year.

Please join me in Congratulating Iris & Poorna on their accomplishments and representing Anthem & BPW - River City & State of Kentucky very well!

*Shantha Diaz  
President-Elect*



*Iris Jasmin and Poorna Ramakrishnan before their competition at the BPW-USA National Conference.*

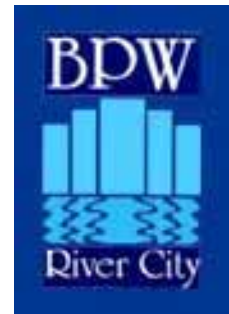


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*BPWIKY Contingency*

*(front row : State Officers)*

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## Do You Know What These Heat Related Terms Mean?

**\* Heat cramps:** Heat cramps are muscular pains and spasms due to heavy exertion. They usually involve the abdominal muscles or the legs. It is generally thought that the loss of water and salt from heavy sweating causes the cramps.

**\* Heat exhaustion:** Heat exhaustion is less dangerous than heat stroke. It typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs,

resulting in a form of shock. With heat exhaustion, sweat does not evaporate as it should, possibly because of high humidity or too many layers of clothing. As a result, the body is not cooled properly. Signals include cool, moist, pale or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.

**\* Heat stroke:** Also known as sunstroke, heat stroke is life threatening. The victim's temperature control system, which produces sweating to

cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals include hot, red and dry skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high -- sometimes as high as 105 F.

Source: American Red Cross

Paula Brinegar

Health Awareness Chair

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*"Also known as sunstroke, heat stroke is life threatening."*

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## A Blueprint for Creating Innovative Workplaces

BPW Foundation's latest publication, [Successful Workplaces Digest](#), is the perfect tool for HR professionals, workforce specialists and for those interested in working-women issues. The *Digest* will show you how to enact practical strategies that will strengthen your organization as well as increase employee satisfaction.

This go-to-guide features a

variety of practices, including: Customized Employment, Flexible Schedules, Workplace Wellness, Diversity Initiatives, Work-Life Navigation, Technology Solutions.

Featured Contributors: AARP / Accenture / Batteries Plus / Capital One / Deloitte / Dept. of Labor, Office of Disability Employment Policy / Ernst &

Young / The New York Times Company/Points of Light Foundation / Sprint /Verizon.

To Order: \$25 (+\$5 S&H) / Bulk Orders Available

[www.bpwfoundation.org](http://www.bpwfoundation.org) or [digest@bpwfoundation.org](mailto:digest@bpwfoundation.org)  
A publication of Business and Professional Women's Foundation



*"The Digest will show you how to enact practical strategies that will strengthen your organization as well as increase employee satisfaction."*

## Special Interest Volunteer Opportunities

### This Month's Focus: BACK TO SCHOOL!

When you volunteer you are giving something back to your community by lending a helping hand to people and organizations. What you may not realize is that volunteering also benefits you as an individual. In fact, a recent study done for "Womens Way" showed that **volunteering enhances women's career development!** The study found that volunteering enhances certain "power skills" of women in the business community, such as Leadership, Communications Skills and Resource Development, which are often developed and improved through volunteerism.

Because August signals "back to school" time for many, here's how you can involved for a short time—or a long time—to support children and education here in Kentuckiana!

### St. Joseph's Children's Home - Book Donations

St. Joseph Children's Home serves approximately 200 children who range in age from six weeks to 12 years. They may live at St. Joseph's for only one month to a span of many years. Since the majority of their funding is through State General Funds and Medicaid, St. Joseph's always appreciates support and assistance in the form of donations.

St. Joseph's is currently looking for the following types of books (new or lightly used):

- Spy books
- Any books about real animals (such as tigers, snakes, dogs, etc.)
- Kentucky biographies (easy readers for age 12 or below)
- Paperback books by Sharon Draper
- Bluefield Series paperbacks

- Guinness Book of World Records

If you would like to donate one or more books to St. Joseph's, please bring the book(s) to the August 13<sup>th</sup> BPW meeting at the Jefferson Club and give to Neill Myers (502-889-2619), who will coordinate our delivery to St. Joseph's, OR, simply mail a book(s) to: St. Joseph's Children's Home, 2823 Frankfort Avenue, Louisville, KY 40206

### Every 1 Reads - Become a Literacy Volunteer

Every 1 Reads is a bold community-wide effort to have every child in Jefferson County Public Schools reading at or above grade level. Join the thousands of people who have already signed up as Every 1 Reads volunteers by donating just 30 minutes per week to read with a child in a JCPS school or a community or faith-based organization. Visit [www.every1reads.com](http://www.every1reads.com)

To register for one of the

orientation sessions and get connected for this school year!

If you have any questions about the Special Interest Volunteer Opportunities feature, or if you have an event or volunteer opportunity you would like included in a future newsletter, please contact Neill Myers at 502-889-2619 or [neill.myers@anthem.com](mailto:neill.myers@anthem.com).



Neil Myers Caudill  
Special Interest Chair

## Walkers, Runners, Volunteers: We Need You!

The 25th Annual Pioneer 5K Run/Walk will be held on **Saturday, August 30, 2008, 8:00 AM** at Seneca Park.

The Pioneer 5K Run/Walk will benefit BPW's Links for Life breast cancer fight.

Registration is available online at: [www.active.com/event\\_detail.cfm?event\\_id=1600167](http://www.active.com/event_detail.cfm?event_id=1600167)

You also may register by visiting Fleet Feet Louisville.

Applications will be in the sporting goods stores in late July.

Early entry fee is \$20, and will be \$25 after August 28th.

Pre-race packet pick-up available at Fleet Feet Louisville on August 29th or on the day of registration between 7 AM & 7:45 AM.

All walkers, runners and volunteers are needed and encouraged to participate!

For more information that can contact **Melinda Miller**, Race Director at **582-8931**.



The 25th Annual Pioneer 5K Run/Walk will be held on **Saturday, August 30, 2008, 8:00 AM** at Seneca Park.



Registration is available online at: [www.active.com/event\\_detail.cfm?event\\_id=1600167](http://www.active.com/event_detail.cfm?event_id=1600167)

## Upcoming BPW/USA Webinars

**Wednesday, August 21, 2008 (1:30-2:30pm EST) - How to Advance Your Career.**

This webinar will provide an overview of issues, concerns, and practical tips related to career advancement. The final half hour of the webinar will be devoted to a Q&A session to facilitate the exchange of ideas and advice among the panelist and participants. Presented by Helen Cruz, Professor at Pace University (Organized by BPW/USA)

**Wednesday, September 24, 2008 (1-2:15pm EST) - Global Employers: Cultivating Equity for Working Women and Men**

**Across Borders.**

Learn about the challenges that employers face when striving to implement global employee policies and hear stories about organizations that are successfully integrating global work forces across cultural boundaries. Led by Women Thrive Worldwide (Organized by BPW Foundation)

**Friday, October 24, 2008 (1-2:15 p.m. EST)—Managing a Diverse Workplace: Multigenerational**

As multigenerational workplaces become increasingly prevalent, employers must learn to acknowledge and accommodate the issues

that arise when members of different generations work side by side. Hear about the benefits and challenges of managing a multigenerational workplace, and receive practical advice for how to successfully navigate the increasingly complex desires and demands of a multigenerational work force. Led by Choose2Lead (Organized by BPW Foundation)

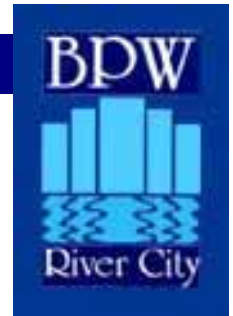
**Thursday, November 6, 2008 (1-2:15 p.m. EST)—Managing a Diverse Workplace: The Alternative Workplace**

Workplaces are swiftly changing. Some organization don't even have

communal office space any more. How do employers manage traveling employees? Telecommuters? Job sharing? What alternative styles of work are currently being integrated into traditional workplace organizational models? What new alternative work options are on the horizon? Led by Choose2Lead (Organized by BPW Foundation)

**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)



## Important Dates in 2008:

- August** *e-Newsletter article deadline - 1<sup>st</sup> & 3<sup>rd</sup> Friday of the month*
- 13th BPW/RC Meeting - Jefferson Club
- 18th Board Meeting - Arison Insurance
- September** *e-Newsletter article deadline - 1<sup>st</sup> & 3<sup>rd</sup> Friday of the month*
- 15th *Kentucky Cardinal* deadline
- 15th Executive Board Meeting - Arison Insurance
- 10th Monthly BPW/RC Meeting - Jefferson Club
- October** *e-Newsletter article deadline - 1<sup>st</sup> & 3<sup>rd</sup> Friday of the month*
- 8th Monthly BPW/RC Meeting - Jefferson Club
- 20th Executive Board & NBWW Committee Meeting - Arison Insurance
- 20-24th National Business Women's Week
- 31st **Deadline** to submit NBWW award information
- 31st **Deadline** for BPW/KY Foundation Scholarship Application
- November** *e-Newsletter article deadline - 1<sup>st</sup> & 3<sup>rd</sup> Friday of the month*
- 1st **Deadline** for KY Nominations Chair notifies locals of February 15
- 4th Election Day
- 17th Board Meeting - Arison Insurance
- 12th Monthly BPW/RC Meeting - Jefferson Club
- 20th Executive Committee Meeting, Barren River, Glasgow, KY
- 21-22nd BPW/KY Interim Board of Directors Meeting, Barren River, Glasgow, KY
- December** *e-newsletter article deadline - 1<sup>st</sup> & 3<sup>rd</sup> Friday of the month*
- 1st *Kentucky Cardinal* deadline
- 1st **Deadline** for proposed Bylaws revisions to State Bylaws Chair
- 15th Board Meeting - Arison Insurance
- 10th Monthly BPW/RC Meeting - Jefferson Club

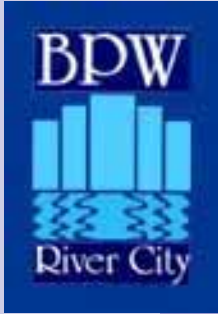


A VERY SPECIAL THANKS TO OUR CORPORATE SPONSORS:



Louisville / Jefferson County Metropolitan Sewer District





BPW River City

“Building Phenomenal Women”

# BPW River City

## BPW/RC Legislative Committee

Your BPW/RC Legislative Committee for 2008-2009 consists of co-chairs **Phyllis Hargrave** and **Jamie Patrick**. The Legislative Committee will keep all our members informed on our USA National Legislative Platform as well as Local and State issues.

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/)

### LAST CHANCE TO PARTICIPATE:

#### [Back-the-Pack Donations for Upcoming School Year:](#)

BPW/RC is once again sponsoring this program for the upcoming school year for the Portland Elementary After-School program. If you would like to contribute, purchase a backpack and/or items that would go into a backpack, and bring those items to our August 13th meeting. If you would like to contribute but don't have the time to shop, please make your check payable to “PACT” and **designate on memo line “school supplies,”** and we will contribute that with the supplies designating it for back to school materials. Please mail you check to BPW Back the Pack Program, P.O. Box 36004, Louisville, KY 40233-6004. Please help a needy child. Email **Lorie Marcum** at [lmarcum@secc.org](mailto:lmarcum@secc.org) for additional details.

#### ***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