

BPW River City

An edition of the News and Views

September Luncheon Speaker: Pat Kenkel

In September, we will focus on volunteering. We will have Pat Kenkel, Director of Volunteers, from Dare-to-Care come and speak with us.

DARE TO CARE FOOD BANK was founded in 1971, when a stunned Louisville community was confronted with the horrifying news that right in their own city, on Thanksgiving Day, a nine year old boy had died of starvation.

Dare to Care's Mission is to end hunger in our community through partnerships, innovative programs, and community engagement.

Dare to Care has a 55,000 square foot warehouse equipped to store and inventory food at the highest commercial food safety standards. Storage area includes 100,000 cubic foot freezer and 72,000 cubic foot cooler. They pick up and distribute food with their transport trucks and vans, seven of which are refrigerated.

Dare to Care procured and distributed 13.1 million pounds of food in 2009, including 3.5 million pounds of fresh produce. Of this food, 75% came from the food industry, 15% came from USDA commodities, 5% came from community food drives, and 5% was purchased by

the Food Bank to assure balanced diets are available to people in need. But none of this could be done without their volunteers. They have over 2,000 volunteers support the Food Bank's mission each year, contributing over 20,000 hours.



Please remember to Vote!

Election Day is Tuesday, November 2, 2010

Make Your SEPTEMBER Luncheon Reservation Today!

Inside this issue:

September Luncheon Speaker:	1
Letter from the Prez	2
Leadership BPW	3
Updating Our Contact List	6
Important Dates	7
September Calendar	8
Our Luncheon Location	9

SEPTEMBER MONTHLY LUNCHEON MEETING

@
[University Club of Louisville](#)
Cardinal Blvd, (North Entrance Belknap Campus), Louisville, KY
(502) 852-6996

Wednesday,
September 8th, 2010

12:00 Noon - 1:00 PM

For lunch reservations, email your reservation to
BPWreserve@gmail.com

Lunch Reservation Deadline:

Thursday,
September 2nd by 4 p.m.!

NO EXCEPTIONS!



If you miss the reservation deadline, you may still attend. The Reservation is for those who intend to have lunch at the meeting. There will be a table for non-eaters at each meeting.

Meeting attendance is free, and open to the public. Lunches are \$20 for members or guests. 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.

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

A Letter From the Prez:

Past, Present and Future
BPW, River City

Dear BPW/RC Members:

For those members who missed our August luncheon, you missed one of our best meetings. It's an emotional experience to see the women in our community received money needed to continue their education.

River City Business and Professional Women's Foundation, Inc. gave 5 scholarships this year. Alex Rohleder, Foundation Chair, has a list on the recipients listed in her article on the top of page 5.

The Foundation is a non-profit endowment established to fill a void in the Louisville Community by providing financial assistance to non-traditional female students. In late 1978, River City Business and Professional Women (BPW) Chapter recognized that while a variety of scholarships were available to students graduating from high school, there was virtually no assistance for mature women needing to upgrade skills through workshops, seminars, or training courses, as well as to continue or complete a degree or certificate program.

Since 1992, the foundation has awarded 170 scholarships totaling \$125,600 which includes the scholarship given at the August meeting to deserving women in the Louisville area. The money is being raised mainly through fundraisers like the silent auction, grants and donations. Please check out our website for more information.

Hope to see you all at our next luncheon meeting on Wednesday, September 8, 2010.

Violet Clark

2010-2011
BPW/RC President
(502) 968-8785 cell (502) 296-5766



Violet Clark
BPW River City
President,
2010-2011

"The Foundation is a non-profit endowment established to fill a void in the Louisville Community by providing financial assistance to non-traditional female students."



Have you been to 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. Be sure to 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. Did you hear about an event at the monthly meeting and want to know more? Visit

www.bpwrc.org!

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 for website submissions.

Leadership BPW



The first two Leadership BPW events of the 2010-2011 BPW/River City, Inc. year have been finalized.

The first event of the year is being hosted by Greater Louisville Inc. (GLI) at 614 W. Main St, 6th Floor on **Tuesday, September 7th**.

Kathy Zandona, Director of Education, Greater Louisville Inc. will discuss **"GLI Education Programs."**

The program will start at 11:50 AM and conclude at 12:50 PM. GLI will be provide a light lunch; **please let me know if you will be attending by noon, September 2nd**.

The **second** event of the year will be hosted at AT&T, 601 W. Chestnut St, 1st Floor Media Room on **Wednesday, September 22nd**.

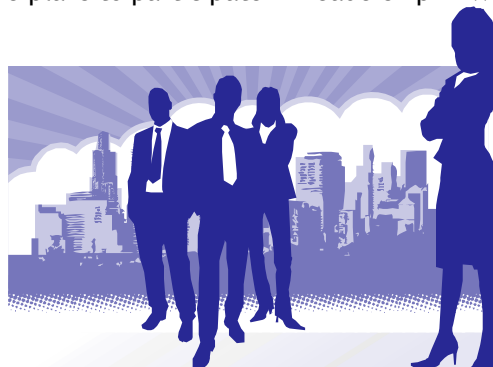
Kelly Watkins, President Expressive Concepts and BPW Member will discuss **"Meetings Made Easy."**

The program will start at 11:50 AM and conclude at 12:50 PM. Please feel free to bring a brown bag lunch, drinks will be provided.

The Leadership BPW Graduation requirements will be available soon. I plan to have subsequent programs finalized by our meeting on September 22nd. Make plans to participate in Leadership BPW and sign up to be a Graduate.

Debbie Pierce

Leadership BPW Chair
dp2799@att.com



Business and Professional Women/River City Membership



Membership is about so many things! Your BPW/River City membership is an investment in you and in our community. BPW/River City membership can help you to grow in your personal and professional life while you contribute to the community by volunteering to help others.

Do you realize that BPW/RC helps women of all ages? We have programs that help young girls stay excited about math and science. We have the Choices program to help young girls make choices about their lives while still in high school. Our River City BPW Foundation raises scholarship funds for women over the age of 25 so they can continue their educations.

BPW/River City offers a Personal Development program that is free for all members. Our Leadership program helps introduces us to

all types of business venues and let us "peek behind closed doors" of those businesses. The Leadership program also gives us a chance to meet with community leaders. Our monthly luncheon meetings present programs that cover all kinds of subjects, helping us to grow and learn. Networking is always happening at our events, including the luncheons. Members have found jobs through BPW and helped launch new careers with BPW connections.

organization designed to help women help other women. If someone said to you "For just pennies a day, you can change your life and help those around you", it would be a great deal! That is exactly what your BPW/RC membership is. A great deal!

If you haven't renewed your membership lately or have any questions about membership, please contact Phyllis Hargrave

bpwrcmembershp@gmail.com

BPW/River City is an or UofL_Fan@insightbb.com.

27th Annual Labor Day Weekend Pioneer Run/Walk

Proceeds Fight Breast Cancer



The AT&T Kentucky Pioneer Volunteers challenge all area runners and walkers to step up to fight breast cancer Saturday, September 4, in the 27th Annual Pioneer 5K Run/Walk through Seneca and Cherokee Parks. 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. Applications are available at local running stores and

online at River City Races: <http://www.rivercityraces.com/event/2010/04/pioneer-run-5k-runwalk>, or at the registration tables the day of the race. Late registration will begin at 7:00 a.m. the day of the race and close at 7:45 a.m.

Prizes will be awarded to the overall top male and female runners; the male and female master and grandmaster; the top 3 in each age group; 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over and wheelchair. One prize will be awarded per runner. Through the years this race has become well known for the great door prizes including sports memorabilia, dinner certificates, hotel certificates and many others.

According to race director,

Melinda Miller, the annual Labor Day Weekend fundraiser has attracted participants from every level. "It's a great event where the whole family can come out, get a little exercise, and help in our local fight against breast cancer. We are very proud to have donated over \$100,000 to local charities through the past 27 years and hope to continue this event for another 27 years."

All participants can receive free sports massages by Louisville School of Massage, T-shirts provided and screened by Shively Sporting Goods and designed by Digital Climate design, water provided by Louisville Pure Tap.

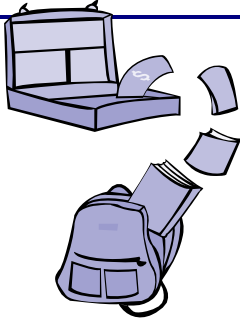
For the last ten years, the race has linked up with Links for Life, a local charitable organization which raises money to fight breast cancer in the Louisville area. Since 1999, Links

for Life has grossed over \$400,000. For more information, contact Melinda Miller at 582-8931.

Follow us on Facebook at <http://www.facebook.com/pages/Annual-Pioneer-5k-RunWalk/94557645901?sid=ae9e2193851b1db14c29529abd848b39&ref=search>.



BPW Foundation Awards Five Scholarships



At our August Foundation Luncheon we awarded five scholarships to deserving

women returning to school. The below recipients were:

- Lisa Ann Flournoy attending Jefferson Community and Technical College
- Kourtney Byanca Harriford-Green attending Bellarmine University
- Tricia R Metcalf attending the Kent School of Social Work, University of Louisville
- Ronke Temilola Oyekunle attending the University of Louis-

ville School of Business

- Keneysa Lorraine Rodney attending the University of Louisville

Tricia Metcalf was the recipient of the Liliyalce Akers Scholarship. Liliyalce was a past president of BPW and an avid supporter of women's rights.

We had two past recipients to talk about the benefits of the

scholarship to their future endeavors and Michelle Clark-Heard Assistant Coach for U of L Women's Basketball talked about motivation. All three speakers were very motivating and interesting. Everyone was in agreement that this was a special meeting.



Great Quotes

"Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work. You don't give up."

--Anne Lamott

"While no one could accuse fashion of being as serious as, say, brain surgery or the quest for world peace, whether we like it or not, the clothes we wear are an enormously powerful statement that can reveal more about us than anything we may say or do."

--Tamsin Kingswell

"Your life is speaking to you every day, all the time—and your job is to listen up and find the clues."

--Oprah

"How important it is for us to recognize and celebrate our heroes and she-roes!"

-- Maya Angelou

"I don't want to get to the end

of my life and find that I lived just the length of it. I want to have lived the width of it as well."

-- Diane Ackerman

"We hold these truths to be self-evident, that all men and women are created equal."

-- Elizabeth Cady Stanton

"Somewhere out in this audience may even be someone who will one day follow in my footsteps, and preside over the

White House as the President's spouse. I wish him well!"

-- Barbara Bush

"In politics if you want anything said, ask a man. If you want anything done, ask a woman."

-- Margaret Thatcher

"Feminism's agenda is basic: It asks that women not be forced to 'choose' between public justice and private happiness."

-- Susan Faludi

Job Hunting Tips

Be Prepared. Have a telephone answering machine or voice mail system in place and sign-up for a professional sounding email address. Put your cell phone number on your resume so you can follow up in a timely manner. This [job search toolkit](#) will help you get everything you need set for your job search.

Be More Than Prepared. Always have an up-to-date [resume](#) ready to send - even if you are not currently looking

for work. You never know when an opportunity that is too good to pass up might come along.

Don't Wait. If you are laid-off, file for [unemployment benefits](#) right away. You may be able to file online or by phone. Waiting could delay your benefits check.

Create Your Own Templates. Have copies of your [resume](#) and [cover letter](#) ready to edit. That way you can change the

content to match the requirements of the job you're applying for, but, the contact information and your opening and closing paragraphs won't need to be changed.

Use Job Search Engines. Search the [job search engines](#). Use the job search engine sites to search the major job banks, company sites, associations, and other sites with job postings for you.

Jobs by Email. Let the jobs come to you. Use [job search agents](#) to sign up and receive job listings by email. All the major job sites have search agents and some web sites specialize in sending announcements.

References Ready. Have a list of three references including name, job title, company, phone number and email address ready to give to interviewers.

We Are Updating Our Contact List

We kindly request that everyone complete the following information and send it via email to bpwrcmembership@ymail.com

Name: _____
 Company: _____
 Address: _____ (home or office?)
 Phone: (H): _____
 (C): _____
 (O): _____
 Email: _____ (home or office?)
 Old Email: _____
 (We would like to remove wrong or old email addresses from our email distribution list.)

Women for Habitat



Here's a fun way you can benefit Women for Habitat, now in the midst of WOMEN building and raising funds for our 14th home! If you're not familiar with Just Creations, it's a fabulous shop with great gift ideas (although I usually end up "gifting" myself!) and that Friday will be especially fun since there's a free Trolley that rides up and down Frankfort Avenue to Mellwood Arts

Center and all points in between! www.frankfortave.com

Hope to see you and some BPW folks on Sept. 24! If it's possible to drop a little item about this to your members, all the b e t t e r !

Join us Friday, September 24th 6-9 pm at Just Creations for some "shopping with a purpose!" Your shopping will benefit Women for Habitat and the groups supported by this non-profit. Fair Trade chocolate goodies will also be available!

Unlike a typical retail store, Just Creations is a not-for-

profit organization governed by a volunteer Board of Directors. An Executive Director manages shop operations along with a small team of paid employees. However, you may notice that most of the staffing and support work for Just Creations is accomplished by more than 30 v o l u n t e e r s .

As a member of the Fair Trade Federation, Just Creations is committed to promoting the social and economic progress of people in the developing regions of the world, including Asia, Africa, and Latin America. Just Creations purchases exclusively from Fair Trade

Organizations such as Ten Thousand Villages, SERRV, and Equal Exchange. These groups work directly with artisans and farmers to ensure that Fair Trade principles are practiced.

Just Creations is located at 2722 Frankfort Avenue, Louisville KY 40206. www.justcreations.org

Thanks! More info, contact W4H Co-chair Dee Allen at deeallen55@yahoo.com

Submitted By: Dee Allen

BPW eNewsletter Submission and Distribution



BPW's eNewsletter goal is distribution on the **final Wednesday of every month**. If you would like to include information in the eNewsletter, please submit your announcement or article via email, in paragraph

form, in 50 words or less to vclark2009@gmail.com by 7pm on the Friday prior to that following week's eNewsletter's release.

ONLY PRE-WRITTEN ARTICLES WILL BE ACCEPTED, and we reserve the right to edit articles for content and/or length.

All submission requests will then be forwarded for approval

by a member of the Executive Committee of 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.

Article Submission Ideas: BPW Committee Chair event updates; Announcements of Achievements, Promotions, or Awards from Work, BPW, Civic Groups, etc.; Networking Opportunities; Employment Opportunities.

Important Dates to Remember:



September

- 8 Monthly BPW/RC Meeting - [University Club of Louisville](#), Cardinal Blvd, (North Entrance Belknap Campus)
- 20 Full Board Meeting @ USI Insurance, 9700 Ormsby Station Road Suite 200, 5:45-7 :00

October

- 13 Monthly BPW/RC Meeting - [University Club of Louisville](#), Cardinal Blvd, (North Entrance Belknap Campus)
- 18 Executive Committee Meeting @ USI Insurance, 9700 Ormsby Station Road Suite 200, 5:45-7 :00

November

- 10 Monthly BPW/RC Meeting - [University Club of Louisville](#), Cardinal Blvd, (North Entrance Belknap Campus)
- 22 Executive Committee Meeting @ USI Insurance, 9700 Ormsby Station Road Suite 200, 5:45-7 :00

December

- 8 Monthly BPW/RC Meeting - [University Club of Louisville](#), Cardinal Blvd, (North Entrance Belknap Campus)
- 20 Full Board Meeting @ USI Insurance, 9700 Ormsby Station Road Suite 200, 5:45-7 :00

January







- 12 Monthly BPW/RC Meeting - [University Club of Louisville](#), Cardinal Blvd, (North Entrance Belknap Campus)
- 17 Executive Board @ USI Insurance, 9700 Ormsby Station Road Suite 200, 5:45-7 :00

February

- 9 Monthly BPW/RC Meeting - [University Club of Louisville](#), Cardinal Blvd, (North Entrance Belknap Campus)
- 21 Executive Board @ USI Insurance, 9700 Ormsby Station Road Suite 200, 5:45-7 :00



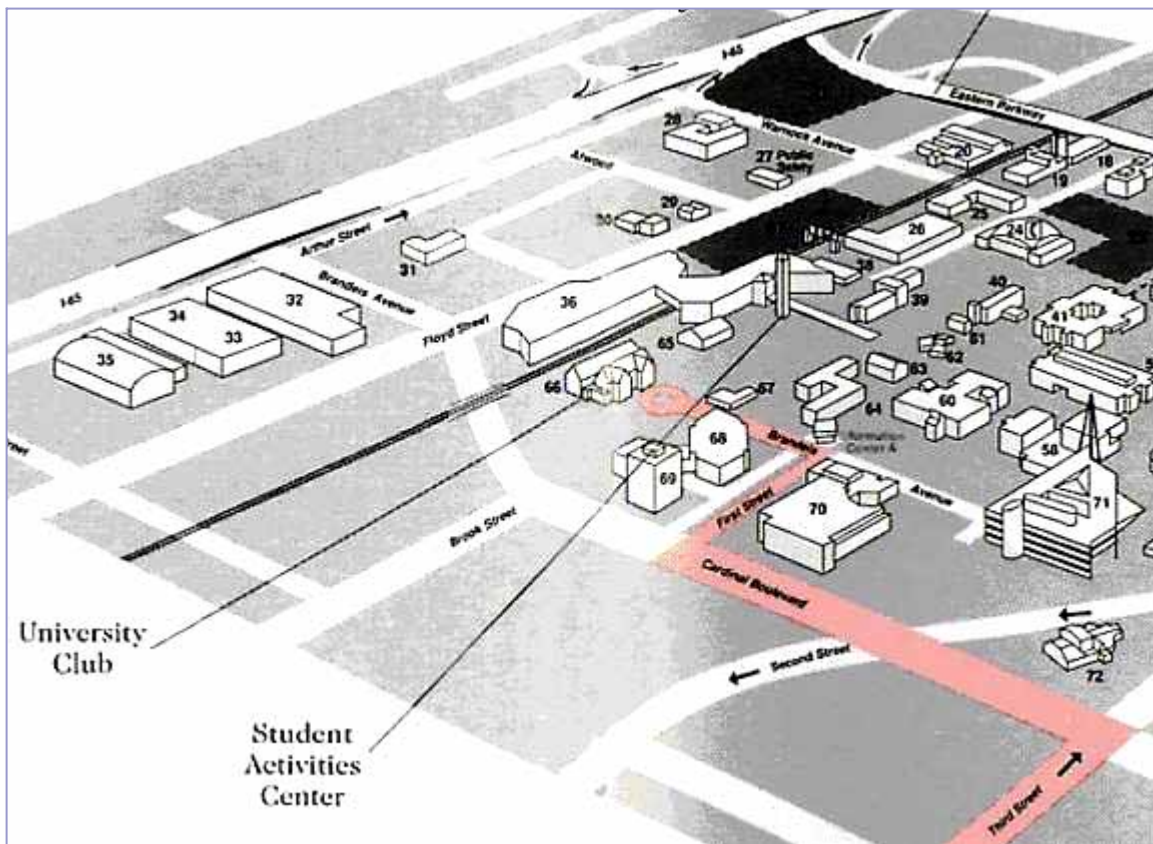
September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4  www.bpwrc.org Information Submission Deadline
5	6	7	8  12:00 Monthly BPW/RC Meeting @ University Club	9	10	11
12	13	14	15	16	17	18  www.bpwrc.org Information Submission Deadline
19	20  5:45 Full Board Meeting @ USI Insurance	21	22	23	24  E-Newsletter Article Submission Deadline	25
26	27	28	29  E-Newsletter Distribution	30		

Our New BPW/RC Luncheon Location:



The Club is located on the northeast corner of UofL's Belknap Campus off Cardinal Blvd. Enter at the North Entrance/School of Music and take a left. You will run directly into us. Free parking is located on the left. See map below:



Please note, the University Club is located on Belknap campus which has one address. The physical address of 2001 South Brook St. will not work if you try to search using Mapquest or put into a GPS. If you need assistance give us a call at 852-6996 and we will help.

Google maps provides the best listing and directions:

[Click here for information](#)

[University Club of Louisville](#), Cardinal Blvd, (North Entrance Belknap Campus), Louisville, KY - (502) 852-6996

A VERY SPECIAL THANKS TO OUR 2010-2011 CORPORATE SPONSORS:



BPW eNewsletter Submission and Distribution

BPW's eNewsletter goal is distribution on the **final Wednesday 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 vclark2009@gmail.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.