



BPW River City

An edition of the News and Views

March Luncheon Speaker: Virginia Woodward



Every year, the American Heart Association designates February to be American Heart Month. It's a time

for learning about cardiovascular health, about risk factors, about warning signs of heart attack and stroke. It's a time to look at your lifestyle choices and determine whether you need to make any changes for your own heart health.



Virginia L. Woodward

Virginia is the newly appointed executive director for the Governor's Office of Boards and Commissions for Governor Steve Beshear. She is the former executive director of the Kentucky Commission on Women, the immediate past president of

the Kentucky Women's Political Caucus, and current president of the Louisville Metro Women's Network.

A member of the 1997 Leadership Louisville Class and listed in the 1993 *Oxford's Who's Who in America*, Virginia was also a finalist for the Business and Professional Women's Federation "Woman of Achievement Award" in 1994. She was recipient of the 1995 American Dental Hygienists' Association Outstanding Service Award and the 2001 ADHA/ Warner Lambert Award for Excellence.

Virginia is a native Louisvillian and alumna of the University of Louisville. Virginia's advocacy

has involved her commitment to ensure affordable, quality day care for children as well as adults. Virginia has actively supported initiatives to promote pay equity within state government resulting in a bill for Pay Equity which passed Kentucky's General Assembly in 1996 and a Women's Health Initiative which became law in 1998 addressing some of the key health concerns for Kentucky's women.

Virginia has maintained a clinical practice in dental hygiene and was an adjunct clinic instructor at the University of Louisville. Married to Jim Woodward, professor emeritus from the University of Louisville, they share three sons and a granddaughter.

February is American Heart Month



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The American Heart Association (AHA) recommends that healthy people who do not have heart disease eat some type of fatty fish at least twice a week and include oils and foods rich in alpha-linolenic acid in their diet. Flaxseed, canola and soybean oils, flaxseed and walnuts contain this acid. People with heart disease can take 1 gram of a supplement of eicosapentaenoic acid (EPA) + docosahexaenoic acid (DHA) a day. People who need to lower triglycerides to decrease their risk for Coronary Heart Disease can take 2 to 4 grams a day.

Food is the best way to get

omega-3 fatty acids because food contains other healthy substances. For example, fish contains arginine, glutamine and selenium, all of which may benefit the heart and blood vessels. Flaxseed and walnuts have substances that help lower total cholesterol.

The AHA offers this rundown on the omega-3 content of some fish, per 3-ounce serving:

- Fresh or frozen salmon: 0.68 to 1.83 grams
- Canned light tuna: 0.26 to 0.73 grams

- Shrimp: 0.27 grams
 - Pollock: 0.46
 - Cod: 0.13 to 0.24 grams
 - Catfish: 0.15 to 0.20 grams
 - Clams: 0.24 grams
 - Flounder or sole: 0.43 grams
 - Crabs: 0.34 to 0.4 grams
 - Scallops: 0.17 grams
- Paula Brinegar,
Health Awareness Chair

A Letter From the Prez:

Ladies,

Who's up for bringing BPW River City into the 21st Century? We have been so blessed by so many women in our past who have established great programming, community service and leadership. And as women will do, we just kept adding to our list because "surely we can do it all". Well as Kelly Watkins told us this past year at one of our lunches...."no, we can't". Well at least, we cannot do it all excellently. We can do a lot with mediocrity or we focus on fewer programs, community service and leadership and now of course technology EXCELLENTLY! I choose excellence and I think most, if not all of you would agree! We are forming a committee to look at the River City Standing Rules (which defines our committees and focus). If you would like to join this committee, please contact me (lmarcum@secc.org). So far Phyllis Hargrave, Alex Rohleder, Sharon Mattingly, Bonny Manning and Donna Dumstorf will form this committee, but I think we need just a few more people and I will sit in as well. If anyone would like a copy of our Bylaws, as mandated by National or our Standing Rules which are an inclusion into the Bylaws, please let me know and I can email those to you.

So come on, let's continue to grow and move onward and upward! THANKS Ladies and as always,

Blessings abundant!

Lorie Marcum

BPW/River City

2008-2009 President



Lorie Marcum
BPW River City President,

2008-2009

"I choose excellence and I think most if not all of you would agree! We are forming a committee to look at the River City Standing Rules (which defines our committees and focus). If you would like to join this committee, please contact me (lmarcum@secc.org)."

How will the Economic Recovery and Reinvestment Act impact Louisville?

Over the last several weeks I have received hundreds of calls from individuals, small business owners and local government officials asking the question, "How will the Economic Recovery and Reinvestment Act impact Louisville -- what jobs will it create, what programs will be funded, and how will it benefit my family?" To answer these and other important questions, I am hosting a public information session to discuss the Economic Recovery and Reinvestment Act and what it means to Louisville.

Who: General Public (anyone may attend),

What: U.S. Congressman John Yarmuth discusses the Economic Recovery and Reinvestment Act

Where: American Legion Hall, 2919 Bardstown Road

When: Saturday, February 21, 2009

Registration: 10:30-11:00am

Info Session: 11:00am-12:30pm

To RSVP for this important session, please call my Downtown Office at 502-582-5129 or email me at YarmuthRSVP@mail.house.gov. For more

information on the Economic Recovery and Reinvestment Act, please visit my website at www.yarmuth.house.gov.

Thank you,

John Yarmuth



Equal Pay for Women Remains a Key Issue



In preparation for Equal Pay Day on April 28, 2009 let's take a moment to celebrate the passage of Lilly Ledbetter Fair Pay Act into law. President Obama signed this legislation on January 29 making it the first legislation of his administration. How significant!

National data indicates earnings changed by less than one

percent from 2006 to 2007, narrowing the wage gap only slightly, from 76.9 to 77.8 percent. Women are still earning \$.78 to a man's dollar.

As we tighten our belts to deal with an ailing economy, women must become more vigilant than ever in negotiating salaries. Failure to negotiate salaries upfront costs us and our families in the long run, in some cases, over \$2 million throughout our lifetime. There are resources to help you ask for what you truly need and are worth despite economic influences.

To help women become more agile at salary negotiation the National Women's Law Center presented, WORK\$MART: Pay Negotiation for Women, a two-part webinar by Evelyn Murphy of The WAGE Project. To access the webinar, visit <http://www.pay-equity.org/> and then follow the instructions provided.

You will be asked to submit a small amount of demographic information including your name and an organization. You will then have the option to download a file with the recordings inside. It's easy and it's worth it!

You'll learn how to benchmark what your job is worth in the job market. Do not go to another job interview without it!

As the Business and Professional Women of River City plan for its own Pay Equity Day we look forward to your involvement. If you are interested in becoming a part of the planning process for this year's event contact me at

apabinprusak@yahoo.com.



Here is your connection to Legislative Hotlines:

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

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.



BPW Websites - Keep Informed by Checking Us Out Regularly:

BPW River City: www.bpwrc.org

BPW of Kentucky: www.bpw-ky.org

BPW USA: www.bpwusa.org

A POWERFUL NOISE *Live!*

March 5th at 7:30pm

At Tinseltown and Stonybrook theaters in Louisville

Ticket price: \$15 for adults; \$12.50 for children



The MUHAMMAD ALI CENTER is proud to join with CARE and local partners Cinemark Tinseltown USA and Cinema DeLux 20 at Stonybrook for an unprecedented ONE NIGHT event to celebrate INTERNATIONAL WOMEN'S DAY.

CARE - a humanitarian organization that fights global poverty by empowering women and girls to bring lasting change to their communities - and NCM Fathom will present [A POWERFUL NOISE Live](#) in 450 movie theatres nationwide for one night on March 5th.

The event will begin with the acclaimed documentary, "A Powerful Noise," which follows three women from different countries who overcome seemingly insurmountable odds to bring lasting solutions to their communities. Immediately after the film, there will be a town hall discussion with Madeleine Albright, Christy Turlington Burns, Nicholas Kristof, Natalie Portman, and Helene Gayle broadcast live from New York City to theatres.

The 90-minute event will be shown in Louisville at the following theaters:

Cinemark Tinseltown USA
4400 Towne Center Dr
Louisville, KY 40241
(502) 326-0088



Cinema de Lux 20: Stonybrook
2745 South Hurstbourne Parkway
Louisville, KY 40220
(502) 499-6656

Tickets are limited! Buy tickets now by clicking [here](#), or visit www.apowerfulnoise.org for more information and resources to help you.

A POWERFUL NOISE Live is presented by CARE and NCM Fathom in partnership with ONE and the U.N. Commission on the Status of Women. CARE is a leading humanitarian organization that fights global poverty by empowering women and girls to bring lasting change to their communities. Get involved at www.care.org.

The Muhammad Ali Center, located in the heart of downtown Louisville, serves as both a cultural attraction and an international education center inspired by the story, spirit, and legacy of its founder, Muhammad Ali. Featuring 2-1/2 levels of award-winning exhibits, educational and public programming, and global initiatives, the Center reaches beyond its physical walls to fulfill its mission. For more information, call (502) 584-9254 or visit www.alicenter.org.



BPW/USA Member Webinars BPW/USA Merger with BPW Foundation

Earlier this week President Diane Polangin sent all BPW/USA members a [letter](#) announcing the vote of the BPW/USA Board of Directors to merge with the BPW Foundation. We know there are many questions about this decision, so all members are urged to participate in one of the informational webinars that have been scheduled over the next two weeks to ask questions and learn more about this important decision.

Webinars are scheduled on:

- February 24th at 7:30PM EST
- February 26th at 9:30 PM EST
- March 3rd at 9:30 PM EST
- March 5th at 7:30 PM EST
- March 7th at 1:00 PM EST



This is an historic juncture in BPW/USA history and all members must be involved in this decision-making process.

To read President Polangin's letter to members, the Background Information, and the Frequently Asked Questions (FAQs) regarding the merger, please visit the [Member Center](#) on the website or [click here](#).

[Webinar Instructions](#)

Please save the instructions below so you may join the webinar.

Step 1. Go to <http://www.genesys.com/> and click 'Participant' located in the middle on the right side of the page under 'Genesys Login'.

Step 2. Enter the Meeting number ***2291294*** and click Join Meeting as participant.

Step 3. Enter your name and click Join Meeting as Participant.

Step 4. Select Dial Me Now and enter your phone number. Your phone will ring and then when you answer, you will automatically be entered into the audio portion of the conference call. You may also choose the option to dial in directly using the instructions listed below.

If you need assistance at any time, please call the Genesys Help Desk 1-800-305-5208.

You do not need a computer to join the webinar. If you are not able to join online, please use the Telephone-ONLY access to join the voice portion of this meeting:

1. Dial the toll free number: **1-866-341-1830**
2. Enter the Meeting Number: ***2291294*** Remember to enter the * before and after the meeting number when prompted.

The Webinar system works best if you are using Internet Explorer 7



2008-2009 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.

LEADERSHIP BPW DATES:

March 3, 2009	Papa John's Corporation	5:30 - 6:30 pm
April 7, 2009	St. Mary and Elizabeth Hospital's Women's Center	5:30 - 6:30 pm
May 13, 2009	BPW/River City Luncheon and Graduation!	12 noon - 1pm

All 2008 Leadership BPW event meetings are held on the 1st Tuesday of each month.

Listed below are the graduation requirements:

1. Attend at least four (4) Leadership BPW scheduled events.
2. Attend at least three (3) BPW/River City luncheons throughout the 2008-2009 year, under the leadership of President Lorie Marcum.
3. Attend at least one (1) National Business Women's Week event (October 20-24).
4. Write a one-page (1 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 2009 BPW luncheon meeting.
5. Attend at least one BPW Board Meeting.
6. Attend at least one Metro Council Meeting OR one Mayor's Community Conversation Meeting.

For additional information contact Cindy Vaughan at **588-9769**. CindyVaughan14@bellsouth.net

Cindy Vaughan
Leadership Chair



"The goal is to become more educated about our city's resources, while developing attributes to become future business/community leaders."



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 BPWeNewsleter@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



Important Dates:

February *e-Newsletter article deadline - 1st & 3rd Friday of the month*
BPW/USA Policy & Action Conference, Washington, D.C. (Date TBA)

11th Monthly BPW/RC Meeting - Jefferson Club

15th Deadline for state office nominations

16th Executive Board Meeting - Arison Insurance

March *e-Newsletter article deadline - 1st & 3rd Friday of the month*
March is Women's History Month!

11th Monthly BPW/RC Meeting - Jefferson Club

14th North Region Meeting

15th *Kentucky Cardinal* deadline

16th Board Meeting - Arison Insurance

April *e-Newsletter article deadline - 1st & 3rd Friday of the month*

1st **Deadline for STATE awards submissions**

8th Monthly BPW/RC Meeting - Jefferson Club

20th Executive Board Meeting - Arison Insurance

30th BPW/KY Foundation Scholarship Application deadline

May *e-Newsletter article deadline - 1st & 3rd Friday of the month*

1st **Deadline for Membership and Regional Award Submissions**
Submit Regional YC information to State YC Chair

13th Monthly BPW/RC Meeting - Jefferson Club

18th Board Meeting - Arison Insurance



February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Leadership BPW Necole's Place - Woman's Choice Resource Center 5:30-6:30	4	5  Deadline to make Luncheon Reservation for the monthly meeting on the 11th	6 E-Newsletter Article Submission Deadline	7
8	9	10  Trip to Frankfort! E-Newsletter Distribution	11  12:00 Monthly BPW/RC Meeting @ Jefferson Club	12	13	14
15 Kentucky Cardinal deadline	16  5:45 BPW/RC Executive Board Meeting Arison Insurance	17	18	19	20 E-Newsletter Article Submission Deadline	21
22	23	24 E-Newsletter Distribution	25	26	27	28

March 2009

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

BPW/KY NORTH REGION
Spring Meeting
2009 Registration Form

MARCH 14, 2009
9:00 a.m. to 1:00 p.m.

Meeting Site: University Club

University of Louisville - Belknap Campus
(see attached Driving Directions)

Hosted by BPW/Louisville

_____ State Officer
_____ Regional Officer
_____ Guest

_____ Local President
_____ Member
_____ Past State President

REGISTRATION FEE.....\$30.00

Please register no later than March 9

Your Name: _____

Your Address: _____

Your Phone: _____

Your Local Organization: _____

Your E-MAIL: _____

_____ I Need special arrangements for lunch
_____ Vegetarian _____ other (please specify)

AMOUNT ENCLOSED.....\$_____

MAIL REGISTRATION FORM & FEE BY MARCH 9th DEADLINE TO:

Bonny Manning, Treasurer
P. O. Box 4909
Louisville, KY 40204

The exits for the University of Louisville are directly off of I-65 North or South.

1. If coming from I-265 (Gene Snyder) or I-264 (Watterson Expressway), you will want to head North on I-65.

If coming from I-71 South or I-64 East or West, you will want to head south on I-65.

Directions, if traveling south on I-65:(I-65 South is accessible from I-71 and I-64)

1. Take I-65 South (Toward Nashville), to the Arthur Street exit (Exit 134).
2. Continue to the first stop sign, Arthur street and Brandeis Avenue.
3. Turn right onto Brandeis Avenue / Cardinal Boulevard.
4. Continue through 2 stop lights.
5. Turn left at the intersection- Cardinal Boulevard/Brook Street
6. Turn left onto Brook Street. Continue on Brook Street to 2001 S. Brook
7. You will be facing the University Club Building



The parking lot is to the left of the University Club Building

Directions, if traveling north on I-65:

(I-65 North is accessible from I-265 and I-264)

1. Take I-65 North (Toward Indianapolis) to the second Eastern Parkway exit (west 133B).
 2. There is a stop sign at the end of the exit ramp.
 3. Veer right, following the curve around to the traffic light at Eastern Parkway. (Denny's is on the opposite corner).
 4. Turn right onto Eastern Parkway.
 5. Continue on Eastern Parkway until it dead-ends at Third Street.
 6. Turn right onto 3rd Street.
 7. Continue on Third Street to the third traffic light at Cardinal Boulevard.
 8. Turn right onto Cardinal Boulevard.
 9. Turn right onto Brook Street
 10. Continue straight through the stop sign to **2001 Brook Street**
- The University Club Building is directly ahead. - to the left is the parking area.



Please telephone the University Club at 852-6996, with questions concerning the directions.

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