

Business & Professional Women / River City

BPW River City

An edition of the News and Views

BPW COLLECT

Keep us, Oh God, from pettiness. Let us be large in thought, in word, in deed.

Let us be done with fault-finding and leave off self-seeking.

May we put away all pretense and meet each other face to face without self-pity and without prejudice.

May we never be hasty in judgment and always generous.

Let us take time for all things; Make us to grow calm, serene, gentle.

Teach us to put into action our better impulses, straight-forward and unafraid.

Grant that we may realize it is the little things that create differences, that in the big things of life, we are at one.

And may we strive to touch and to know the great, common human heart of us all.

And Oh Lord God, let us forget not to be kind.

-Mary Stewart

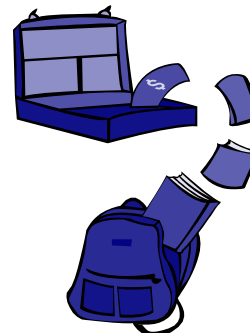
August Luncheon Topic: BPW/RC Foundation, Inc.



The August 12 Luncheon Meeting will be designated for the River City BPW Foundation, Inc. There will be six grants given to organizations, agencies, and hospitals for the education, prevention and research of breast cancer. Thirty-one thousand will be given in grants this year bringing the total grants given to over \$300,000. There will be good stories about how

this money has benefited so many in our community. The Foundation will also give 11 scholarships to mature women returning to school. BPW recognizes that while a variety of scholarships are available to students graduating from high school, there is virtually no assistance for mature women needing to upgrade skills through training as well as to continue or complete a degree or certification program. One lucky woman will receive the Liliayce Akers Memorial Scholarship. There will be a past scholarship recipient to talk about how the BPW scholarship has benefited her. To date in-

cluding this year, BPW Foundation has given 165 scholarships totaling \$121,600. This meeting will leave you feeling excited for these women and for how BPW contributes to our community.



Make Your August Luncheon Reservation Today!



For lunch reservations, email your reservation to **Jeanine Holden** at JHolden@kforce.com

Lunch Reservation **Deadline**

***Thursday, August 6th 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, August 12th, 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.

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Letter From the Prez:

Hi, everybody.

We had our first board meeting last week with the new BPW Board for 2009-2010. We talked about many items on our agenda and it was a very productive meeting.

A major change that we approved was a reduction in the membership dues for 2009-2010. Because we no longer have to pay dues to the national organization, we have decreased our annual dues from \$109.00 to \$75.00. The Kentucky Federation of BPW has increased its dues to \$25.00 with a May 1st-April 30th calendar. BPW River City is also transitioning toward a May 1st due date for membership renewal to begin for everyone in May, 2010.

Therefore, after much discussion, we have decided to prorate our dues during the coming year. It might be a little bit confusing, but we will have the prorated dues amounts updated each month on our website at www.bpwrc.org. And beginning May 1st 2010, everyone's membership dues will be due at a cost of \$75.00 and everyone's due date will become May 1st. If you are not sure how much to pay when either joining or renewing during the coming year, please contact our membership chairpersons, Donna Dumstorf and Lorie Marcum. If you have any questions about new membership, please contact Donna Dumstorf at ddumstorf@semonin.com or call her at 420-4987. If you have any questions about renewing your membership, please contact Lorie Marcum at lmarcum@secc.org or call her at 253-8939. We appreciate your patience and understanding in this area as we make this transition.

I hope that everyone who can make it will attend our luncheon on Wednesday, August 12th at the Jefferson Club. Our Foundation Committee will be awarding grants and scholarships to very deserving recipients. It is always one of our most rewarding luncheons for everyone who attends.

Sue Woods

BPW/RC President



Sue Woods
BPW River City President,
2009-2010

"after much discussion, we have decided to prorate our dues during the coming year. It might be a little bit confusing, but we will have the prorated dues amounts updated each month on our website at www.bpwrc.org."

Have you been to www.bpwrc.org lately?

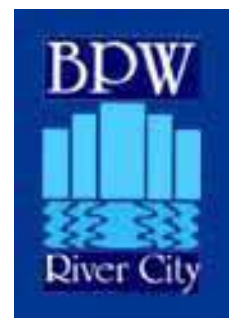


Do you want the most up to date information about Business and Professional Women / River City? Check out our new and improved website at www.bpwrc.org. Bookmark our webpage. As a BPW/RC member, you will want to visit this site often.

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 for website submissions.



Networking Opportunity

Louisville Convention & Visitor Bureau: Business After Hours



Business After Hours

July 29, 2009 from 5:30 PM to 7:30 PM

Louisville Mega Cavern

1841 Taylor Ave
Louisville, KY

FREE & OPEN to the PUBLIC
Louisville Convention & Visitors Bureau Business After Hours Wednesday, July 29, 2009
Tradeshow: 5:30 - 7:30 p.m.
Event Location: Louisville Mega Cavern Under the Louisville Zoo 1841 Taylor Ave Louisville, KY 40213
Get ready for the ride of your life! Now you can experience all the wonder and adventure of this unique attraction. Over 30 Louisville area businesses display their products

and services. Network with your colleagues. Enjoy delicious hors d'oeuvres. Enter to win round-trip American Airlines tickets. Louisville is home to one of the largest caverns. An adventure rich in history, geology, mining, recycling and green building technology...and simply huge in scale.
Fun Facts: --Four Empire State Buildings would fit in the MEGA Cavern. --There are 17 miles of corridors under the zoo. --It never gets below or above 58 degrees in the cavern. --MEGA Cavern was the largest civil

defense shelter during the Cuban Missile Crisis.

Sponsored by:
Louisville Mega Cavern
Eassy Set Decorator Installation, LLC
Lynn Imaging
Eventualities
Kentucky-Indiana Productions, LLC
Colorstage Systems

For more info: 502-584-2121;
partner@gotolouisville.com;
www.lcvbbusinessafterhours.com

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 and she will be able to assist with the details of how to participate in this invaluable program.



90 Years of Building Powerful Women



July 31 - August 1, 2009

St. Louis, Missouri

On July 15, 1919, BPW was founded, beginning a tremendous journey for all working women. Join us and help celebrate 90 Years of Building Powerful Women in the birthplace of BPW - St. Louis, Missouri. Make plans now. We will be celebrating at the Hilton St. Louis Airport 10330 Natural Bridge Road, Saint Louis, Missouri, USA, 63134-3303. The room rate is \$75.00 for a single

or double suites are available upon request (depending on availability) at a rate of \$125.00 - \$175.00. For reservations, call 1-314-426-5500 or go online at <http://www.hilton.com/en/hi/groups/personalized/STLHIHF-BPW-20090731/index.jhtml>. The deadline to receive the BPW room rate is July 3, 2009.

24 hour courtesy shuttle from airport. Your registration fee of \$90 includes:

Opening reception on Friday,

Saturday lunch and Saturday evening celebration.

Missouri will be hosting a breakfast on Saturday morning for an additional \$25 fee.

Registration deadline: July 3, 2009. See attached registration form. (Click on the paper clip icon in the lower left hand corner of this PDF file.)

26th Annual Labor Day Weekend Pioneer Run/Walk



TO FIGHT BREAST CANCER, Saturday, September 5, 2009 in the 26th 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.

The Links for Life Committee and AT&T Pioneers challenge all BPWRC members to STEP UP

Applications are available at local running stores and online at Fleet Feet,

www.fleetfeetlouisville.com, 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



presented after the event.

Great Summer Recipes

Almond-Ginger Fruit Salad

Ingredients:

- 1 yellow grapefruit, peeled and sliced into rounds
- 1 pint strawberries, hulled and sliced
- 1/2 cup honey
- 2 tablespoons lemon juice
- 1 teaspoon grated fresh gingerroot
- 1/4 cup slivered or sliced almonds, roasted

Directions:

Divide grapefruit rounds onto 4 small plates, layering slices attractively. Top each stack with about 1/2 cup sliced strawberries. Combine honey, lemon juice and ginger in a small bowl, and drizzle over each salad. Sprinkle with almonds and serve. Serves 4.

Italian Pasta and Tomato Salad

Pasta Ingredients:

- 8 ounces (2 1/3 cups) uncooked dried penne pasta

Salad Ingredients:

- 1/4 pound (1 cup) Cheddar or Monterey Jack Cheese, cubed 1/2-inch
- 2 medium (2 cups) tomatoes, cubed 1-inch
- 2 medium (2 cups) zucchini, sliced 1/4-inch

Dressing Ingredients:

- 1/2 cup Italian vinaigrette dressing
- 1 tablespoon fresh oregano leaves
- 1 tablespoon chopped fresh basil leaves
- Lettuce leaves

Choose vine-ripened tomatoes to pair with penne pasta.

Directions:

Cook pasta according to package directions. Rinse with cold water; drain.

Combine pasta and all

salad ingredients in large bowl.

Stir together all dressing ingredients except lettuce leaves in small bowl. Add dressing to salad; toss to coat. Cover; refrigerate at least 30 minutes. Serve salad on lettuce leaves. Serves 6.

Caribbean Grilled Chicken

Ingredients:

- 6 boneless, skinless, split chicken breasts
- 1 cup orange juice
- 1/3 cup soy sauce
- 2 tablespoons balsamic vinegar
- 2 tablespoons honey
- 2 tablespoons firmly packed brown sugar
- 2 cloves garlic, minced
- 1 1/2 teaspoons minced gingerroot or 1/2 teaspoon ground ginger

- 1/2 teaspoon freshly ground black pepper

- 5 leaves fresh basil, chopped

Directions:

Place chicken in non-metallic dish and set aside.

To make marinade, place orange juice in small saucepan. Add soy sauce, vinegar, honey, sugar, garlic, gingerroot, pepper, and basil. Bring to a simmer over medium heat and cook 10 minutes. Remove from heat and cool.

Pour cooled marinade over chicken, cover with plastic wrap, and place in refrigerator to marinate overnight.

Pour marinade in saucepan, bring to a boil, then simmer 3 minutes. Reserve. Place chicken on prepared grill and cook over medium heat, 4 to 6 inches from heat source. Cook 5 to 10 minutes on each side, basting occasionally with reserved marinade until the juices run clear and meat is no longer pink inside. Discard marinade. 6 servings.

Important
DATE!

Important Dates to Remember:

July

- 13 Board Meeting - Arison Insurance
- 31-8/1 90 Years of Building Powerful Women, Hilton St. Louis Airport, St. Louis, MO
(Participants should give copy of their registration to Sue Woods)

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
 - 12-16 Kentucky Business Women's Week
 - 31 **Deadline** to submit KBWW award information
- 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




July 2009



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

August 2009



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

BPW/USA and BPW Foundation Merger



May 21, 2009, Washington, DC - Business and Professional Women/USA (BPW/USA) will merge with Business and Professional (BPW) Foundation effective July 1, 2009.

BPW Foundation is dedicated to promoting and advocating for successful workplaces for women, families and their employers. BPW Foundation defines successful workplaces as

work environments that embrace and practice diversity, equity and work life balance.

On Friday, May 15, 2009, BPW/USA members approved a friendly merger with its sister organization, BPW Foundation, ensuring that their advocacy and support for working women and families would continue. This merged organization represents over 143 years of combined experience and will offer membership opportuni-



ties. With an enhanced mission, BPW Foundation will continue to support workforce development programs and workplace policies that recognize the diverse needs of working women, communities and businesses.

Business and Professional Women's Foundation is creating successful workplaces by focusing on issues that impact women, families and employ-

ers. Successful Workplaces are those that embrace and practice diversity, equity and work life balance.

BPW Foundation supports workforce development programs and workplace policies that recognize the diverse needs of working women, communities and businesses. BPW Foundation is a 501 (c) (3) research and education organization.



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 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 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

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 VERY SPECIAL THANKS TO OUR CORPORATE SPONSORS:



Consulting Services Inc.

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Louisville / Jefferson County Metropolitan Sewer District



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HEALTHCARE**



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CONVENTION CENTER**