

Business & Professional Women / River City

BPW River City

An edition of the News and Views

August Luncheon Topic: BPW/RC Foundation, Inc.

BPW Websites - Keep Informed by Checking Us Out Regularly:



BPW River City:
www.bpwrc.org

BPW of Kentucky:
www.bpw-ky.org

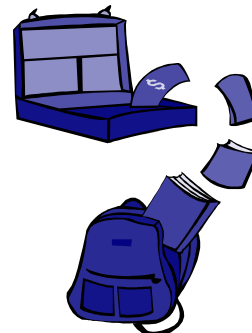
BPW USA:
www.bpwusa.org



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,

I hope everyone is enjoying this summer. It will be over before we know it. I am very excited about our upcoming programs. Our first BPW Leadership event is next week on Tuesday, Aug. 4th, at RiverBend Winery. Please check out our website for details. I hope that everyone who can will participate in our Leadership program. I think you will find it fun and rewarding. We are even offering twice as many venues than last year. Please contact Cindy Vaughan or Christine Taylor for information. Their phone numbers and/or email addresses are on our website.

I would also like to encourage everyone to participate in our Individual Development Program. We are still working out the details of the program, so stay tuned for those details.

Our upcoming luncheon on August 12th will feature the winners of our Foundation scholarships. It is always a very fulfilling program that we have every year. If you have not attended, I strongly suggest that you do. And we will have a wonderful buffet luncheon that the Jefferson Club puts together for us.

I will be attending the BPW 90th National Celebration this weekend in St. Louis. I am very excited about attending. I will let you know how it was in my next letter.

Please let me know how I can serve you better in the coming year.

Sue Woods

BPW/RC President



Sue Woods

*BPW River City President,
2009-2010*

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Have you been to www.bpwrc.org lately?

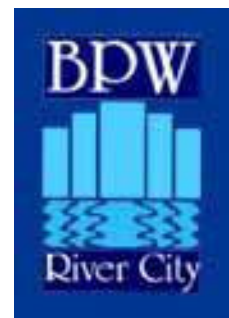


Do you want the most up to date information about Business and Professional Women / River City? Check out our new and improved website at www.bpwrc.org. Bookmark our webpage. As a BPW/RC member, you will want to visit this site often.

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
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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

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

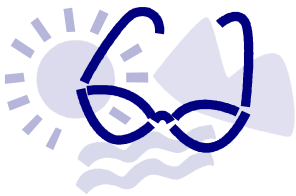
TO FIGHT BREAST CANCER, Applications are available at local running stores and online at Fleet Feet, www.fleetfeetlouisville.com, or at the registration tables the day of the race. Pre-race packet pickup available September 4, at Fleet Feet during store hours. Late registration will begin at 7:00 a.m. and close at 7:45 a.m. Follow us on Face-

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.

book at <http://www.facebook.com/pages/>



Relax During the Lazy Days of Summer



Stress has been so ingrained in our days and in our culture that you probably don't even recognize it any more. But summer is the perfect time to relax, slow down, and just enjoy the weather. What better time

than July to use these lazy days to relieve any stress you've been experiencing?

Learn to cope with stress with these simple tips:

Reach Out - Develop a network of friends you can rely on and confide in.

Work up a sweat - Exercise.

Hold hands - A recent study found that hand holding calms the body's reaction to stress.

Get a massage - experience the power of touch.

Sleep in - Most adults need 7-8 hours of sleep.

Keep a journal - Expressing your feelings is a positive way to deal with stress.

Accept imperfection - Be real-

istic...no one is perfect.

Cry it out - Some experts believe 'a good cry' is an important stress reliever.

Source: www.sparkpeople.com

Paula Brinegar, Health Committee Chair

BPW River City

Leadership BPW Program Graduation Requirements



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 12-15, 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-Vaughan14@bellsouth.net or

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

2. Attend at least three BPW/



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:

Aug. 4, 2009	RiverBend Winery (Kick-Off Event)	5:30 - 6:30 p.m.
Aug. 17, 2009	Kentucky Refuge Ministries	5:30 - 6:30 p.m.
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

or

Christine Taylor at: cmtaylor222@aol.com

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  E-Newsletter Article Submission Deadline	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  E-Newsletter Article Submission Deadline	22
23	24	25  E-Newsletter Distribution	26	27	28	29
30	31					

Reps. Maloney, Biggert reintroduce Equal Rights Amendment

(July 21, 2009) WASHINGTON, DC -Reps. Carolyn Maloney (D-NY) and Judy Biggert (R-IL) today reintroduced the Equal Rights Amendment in the U.S. House, along with Chairman of the House Judiciary Committee John Conyers (D-MI), Rep. Jerrold Nadler (D-NY), Rep. Maxine Waters (D-CA), Rep. Mazie Hirono (D-HI) and over 50 other original co-sponsors.

"Women have made incredible progress in the past few decades. But laws can change, government regulations can be weakened, and judicial attitudes can shift. The only way for women to achieve permanent equality in the United States is to write it into the Constitution," Rep. Maloney said. "These 54 words, when passed by Congress and ratified by 38 states, will make equal rights for women not just a goal to be desired but a constitutional right."

"Thanks to the work of pioneers like Lucretia Mott and Francis Willard, American women have achieved a level of independence and equality once thought to be unattainable," said Rep. Biggert. "This amendment will carry on that tradition by forever enshrining the rights and freedoms of our

daughters and granddaughters in the Constitution of the United States. I'm proud to join Congresswoman Maloney and my other colleagues in this historic effort, and look forward to working with them to protect the basic liberties of women here and around the world."

"We have long since passed the time when there should be any question that equal rights for women should be enshrined in our nation's constitution. And, yet, there are still those who believe that simple equality is a radical and dangerous notion. Clearly, we have made extraordinary progress, but our work is not finished. I am proud to join my New York colleague, Carolyn Maloney, and the many dedicated activists, in the reintroduction of the long overdue Equal Rights Amendment to the Constitution," Rep. Nadler said.

"The time is long overdue for a constitutional guarantee of equality between the sexes. Throughout the history of this country, women have faced systematic and purposeful discrimination. Women were conspicuously absent from the Constitution when it was drafted more than 200 years

ago, and today, women still have no explicit legal guarantee of equal protection. As such, we know the ERA must be ratified to ensure meaningful and lasting equality for all women," Terry O'Neill, newly-elected President of the National Organization for Women

"Although women in the United States have made considerable gains in the last 40 years, we are now lagging behind the rest of the world in closing the gender gap. According to the World Economic Forum, the US ranks 31st of 128 countries overall, but 76th in educational attainment, 36th in health and survival, 69th in political empowerment, and 70th for wage equality for similar work. In the representation of women in our Congress, we rank 71st. Clearly, the US needs an Equal Rights Amendment to the Constitution to help women overcome systemic sex discrimination in our nation," said Ellie

Smeal, President of the Feminist Majority. "Women deserve equal rights. People might think my generation has forgotten, or doesn't even know about, the E.R.A. Nothing could be further from the truth. I'm proud to stand

with the generation that produced the Carolyn Maloney and Ellie Smeals, and hope our generation can continue to benefit from their efforts, with the implementation of the E.R.A. at last," said Shannon Lynberg, National Director of the Younger Women's Task Force.

The ERA was first introduced as the "Lucretia Mott Amendment" at the celebration of the 75th Anniversary of the 1848 Seneca Falls "Declaration of Sentiments," considered the founding of the women's rights movement in the U.S. It came closest to ratification in the 1970's, when 35 states approved it, falling just 3 states short of the two-thirds necessary for a constitutional amendment to be ratified.

For the full text of the bill, [click http://www.congress.org/congressorg/webreturn?url=http%3A%2F%2Fmaloney.house.gov](http://www.congress.org/congressorg/webreturn?url=http%3A%2F%2Fmaloney.house.gov) For more information on the ERA, [click http://www.congress.org/congressorg/webreturn?url=http%3A%2F%2Fmaloney.house.gov](http://www.congress.org/congressorg/webreturn?url=http%3A%2F%2Fmaloney.house.gov)

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

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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 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