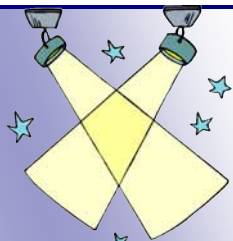


BPW River City

An edition of the News and Views

August Luncheon Topic: Motivation



We will also have two past scholarship recipients to speak at our August Luncheon: Chelsea Mullins and Elizabeth Scott. The August meeting will be designated for the River City BPW Foundation, Inc. The Foundation will give 5 scholarships to mature (over the age of 25) women needing to upgrade skills through training as well as to continue or complete a degree or certification program. To date including this year, BPW Foundation has given 170 scholarships totaling \$124,600.



Michelle Clark-Heard

Position:
Assistant Coach

Please join us for our August luncheon in which Michelle

Clark-Heard will be our guest speaker. Michelle will be speaking on the topic of MOTIVATION!

Michelle Clark-Heard is in her third season as an assistant at the University of Louisville. Clark-Heard came to Louisville after spending two seasons as the head coach at Kentucky State. She rejoins Jeff Walz after coaching with him for three seasons on the Nebraska bench under former head coach Paul Sanderford.

The Louisville native earned Kentucky High School State Player of the Year honors in 1986 while playing at Atherton High School. She was inducted into the Atherton Hall of Fame in 2003.

ing of No. 2 in 2009. Clark-Heard was instrumental in bringing in back-to-back Top 15 recruiting classes.

She was named the head coach at Kentucky State University in June of 2005. She took over a program that had won just one game during the 2004-05 season. Her 2007 Thorobrettes were the second best most improved team in NCAA Division II women's basketball during the 2007 season.

Make Your AUGUST Luncheon Reservation Today!

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AUGUST MONTHLY LUNCHEON MEETING

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

Wednesday,
August 11th, 2010

12:00 Noon - 1:00 PM

For lunch reservations, email your reservation to

BPWreserve@gmail.com

Lunch Reservation Deadline:

Thursday,
August 5th 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:

President's Letter

June 22, 2010

Past, Present and Future

BPW, River City

Dear Members,

Hope everyone is having a good summer and staying as cool as possible.

I am still getting acclimated with my new position as your 2010-2011 President. Phyllis Hargrave and Teresa Cleary, Membership Co-Chairs are working hard to increase our membership and update information. If you have not received a membership list please contact Phyllis at UofL_Fan@insightbb.com or bpwrcmembership@ymail.com to update your data and pay dues. Christine Taylor will be working with membership to encourage you to be involved in with our organization.

Jennifer Morrison, President Elect, will be making an announcement soon regarding our Kentucky Professional Women's Week "Signature Event" Rising Flame Speak-Off in October.

Hope to see you at the lunch on August 11th?

Violet Clark

2010-2011 BPW/RC President

(502) 968-8785, (502) 296-5766 cell

Vclark2009@gmail.com

(502) 968-8785 cell (502) 296-5766



Violet Clark

*BPW River City
President,*

2010-2011

"If you have not received a membership list please contact Phyllis at UofL_Fan@insightbb.com

or

bpwrcmembership@ymail.com

to update your data and pay dues."



Have you been to www.bpwrc.org lately?

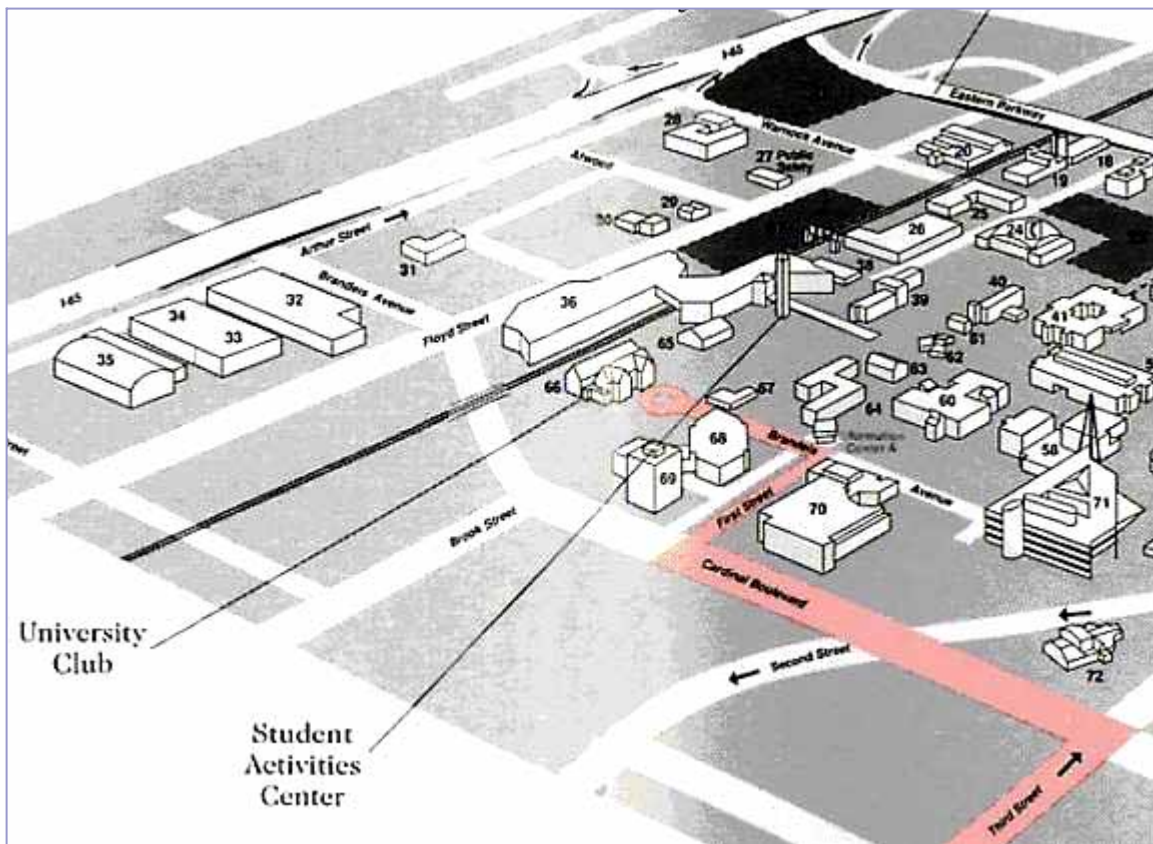


Do you want the most up to date information about Business and Professional Women / River City? Check out our new and improved website at www.bpwrc.org. Be sure to bookmark our webpage. As a BPW/RC member, you will want to visit this site often! Have you missed an issue of the eNewsletter? You can find 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 web-site submissions.

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

RIVER CITY BUSINESS AND PROFESSIONAL WOMEN'S FOUNDATION, INC.

The River City BPW Foundation, Inc. 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 certification program.

Founded in 1979, River City BPW Foundation, Inc., though an offspring of BPW/River City, is a separate entity, operating under the auspices of a 501(c)(3), tax-exempt organization. Scholarships are awarded annually in August for the following scholastic year in amounts up to \$1,000. Applicants need not be BPW members, nor do they need to acquire the endorsement of a BPW affiliate. Applicants must be 25 years of age, residents of the Louisville metropolitan area, officially accepted into an accredited program, and in need of financial assistance to upgrade skills or to complete education for career advancement.

Since 1992, the Foundation has awarded 170 scholarships totaling \$124,600 which includes the scholarships given in August 2010 to deserving women in the Louisville area. The money is being raised mainly through fundraisers like the silent auction, grants and donations.

In 1999, the Foundation founded Links for Life, a series of fundraising events with all proceeds distributed to agencies and medical facilities in the Louisville area which are working to fight breast cancer. Since inception, over \$400,000 has been raised with nearly \$370,600 in grants awarded to local agencies and organizations to fight breast cancer. Links is now giving their grants every other year. Links' grants will be given in 2011.

At the August 11, 2010 luncheon, five scholarship recipients will be awarded.

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@ymail.com

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

27th 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, Saturday, September 4, 2009 in the 27th 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 4, 2010. 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 pack pickup available at Fleet Feet during store hours. Late

registration will begin at 7:00 a.m. and close at 7:45 a.m.



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.)

Please remember to update your information whenever you have changes to this information. We don't want you to miss any BPW news!

The 90th Anniversary of Women Winning the Right to Vote

The 90th Anniversary of Women Winning the Right to Vote in America is August 26, 2010.

Please check out <http://www.women.ky.gov/votesforwomen.htm> and read about the Votes for Women Celebration that the Kentucky Commission on Women is

hosting in Frankfort, August 26, 2010!

Do not let this date pass without fanfare, celebration, and meaning. The Kentucky Commission on Women invites you to join in the **VOTES for WOMEN** Celebration ... 90 YEARS and COUNTING!

This is a celebration we should all take part in to pay tribute

to the women who were beaten, tortured and humiliated so we could have the right to vote! Can you imagine the strong message we can send about the power of the woman's vote in Kentucky if hundreds of women show up that day?

The Kentucky celebration will be held on **Thursday, August**

26th, 2010 at the State Capitol in Frankfort, Kentucky beginning at 10:30 a.m.

What a fitting tribute to the women who made it all possible. Help us kick off the Kentucky Women's History Project on that day; attend the rally and short presentation at the Thomas Clark History Center.

Women for Habitat



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 !

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

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 .

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

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

Thanks! More info, contact W4H Co-chair Dee Allen at deeaallen55@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:



August

11 Monthly BPW/RC Meeting - [University Club of Louisville](#), Cardinal Blvd,
(North Entrance Belknap Campus)

23 Executive Committee Meeting @ USI Insurance, 9700 Ormsby Station Road Suite 200, 5:45-7 :00

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



August 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	 12:00 Monthly BPW/RC Meeting @ University Club	12	13	 www.bpwrc.org Information Submission Deadline
15	16	17	18	19	 <i>E-Newsletter Article Submission</i> Deadline	21
22	 5:45 Executive Committee Meeting @ USI Insurance	24	25	26	27	 www.bpwrc.org Information Submission Deadline
29	30	31	 E-Newsletter Distribution	29	30	31
						

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



BPW eNewsletter Submission and Distribution

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