

# BPW River City

An edition of the News and Views

## Quote of the Month:

"Ask yourself: Does the job touch my heart and feed my soul? You will never be what you were meant to be if you aren't having fun."

— Suzy Welch



## November Luncheon: Executive Panel

Come join us for a wonderful insight into the challenges, hurdles and victories that these executives have experience during the course of their career.

Understand their strategies and best practices that have helped them and others through the years.

We invite you to participate in the panel interview with them and submit your ideas for questions to [JHolden@kforce.com](mailto:JHolden@kforce.com).

## October's Luncheon: Rising Flame

At our Signature Event Luncheon on October 27, 2010 Alex Rohleder was awarded BPW/RC Woman of the Year. We also

had three candidates for our Rising Flame. They were Teresa Aldridge, UPS, Jole Burghy,

Wellpoint, Inc. and Brittany Friddle, On-Site Health Solutions.



## Make Your November Luncheon Reservation Today!

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

**Wednesday, November 10th, 2010**

**11:30AM - 1:00 PM**

For lunch reservations, email your reservation to

[bpwreserve@gmail.com](mailto:bpwreserve@gmail.com)

**Lunch Reservation Deadline:**

**Friday, November 5th by 4 p.m.!**\*

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:

This has been a wonderful month for BPW/River City. At our Signature Event Luncheon on October 27, 2010 Alex Rohleder was awarded BPW/RC Woman of the Year. We also had three candidates for our Rising Flame. They were Teresa Aldridge, UPS, Jole Burghy, Wellpoint, Inc. and Brittany Friddle, On-Site Health Solutions. All great candidates!!!

Don't forget to make your reservations for the November 10<sup>th</sup> luncheon meeting. We will have a panel discussing women in business. If you have any suggestions for speakers please contact Jeanine Holden ([JHolden@Kforce.com](mailto:JHolden@Kforce.com)).

Please feel free to contact me at any time.

Violet Clark  
2010-2011 President  
(502) 968-8785 (Home)  
(502) 296-5766 (Cell)  
Vclark2009@gmail.com



*Violet Clark*  
*BPW River City*  
*President,*  
*2010-2011*

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## Have you been to [www.bpwrc.org](http://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](http://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](http://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](mailto:mkraig@insightbb.com) for website submissions.

## 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 us introduce and

lets 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](mailto:bpwrcmembershp@gmail.com)

BPW/River City is an or [UofL\\_Fan@insightbb.com](mailto:UofL_Fan@insightbb.com).

## Invest In Your Career: Plan to Attend Interim Board



Women's Interim Board meeting, November 12-13, 2010, Park Mammoth Resort, 22850 Louisville Road, Park City, Kentucky 42160.

River City members *Phyllis Hargrave* (River City Pres.

2007-2008) and *Bonny Manning* (Pres. BPW/KY 2005-6006) present two Professional Development Program (PDP) modules

during the *Raising Awareness and Communication Workshop*. The training modules selected for you are: *Module 3, Communication: Stand Up and Stand Out*; and *Module 10: Communication Skills in the Workplace*.

Hope to see you then.

The registration form is available on-line at [www.bpw-ky.org](http://www.bpw-ky.org), or contact [bonny-man@me.com](mailto:bonny-man@me.com) or [UofL\\_fan@insightbb.com](mailto:UofL_fan@insightbb.com). to request more information.

BPW/RC Members, Plan ahead to "invest in your career" while attending the Kentucky Federation Business and Professional

2007-2008) and *Bonny Manning* (Pres. BPW/KY 2005-6006) present two Professional Development Program (PDP) modules

Join us to connect and network with other BPW members attending from across Kentucky.

## KFBPW Interim Board Meeting: Nov. 12th & 13th



Kentucky Federation of Business and Professional Women Interim Board Meeting  
Debbie Pierce, KFBPW Executive Assistant

Join us as we go to KFBPW Interim Board at Park Mammoth Resort in Park City, Kentucky on November 12 and 13, 2010. President, Janis Turner and the Executive Committee have worked very hard to keep member registration cost at a minimum (\$55 if registered on or before October 13<sup>th</sup>) and has negotiated a very reasonable room rate (\$69 per night plus tax) for members at Park Mam-

moth.

The Interim Board agenda is packed with learning opportunities! There is something for everyone. Come support BPW/RC, Inc. members Bonny Manning and Phyllis Hargrave as they present two IDP Modules, have fun on Friday evening at the BPW/KY Foundation Event and Silent Auction "OFF Broadway". Catch up with old friends and make new friends.

You will find the Interim Board Registration Form and Tentative Meeting Agenda included in the E-newsletter. I hope to see you there!



## Are You Saving Your Soda Can Tabs?

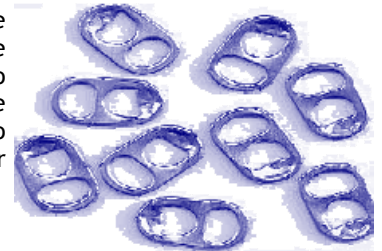


BPW/River City is still collecting soft drink can tabs to do-

nate to the Ronald McDonald House in Louisville. Please bring your tabs to the monthly luncheons and give them to Phyllis Hargrave.

Did you know it is 90% more efficient to recycle aluminum

than to mine it new? We are helping the environment while contributing to families who have a need to stay at the Ronald McDonald House. So far, we have collected over 1,000 pounds of tabs.



## An Easy Way to Contribute to the BPW Foundation



The River City BPW Foundation is a separate entity from BPW/River City. The Foundation is a 501(c)(3) organization that raises funds throughout the year to award scholarships to "non-traditional" women and give grants locally toward breast cancer research and education.

One of the easiest ways you can contribute to the Foundation is by participating in our

Kroger Gift Card program. The program works like this:

We have specific Kroger Gift Cards available for purchase. These cards cost \$5 but they already have \$5 loaded on them, so they really cost nothing. When you go to Kroger's, stop by the service desk or even when you are in line to purchase your groceries, have money loaded onto the card. You can do this with cash, check or credit card.

Then, use that same Kroger Gift Card to pay for your groceries, gas or prescrip-

tions. You should continue to use your Kroger Rewards Card that will give you points for reduced gasoline.

Don't throw that card away. Simply reload a monetary value to the card and do your shopping again. You can use the Kroger Gift Card at any Kroger affiliated store, including Jay C.

If you already have one of these Kroger Gift Cards, please consider purchasing one to give to someone else to use.

Using your Kroger Gift card is the easiest way you will ever make a donation to any organization. Every time you use your Kroger Gift Card, all amounts that you place on the card will benefit the RC BPW Foundation. Kroger makes a 4% donation to the organization when cards are used. This costs you nothing. Just remember to keep your BPW issued Kroger Gift Card and use it over and over again. We can all make an impact!

Contact Phyllis Hargrave at 812-944-4411 or [UofL\\_Fan@insightbb.com](mailto:UofL_Fan@insightbb.com) for more information.

## 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 [BPWeNewsletter@aol.com](mailto:BPWeNewsletter@aol.com) by **7pm on the Friday** prior to that following week's eNews-

letter'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  
DATE!

## Important Dates to Remember:

### 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

### March

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

### April

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

### May 1

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



# November 2010

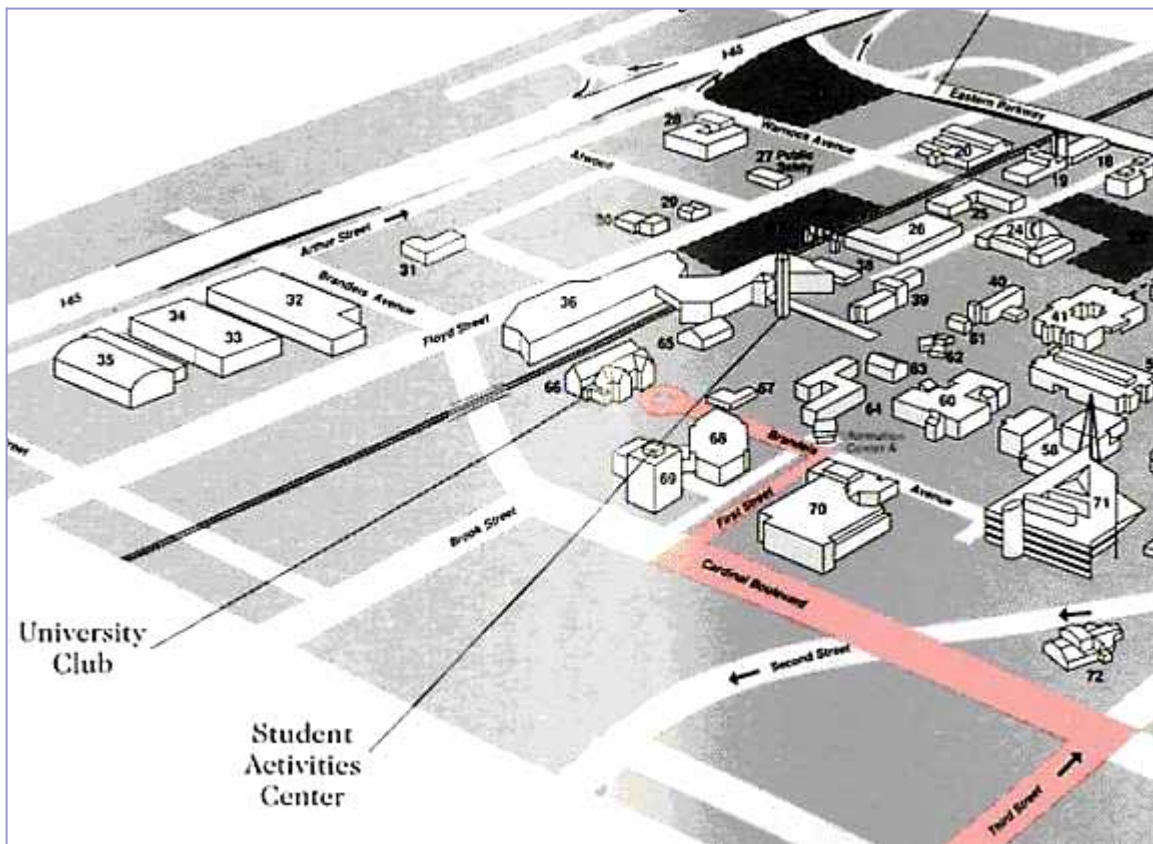
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6  www.bpwrc.org Information Submission <b>Deadline</b>
7	8	9	10  12:00 Monthly BPW/RC Meeting @ University Club	11	12	12
14	15	16	17	18	19	20  www.bpwrc.org Information Submission <b>Deadline</b>
21	22  5:45 Executive Board Meeting @ USI Insurance	23	24	25 <b>Thanksgiving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



## 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:



**KFORCE**<sup>®</sup>

TODAY'S Woman

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