

BPW River City

An edition of the News and Views

Leadership BPW



Our next event is on **November 3rd** at the **Riverbend Winery**, 120 S. 10th street, Louisville (5:30PM), KY 40202, (502) 540-5650.
www.riverbendwine.com

Show your interest in our community by joining us.

Thanks,

Christine Taylor

RSVP to
Cmtaylor222@aol.com
974-4730



November Speaker: Martha Clark

Martha Clark is an incredible lady who founded Impact 100 -

Owensboro. It is an organization where a minimum of 100 ladies join together by investing \$1000 each. They then give 100% of their "investments" to a charitable organization of their choosing each year.

Martha is a lady who had a vision and a philanthropic interest and turned that inspiration into a powerful, all women philanthropic group which impacts the Owensboro community. This year, Impact 100-Owensboro's 4th year, they have

210 members who have invested \$1000 each. They will be giving 2 Owensboro charities a gift of \$105,000 each.

Come hear Martha Clark speak about Impact 100-Owensboro and be prepared to be inspired to do something very similar here in the Louisville community!

Martha Clark is a native of Daviess County, Kentucky, and has remained in her community during her career. After receiving degrees from Vanderbilt and Western Kentucky Universities, Martha initially taught mathematics. Following accounting courses at Brescia University, she became a Certified Public Account and established her

own firm. Martha merged her business with another regional firm located in Owensboro where she continued practicing as a CPA until her retirement at the end of 2004. Active in her community, she used her organizational skills and leadership abilities in numerous organizations such as the Junior Service League of Owensboro; the Junior League of Owensboro; Owensboro Area Spouse Center; Field House; Alma Randolph Charitable Foundation; River-Park Center, Owensboro Symphony Orchestra; Impact 100 - Owensboro, to name only a few. Martha serves as Administrator of the John B. & Brownie Young Memorial Scholarship Fund, and was recently awarded the distinguished Athena Award.

Make Your November Luncheon Reservation Today!

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



Lunch Reservation **Deadline**

Thursday, Nov. 5th 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.

SEPTEMBER MONTHLY LUNCHEON MEETING

Wednesday, November 11th, 2009

at The Jefferson Club

Top Floor, 500 West Jefferson St.

12:00 Noon - 1:00 PM

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.

A Letter From the Prez:

Hi everybody!!

I just wanted to thank everyone who helped to make our KPWW events such a success—Violet Clark-KPWW Chairperson, Neill Myers-Caudill and Candace Allen-Rising Flame Chairpersons, and Lora Hardin-WOE Chairperson. We had 6 awesome Rising Flame candidates compete during our Rising Flame Speak-Off Luncheon where approximately 100 people attended the luncheon at the Kentucky International Convention Center. The topic was how we could engage younger women in BPW River City and what it would take to get them involved. They gave us some wonderful suggestions and we are going to implement some of their ideas. Becca Embry, from UPS, won the competition, although our judges said that the competition was very close and it was difficult to choose a winner. Congratulations to Becca!!

We also had 6 wonderful candidates at our Woman of Excellence banquet last Thursday evening following a silent auction to raise funds for our Foundation. Both the banquet and the silent auction were a great success. Again, we had approximately 100 people attend the banquet where Sharon Handy from Borowitz & Goldstein was chosen as our Woman of Excellence winner. Congratulations to Sharon!!

It is not too late to participate in our Leadership program. We have several upcoming opportunities for you to attend. If you have any questions, please contact Christine Taylor or Cindy Vaughan. Please can also check out our website or this newsletter for further details.

Our Professional Development Program (PDP) is coming up in January. We were originally going to begin the program in November, but have decided to postpone the start until January. We hope to have a good class this year. I am planning to participate in the program this year and am very excited about it. Please contact Amanda Boston if you need additional information about the program.

I hope that you will take the time to read this newsletter and see if anything is of interest to you. I look forward to seeing you at our next meeting on November 11th!!

Thanks,

Sue Woods

BPW/River City
2009-2010 President



Sue Woods

*BPW River City President,
2009-2010*

"It is not too late to participate in our Leadership program. We have several upcoming opportunities for you to attend. If you have any questions, please contact Christine Taylor or Cindy Vaughan. Please can also check out our website or this newsletter for further details."



Leadership BPW Events:

Haven't been to a leadership event? Not sure you can complete all the requirements?

It's okay, come join us. We explore the community to understand Louisville better.

Please contact me with your interest in participating in the Leadership events and I will

add you to an email list to remind you of all the upcoming events. (cmtaylor222@aol.com)

I will continue to use Facebook in addition to email contact. If you prefer to use Facebook please join our group at <http://www.facebook.com/group.php?gid=120043407378>

you must first set up a profile

to join this group. It is not necessary for you to add me as a friend.

Our next event is on **November 3rd** at the **Riverbend Winery**, 120 S. 10th street, Louisville (5:30PM), KY 40202, (502) 540-5650. www.riverbendwine.com

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Thanks,

Christine Taylor

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Leadership BPW Program Graduation Requirements



Listed below are the graduation requirements:

1. Attend at least five out of the fourteen Leadership BPW scheduled events.
2. Attend at least three BPW/River City luncheons throughout the 2009-2010 year, under

the leadership of President Sue Woods.

3. Attend at least one Kentucky Professional Women's Week event (October 19-23, 2009). **Due to having the breakfast cancelled and late notice, this is no longer a graduation requirement.** If you attended you can substitute attendance here for the #6 requirement (Metro Council Meeting or Mayor's Community Conversation).
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 4 for the 2009 Schedule Leadership BPW Program events.

It is not too late to join today. There are plenty of events left that will fit into your schedule!

For more info contact **Cindy Vaughan** at : CindyVaughan14@bellsouth.net or

Christine Taylor at:

cmtaylor222@aol.com



Professional Development Program (PDP)



The Professional Development Program (PDP) 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 Kentucky Federation of Business

& Professional Women 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.



Business and Professional Women River City Membership



There has been a LOT of changes for BPW this past year but BPW/River City is as exciting, informative and productive as ever! If you have not attended lately, PLEASE

make reservations to come to the next meeting! You will be so glad you did!

Membership will look a little different this BPW year (2009-2010). Since there are no longer national dues, we will be basing membership on a June through May year for 2009-2010. Each member will be sent an email notice (for those without emails, snail

mail will be provided) and that notice will reflect a pro-rated fee including your state membership fee. Annual membership from this point forward will be \$75 (\$25 for state fees and \$50 for local fees).

Around March or April next calendar year (2010) we will invoice everyone for their renewal membership dues. If you have questions before or after

you get your notice, please contact Lorie Marcum @ lmarcum@secc.org.





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:

Nov. 3, 2009	RiverBend Winery 5:30 - 6:30 p.m
Dec. 1, 2009	Flame Run 5:30 - 6:30 p.m
Dec 14, 2009	Rainbow Blossom 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 pm
Feb. 2, 2010	Sullivan University noon
Feb. 15, 2010	Norton Commons 5:30 - 6:30 pm Change to Feb. 22
Mar. 2, 2010	Print House for Blind 3:00 - 4:00 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
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



3 Action Steps to Protect Against the Flu



#1

Take time to get vaccinated.

- CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal flu.
- The seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common.
- Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Seasonal flu vaccine also is important for health care workers, and other people who live with or care for high risk

people to prevent giving the flu to those at high risk.

- A seasonal vaccine will not protect you against novel H1N1.
- A new vaccine against novel H1N1 is being produced and will be available in the coming months as an option for prevention of novel H1N1 infection.
- People at greatest risk for novel H1N1 infection include children, pregnant women, and people with chronic health conditions like asthma, diabetes or heart and lung disease.

#2

Take everyday preventive actions.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.*
- Avoid touching your eyes, nose or mouth. Germs spread

this way.

- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible. This is to keep from making others sick.
- While sick, limit contact with others to keep from infecting them.

*Though the scientific evidence is not as extensive as that on hand washing and alcohol-based sanitizers, other hand sanitizers that do not contain alcohol may be useful for killing flu germs on hands in settings where alcohol-based products are prohibited.

#3

Take flu antiviral drugs if recommended.

- If you get seasonal or novel H1N1 flu, antiviral drugs can

treat the flu.

- Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu by keeping flu viruses from reproducing in your body.
- Antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications.
- Antiviral drugs are not sold over-the-counter and are different from antibiotics.
- Antiviral drugs may be especially important for people who are very sick (hospitalized) or people who are sick with the flu and who are at increased risk of serious flu complications, such as pregnant women, young children and those with chronic health conditions.■ For treatment, antiviral drugs work best if started within the first 2 days of symptoms.

For more information, visit

www.flu.gov
or call
800-CDC-INFO.
Department of Health and
Human Services
Centers for Disease Control
and Prevention

Have you been to www.bpwrc.org lately?



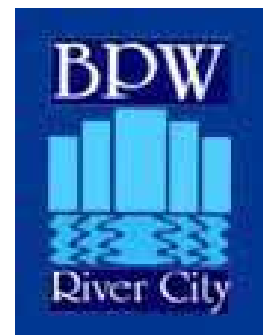
Do you want the most up to date information about Business and Professional Women / River City? Check out our new and improved website at www.bpwrc.org. Be sure to bookmark our webpage. As a BPW/RC member, you will want to visit this site often!

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 website submissions.



Important Dates to Remember:



October

- All Month Breast Cancer Awareness & Domestic Violence Awareness Month
- 31 **Deadline** to submit KPWW award information

November

- 1 **Deadline** for KY Nominations Chair notifies locals of February 15
- 3 Election Day
- 11 **Monthly BPW/RC Meeting - Jefferson Club**
- 13-14 Interim Board meeting to Hopkinsville, KY
- 16 Executive Board Meeting - Arison Insurance
- 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

January

- 1 State Bylaws Chair forwards proposed revisions to the Executive Committee
- 13 Monthly BPW/RC Meeting - Jefferson Club
- 18 Board Meeting - Arison Insurance

February

- 15 **Deadline** for state office nominations
- 10 Monthly BPW/RC Meeting - Jefferson Club
- 15 Executive Board Meeting - Arison Insurance



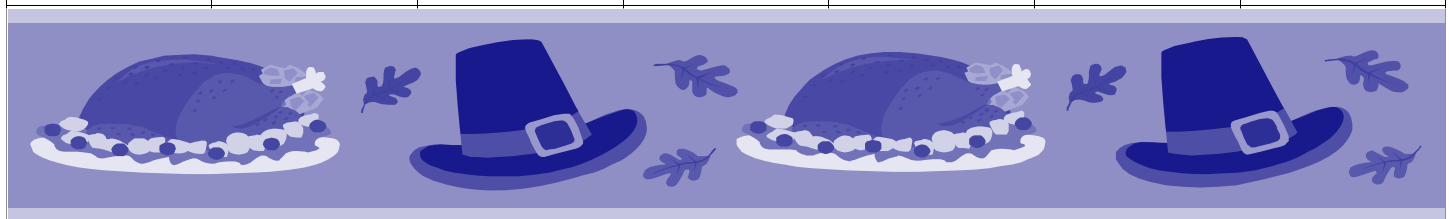
October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 5:00 BPW Leadership @ The Green Building	7	8  Deadline to make Luncheon Reservation for meeting on the 14th	9 <i>E-Newsletter Article Submission Deadline</i>	10
11	12	13  E-Newsletter Distribution	14  12:00 Monthly BPW/RC Meeting @ Jefferson Club	15 Rising Flame Nominations Due Tomorrow!	16  www.bpwrc.org Information Submission Deadline	17
18 Kentucky Professional Women's Week (KPWW)	19  5:45 BPW/RC Board Meeting @ Arison	20 KPWW Kick Off Breakfast 8:00-9:00	21 Rising Flame Speak- off Luncheon	22 5:00 Women of Excellence Ban- quet & 6:30 Silent Auction	23 <i>E-Newsletter Article Submission Deadline</i>	24 Kentucky Professional Women's Week (KPWW)
25	26	27  E-Newsletter Distribution	28	29	30  www.bpwrc.org Information Submission Deadline	31  Deadline to submit KPWW award information



November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Election Day! 5:30 BPW Leadership @ River Bend Winery	4	5	6 <i>E-Newsletter Article Submission</i> Deadline	7
8	9	10  E-Newsletter Distribution	11  12:00 Monthly BPW/RC Meeting @ Jefferson Club	12  www.bpwrc.org Information Submission Deadline	13 Interim Board meeting to Hopkinsville, KY	14 Interim Board meeting to Hopkinsville, KY
15	16  5:45 Executive Board Meeting Arison Insurance	17	18	19	20 <i>E-Newsletter Article Submission</i> Deadline	21 BPW/KY Interim Board of Directors Meeting, Barren River, Glasgow, KY
22 BPW/KY Interim Board of Directors Meeting, Barren River, Glasgow, KY	23	24  E-Newsletter Distribution	25	26 Thanksgiving 	27  www.bpwrc.org Information Submission Deadline	28
29	30					



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**KENTUCKY INTERNATIONAL
CONVENTION CENTER**

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