



## Central Connections

ISSUE 2 | VOLUME 1 | OCTOBER 2008

### -UPCOMING MEETINGS & EVENTS-

**October 1, 2008, 6:30pm**

Berea, Boone Tavern

**October 6, 2008, 6pm**

Woodford Co, United Bank-5<sup>th</sup> Floor

**October 8, 12pm**

Licking Valley , Bianke's Restaurant

**October 20, 2008, 6:30pm**

Stanford, Historic Depot

**October 20, 2008, 6pm**

Danville Meeting

**October 27, 2008, 6pm**

Fort Harrod, Cloud's Restaurant

### -October 19-25, 2008-

National Women's Business Week!

Please remember to send me your events!

### Hello Fall!

This is a great time of year! We are all getting back into our routines after the long summer. It's the time to enjoy the changing of leaves, fall festivals, football, dressing up, and cooler weather. Take some time, enjoy the season change, attend a festival, go trick-or-treating and contact a fellow BPW member today to enjoy it with you! Happy Halloween!

### Find More Bliss!

The way one views daily events can profoundly affect your mood. Happy people don't live in bubbles, but they do characterize their situations differently. By changing the way you portray your circumstances, you change their emotional effect. Happiness is truly a State of Mind! So next time you feel overwhelmed, angry, upset, frustrated, and/or stressed out, look at the situation a different way. Your outlook will change and so will your mood!

### Presidents Power Pack!

Be on the look out—help is on the way! Your Central Region Officers have compiled several components to help you and your clubs prosper. Because gas is so high, we are e-mailing the info instead of having a Fall Regional Planning Meeting. You will be able to find info on meeting ideas, fundraising and membership recruitment to assist you in your journey. Let's make BPW great!

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