

*“To achieve equity for all women in the workplace through advocacy, education and information.”*

## MONTHLY LUNCHEON MEETING

**Wednesday, July 11, 2007**

Topic:

**“Professional Presence - Image, Attitude, Body Language, and Business Etiquette”**

July Speaker Romy Montoya-Gregory is a Professional Image Consultant with Ultimate Impressions.

Door prize will be Picnic with the Pop donated by Fifth Third.



### The Jefferson Club

Top Floor, 500 West Jefferson Street

11:30 AM - 12:00 Noon Networking and Registration

12:00 Noon - 1:00 PM Program and Lunch

### Lunch Reservation Deadline

**\*\* Thursday, July 5<sup>th</sup> by 4 p.m.! \*\***

*For lunch reservations, call 499-4420, or email your reservation with menu choice to Cheryl Tingle at [Cheryl.Tingle@am.jll.com](mailto:Cheryl.Tingle@am.jll.com). You may register in the same manner for a member or a guest, please be sure and specify that the person is a guest. Be advised: you are financially responsible for any reservation you make whether you (or your guest) attend. Reservations are not required for non-eaters. Our menu for this meeting is:*

**Regular: House Salad, Bowtie Pasta and Chicken tossed with Broccoli, Sundried Tomatoes & Basil**

**Alternate: Veggie Plate**

*Meeting attendance is free, and open to the public. Lunches are \$20 and include a house salad, bread/rolls, dessert, & choice of beverage.*

*BPW/RC continues to collect drink tabs for Ronald McDonald House, so bring your drink tabs to the luncheons!*

*BPW - The Leading Advocate for Working Women*

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## ANNOUNCEMENTS

### Leadership BPW 2007-2008 Program

The first event, "*A Look at Leadership*", is scheduled for Wednesday evening, June 20, 2007, from 5:30 p.m. - 6:30 p.m. at the Leadership Louisville Center, 732 West Main Street. Christine Johnson, Leadership Louisville Center President, is looking forward to hosting BPW. Please **RSVP** for **June 20**, by e-mailing Paula McCraney at [paulamccraney@kycourts.net](mailto:paulamccraney@kycourts.net). Participation in the Leadership BPW program events is **FREE**.

You are also invited to join **Leadership BPW 2007**. Joining as a participant in the program affords you the opportunity to be a part of an exciting experience and will challenge you to make a commitment towards "graduation." Joining is painless, and the commitment throughout the year is painless, too. Just send Paula an e-mail indicating your desire to be in the "class", and she will add your name to the roster. Leadership BPW packets will be given to each enrollee, and will be distributed at the Leadership Center event.

NOTE: In order to be considered a graduate of Leadership BPW, you must:

1. Attend at least four (4) Leadership BPW scheduled events (these will be scheduled monthly, except in the months of October and December. The program is from June 2007 - April 2008. Graduation is generally in May during the BPW/River City luncheon.
2. Attend at least three (3) BPW/River City luncheons throughout the 2007-2008 year, under the leadership of our newly installed president, Phyllis Hargrave.
3. Attend at least one (1) National Business Women's Week event (October 15-19, 2007)
4. Write a one-page (1 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 2008 BPW luncheon meeting.
5. Attend at least one BPW Board Meeting (dates to be announced)
6. Attend at least one Metro Council Meeting (dates to be announced) OR one Mayor's Community Conversation Meeting (dates and locations to be announced)

For your commitment, not only will you be well prepared to lead Louisville to the "next level", but you will be recognized and given a nice token for your participation --- something that you will be extremely proud of for years to come! **PLEASE JOIN LEADERSHIP BPW TODAY!**

### Pack-the-Pack Donations for Upcoming School Year

BPW/RC is once again sponsoring this program for the upcoming school year for both Project Women and the Portland Elementary After School program. If you would like to contribute, purchase a backpack and/or items that would go into a backpack, and bring those items to our July and August meetings. If you would like to contribute but don't have the time to shop, Lora Hardin has agreed to shop for you. Lora will collect monetary donations at both the July and August lunches or you can mail a check to her at 424 Woodrow, New Albany, IN 47150.

The backpacks will be filled with the donated school supplies, and delivered about mid-August. Please help a needy child. Email **Lora Hardin** at [hardinlora@yahoo.com](mailto:hardinlora@yahoo.com) for details.

## [2007-2008 Committee Chair Positions - Come One, Come All:](#)

To complete our slate of committee chair positions, we have the following positions available for the upcoming 2007-2008 fiscal year:

- Historian
- Maryhurst Mentoring Chair
- KY Cardinal Advertising Chair

Please contact Phyllis Hargrave at [Phyllis.Hargrave@att.com](mailto:Phyllis.Hargrave@att.com) or 582-8200 if you are interested in serving on the board in one of these positions.

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### [From the Health Chair:](#)

Herbs and spices are being researched for their medicinal properties. They have been used for thousands of years to enhance the taste of food and improve health. Many have antimicrobial and antioxidant properties: turmeric (curcumin is active chemical) is an example; it also stops minor bleeding from a scratch. Capsaicin from hot peppers improves circulation and helps to alleviate neuropathic pain while oil of clove lessens dental pain. Learn how the different spices promote health and prevent illness. Judith L. Vittitow, RN, BSN, MS, CRNI

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### [BPW/RC Legislative Committee](#)

Your BPW/RC Legislative Committee (Co-chairs Violet Clark, Cathy Allgood Murphy) would like to keep all our members informed on our USA National Legislative Platform as well as Local and State issues.

Here is your connection to Legislative Hotlines:

- BPW/USA Legislative Hotline: See [www.bpwusa.org/custom/getactive/iframe.cfm](http://www.bpwusa.org/custom/getactive/iframe.cfm)
- Kentucky Political News - U.S. Politics Today: [uspolitics.einnews.com/kentucky/](http://uspolitics.einnews.com/kentucky/)
- Kentucky Legislature Home Page: [www.lrc.ky.gov/home.htm](http://www.lrc.ky.gov/home.htm)
- Louisville Metro Council Home Page: [www.louisvilleky.gov/MetroCouncil/default.htm](http://www.louisvilleky.gov/MetroCouncil/default.htm)

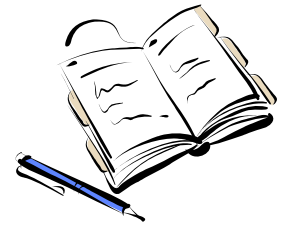
## SAVE THE DATE

### BPW/USA 2007 National Conference

Make Your Reservations Today for BPW/USA 2007 National Conference

July 17-21 Reno, Nevada

*Theme - Workingwomen Moving Forward: Define Your Future.*



Please note that registration rates go up June 26, so register early for this fun, informative event in exciting Reno. Please reference the National website at <http://www.bpwusa.org/nationalconference/> for conference schedule, registration forms and hotel/airline accommodations.

- River City's **Shantha Diaz** will be competing in the Individual Development Speak-off on Wednesday, July 19th as our BPW/KY Representative. Wish Shantha luck at [Shantha.diaz@anthem.com](mailto:Shantha.diaz@anthem.com).
- River City's **Debrah Pierce** will be representing BPW/KY as President-Elect.
- Several River City members will be at the National Conference including Phyllis Hargrave, Lorie Marcum, Donna Hummel, Yvette Norsworthy and Cheryl Kutchinski.

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### National Business Women's Week - October 14-20, 2007

#### Young Careerist Speak Off Luncheon

Wednesday, October 17, 2007

Kentuckiana International Convention Center

If you know someone you think would be an ideal Young Careerist candidate, please contact Nikki Bonifer at: (502) 580-3809 or [nbonifer@humana.com](mailto:nbonifer@humana.com)

#### Women of Achievement Banquet

Thursday evening, October 18, 2007

Kentuckiana International Convention Center

Do you know a woman you think should be recognized for her accomplishments in the community? Please contact Tracy Redmon at [tracy.m.redmon@ampf.com](mailto:tracy.m.redmon@ampf.com) or 502-894-9366 or to let her know you have a potential Woman of Achievement candidate.

If you are interested in finding out more about National Business Women's week or would like to contribute to these wonderful events that empower, encourage and support women in Kentuckiana event, please contact Lorie Marcum @253-8939 or [lmarcum@secc.org](mailto:lmarcum@secc.org).

### BPW Websites

BPW of River City: [www.bpwrc.org](http://www.bpwrc.org)

*(under construction; thanks for your patience!!)*

BPW of Kentucky: [www.bpw-ky.org](http://www.bpw-ky.org)

BPW USA: [www.bpwusa.org](http://www.bpwusa.org)

### A VERY SPECIAL THANKS TO OUR CORPORATE SPONSORS:

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Crowe Chizek - [www.crowechizek.com](http://www.crowechizek.com)

Humana Inc - [www.humana.com](http://www.humana.com)

Jewish Hospital & St. Mary's HealthCare - [www.jhsmh.org](http://www.jhsmh.org)

Kentucky International Convention Center - [www.kyconvention.org](http://www.kyconvention.org)

Kentucky Lottery Corporation - [www.kylottery.com](http://www.kylottery.com)

MSD - [www.msdlouky.org](http://www.msdlouky.org)

Retirement Management Services, LLC - [www.consultrms.com](http://www.consultrms.com)

Today's Woman - [www.iamtodayswoman.com](http://www.iamtodayswoman.com)

#### ***BPW eNewsletter Submission and Distribution -***

BPW's eNewsletter goal is distribution on the first and third 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 (please!!) to [patty.marks@att.com](mailto:patty.marks@att.com) by 5pm 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.