

Berkshire Business & Professional Women



December 2018



President's Message

I just finished my daily 15-minute meditation. I say daily, but there are days that I don't do it. I come up with reasons not to – I woke up late or have to leave too early for work or I take a phone call and then run out of time or I check email and FaceBook, which sucks so much time and think I will do it later or tonight, which typically doesn't happen. It really is something I work at daily to incorporate into my life. I notice that when I do meditate regularly, my days seem to be smoother and I

accomplish more. However, there are times like today that even though I meditated and felt good afterwards, my mind is off to the races again and all that good feeling seems to have evaporated. We all just have those days. I have been working more than normal, I am tired, and have a lot on my plate to accomplish before Christmas. Then there is all the Holiday angst that I tell myself I don't have but it's there and shows itself in very sneaky ways like telling myself that I am not good enough, smart enough, or a failure. I don't know how to employ mindfulness very well. I am not even very mindful when I eat. So, I am looking forward to hearing Gail Zinberg, LICSW, on mindfulness and how to use it throughout the day. I want to start 2019 in the best way possible and I feel this will help me.

Here is a link to Gail Zinberg's website called Mindful Berkshires

<http://mindfulberkshires.com/index.html>

I have also included some links to articles I found on mindfulness.

<https://medium.com/the-bloodhound-group/mindfulness-and-physical-fitness-5f16d4680cfe>

<https://www.npr.org/sections/health-shots/2014/01/07/260470831/mindfulness-meditation-can-help-relieve-anxiety-and-depression>

<https://umassmed.edu/cfm/>

Join me and the Board of Berkshire BPW on Monday, January 7th at Patrick's for a great way to start the new year listening and learning from Gail.

Happy Holidays and Happy New Year!

Cheers,

Claire Richards

President

Berkshire BPW

Board of Directors

President
Claire Richards

Vice President
Programming
Sopheap Nhim

Vice President
Programming
Shela Hidalgo

Vice President
Membership
Donna Collins

Treasurer
Gaye Weinberger

Secretary
Gillette Connor

December Meeting Recap...

December's Holiday dinner was full of fun, and laughter. The dinner was delicious at the fabulous Hotel North. The company fun. Instead of the traditional wine pull, we decided to raffle all the generously donated bottles of wine. Thank you to all those who brought a bottle or two of wine. We also collected slews of toys for Hillcrest. We are some amazing women. How lucky we are. Again, in lieu of selling raffle tickets for the raffle, we passed a basket and people supported our scholarship fund by contributing \$78.00 in total. Thank you Sopheap and Shela for organizing such a fun event. We missed you both.

Do you enjoy capturing the moment? Do you love to take photos and show the beautiful fun moments people are having? If you do, we are looking for someone or someone's (we would love more than one) to be our regular photographer at our monthly events. You can showcase your art work and your photos will have your name on them when we post them on the website, in our newsletter, Instagram or Facebook. Please speak to anyone on the Board if you are interested. We love photos.

MEMBERSHIP NEWS

There was so much excitement in the air at our November meeting that six guests joined and became members on the spot! Please join me in welcoming the nine new and returning members we inducted in November.

JOINED IN SEPTEMBER

Linda Dulye, President/Founder of Dulye Leadership Experience

JOINED IN OCTOBER

Andrea Hurley, Owner and Web/Brand Strategist/Web Designer, Elytra Design

Jennifer Moriarty, Job-seeker in Human Resources profession; Active Girl Scouts volunteer

JOINED IN NOVEMBER

Heather Archibald, Senior Accountant, Pittsfield Cooperative Bank

Rebecca Brien, Director of Sales, Hilton Garden Inn

Celia Clancy, President and CEO of Celia Clancy Consulting

Sarah Mitchell, Financial Advisor, Northwestern Mutual

Patricia Paduano, Owner, Coffee News

Abbie vonSchlegell, Fundraising and Governance Consultant for non-profits

Of note...

Brenda Oppermann, BBPW member, has been diagnosed with Trigeminal Neuralgia. She's been in pain for over 10 weeks now and is working hard to get the American Health Care System to work for her. So far, nothing is helping much.

Kristen van Ginhoven has organized a meal train for Brenda and her husband, Greg, to help the out during this challenging time. If you are able to help, please call Kristen at 518-243-9627 or email her at kristen@wamtheatre.com



Berkshire BPW Spotlight for December

Karen O'Donnell, Principal
Generating Autonomy LLC



Meet Karen O'Donnell, Berkshire BPW member and former VP of programming. She's a long-term Berkshire resident having moved here in the early 1980's to work at GE Plastics. What you may not know is that Karen is a Professional Coach and Speaker on many facets of leadership and career growth and launched her new enterprise, Generating Autonomy LLC, in 2013 here in the Berkshires.

Whether you're a successful business owner, a manager or an individual contributor growing your career, the daily tactics and firefighting take you away from your own growth and innovation. As a seasoned Professional Coach, Karen O'Donnell helps you notice what may be missing, flawed or weak in your approaches.

Working together she heightens your own self-awareness, supports you in the design of new actions you want to take, assess how these actions are working for you, and then build a sustainability plan for the future. She's your partner around your concerns, your business, your career ambitions.

Karen is known for her expertise in change management and was one of the lead change agents at General Electric initiating change across all GE businesses. Karen also led senior executive education at GE Crotonville for several years. Karen possesses deep experience in linguistics and communications, the neuroscience of change, and as a facilitator of strategic meetings, leadership and quality courses.

Karen's passion is supporting others on their own career journeys. Don't be shy, she'd be happy to have a casual conversation with you around your career ambitions. You can read her blogs on LinkedIn at www.linkedin.com/in/autonomyllc or visit her website at www.autonomyllc.com.

MEMBER SPOTLIGHT OPPORTUNITIES

As a benefit to being a member of Berkshire Business and Professional Women, we are providing members with a couple of opportunities to showcase their businesses.

NEWSLETTER SPOTLIGHT – Each month, one member will be selected to briefly spotlight her business or organization in our newsletter.

NETWORKING DINNER SHOWCASE – At selected monthly dinner meetings, 1 or 2 members will have the opportunity to set-up a showcase table for her business or organization. We are asking for a \$15 donation to our Scholarship Fund when selected for this opportunity.

Please e-mail Donna Collins, VP Membership at bbpw.membership@gmail.com if you are interested in pursuing a MEMBER SPOTLIGHT OPPORTUNITY.



Berkshire BPW

**PLEASE CONSIDER JOINING
ONE OF OUR
BERKSHIRE BPW COMMITTEES**

The Berkshire Business and Professional Women organization provides professional and personal development and networking opportunities for working women from diverse fields. Since 1965, Berkshire BPW has been honoring local women in

Berkshire County, Massachusetts, recognizing the achievements of outstanding women, developing awareness of issues important to working women and awarding career advancement scholarships.

Berkshire Business and Professional Women meets at 5:30pm on the first Monday of each month, with a few exceptions. Guest speakers are invited to each meeting to address a variety of topics that are important to working women, such as health and wellness, wealth management, public speaking and organization techniques.

To submit items to be included in the newsletter, please e-mail Lori Gazzillo Kiely at bbpwnewsletter@gmail.com by the 10th of the month.

Membership Committee: Donna Collins, Chair
Bbpw.membership@gmail.com and joinbbpw@gmail.com

Works with the Board to recruit, install, retain, and orient members. Works with the treasurer to maintain updated membership records and inducts new members. Committee members actively promote membership in Berkshire BPW.

Programs Committee: Shela Hidalgo and Sopheap Nhim, Co-chairs
bbpwprograms@gmail.com

Work with the program co-chairs to coordinate monthly meetings including identifying programs of interest to the membership and securing guest speakers or setting up the event. Helps to produce the monthly meeting invitation.

Raffle Committee: Christine Carpenter, Chair
cgmktg@comcast.net

Responsible for securing items for the raffle at the monthly events. The money raised at the raffle supports our scholarship fund. Please contact Christine to donate items or services. Items can also be gift certificates from local businesses in our County. This helps to promote and support our local businesses.

Scholarship Committee: June Roy-Martin, Chair
juneroy0417@gmail.com

June is seeking members to serve on her Committee.

Works to recruit applicants and select recipients of the Scholarship program, which provides financial assistance to working women continuing their education.

Nominating Committee: Kim Baker and Sharon Connors, Co-chairs

The committee finds and presents the selected board members. The committee assists in filling the various committees.

OUR MISSION :

To promote full participation, equity, and economic self-sufficiency

P.O. Box 3152
Pittsfield, MA 01202

www.berkshirebpw.org

Like us on Facebook:

<https://www.facebook.com/BerkshireBPW>



The Trademark BPW is either a registered trademark or a trademark owned by BPW and is used under license.