



Business and Professional Women of Aurora News!

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Officers—2018-2019

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Business and Professional Women of Aurora Dinner Meeting, Thursday, November 1, 2018

*Mimi's Café
 205 South Abilene Street
 Aurora, CO
 5:30 p.m., Networking
 6:00 p.m., Dinner*



Judy Skilling, Speaker

Judy Skilling, Coach, Speaker and publisher author of "UnHot the Mess you Are: A 5-step Personal Guide to Self Transformation," delivers the thought-provoking presentation of "How to Achieve Your Goals With the Power of Thought and Vision." Judy Skilling takes goal setting to the next level.

RSVP: t_mceldowney@msn.com by October 29, 2018

Letter from Teresa McEldowney, President

As I sit in my office on this beautiful sunny Sunday, I reflect on the changing of the season. With cooler weather on its way it brings thoughts of Octoberfests, pumpkin patches and the changing of the leaves.

Several BPW Aurora members attended the SHIFT workshop facilitated by Heidi Halus, New York Life Senior Partner and Vice President of Membership for BPW Colorado. The shift is to positive thoughts and powerful results. Several descriptions of negative and positive thought patterns were discussed. Such as:

Negative thought patterns (under the line): Fear, Exhaustion, Anxiety, Defiance, Self-Importance, Habituation and Overdoing.

Their corresponding Positive thought patterns (above the line): Trust, Excitement, Enthusiasm, Dedication, Authenticity, High Noticing and Effortlessness.

What do you identify as your predominant under the line thought pattern? Where above the line do you want to focus your thoughts? What action steps will you take to make it happen? Something to ponder.

I'd like to close with this quote:

“The best rule of friendship is to keep your heart a little softer than your head” -

Unattributed

Until next time...

Teresa

Mark Your Calendar!

November 1, 2018 - Judy Skilling—How to Achieve Your Goals with the Power of Thought and Vision

November 22, 2018—Happy Thanksgiving!

December 6—Holiday Party at Debbie's House

January 4, 2019—Gail Hamilton, Man's Best Friend, Lessons Learned

February 1-2—Midyear Board

February 7—Regina Topelson, Registered Dietitian Nutritionist

Business and Professional Women – Aurora
October 4, 2018 Business Meeting

Teresa McEldowney called our meeting to order at 5:58 pm. Members present were Cheryl Rotkovich, Kay O'Connell, Teresa McEldowney, Debbie Gilliard, Cheryle Derman, guest Ellen Bryan and speaker Gayla Wick.

Teresa welcomed everyone, we said the Pledge of Allegiance, and she invited our guest and our speaker to join BPW Aurora. We then introduced ourselves and shared our most memorable Halloween costume.

Secretary: Minutes of the September meeting were approved as published in our newsletter.

Corresponding secretary Mary Ellen: Reports and articles for the Oct. newsletter must be to Mary Ellen by October 15. Teresa will provide a President's Letter for the newsletter.

Teresa presented the Treasurer's report and it was approved for audit. 2018-19 budget was sent to members via email. Teresa reminded members of the requested \$10 donation to cover speaker meals.

VP Membership – No Report

VP Programs – Cheryle has arranged meeting speakers through February 2019.

BPW-CO Strategy Team and Executive Team – Cheryl took our suggestions from last meeting (state-wide project) to the team and it was favorably received. Focus this year is on the BPW CO Centennial Celebration on June 15, 2019. They're still looking for a venue. The BPW Cherry Creek president has resigned due to moving out of state. That chapter is looking for a new leader.

Teresa, Kay and Cheryl reported on the SHIFT! Training by Heidi Halus.

Teresa updated us on the BPW CO Midyear Legislative Conference (Feb 1-2, 2019) information. Teresa has been in contact with Meadow Hills Golf Course's Tin Cup restaurant. She presented a sample invoice with food costs. Kay moved that we hold the conference at Tin Cup; Teresa seconded. Motion passed. Teresa will firm up plans with the manager. The cocktail event will be held at the home of Cheryle Derman on Friday, February 1. BPW Aurora members will provide appetizers and some drinks. Those responding will be asked to BYOB. On Saturday, Feb. 2, the business meeting will be held in the morning; Legislative presentations in the afternoon. Evie plans to have an interactive activity.

Speaker Gayla Wick shared her wisdom regarding "The Art of Attracting Authentic Love." She shared her own love journey and gave us relationship clues for both romantic and business/coworker/client relationships. She showed us how to use "I" messages effectively, and shared stories of people who successfully changed their lives through her "secrets." She gave us much food for thought and action! Thank you, Gayla!

Kay won the 50-50 of \$3.50; meeting adjourned at 7:45 pm. Next meeting November 1 at Mimi's.

Respectfully Submitted,

Kay O'Connell, Recording Secretary



Save the dates - February 1 and 2!

Friday, February 1—Social Hour—Cheryle Derman’s home—1545 South Richfield, Aurora, CO 80013—Time TBD

Saturday, February 2—MidYear Board Meeting and Legislative Conference held at Tin Cup at the Meadow Hills Golf Course, 3609 South Dawson Street, Aurora 80014

Time—TBD