



# The Kitsap Wave



A Newsletter for Port Orchard Business and Professional Women

(Editor: Barbara Luddon, 360-373-0431, [barbluddon@q.com](mailto:barbluddon@q.com))

**January 2014**

## Port Orchard BPW Officers 2013-2014

- President  
Leslie Cole  
(360) 373-5875
- Vice President  
Alison Sonntag  
(360) 871-2633
- Secretary  
Claudia Heckart  
(360) 275-1216
- Treasurer  
DeLona Kent  
(360) 871-0208

Website:  
[www.bpwportorchard.org](http://www.bpwportorchard.org)

**State Website:**  
[www.bpwwa.org](http://www.bpwwa.org)

BPW WA 2013-2014:



**"Nurturing the Roots"**

**Business and Professional Women's Foundation** is creating successful workplaces by focusing on issues that impact women, families and employers. Successful Workplaces are those that embrace and practice diversity, equity and work life balance. BPW Foundation supports workforce development programs and workplace policies that recognize the diverse needs of working women, communities and business. BPW Foundation is a 501(c)(3) research and education organization.

**The Business and Professional Women's Foundation**  
1718 M Street, NW  
Washington, D. C. 20006  
[www.bpwfoundation.org](http://www.bpwfoundation.org)



## Lydia Simonson Birthday Celebration

Monday, January 20, 2014  
11:00 AM

Ridgmont Senior Apartments  
2049 Pottery Avenue  
Port Orchard

We have cancelled our regularly scheduled January 14 business meeting. Instead, we will attend Lydia Simonson's birthday celebration luncheon Monday, January 20, 11:00 AM, at Ridgmont Senior Apartments, 2049 Pottery Avenue, Port Orchard.

Our group will be providing table decorations and information on Lydia's BPW participation.

The charge for Lunch is \$6.00. Reservations should be made with DeLona Kent (at 871-0208) no later than January 9, 2014.

### President's Message...

"Welcome, welcome, glad New Year!  
Dawn brightly on us all,  
And bring us hope, our hearts to cheer  
Whatever may befall;  
Bring patience, comfort, gladness,  
rest;  
Bring blessings from above,  
Bring happiness - the highest, best-  
To us and those we love.  
Author Unknown"

I hope each of you had a wonderful and blessed holiday! It's a New Year and a new beginning for making resolutions and achieving goals!

At our December 10th meeting, we had three guests from a local charity, CELEBRATE LIFE, INC, who help provide women with Parenting and

Pregnancy Support. Jolene & Michael Trudeau and Linda Owensby shared what Celebrate Life provides for young women in the community. Several members donated cash, baby clothes and diapers as part of our local charity donation.

We also had a wonderful Holiday Silent Auction and Raffle Fundraiser with the proceeds going toward our Scholarship Fund. It was lots of fun bidding on the items. We played a fun gift exchange game as well.

Barnes & Noble Gift Wrapping Fundraiser held on December 2, 13 and 23 was a huge success thanks to many of you who volunteered to gift wrap and donate cash. Thanks for all of your support and a special thanks to DeLona for coordinating the dates and schedule!

January 14th meeting has been replaced with Special Event on January 20th. On Monday January 20th, we are all invited to join in the 103rd Birthday Lunch Celebration for Lydia Simonson. The celebration will be held at Ridgmont Senior Apartments, 2049 Pottery Avenue, in Port Orchard. Plan on arriving by 11:00am with lunch being served at 11:30am. The cost is \$6.00 per person. This is also Martin Luther King Holiday - so hopefully everyone can plan to attend!

Please let DeLona Kent (871-0208) know by January 9th if you plan to attend.

I am also looking into finding a new location in Port Orchard for our group to meet in February. The Towne Square Event Center has closed. If anyone has ideas, please let me know.

Please join me in bringing out the Best of POBPW and encourage others to join us!

Leslie

*Editor's apology: 10-pt fonts used in this issue to make everything fit on 4 pages*



## **Port Orchard Public Market**

On Friday, February 28 at 7pm, the Port Orchard Public Market is holding a "Preview and Benefit Event" at the Port Orchard Public Market. The public is invited to come celebrate as they get ready to open the doors to the public in the spring. Food, Music, Auctions and Cocktails will be at this event as well as a chance to meet the marketeers.

Susan Keller from Ryan Property Management/Port Orchard Public Market has asked our President Leslie if our Port Orchard BPW group would be interested in volunteering as ticket takers, auction organizers or helping in other ways. **Please let Leslie know if you might be interested in volunteering at the February 28 event.**

## **BPW Foundation Supports National Mentoring Month and Working Women's Career Success**

As part of National Mentoring Month, Business and Professional Women's (BPW) Foundation announced its continuing commitment to working women helping women work® through mentoring. With a history dating back to 1919, BPW Foundation has long supported mentoring as a way to build women leaders of all ages and in all careers thereby enhancing and helping women find and grow successful careers and their small businesses.

"Mentors are important for young careerists just starting out and for women who have already embarked on a career but want to grow and advance. Research indicates that mentored individuals perform better on the job, advance more rapidly within an organization, and report more job and career satisfaction," said BPW Foundation CEO Deborah L. Frett.

One aspect of BPW Foundation's commitment to mentoring is that, since 1964, BPW local and state organizations have recognized and assisted young women as they start their careers through the BPW Young Careerist program. In addition, BPW members provide career enhancement tools to women of all ages through locally conducted Individual Development programs. Across the country, BPW working women are reaching out and helping women work.

"Mentoring is even more important today as workforce demographics have changed dramatically in recent years. We know that great work experience, a good education, and strong references are traditional keys to building a successful career. But a mentor can guide you along the corporate road map, help you negotiate your salary, focus your attention on reaching your ultimate career goals and nurture your professional life," Frett added.

As more women are participating in and then transitioning out of military service, BPW Foundation created Joining Forces Mentoring Plus®, a free national program that supports the career goals of women veterans, military/veteran spouses, care givers of wounded warriors, and surviving spouses of the military fallen. Working women are sharing their experience and expertise to help these deserving women navigate and succeed in their personal development plan -- identifying career interests and goals, exploring industry opportunities, translating military experiences and training into civilian work skills, advancing education, networking, preparing quality resumes and job search strategies, and addressing those life challenges that get in the way of career access and success.

Joining Forces Mentoring Plus® mentor Sandy Smith agrees. "The reason highly trained women in this program have trouble translating their talents into civilian jobs is due to a cultural shift. In the military, self-promotion is frowned upon; yet knowing how to market yourself is exactly what you

need in the private sector. Helping my mentee own her skill set has been some of the most important work I've done in my life."

BPW Foundation Chair and small business owner, Roslyn Ridgeway said, "We know that mentoring works. Study after study has shown the benefits of mentoring including more career satisfaction, higher earnings and better productivity. But it is not just the mentee who benefits from a mentoring program. The mentors also benefit with more positive feelings about them-selves as well as learning new skills and ways of looking at problems."

"And not surprisingly, since both the mentee and mentor benefit, so do businesses that promote mentoring programs. Not only do many of the top companies have mentoring programs but they benefit from more satisfied employees and demonstrate an extraordinary Return on Investment," Ridgeway concluded.

## **BPW/WA Winter Board February 22, 2014 Bellevue College**

The BPW/WA state Winter Board meeting will be held at Bellevue College, Landerholm Circle SE, C117-A, Bellevue, WA 98007.

Registration 8:15 – 8:45 a.m.  
Meeting 8:45 a.m. – 2:45 p.m.

According to Sue Tellock, meeting chair, "The first half of the meeting will be BPW information, progress reports from ALL officers and committee chairs. The second half will be a focus on personal development featuring YOU the individual... We anticipate a good conference and a few surprises. There is an opportunity for up to 6 BPW business people to give a 3 minute presentation on their business. People need to contact" Sue Tellock "to apply... it's first come, first serve. There is no charge... it's free publicity. Business people may also place cards, samples etc. on a table that will be provided."

All BPW members are encouraged to attend. See Call on page 3.



Business and  
Professional  
Women/WA

## BPW/WA 2014 Call to Winter Board February 22, 2014 Bellevue, WA

Where: Bellevue College, Landerholm Circle SE, C117-A, Bellevue, WA 98007  
Time: Registration: 8:15 -- 8:45 a.m. Meeting 8:45 .m. -- 2:45 p.m.

**To the following members:**

Elected State Officers, Immediate Past State President/Historian, Chairpersons of State Standing Committees (or duly authorized representatives), Local Organization Presidents (or duly authorized representatives) and Corresponding Secretary, Parliamentarian. Only those listed above may vote at this Board meeting. Every member in good standing who has paid the meeting registration may enter into discussion.

	Price Each	# of Tickets	Total
Meeting Registration (everybody pays)	10.00*		
Lunch and Snacks (everybody pays)	20.00*		
Add late fee if postmarked after Feb 10	10.00		
<b>Total Amount Enclosed</b>			
Amounts include tax			
*Everybody pays this amount (Limited scholarships may be available)			
No refunds will be made for cancellations received after Feb 14			
Do you require a receipt? _____			
Do you require special accommodations under American Disabilities Act: _____			

**Please make checks payable to: BPW/WA**

**Mail Registration form and payment to:**

**c/o Eldean Montgomery, SEIU Local 6, 3720 Airport Way S, Seattle, WA 98134**

**REGISTRATION FORM**

Name \_\_\_\_\_ Local Organization \_\_\_\_\_ Evergreen (Year) \_\_\_\_\_  
 State Office/Chair/LO President/Student – Member/non-Member \_\_\_\_\_ Email address \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Phone: \_\_\_\_\_ Guest(s) name(s) \_\_\_\_\_

**The box lunches contain, in addition to your selection, chips, fruit, cookie and water.**

**Lunch selections: (check one – no substitutions).**

- \_\_\_\_\_ Italian Chop Salad – roast chicken breast, hard salami, lettuce, mozzarella, provolone, garbanzo beans, tomatoes, scallions, black olives, Italian dressing
- \_\_\_\_\_ Roasted chicken spinach salad – fresh spinach, mushrooms, cucumbers, chopped egg, crumbled egg, strips of herb roasted chicken with vinaigrette dressing
- \_\_\_\_\_ Cranberry turkey sandwich – roasted turkey, cranberry sauce, cream cheese, tomatoes, lettuce on Harvest Nine-Grain bread
- \_\_\_\_\_ Cashew Chicken Crunch sandwich – chicken salad with roasted cashews, lettuce, tomatoes on a fresh baked croissant
- \_\_\_\_\_ Mediterranean Veggie sandwich – a medley of seasonal veggies with hummus and artichoke hearts on fresh baked focaccia



Barbara Luddon  
 165 NW Alta Drive  
 Bremerton, WA 98310



2014

- January 1 New Year's Day -- Happy New Year!
- January 14 **No** Port Orchard BPW meeting.  
Replaced by January 20 event.
- January 20 **Port Orchard BPW** participates in  
**Lydia Simonson Birthday Celebration**
- January 20 Martin Luther King, Jr. Day
- January 27 Lobby Day in Olympia
- February 22 BPW/WA Winter Board, Bellevue  
Community College, Bellevue
- February 28 Port Orchard Public Market "Preview  
and Benefit Event"
- May 16-18 BPW/WA State Conference, Wenatchee



*Lydia*

