



# The Kitsap Wave



A Newsletter for Port Orchard Business and Professional Women  
(Editor: Barbara Luddon, 360-373-0431, barbluddon@q.com)  
**February 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)



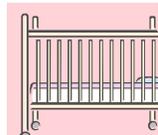
## February Meeting

**Tuesday, February 11, 2014**

5:15 pm	Social
5:30 pm	Dinner
6:15 pm	Program

**Home Made Café**  
537 Dekalb Street  
Port Orchard

**Greg Sandstrom,**  
Kitsap County Coroner,  
will speak on the "Crib  
Program for Saving  
Babies".



Invite your friends to hear his presentation.

Dinner menu: Chicken over noodles served with mixed green salad & hot bread, dessert of mini cheese cakes. Water, Coffee & Tea provided. Dinner cost = \$20.00, including tax and gratuity.

Reservations should be made by February 7 with DeLona Kent at 360-871-0208.

### President's Message...

January has been a wonderful winter month with lots of Sunshine to brighten our days and bring out the smiles! We especially saw smiles at the January 20th celebration of Lydia Simonson's 103rd Birthday!

Thank you to all the BPW members and friends who came to the Lunch Celebration for Lydia Simonson at Ridgemont Senior Apartments, 2049 Pottery Avenue,

in Port Orchard. We had a wonderful lunch and enjoyed meeting Lydia's family and friends! Lydia is a remarkable person and loved by many.

On January 24, I was a guest of Kathy McInnes (L'BRI Consultant) and attended a motivational, inspirational business networking event called "Destiny Achievers" put on by Mary West Network. It was a wonderful event with Keynote Speaker, Patrick Snow, Author & Publishing Coach. There were several great speakers and many women business owners who I met and shared information about Port Orchard BPW! I will be following up with them to invite them to our upcoming meetings.

February is upon us with some new things to celebrate. We have a new meeting location at Home Made Cafe' (Old Purple Church) at 537 Dekalb Street in downtown Port Orchard! We met at this location several years ago but it's decor has changed. When you walk through the door you feel like your in your grandmother's kitchen! It's a cozy cafe' with a homemade menu. The owner, Suanne, will work with us to make sure we enjoy our dinner and meeting location. They are not normally open after 3pm but are willing to have us meet there once a month. I'm glad we are able to support a local woman's business!

Tuesday, February 11th will be our first meeting at the Home Made Cafe' and the owner is still working up the final menu and price but it will be about \$15 per person. The meeting begins at 5:15pm social, 5:30pm dinner, 6:15pm program. Alison Sonntag has

arranged for a program speaker for our February meeting. Our program speaker is Greg Sandstrom, Kitsap County Coroner, speaking on "Crib Program for Saving Babies".

It will be great to have each of you join us and bring a friend! We take reservations ahead of time so that the Cafe will know how many to plan for - so please call DeLona Kent by February 7th with your reservation.

Hope to see you on Feb 11th.

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

Leslie



Lydia and her BPW Friends  
(l-r, Margaret Way, Alison Sonntag, Wilma Eads, Barbara Luddon, Leslie Cole, DeLona Kent, Claudia Heckart, Toni McBride, and Eldean Montgomery)

### **My First One Hundred Years** *In Her Own Words by Lydia Simonson*

I was born in a small town in South Dakota

My first years were happy school years; as children we sat around the kitchen table doing our homework by the light of a kerosene lamp. Then electricity came into our home. What a wonderful change it was

Another big event was Henry Ford's Model T. Our horizons widened considerably. No more horse and buggies. It was a real challenge to drive the car in the summertime. In the summers the water boiled over in the radiators and the tires blew out. What a

difference today as we drive our roads in air-conditioned cars. No longer does the wife have to ask her husband to stop and ask for directions. Now there is a gadget in the car that tells you where to go and how to get there.

Then came the airplane. Stunt flyers came to town. They would land in a pasture near town and all the townspeople flocked to watch the flyers do the loop-de-loop.

The airplanes brought a change in the mail delivery. In the early days everyone had to pick up their mail at the post office in town. Mail would come in on the trains. Every train had a mail car. In the winter time the train would get stuck in the snowdrift. Sometimes it would take three or more days to dig it out.

Another big change was RFD Act (Rural Free Delivery) – Mail was now being [delivered] to all rural areas. Today computers and e-mail are about to make the post office obsolete.

Another major development was the telephone. A company came to our area stringing up some wires, connecting them to a central office where a telephone operator would connect you to your party. Phones were called party lines. Each phone would have its own ring. You could listen in on any call. It was part of our entertainment. Direct dial and touch phones followed, then as now we have cell phones that will do everything but tie your shoe laces.

Soon radios came along. We would pull up our chairs around a crystal and listen to the news as it came through the air. Radio was then followed by television.

Women made much progress in this century. One major step

was the right to vote. As I got out of grade school most girls went to high school but not many went on to college as there were few professions offered to women. Nursing and teaching for the most part. After a hard struggle other professions opened up for women. IN 1919 when women were given the right to vote many more professions opened up for women, such as medicine, law practices, military and slowly church offices.

The Second World War also advanced their progress. Women took over the home front. They built the planes as well as flew them.

In the early twenty's there were only two women in our town that drove a car. Now women drive anything even equipment.

The first travelers in my family were my great grandparents. They and their married son's and daughter's immigrated to America to take advantage of The Homestead Act. I will always be grateful to them. Little did I know, as I gazed in awe of the stunt flyer's doing the loop-de-loop that I would one day travel in a huge airplane to see all but one continent. (The only continent that I have not been to is the Antarctic). I would see many places and meet many people from all over the world. I would see many places and meet many people from all over the world.

I was always glad to get back home to America.

The best country of all.



See *Port Orchard Independent*, January 24 issue for article on Lydia's 103<sup>rd</sup> birthday.

## Upcoming Port Orchard BPW Programs/Speakers

2/11/14	Program: "Crib Program for Saving Babies"	Greg Sandstrom, Kitsap County Coroner
3/11/14	The Optimist's Edge	Robin O'Grady, an Author, Speaker, Coach
4/8/14	Program: Story of Lillian Walker, a Bremerton African American Civil Rights Activist and Billy Frank Jr., a Native American	John Hughes and Trova Heffernan
5/13/14	New Officer Induction & Scholarship Awards Ceremony	Margaret Way, Past State President

### Email message from Sue Tellock (Past President, BPW/WA) – sent January 20, 2014

To all BPW Presidents:

We are doing something new this year and it's called Winter Board. It's been many years since we've done Winter Board, for some, probably before your time. It's a chance to get together, hear progress reports of BPW committees, hear a great speaker and learn new things about ourselves.

This will all take place on Saturday, February 22 at Bellevue College. The cost is \$30 which includes your lunch. Our featured speaker is Lynne Dodson, Secretary-Treasurer of the Washington State Labor Council, AFL-CIO. She will speak on the impact of possible increases to the minimum wage as well as other topics. One workshop will give you opportunities to discover your hidden potential, to discover what you may think to be impossibilities until we turn them into realities. The other workshop may open your eyes about ways to increase membership in your local organization. In addition, each President and State Committee Chair is asked to present a brief progress report on their goals and achievements so far this year. Please contact each of your members about attending this important workshop. Limited scholarships may be available for this event. If you have questions, please contact me by telephone 360-573-0681.

See you in February.....Sue Tellock, Winter Board Chair

### Call to Winter Board Saturday, February 22, 2014 Bellevue College, 3000 Landerholm Circle SE, C117-A, Bellevue

**To the following members: Elected State Officers, State Standing Committee Chairs or authorized representatives, Local Organization Presidents or authorized representatives, Corresponding Secretary. Only those listed may vote at the Winter Board of Directors meeting. Every member may enter into discussion.**

**Registration: 8:15 am-8:45 Meeting begins at 8:45 am Adjournment at 2:45pm  
Registration shall be \$10 with \$20 for lunch and snacks for a total fee required of \$30  
Everyone pays this amount (limited scholarships may be available>)**

**Lunch selections (check one –no substitutions). The box lunches contain, in addition to your selection, chips, fruit, cookie and water.**

**\_\_\_ 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**

**\*\*\*Mail your check for \$30 c/o Eldean Montgomery at SEIU Local 6, 3720 Airport Way S, Seattle WA 98134 postmarked by February 12. After that date, add a late fee of \$10**

**YOUR NAME \_\_\_\_\_ PHONE \_\_\_\_\_**



Barbara Luddon  
 165 NW Alta Drive  
 Bremerton, WA 98310



2014

February 2	Groundhog Day
February 2	Super Bowl – Seattle Seahawks vs Denver Broncos
February 11	Port Orchard BPW meeting – Home Made Café – Greg Sandstrom speaking
February 12	Lincoln's Birthday
February 14	♥♥ Valentine's Day ♥♥
February 15	Susan B. Anthony Day
February 17	President's Day
February 22	BPW/WA Winter Board, Bellevue Community College, Bellevue
February 22	Washington's Birthday
February 25 1-3 pm and February 26 6-8 pm	Celebrate Life Centers, Inc. Open House. Meet the new managers, see the facility & enjoy some complimentary beverages & cookies. Donate diapers & be entered in drawing for gift basket. RSVP – Jolene 360-373-4688
February 28	Port Orchard Public Market "Preview and Benefit Event"
May 16-18	BPW/WA State Conference, Wenatchee

