



The Kitsap Wave



A Newsletter for Port Orchard Business and Professional Women
(Editor: Barbara Luddon, 360-373-0431, barbluddon@q.com)
March 2013

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Website:
www.bpwportorchard.org

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www.bpwwa.org



BPW WA 2012-2013:
"Planting Roots for the Future"

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



March Meeting

Port Orchard BPW
Wednesday
March 13, 2013
5:30 PM
China Sun Buffet
4331 Bethel Rd SE
Port Orchard

We hope to have Linda Joyce of the Bremerton YWCA as our speaker.

Members are encouraged to bring gift cards that the YWCA can give to needy women, and be prepared to share a story about your business or profession.

Contact DeLona Kent at 360-871-0208 for further information and reservations.

President's Message ...

We are definitely on our "march" through the 2012-2013 year. The month of March is busy this year: it contains daylight savings time, St. Patrick's Day and Easter. In our usually, (way past fifty shades) gray days, we relish the promise of light, green and life. May the extra light encourage you to give more light to those overcome by darkness. May the extra green encourage you to find anew the delight of gardening and its blossoming results. May the

extra life encourage you to live in the light of "the Empty Tomb."

We will be meeting this month at the China Sun Buffet on Bethel. Hopefully, Linda Joyce from the Bremerton YWCA will be our speaker on March 13th. I know that they can always use gift cards, so it would be great if each member could bring one for a needy woman. Come prepared to share a story about your business or profession.

As I finish my third year as your POBPW President, let's consider marching on to the beat of a different drummer, with new leadership, ideas and goals.

Good – woman
Better - Business and Professional Woman –
Best - Port Orchard Business and Professional Woman
What a delight - meeting with the best,

Wilma Eads

Former POBPW Member to Speak to Chamber April 11

Maria Marsala, of Elevating Your Business, will be the speaker at the Port Orchard Chamber meeting on April 11. She will be doing a program on the merits of niching and the 6-steps to creating an ideal client profile.

You can visit Maria's website at www.elevatingyourbusiness.com



Business and
Professional
Women's
Foundation

News for BPW Foundation Legacy Partner Members

(March 6, 2013 email)

Our media partner

Enterprising Women

magazine has launched its newest project -- the *Enterprising Women* e-zine, available each month through the magazine's website at www.enterprisingwomen.com. Each issue of the e-zine will be full of news, business tips, and opinions by and for women entrepreneurs across the globe. Best of all, the monthly e-zine is available FREE of charge. [Click here \(http://www.enterprisingwomen.com/current_e-zine.htm\)](http://www.enterprisingwomen.com/current_e-zine.htm) to sign up for access to the e-zine and begin reading the current issue.

GEICO's affinity partnership supports BPW Foundation's research and programs. GEICO also provides exclusive insurance product discounts for members of BPW Foundation's network. We invite you to "click" <http://www.geico.com/disc/BPW> or call 800-368-2734 to obtain a simple, no-obligation rate quote.

Be sure to mention BPW Foundation to see if you can save on your auto and/or homeowner's insurance. There's another reason to ask for insurance quotes! When you "click" for an insurance quote, **GEICO makes a financial contribution to help support BPW Foundation's programs and services.**

SRI International New Network Partner

BPW Foundation welcomes SRI International as a Joining Forces Mentoring Plus™ Network Partner. SRI employees are committed to helping our military and our

veterans and will be signing up to mentor women veterans and military/veteran spouses. A special training session will be held for SRI employees to ensure their success as mentors. SRI joins a distinguished group of companies and organizations that are supporting Joining Forces Mentoring Plus™.



Support our women veterans and military spouses by becoming a mentor.

HONORING WOMEN VETERANS

Women Veterans: Honoring their history and celebrating their futures -- BPW Foundation is hosting a reception honoring women veterans during Women's History Month at the Women in Military Service for America Memorial (WIMSA). (<http://www.womensmemorial.org/>)



We are very pleased that First Lady Michelle Obama has agreed to serve as Honorary Chair for this event.

As part of our ongoing commitment to women veterans, we will be joined by women veterans and military, government and business leaders as we honor women veterans who, by their many achievements, dedication to duty, and patriotism, shaped our history and inspire our future

We are very excited to be holding the event at WIMSA,

which honors all military women - past, present and future - and is the only major national memorial honoring women who have served in our nation's defense during all eras and in all services.

Register Today for FREE

(<https://app.etapestry.com/cart/BusinessandProfessionalWome/default/category.php?ref=1176.0.197363822>)

WRAP 2013 Update

Working Women's Rheumatoid Arthritis Project WRAP 2013 held its first online chat on January 30. A large audience participated but if you missed the chat a summary is available on line (<http://wrap2013.org/>). You can also tell your story on this website. Watch for upcoming events and updated information.

CO-PAY CARDS, SMALL BUSINESSES AND SAVING MONEY

Small businesses know how to make every penny count—from increasing productivity to maximizing efficiency—but external factors, like employee and employer healthcare costs, can add stress to any company budget. That is why small business owners should explore every avenue for savings in healthcare.

Today, paying for healthcare is a struggle across the country. The U.S. Census Bureau identified nearly 50 million Americans without health insurance, and another 30 million Americans who have health insurance—but not enough for their prescription and medical needs. A large segment of that population works in small business. Yet, according to the Kaiser Family Foundation, one in four small business owners are uninsured and 60% of those working in small businesses are either uninsured or underinsured. BPW Foundation and WIPP

have written about co-pay cards, one way small businesses can address health care costs. See if it might work for your business. [Read more \(http://www.bpwfoundation.org/documents/uploads/WIPP_Co-Pay_Card_Article.pdf\)](http://www.bpwfoundation.org/documents/uploads/WIPP_Co-Pay_Card_Article.pdf) or request a copy of the article from newsletter editor B. Luddon who has downloaded the article .pdf file.)

THE WOMEN WHO MAKE AMERICA

Did you see the PBS special *Makers: The Women Who Make America*? If you missed it here are links for viewing on line and a thumb nail summary by BPW Foundation staff member Lisa Smith Rodriguez. Part 1 built pride and presented the history, Part 2 focused on the major changes (Super Women!) and part 3 was both enlightening and disheartening. Part 3 was a reality check looking at the real complications of being female, a mother, a professional and the lack of supportive resources/action as well as looking at international women's rights.

Part 1:
<http://video.pbs.org/video/2336932877>

Part 2:
<http://video.pbs.org/video/2336940209>

Part 3:
<http://video.pbs.org/video/2336944500>

BPW FOUNDATION IN ACTION

Velma Hart, BPW Foundation trustee and treasurer, and other women leaders met with Nancy Hogan, Assistant to the President and Director of Presidential Personnel to discuss women's appointments in President Obama's second term.

Velma Hart also attended the Women's National History Museum's reception at the National Press Club kicking off Women's History Month. The event theme was the "Role of

Media and the Suffrage Centennial Celebration."

Debbie Frett, BPW Foundation CEO, has been invited to speak at a webinar, "[The Long Road Back: Resources for Women Veterans](#)" on March 28. Sponsored by the [Battered Women's Justice Project](#), this webinar will address the many challenges women veterans face when returning from the war zones and reintegrating into the civilian world and the resources such as [Joining Forces Mentoring Plus™](#) available to them. If you know a woman veteran who would benefit from this webinar please share this information. It also would be of interest to those seeking ways to reach out to women veterans in their communities.

Sherry Saunders, Director of Communications, participated in a White House Violence Against Women Act update and strategy session conference call the day before the House passed the inclusive VAWA and a celebratory call the day after the successful vote. Thanks to all who contacted their Representatives on this vital vote that came down to the wire. [Read President Obama's statement](#) on passage.

Joan Grey, Mentoring Liaison, attended the monthly meeting of the [Interagency Network of Enterprise Assistance Providers](#), a collaboration of federal agencies. One of their focus activities is veterans' assistance. She was also chosen to participate in the Veterans Entrepreneurship Program at OK State University.



Learn more take the confidential **OAB Quiz**

(Editor's note: Information similar to the above appeared just before the "Our media partner

Enterprising Woman" article in the email.

Clicking on [OAB Quiz](http://oab.bpwfoundation.org/) took me to <http://oab.bpwfoundation.org/> which is a page entitled "Take Charge: The Facts about Overactive Bladder (OAB)". The top box says, "Have you ever heard of Overactive Bladder (OAB)? Upwards of 20 million women in the U.S. suffer not just from the physical aspects of this condition, but also contend with the daily impact on their economic and emotional well-being. Many women don't recognize OAB as a treatable medical condition, choosing (as we women are so inclined to do!) to "manage" with coping strategies.^[1]

Feel free to explore this page in whatever order you choose, at whatever pace you like. There's no specific start or end point, and no required path you must follow. We hope your personal questions and interests will guide you to open all four sections and hope that when you finish, you'll feel empowered to take action by what you have learned about OAB.

Absolutely no personal information will be recorded as part of this questionnaire and your replies will not be attributable to you individually."

There are four sections (each with "Learn More" buttons)::

- What is Overactive Bladder (OAB)?
- Owning OAB
- Sound familiar? If you answer 'Yes' to any of these questions, you may want to talk to your doctor about overactive bladder.
- "Going" Forward The effects of OAB in the workplace

I didn't take the time to explore the site any further, but wanted to share the information with you.)

An Invitation

The invitation shown on the next page appeared in a February 28, 2013 BPW Foundation email with the subject "Join BPW Foundation for a Reception at the Women in Military Service for America Memorial."

Business and Professional Women's Foundation invites you to
Honor Women Veterans' History and
Celebrate their Future

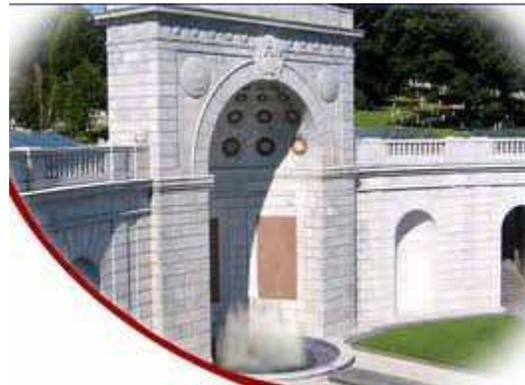
*In celebration of Women's History Month 2013, please join **Business and Professional Women's Foundation**, veteran, military, and business leaders at a reception honoring women veterans who, by their many achievements, dedication to duty, and patriotism, shaped our history and inspire our future.*



**Business and
Professional
Women's
Foundation**

Date Tuesday, March 19, 2013
6pm - 8pm

Location **Women in Military Service for America Memorial (WIMSA)**
1 Memorial Drive
Arlington, VA 22211



Register Today

Complimentary registration begins today!

Please Donate

Your tax-deductible contribution supports BPW Foundation's free programs and resources for women veterans and military/veteran spouses.

Make an Individual Donation

Make a Business Donation

A Special Opportunity

The Military Women's Memorial (WIMSA) honors all military women--past, present and future--and is the only major national memorial honoring women who have served in our nation's defense during all eras and in all services.

Questions

foundation@bpwfoundation.org

Directions

(<http://www.womensmemorial.org/Visit/directions.html>)

www.bpwfoundation.org

(Editor's Note: The invitation's fonts were modified to ensure readability in the newsletter .pdf format.)

**March is Women's
History Month!**

The Delta Sigma Theta Sorority organized a march (3-3-13) to commemorate their 22 founders and the **100th anniversary of the 1913 Woman Suffrage Parade** in Washington, DC.

For all sorts of women's history information, visit the National Women's History Museum website

<http://www.nwhm.org/>



NWHM Mission

The National Women's History Museum educates, inspires, empowers, and shapes the future by integrating women's distinctive history into the culture and history of the United States.



Barbara Luddon
 165 NW Alta Drive
 Bremerton, WA 98310

To:



2013

- March National Women's History Month
- March 10 Daylight Saving Time begins
(Turn clocks ahead 1 hour.)
- March 13 Port Orchard BPW monthly meeting
China Sun Buffet
- March 17  St. Patrick's Day
- March 20  Spring Begins!
- March 24 Palm Sunday
- March 31 Easter
- May 17-18 BPW/WA State Conference
Hilton Garden Inn, Mukilteo, WA

