



The Kitsap Wave



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

June 2013

Port Orchard BPW Officers 2013-2014

• Acting President
Leslie Cole
(360) 373-5875

• Vice President

• Secretary
Claudia Heckart
(360) 275-1216

• Treasurer
DeLona Kent
(360) 871-0208

Website:
www.bpwportorchard.org

State Website:
www.bpwwa.org



BPW WA 2013-2014:
"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



Meeting
Port Orchard BPW
Wednesday
June 12, 2013
5:30 PM

Town Square Events Center
1700 SE Mile Hill Drive
Port Orchard

Program: Recognition of our South Kitsap High School Scholarship winner and Member Spot Light. Contact DeLona Kent at 360-871-0208 for further information and reservations.

President's Message ...

Port Orchard BPW has been blessed to have Wilma Eads as our leader over the past three years. She is passing the leadership on to me, as your interim President. At our May meeting, I was asked to step in as Interim President, and I agreed but I need your help and participation. The focus and direction of our club comes from feedback from our members and your input is important on what is needed and where you feel our club needs to head. On May 20, I sent a Survey Questionnaire to current members and recent past members. I have received great feedback! Please take time to review the survey results. We will discuss the results at our Summer Potluck. A Summer Potluck planning meeting is scheduled for Tuesday July 9th, 5:30 pm at DeLona Kent's house. This will be a focused meeting to go over what we would like to see happen for this coming year.

I am going to continue the theme from this past year "Bring out the Best". I would like to bring out the best in each of us. My plan is to spot light the best in each of you and our entire organization - in "Member Spot Light" topic at each meeting. One member will be asked to present a 5 minute topic for the "Member Spot Light". You may choose to showcase your business, your profession, your volunteering, your hobbies, your travels or anything about our organization! I feel we can learn more about each other, value our support and friendships, share leadership and work together to give back to our community. We collectively have a tremendous amount of knowledge, experience and lessons to share with each other and others in our communities. So let's roll up our sleeves and get started on bringing out the Best of POBPW and encourage others to join the Best!

I hope to see you all at our June 12th meeting!! We will be honoring our South Kitsap High School Scholarship winner! We will also have our first "Member Spot Light"! Best to you all!
Leslie

PO BPW Membership Queried
After our May meeting, Leslie Cole send out a Survey Questionnaire to our members and a few of our former (recent) members. Survey results are shown elsewhere in this newsletter.

A results/planning meeting has been scheduled for Tuesday, July 9th, 5:30pm, to discuss the results and brainstorm planning efforts/actions. We will have a potluck at DeLona's home. Please RSVP to DeLona (871-0208) whether you plan to attend.

Port Orchard Business & Professional Women - Survey Questionnaire May 2013 Results

Results of Survey Questionnaire: Port Orchard BPW's organization received input from members on the direction the club need to head and ideas to make things better. **Results are highlighted in blue.** A results/planning meeting has been scheduled for July 9th, 5:30pm to discuss the results and brainstorm planning efforts/actions.

1. Meeting Day/Time of the Week:

- What day(s) of the week work well with your schedule? **Any (3), T/Th (1), W (1), Th (1), Fri (1)**
- What time works well for your schedule?
Lunch: **1 (1st choice), 2 (either Lunch or Dinner), 1 (2nd choice)**
Preferred Lunch start time: **11:30 or Noon** ending time: **12:30 or 1:00**
Dinner: **4 (1st choice)**
Preferred Dinner start time: **5:30** ending time: **7:30 to 8:30**

2. Meeting Location:

- Rank your Preferred Locations (1st choice, 2nd choice, etc.)
Port Orchard - **5 (1st choice), 2 (2nd choice)**
Bremerton - **2 (1st choice), 3 (2nd choice)**
Purdy - **1 (2nd choice), 3 (3rd choice)**
- Meet where food/beverages are served (Yes/No)? **6 Yes**

3. Meeting Format (Rank your preference 1st, 2nd, 3rd, etc):

- Separate Monthly Membership Program meeting **1 (2nd choice), 3 (3rd choice)**
- Separate Monthly Membership Business meeting **1 (3rd choice), 3 (4th choice)**
- Combine Monthly Membership Program & Business meetings **3 (1st choice), 4 (2nd choice)**
- Rotate Membership Program meeting & Business meeting every other month **4 (1st choice), 1 (2nd choice)**

4. Program Topics for 2013-2014 - Please provide your ranking (1st, 2nd, 3rd, etc) of the following potential topics as well as adding your topic areas of interest:

- 3 (1st choice), 2 (2nd choice), 1(4th choice)** Woman's Health for Today and Future - Panel of women health experts
- 1 (2nd choice), 1 (3rd choice), 3(4th choice)** Women Joining Forces - Panel of women from various armed services (could help reach out to local military women in the community)
- 3 (1st choice), 3 (2nd choice)** "I am Strong - Strength Finders" Seminar, facilitated by Leslie Cole (confidence/strength building session that could draw new members)
- 1 (1st choice), 1 (3rd choice), 2 (5th choice)** Artists & Entrepreneurs in Our Community
- 3 (3rd choice), 2 (5th choice)** Sponsor Women Helping Women Focused Topic
- List other topic areas of interest: **1 (All of the topics listed are important)**

5. What are the most significant things about Port Orchard BPW that would cause (or caused) you to join? **Women, relationships/friendships formed, didn't know anyone in area, networking with women, interesting programs, mentor possibilities, education on political issues, BPW goals, Delona Kent, recognition as young careerist, women helping women, speaking experience, member with mother.**

6. What are the reasons why you have remained a member of Port Orchard BPW? **Believe in BPW purpose & goals, friendships, support from members, maintain membership since other LOs folded, growth in leadership skills, values in helping women and community, Delona Kent.**

7. What do you feel we should do to help Port Orchard BPW grow and be recognized in the community? **Publicize in newspaper, prepare flyers, attend/get involved with PO Chamber of Commerce meetings since we hold a membership, offer programs to attract young working women, offer scholarship winners one year of student membership, maintain local website, spot light members, mix business with fun, follow-up with potential members, mentoring for those just entering workforce or starting their own business.**

Port Orchard, Washington
Business and Professional Women
Meeting Minutes
Wednesday, May 08, 2013
At the Lighthouse Restaurant in Port Orchard
Attendance: 7

5:45 pm – Networking and ordering dinner. Discussion flowed regarding our future as a club as we ate dinner.

6:30 – Meeting called to order by President Wilma Eads; and the Collect was said by all. Barbara Luddon led us in the Pledge of Allegiance.

An Inspiration was given by Claudia Heckart; followed by Introduction of Members, as each also included what BPW has meant to them.

REPORTS:

DeLona Kent gave the Treasurer's Report

Copies of the approved minutes were emailed to everyone by Secretary Claudia Heckart.

BUSINESS:

- Do we want to rejoin the Chamber of Commerce? (It casts \$110 a year.)
- DeLona Kent moved that we join, VP Leslie Cole seconded; motion carried
- Scholarship committee: Mary Asplin, chair Wilma Eads, and DeLona Kent. We will continue with \$500 to a high school-to-college student; and \$500 to a mature woman returning to school.
- Next meeting: for planning our approach for the Fall – June 12.
- President Wilma Eads volunteered to remain on the scholarship committee.

GUEST SPEAKER:

Margaret Way, Evergreen. She shared with us some ideas for building our membership.

- Seating arrangements – if there are several guests, mingle with them, don't have the members clustered together.
- What's in our community – authors, educators, politicians, etc.
- Must be advertised! If you're going to hand out flyers, have the whole year's agenda on it. Perhaps a meeting later in the year would interest them.
- Ideas for speakers: Health specialists? Mr. Chocolate – a young woman who will give a presentation. (Google for more information)
- Another large group, young women, came to hear a speaker on the topic of building self-esteem, confidence building.
- Be sure the speaker understands that they are expected to bring their own following with them – announce that they are coming to the BPW meeting and invite them to come.
- Incentive idea: could have the next month's agenda ready at this month's meeting, and those present can sign up for the next month – all the sheets then go in a drawing and the winner gets a free dinner.
- Get everybody together, current and past members, for a brainstorming session. Maybe a potluck at someone's house, in an informal setting. Ask former members why they didn't renew. What was lacking?
- BPW's "Women Joining Forces" program is gaining national momentum. Jill Biden and Michelle Obama are pushing it.
- Don't try to do everything in the BPW programs – focus on a few things (one thing) until we can build our membership.
- What groups have younger people in our community? What are they offering that we don't? Talk to the educators – what are the young people looking for; what is lacking?

Survey – Vice President Leslie Cole volunteered to develop a survey.

When is a good time to meet? Time of day? Day of the week? Location?

Include a choice of locations

Include 3-4 big topics – what do they want to hear about? Women's health? Aim at younger members – what would interest them?

In survey – have 2-3 topics/speakers listed and then put some blank lines for suggestions.

A gift and card were presented to President Wilma Eads by Treasurer DeLona Kent.

President Wilma Eads presented gifts to her staff.

Meeting was adjourned at 7:55 PM

Respectfully Submitted by Claudia Heckart, Secretary



Business and Professional Women's Foundation

News for BPW Foundation Legacy Partner Members (excerpts from 5-31-13 email)

BPW CEO Presented with "Honorary Woman Veteran" Award

BPW Foundation CEO Debbie Frett was one of five



outstanding women who received this year's "Honorary Woman Veteran" Award for the work they have done to support women veterans. The award was presented at the Women Veterans Interactive brunch on May 18.

Other recipients were Congresswoman Donna Edwards, Maryland 4th Congressional District, Lisa Stern Economic Empowerment Executive Vice President, Wounded Warrior Project, Pamela Stokes Eggleston, MBA, RYT Director of External Affairs and a Co-Founder, Blue Star Families and Sally A. Koblinsky, Ph.D. Professor, Family Science ADVANCE Professor, School of Public Health University of Maryland College Park.

BPW Foundation Trustee, Velma Hart, was also in

attendance. See photos from the event on our Facebook page. <https://www.facebook.com/media/set/?set=a.456223227796878.1073741826.114530815299456&type=3>

New Joining Forces Mentoring Plus Partner

BPW Foundation welcomes Alliant Credit Union Foundation as a Supporting Partner. Alliant Credit Union Foundation and Business and Professional Women's Foundation will be providing free financial education, counseling, and tools for the rapidly growing community of women veterans and military/veteran spouses served by Joining Forces Mentoring Plus®.

These financial literacy resources will be available to all members of BPW Foundation's Joining Forces Mentoring Plus® online employment mentoring platform with access to online, phone, and one-to-one counseling and education. The two foundations will also jointly seek additional credit union partners to join a consortium that leverages individual business strategies, marketplace strengths, and geography to meet the diverse and expanding needs of Joining Forces Mentoring Plus® women veterans and military/veteran spouses. Read more at

<http://womenmisbehavin.com/2013/05/01/foundations-launch-financial-literacy-support-program-for-women-veterans-and-military-spouses/>

Working Women Rheumatoid Arthritis Project (WRAP2013)

On April 25 in Sacramento, California a panel of experts in health care and business highlighted the impact of rheumatoid arthritis and other chronic conditions on employers and women in the workplace. Sponsored by BPW Foundation and WIPP, the panel featured several experts including BPW/CA member,

Angela Scott-Ferrell, a rheumatoid arthritis patient. Read more at <http://womenmisbehavin.com/2013/04/26/rheumatoid-arthritis-a-workplace-challenge-for-employers-and-women/>

This was the second WRAP 2013 panel in a series that will be held across the country to educate working women and their employers about the challenges of chronic illness in the workplace. The next event will be held in Harrisburg, PA on June 3, 2013 (Editor's note: assumed – email said "June 3, 2012"). This dialogue, which will include patients, health advocates, and legislators, will be conducted by Women's Institute and Network, Inc (WIN), in conjunction with PA State Representative Vanessa Brown.

BPW Foundation Invited to CGI Again



BPW CEO Debbie Frett has once again been invited to attend the Clinton Global Initiative America meeting in Chicago June 13-14, 2013. Last year our Commitment to Action was to women veterans and military/veteran spouses through our Joining Forces Mentor Plus® effort.

This year we will expand our commitment by enlisting partners who will increase the platform's entrepreneurial and small business resources, along with mentoring capacity, to meet the needs of women veterans and military/veteran spouses seeking to start or grow their own businesses. Veteran-owned businesses currently account for 14% of U.S. small businesses, and this percentage is expected to grow as increasing numbers of veterans apply their military skills to pursue entrepreneurial

ventures, so these free resources will be essential.

Small Business Survey

As part of her presentation at CGI America, Debbie will report on the initial findings of BPW Foundation's survey of women small business owners and entrepreneurs. This short survey will help us gather baseline data about women in small business, including motivators, barriers to entry, the impact of gender, the impact of technology, experiences with financing, experiences with mentoring, etc. If you are a woman small business owner take the survey now. Your response is needed by Tuesday June 4th to allow us time to prepare the results for CGI America.

BPW Foundation Supports VAWA

BPW Foundation added its name to a letter urging Congressional appropriators to support continued funding of the Violence Against Women Act (VAWA) programs and the Family Violence Prevention and Services Act (FVPSA) in the Commerce, Justice, Science Budget and the Labor, Health and Human Services, Education and Related Agencies budget. Earlier this year President Obama signed the VAWA reauthorization bill into law, which will strengthen this important legislation that has helped millions of women. Now Congress needs to adequately fund these programs to invest in and protect federal funding sources that allow our nation to address and prevent domestic violence and sexual assault.

BPW Foundation Supports Work-Life Advocacy Efforts

BPW Foundation added its name to two letters that address work-life policies important to working women.

While family friendly policies are gaining momentum, threats to working families still remain that require our continued advocacy. Therefore BPW Foundation signed a letter opposing the Working Families Flexibility Act (H.R. 1406).

This smoke-and-mirrors bill offers a pay cut for workers without any guaranteed flexibility or time off to care for their families or themselves. The second letter supports the Healthy Families Act (H.R. 1286/S. 631), which would allow workers to earn up to seven paid sick days annually to use to recover from short-term illness, to care for a sick family member, to seek routine medical care or to obtain assistance related to domestic violence, sexual assault or stalking.

Vision 2020 Coalition

BPW Foundation has accepted the invitation to join Vision 2020, a national coalition of organizations and individuals united in their commitment to achieve women's economic and social equality. All of the member organizations and individuals are united in supporting Vision 2020's five National Goals:

- * Advance women's economic security and achieve pay equity
- * Advocate to increase the number of women in senior leadership positions
- * Promote family-friendly workplace policies
- * Educate young people to value gender equality, shared leadership, and civic engagement
- * Engage and educate women voters and increase women's participation in the political process

BPW in Action

While Debbie Frett was in Sacramento, CA for the Rheumatoid Arthritis panel she also met with representatives

from California Women Veterans and with Rebecca E. Blanton, Executive Director, of the California Commission on the Status of Women and Girls.

Debbie attended a small select meeting with VA Secretary Shinseki to discuss recommendations for the best ways that the VA can partner with NGOs like BPW Foundation. They discussed what makes productive public-private partnerships, and Debbie stressed the importance of including smaller NGOs.



Support our women veterans and military spouses by becoming a mentor. Learn more by visiting www.joiningforcesmentoringplus.org

Calling BPW Members - [BPW/Pennsylvania](#) is hosting the 2013 [Women's Professional Empowerment Alliance](#) meeting July 25 - 27 in Pittsburgh, PA. All BPW members from across the country are invited to network, learn about issues important to women, share what you are doing in your states, and to just have fun. This will be a great opportunity to make new friends and renew friendships with your BPW sisters. Last year's excellent meeting was hosted by BPW/Massachusetts. We hope that every state will be represented. For more information and to register, visit the [BPW/PA Website](#). <http://www.bpwpa.org/WPEA.htm>



Business and Professional Women's Foundation
tel: 202.293.1100
www.bpwfoundation.org
foundation@bpwfoundation.org



Barbara Luddon
 165 NW Alta Drive
 Bremerton, WA 98310



2013

- June 12 Port Orchard BPW monthly meeting
Towne Center Mall Events Center
- June 14 Flag Day
- June 16 Father's Day
- June 21 Summer begins
- July 4 Independence Day
- July 9 PO BPW planning meeting/survey
results discussion - Potluck at
DeLona's

