



The Kitsap Wave



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

August 2012

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Website:
www.bpwportorchard.org

State Website:
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
Washington, D. C. 20006
www.bpwfoundation.org



NO August Meeting!

President's Message ...

September will begin our new year with our theme: "Bring out Port Orchard Business and Professional Women. Bring out the best."

The purpose of our September's meeting will be to increase membership. Bring prospective members. We will be meeting in the upper floor room at the Town Square. Cappricio's will cater. Meeting will be at 5:30 pm. Lori Brown will be hosting this meeting. Bring items for the raffle basket. We will put it together there.

Terry Ray, our BPW State President, will be our keynote speaker, September 12, 2012. She will be explaining her plan for the year, "Planting Roots for the the Future." She will be encouraging us all to attend Fall Board in Tacoma, September 22, 2012. Since it is so close, we should all go.

This new year will have changes. They will contribute to our theme, "Bring out Port Orchard Business and Professional Women Bring out the best."

Yours for the best,
Wilma Eads
President



Business and Professional Women's Foundation

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Professional Women's Foundation
News for BPW Foundation Legacy
Partner Members (July 21, 2012):

Veterans on Wall Street

BPW Foundation CEO

Deborah L. Frett participated in the Veterans on Wall Street (VOWS) Conference, June 21 in New York City, and moderated a panel: "Women Veterans in Transition and Developing Effective Mentoring and Network Programs."

The one-day conference brought together Wall Street firms, industry participants, transitioning service members, veterans seeking jobs in the financial sector, military and government leaders, military support organizations, and others who have a shared interest in veterans' employment opportunities. The goals of the conference are to raise the profile of veterans on Wall Street, educate employers about how veterans' skill sets match up with the needs of Wall Street, and highlight the financial services industry as a veteran-friendly employer.

Frett's panel and presentation highlighted the challenges women veterans face during civilian career transition, addressed the importance of mentoring, and provided

strategies and best practices for developing and incorporating mentoring programs for women veterans in the financial workplace. Frett also introduced Wall Street attendees to BPW Foundation's *Joining Forces for Women Veterans and Military Spouses Mentoring Plus™*

Partners Thank You

Thank you to our Joining Forces Mentoring Plus™ partners . More than 36 companies and organizations have joined us in supporting women veterans and military and veteran spouses. Our partners provide both financial support, in kind support, and serve as resources by encouraging their employees and members to get involved as mentors or subject matter experts. Have you considered becoming a mentor or do you know someone who needs a mentor? Sign up on the [website today](http://www.joiningforcesmentoringplus.org/) to see our many resources for mentors and mentees.

[<http://www.joiningforcesmentoringplus.org/>].

Seeking YC Statements

Seeking YC Statements - Many BPW state and local partners held YC events in conjunction with their spring and summer meetings. If you did and would like BPW Foundation to consider your YC candidate's essay or personal statement for publication on our blog, please send a copy to foundation@bpwfoundation.org with the subject line YC

Essay. We would love to show case your winners.

Women's Professional Empowerment Alliance

BPW/Massachusetts is hosting the Women's Professional Empowerment Alliance (WPEA) meeting July 27 and 28. This meeting will continue our legacy, honor our history and set the ground work for new alliances and networks. BPW Foundation CEO Debbie Frett and PNP Diane Polangin are among the speakers . BPW Foundation will be holding our Board of Trustees meeting on Friday, July 27 so that some Trustees will be able to attend the WPEA meeting as well. Find more information on [BPW/MA's website](http://www.bpwma.org). A big thank you to BPW/MA for bringing us together.

Do you have a BPW Account? Sign Up or Update!

Are Your Fellow Members Hearing from BPW Foundation? Please share this with other BPW members and encourage all members to go to the website and sign up to get electronic communications from BPW Foundation. It is easy! Just use the e-mail sign up box on the home page.

Washington Business Woman

The latest issue of the WBW has been published in .pdf format. If you'd like to be emailed a copy, contact Barbara Luddon (barbluddon@q.com) with your request.

Port Orchard, Washington Business and Professional Women

Meeting Minutes

**Wednesday, July 11, 2012
DeLona Kent's House**

Attendance: 10

At 5:30 pm we started an informal potluck meeting at Treasurer DeLona Kent's house.

REPORTS:

DeLona Kent gave the Treasurer's Report; and copies of the approved minutes were emailed to everyone by Secretary Claudia Heckart.

Our newest nominee for the next Mature Woman Scholarship, Karen Blowers, was able to stop by and introduce herself. She was to be the guest of Marcia Loraditch, but Marcia was delayed at work and could not attend. But Karen was brave enough to arrive anyway and tell us a bit about herself and her future plans. She had some dinner with us and then left.

After dinner, the time was spent going over the scheduled meetings for the next few months. Vice President Leslie Cole handed out agendas and we went through the plans and several volunteered to help on committees. Leslie will be updating the agenda and sending it out to everyone.

Meeting was adjourned at 7:30 pm.

Thank you, DeLona, for opening up your lovely home as a meeting place.

Respectfully Submitted by
Claudia Heckart, Secretary



Official Call to Fall Board!

Planting Roots Through Education and Information



We have an amazing event planned for you...
Education...Information...Shopping...Laughs... Good Food...Great Women!
This year's Fall Board will look a little different than in the past...
Join us to find out more...We have roots to plant so we can GROW!

Date: Saturday, September 22, 2012

Time: 8:00am– 5:00pm

Location:

LaQuinta Inn and Suites, Seattle Tacoma

1425 E. 27th St.

Tacoma, WA 98421

Easily accessible from I-5 South



A block of rooms is reserved for those who wish to arrive on Friday at a rate of \$89 + tax. Parking is free. Please call the hotel at 253-383-0146, extension 6 to make your reservation. President Terry Ray will be hosting a Friday evening reception in suite 103 for BPW member hotel guests!

Registration is now OPEN!

Please see the following attachments to this invitation:

- Event Registration Form
- Trade Fair Registration Form (limited to 8 vendors!)
- Program Ad Space Form (limited space available!)

BPW/WA 2012 Call to Fall Board

Saturday, September 22, 2012 – Tacoma, WA

All who registered are welcome at all meetings and meals.

REGISTRATION FORM

Name _____ Local Organization _____ Evergreen (Year) _____

State Office/Chair/LO President/Student – Member/Non-Member _____ Email Address _____

Address _____ City _____ Zip Code _____

Phone _____

Breakfast Buffet—Assorted break fast pastries and muffins, sliced fresh fruit display, assorted juices scranbled eggs with cheddar cheese, crisp bacon, homestyle potatoes, oven fresh biscuits and sausage gravy, coffee, decaf & assorted teas

Lunch Buffet – Soup du jour, tossed green salad w/ Assorted dressings, red potato salad, sliced seasonal fresh fruit, sliced lean roast beef, ham and turkey, assorted domestic cheeses, wheat, white and sourdough bakery breads, assorted condiments, fresh baked cookies, fudge brownies and assorted dessert squares, coffee & iced tea.

Registration fee (everyone pays) \$20.00

Food and Beverage Package for the day \$45.00 (includes tax and gratuity)

Add late fee if postmarked after September 12, 2012 \$10.00

Amounts **include** tax & gratuity **Total Amount Enclosed** \$ _____

Make Checks payable to: BPW/WA Fall Board 2012

Mail registration form and payment to:

*Rena McGregor
3860 S. 306th Place
Auburn, WA 98001*

***No refunds will be made for cancellations received after September 18, 2012*

Do you require a receipt? _____

Do you require special accommodations under American Disabilities Act: _____

A Block of Rooms at BPW Rates will be held until **September 4, 2012.**

BPW Room Rates: \$89.00 plus tax .. sgl/dbl

Parking is Free!

Contact the hotel directly to make room reservations. Mention “Business & Professional Women (BPW) block” for Fall Board rates.

**LaQuinta Inn and Suites
1425 East 27th St., Tacoma, WA 98421
253-383-0146 extension 6**

BPW/WA 2012 Fall Board Trade Show Table Registration Form

Date: Saturday, September 22, 2012

**Location: LaQuinta Inn and Suites
1425 East 27th St., Tacoma, WA 98421**

The Trade Show tables will be set up outside of the main meeting room. Standard table size will be 30" x 6' and set up with double drape cloths on the tables. Space is limited... so please send in registrations early. Tables will be assigned on a first come, first served basis - one vendor of each kind will be allowed (IE: one jewelry vendor, one skin care, etc) Please specify your category below. Please note: You will be notified via email and your check will be destroyed if your request is not available at the time your registration is received.

Setup Saturday, September 22nd at 7:00 am, opens 8:00 am, tear down 5pm.

		Total enclosed
BPW Member Business	\$20.00	\$ _____
Non-BPW Member Business	\$35.00	\$ _____

Name of Person Responsible for Table: _____

I understand that BPW/WA and its members are not responsible for lost or stolen items, injuries, or unusual incidents connected with the trade show area.

(Legal signature of person responsible for table) (Date)

Business/Organization Name: _____

Type of Products/Services/Fundraiser Offered: _____

Address: _____

City: _____ **State:** _____ **Zip Code:** _____

Day Phone: _____ **Evening Phone:** _____ **Email:** _____

BPW Local: _____

Please make Trade Show Table Registration checks payable to:

BPW/WA Fall Board 2012

Mail Trade Show Table Registration form and payment to:

BPW/WA Fall Board 2012

Marian Brown, Trade Show Registration Chair

36207 Veazie Cumberland Rd.

Enumclaw, WA 98022

Questions? Email – marian.brown@hhnews.com OR Phone: 253-569-7848 (texts ok too)

*By checking this box, I would like an **email notification** when my registration has been received.*

Please Keep a copy of this form for your records.



Barbara Luddon
165 NW Alta Drive
Bremerton, WA 98310



2012

- August 26 Women's Equality Day
- September 22 BPWWA 2012 Fall Board, Tacoma Officer Training (hosted by South Sound BPW)
- October 22-26 National Business Women's Week

2013

- January 22 Winter Conference (Bellevue or Renton?)
- January Lobby Day in Olympia
- February Foundation Month
- February Black History Month
- May 18, 19 BPWWA State Conference in Lynnwood (hosted by Greater Everett BPW)

FREE BIRTH CONTROL

and a bunch of other great stuff

GOES INTO EFFECT TODAY!

Beginning AUGUST 1, 2012* a whole range of crucial health care services will start becoming available to women with no cost-sharing like co-pays or deductibles, thanks to Pres. Obama's Affordable Care Act.

Studies show that most women don't know about all the benefits they can use in the new health care law. **If the women in your life don't know about this, they can't use the new benefits** — benefits that could save them money, time, and maybe even their lives. So please share this with everyone you know!

BIRTH CONTROL IS COVERED!
All FDA-approved methods of birth control — including the pill, IUDs, and more — are now covered by insurance when prescribed by your doctor. According to a recent survey, one in three women has struggled to afford birth control, so we have to make sure we get the word out about this.

YOUR ANNUAL CHECKUPS ARE ALSO NOW COVERED.
The health care law requires insurance companies to pay for an annual "well woman" checkup, including preconception care.

NEW BENEFITS FOR NEW MOMS.
Counseling and support for breast-feeding, as well as the cost of renting equipment, is now covered.

NO MORE CO-PAYS FOR PAP SMEARS!
(Sorry, you still have to get them.) Insurance companies now have to cover Pap smears, mammograms for women over 40, HPV testing, and possibly even colon cancer screenings if your doctor thinks you should get one.

MORE SUPPORT FOR DOMESTIC VIOLENCE SURVIVORS.
Domestic violence screening and counseling is now covered. If you know a woman who is a survivor, it is critical she knows about this—it may help save her life.

CRUCIAL DISEASE SCREENING IS COVERED.
Counseling and/or screening for several diseases is now covered, including gestational diabetes, HPV, and HIV.

PLUS, THERE'S MORE!

A ton of benefits are already in effect or will be soon. Check them out:

You can pump at work!
Companies with 50 or more employees are required to make sure new moms have time and space to pump.

Being a woman will no longer be a "pre-existing condition!"
(Seriously!)
As of August 1, (and insurance companies won't be able to charge you more just for being a woman anymore. (And boy do they!))

Young adults can easily get coverage.
Young adults mostly don't get health insurance because they can't afford it and figure they don't need it. This can be disastrous if they get sick. Now kids under the age of 26 can stay on their parent's coverage — regardless of whether they live at home or not.

Kids with pre-existing conditions can finally get insurance.
And soon adults will be able to as well. Also, insurance companies can't take away your coverage if you become too sick, and there are no lifetime limits on coverage anymore. **

There will be tax credits and subsidies to help you buy insurance.
Millions of Americans are going to receive tax credits to help them get insurance if they can't afford it, and small businesses will also get credits to purchase insurance. **

Seniors are getting help with health care and medicine.
Twelve million seniors are currently receiving no-cost preventive care through Medicare, and seniors receive a 50 percent discount on prescription drugs when they hit the "donut hole."

*The regulation requiring insurance companies to cover these services goes into effect on August 1 in plan years that begin on or after August 1. That means for most people, these services will kick in when your next health insurance plan year starts, which is August for most student plans and January for most employee plans.
**These will go into effect in 2014.

Have health insurance, but not sure what benefits you should be receiving? Find out state specific information and answers to other questions here: www.healthcare.gov
Want more information like this? Sign up for alerts at www.westeuraviolet.org

ultraviolet
Equality is a Higher Frequency