



The Kitsap Wave



A Newsletter for Port Orchard Business and Professional Women
(Editor: Barbara Luddon, 360-373-0431, barbluddon@q.com)
October-November 2014

Port Orchard BPW Officers 2014-2015

- 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

State Website:
www.bpwwa.org

BPW WA 2014-2015:



*Leadership Begins
With YOU!*

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

Tuesday, October 14, 2014

- 5:15pm Networking
- 5:30pm Dinner
- 6:15pm Business & Planning Meeting

Port Orchard Lighthouse Restaurant

429 Bay, Port Orchard
Order from the Menu

Make reservations with DeLona Kent at 360-871-0208.



November Meeting

Tuesday
Veterans Day
November 11, 2014

- 5:15pm Networking
- 5:30pm Dinner
- 6:15pm Program

Port Orchard Lighthouse Restaurant

429 Bay, Port Orchard
Order from the Menu

The program will feature women involved with the Military – Tina Wettlaufer, wife of the CO of the USS John C. Stennis, and LCDR Elizabeth Josephson, JAGC, USN, Staff Judge Advocate (N00J), Carrier Strike Group THREE.

Guests are welcome.
Please make reservations with DeLona Kent at 360-871-0208.

LCDR Elizabeth Josephson, JAGC, USN Staff Judge Advocate (N00J) Carrier Strike Group THREE:

Lieutenant Commander Josephson holds a J.D. from Boston University and a Masters of Law concentrating in public international law from Columbia Law School. Presently, she is assigned as the Staff Judge Advocate Commander, Carrier Strike Group THREE.

Her prior assignments include serving as the afloat staff judge advocate for COMPHIBRON ELEVEN in 2005 and COMPATRECON FIFTH FLT/SEVENTH FLT from 2008-2010, as the deputy staff judge advocate for Combined Joint Task Force – Horn of Africa in 2006 and as the Chief, Operational, International and Intelligence Law for NATO Training Mission – Afghanistan/Combined Security Assistance Command – Afghanistan from Jun 2010 to May 2011. From June 2012 to June 2014, she served as an operational law planner for the Operations Directorate (J3) at HQ USEUCOM.

Lieutenant Commander Josephson began her career first as a prosecutor in military courts and then later as a Special Assistant U.S. Attorney for the District of Hawaii. She has also worked as the flag aide to the Deputy Judge Advocate General of the Navy.

She is entitled to wear the Defense Meritorious Service Medal (oak cluster in lieu of second award), the Joint Service Commendation Medals (oak cluster in lieu of second award), the Joint Service Achievement Medals (oak cluster in lieu of second award) and the Navy Marine Corps Commendation

Medal (gold star in lieu of second award).

Tina Wettlaufer, wife of Commanding Officer, USS JOHN C STENNIS:

My husband and I have been married since 1988, and I have been a navy spouse for 26 years. I have an associate's degree in liberal arts from Pensacola Junior College. Before meeting my husband, my background was in business administration.

In the past 26 years, we have had 12 PCS or permanent change of station moves plus 20 consecutive months TDY or temporary duty moves. This entailed living out of hotels and apartments as my husband completed his nuclear training pipeline. Four of our PCS moves have been overseas tours. These many moves have certainly aided in strengthening my organizational skills and helping me become the independent and capable woman I consider myself to be today.

In the early years of our marriage, I continued to work outside the home mostly utilizing my organizational skills doing bookkeeping for small businesses. However, as the pace of our PCS moves increased it was more difficult to maintain a paid position. I chose to concentrate on becoming more involved in a supportive role in the different commands we have been a part of, as well as cultivating many friendships and connections literally around the world.

I have filled both Executive Officer and Commanding Officer spouse leadership roles as an advisor to various command support groups in VFA-195 in Atsugi, Japan; USS JOHN C STENNIS in Bremerton, Washington; USS DENVER in Sasebo, Japan;

and currently back with the USS JOHN C STENNIS in Bremerton, WA.

A few examples of enriching experiences I've enjoyed during the years include tutoring conversational English while living in Japan, conducting food marketing focus groups out of my home while living in England, and training to be a tour guide conducting mansion tours in Newport, RI.

President's Message...

Fall is upon us and I hope your summer was rewarding and fun! We are blessed to live in such a beautiful State and enjoy such a wonderful summer.

September 9th meeting was a great one. It was our first time back meeting at the Port Orchard Lighthouse Restaurant since the new owner took over. We had a wonderful speaker, Manda Hern, consultant with Damsel in Defense. Manda is a student at University of Washington and Wilma Eads sponsored her as a student membership. We also had three guests attend the meeting. Wanda Wilson, Melinda Bondo and Marcia Loraditch. Melinda Bondo rejoined at the meeting!

Our October 7th Business & Planning meeting will be a great opportunity for our members to work together to plan our major fundraisers - Barnes and Noble Gift Wrap, Holiday Silent Auction and Raffle, and the new one - Bunco Bingo Fundraiser. We need volunteers to help organization each Fundraiser Event. Member Spotlight for October will be Kathy McInnes and she will show case her L'BRI face and body skin care products. The meeting will be held at Port Orchard Lighthouse Restaurant and will begin at 5:15pm Networking, 5:30pm Dinner, 6:15pm Business &

Planning Meeting. Alison Sonntag, Vice President, will be presiding over the meeting.

Our November 11th Program Meeting, which is Veterans Day, will feature women involved with the Military. I am excited to have two women joining us as guests. Tina Wettlaufer, wife of the Commanding Officer of USS JOHN C. STENNIS and LCDR Elizabeth Josephson, JAGC, USN, Staff Judge Advocate (N00J), Carrier Strike Group THREE will be our guests. I have included their bios. They will share their experiences and reflect on life lessons being involved with the Military.

I hope you will plan to attend and bring a guest to our October and November meetings at the Port Orchard Lighthouse Restaurant. Please join me in bringing out the Best of POBPW and encourage others to join us!

Happy Fall and Best to you all!
Leslie

A Note from the Editor...

Since President Leslie had described the plans for the September 9 meeting in our July-August newsletter, and I was in Mt. Shasta, CA on unexpected family business at the end of August, I didn't issue a September newsletter before the meeting. I had hoped to issue one later in the month to pass on some Fall Board information, etc., but that didn't happen either. My apologies!

Leslie requested that I do a combined October-November newsletter since she would be out of town for part of October and she had prepared a President's Message covering plans for both months. (I hope to issue a brief reminder newsletter for November.)

☺ Barbara Luddon, Editor

Port Orchard Business and Professional Women
Meeting Minutes
September 9, 2014
Lighthouse, Port Orchard, WA
Attendance: 9

5:00 pm – Networking and dinner ordering.

5:35 pm – Welcome and Dinner – Meeting called to order by President Leslie Cole

Welcome and Pledge of Allegiance – Leslie Cole

Introductions and Dinner

Barbara Luddon appointed Secretary Pro-Tem in Secretary Claudia Heckart's absence

PROGRAM:

“Damsel in Defense – ‘Carry your Knight in Shining Armor in Your Purse’” – presented by Manda Hern

REPORTS:

Treasurer DeLona Kent was absent due to illness and no Treasurer's Report was given.

Copies of the June 10 meeting minutes were included in the July-August newsletter.

OLD BUSINESS:

Bylaws Chair Barbara Luddon passed out information concerning the proposed amendment to the Port Orchard BPW bylaws, which had been discussed at the June meeting, and published in the July-August newsletter.

Barbara moved that we adopt the amendment to change Port Orchard local organization dues from \$20 to \$40, making the total dues to be collected still equal \$80 (as it had been last year before the state dues were lowered from \$60 to \$40). Wilma Eads seconded, and motion carried. (A copy of the bylaws report, including the adopted amendment, is attached to these Minutes.)

NEW BUSINESS:

President Leslie asked who was planning to go to BPW/WA Fall Board October 18, and indicated that she was unable to attend. Barbara Luddon was appointed to represent her at the Fall Board Meeting.

President Leslie distributed copies of the planned meeting schedule & programs. The schedule lists meetings beginning at 5:15pm with Social Networking, Dinner at 5:30pm, with Program/Business following dinner. She highlighted upcoming meetings:

October 14 – Business & Planning Meeting

November 11 – Veterans Day Program TBD

December 9 – Holiday Celebration & Fundraiser, Charity Donation

ANNOUNCEMENTS:

Guests at the meeting were Manda Hern (speaker), Melinda Kay Bondo (former member who rejoined tonight), Wanda Wilson (friend of Melinda's), and Marcia Loraditch (former member).

Melinda Kay and Bob Bondo will renew their wedding vows September 27, 6 pm, by the gazebo & children's playground at Port Orchard Waterfront Park, and invite us to attend the ceremony. Following the ceremony, those who are interested may attend a No-Host dinner at the Family Pancake House.

Wilma Eads volunteered to pay dues for Manda Hern to join POBPW as a student member (she is a student at University of Washington – Tacoma). Manda filled out the membership form, and Wilma would take it to DeLona after the meeting.

Meeting was adjourned at approximately 7:35 pm (actual time not noted).

Submitted by

Barbara Luddon, Secretary Pro Tem

(Editor's Note: A copy of the bylaws report, including the adopted amendment, is attached to the copy of the Minutes for the Secretary's file; however, in this newsletter, I'm only showing the Appendix = Dues as amended 9/9/2014. The bylaws report and proposed amendment appeared in our July-August newsletter.)

APPENDIX – DUES

Per Member Affiliated with a Local Organization	Effective 09/09/2014
BPW/Local Amount (includes subscription to local publication)	\$40.00
BPW/WA (includes subscription to state publication)	\$40.00
Total Amount	\$80.00
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Per Student Affiliated with A Local Organization	Effective 06/01/2012
BPW/Local Amount (includes subscription to local publication)	\$10.00
BPW/WA (includes subscription to state publication)	\$25.00
Total Amount	\$35.00

Port Orchard BPW – Bylaws (November 2010)
amended September 9, 2014

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HISTORY

The concept of **National Business Women's Week®** originated with Emma Dot Partridge, Executive Secretary of the National Federation of Business and Professional Women's Clubs from 1924 to 1927. The first annual observance of **NBWW** was held April 15-22, 1928, when National President Lena Madelin Phillips opened the week with a nationally broadcast speech. She stated that the purpose of the week was "to focus public attention upon a better business woman for a better business world." From this early effort, **NBWW** has grown into a nationwide salute to all working women.

The program for the first observance of **NBWW** included: *Legislative Day* devoted to national, state and local legislation of interest to women; *Education Day* devoted to emphasizing the need for equitable educational opportunities; *Club Rally Day* for prospective new members; *Community Day* honoring leaders in the community; and *Goodwill Day* devoted to working with other women's organizations.

In 1938, **NBWW** was moved to the third full week of October. U.S. President Herbert Hoover was the first president to issue a letter recognizing **NBWW** and the contributions and achievements of working women.

The celebration of **NBWW** has helped to promote leadership roles for women and to increase opportunities for their advancement professionally and personally.



October = National Breast Cancer Awareness Month

Breast Cancer Awareness Month (BCAM) is an annual international health campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure. The campaign also offers information and support to those affected by breast cancer.

As well as providing a platform for breast cancer charities to raise awareness of their work and of the disease. BCAM is also a prime opportunity to remind women to be breast aware for earlier detection.



Business and
Professional
Women/WA

Call to Fall Board 2014

University House – Issaquah
22975 SE Black Nugget Road
Issaquah, WA 98029
Phone: (425) 200-0895

When: Saturday, October 18, 2014

To the following members:

- Elected State Officers, Chairpersons of State Standing Committees (or duly authorized representatives), Local Organization Presidents (or duly authorized representatives) and Corresponding Secretary. Only those listed above may vote at the Fall Board of Directors Meeting. All members may enter into discussions during the business meeting.

To: Evergreens, members and guests: All registered attendees are welcome at all meetings and meals.

Registration:

- Registration fee is **\$7.00** (to be paid by everyone) postmarked by **October 6, 2014**. After this date, include a **\$10.00 late fee**.
- Food and Beverages for the day **\$13.00**
- Registration form along with Market Place Expo form and Program Advertising will follow shortly.

Sue Suwiwattanakul, Registration Chair
206-979-7809

Accommodations: Holiday Inn Seattle-Issaquah, 1801 12th Ave NW, Issaquah (425) 392-6421 or Hilton Garden Inn Seattle-Issaquah, 1800 NW Gilman Blvd, Issaquah (425) 837-3600 (both are within a 1.5 mile radius of University House-Issaquah) No hotels have been contacted in the area as you can probably secure better rates online for the hotels through AAA or AARP .

Directions to University House - Issaquah

<http://www.eraliving.com/communities/issaquah/map-directions>

[The University House in collaboration with the University of Washington Retirement Association, championed the philosophy of providing affordable housing for retired UW faculty and staff and U House – Issaquah became a reality for those living on the Eastside. Today, the facility has become a community asset, with its beautiful interior and lovely surrounding grounds with ample parking. Those who attend Fall Board 2014 will come away with memories of a quality venue and excellent food provided by the chef – all while conducting business and spending time with statewide BPW friends.](#)

Local Host: Miriam Goldstein, Campus BPW President

Agenda: 8:15 a.m. Registration, Networking, Refreshments
9:00 a.m. Call to Order — Business Meeting
3:30 p.m. Adjourn



Registration for Fall Board 2014

Saturday, October 18, 2014 – Issaquah, WA

8:15 am to 3:30 pm

University House - Issaquah

22975 SE Black Diamond Rd, Issaquah, WA *Free Parking Available in Front Lot*

<http://www.eraliving.com/communities/issaquah/map-directions>

All who register are welcome at all meetings and meals.

Name	Local Organization	Evergreen (Year)
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State Office/Chair/LO President/Student	Email Address
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Address	City	Zip Code
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Phone

AM Welcome – Pastries and muffins with fruit tray, along with coffee, tea and water

Lunch Buffet – Assorted sandwich platter, salads, soup

PM Dessert – Afternoon cookie platter

<i>Registration fee (everyone pays)</i>	\$ 7.00	\$
<i>Food and Beverage Package for the day</i>	\$13.00	\$
<i>Add late fee if postmarked after October 6, 2014</i>	\$10.00	\$
<i>Amounts include tax & gratuity Total Amount Enclosed</i>		\$ _____

Please indicate any food restrictions or requests:

Mail registration form and check made payable to BPW/WA Fall Board 2014 to: [Make a copy for your records]

Sue Suwiwattanakul 206-979-7809
14545 38th Ave NE
Lake Forest Park, WA 98155

Cancellation or Refund Policy: Refunds will be made if a cancellation request is received, in writing, by the registration chair, prior to October 6, 2014.

Accommodations: Holiday Inn Seattle-Issaquah, 1801 12th Ave NW, Issaquah (425) 392-6421 or Hilton Garden Inn Seattle-Issaquah, 1800 NW Gilman Blvd, Issaquah (425) 837-3600 (both are within a 1.5 mile radius of University House-Issaquah). No hotels have been contacted in the area as you can probably secure better rates online for the hotels through AAA or AARP.

Do you require a receipt? _____



Fall Board 2014 – Marketplace (Trade Show)
The Market Place Expo Registration

Fall Board 2014 will be held at: University House - Issaquah
22975 SE Black Nugget Rd, Issaquah, WA.

Date: October 18, 2014

Registration Chair: Sue Suwiwattanakul

Space is extremely limited. Only SIX Tables for the Marketplace. Tables will be available first come, first filled. Tables approx. 4-foot sq. each. Rate: \$10 per table.

Please send in registration early. Late reservations cannot be accepted and will be returned.

Name: _____

Business: _____

Kind of Products/Services Offered: _____

Address: _____

City: _____ State: _____ Zip: _____

Day Phone: _____ Evening: _____

Email: _____ Website: _____

BPW/Local: _____

Total Payment Enclosed: \$ _____

Make Checks Payable to: BPW/WA Fall Board 2014

Mail to: Sue Suwiwattanakul, 14545 38th Ave NE, Lake Forest Park, WA 98155

Special requests will be reviewed and given consideration. If you need additional power or lighting, we recommend you bring your own equipment and extra power bars.

Special Requests or Instructions:

BPW/WA cannot guarantee Market Place tables will be available without a completed registration form and fee by October 6, 2014.



Barbara Luddon
 165 NW Alta Drive
 Bremerton, WA 98310

A  Look
Ahead
 2014

- September 9 Port Orchard BPW Meeting –
“Damsels in Defense”
- October 13 Columbus Day
- October 14 Port Orchard BPW Business and
Planning Meeting
- October 18 BPW/WA Fall Board, Issaquah, WA
- October 24 United Nations Day
- October 31 Halloween
- November 4 Election Day – Be sure to VOTE!
- November 11 Veterans Day & Port Orchard BPW
Meeting – Women & the Military
- November 27 Thanksgiving Day



**Your vote is very
 important this
 November 4!**

