



The Kitsap Wave



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

October 2013

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

State Website:
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

October Meeting

**Tuesday
October 8, 2013
5:30 PM**

Town Square Events Center
1700 SE Mile Hill Drive
Port Orchard

The program will be a "Women's Health Professionals Panel" featuring Chiropractor **Dr. Jennifer Sansen**, DC, and Massage Therapist **Kaylee Castillo**, of Kitsap Chiropractic and Natural Health (Port Orchard) and Naturopathic **Dr. Ruth Urand**, ND, Medical Director of Sound Naturopathic Clinic (Poulsbo).

A copy of the meeting flyer/ registration form is enclosed in this newsletter. Reservations should be made with DeLona Kent (360-871-0208) by October 4.

If DeLona receives your PAID reservation by October 4, you will be included in a drawing for a free future dinner meeting ticket.

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 was a busy month for Port Orchard BPW! September 10th meeting was a great planning segway for our fall events. Dawn Veraldo, WA BPW Membership chair, was our guest. She shared tips on how to increase membership and ideas for reaching out through social media. At our September meeting we also voted to honor two wonderful long time members of Port Orchard BPW - Lydia Simonson and DeLona Kent.

Lydia Simonson will be an Honorary Member and our Mature Woman Scholarship will be named in honor of DeLona Kent. Our "Member Spot Light" for September was Barbara Luddon, who shared her featured travel attire by Jockey. On September 12, Alison Sonntag, DeLona Kent and I attended the Port Orchard Chamber of Commerce monthly lunch meeting. We met some great women and hope to see them come to a future meeting. Wilma Eads and I attended WA BPW Fall Board on September 21 in Kirkland. The meeting had two wonderful speakers, great tradeshow participants and great turnout.

On September 25, Wilma Eads, DeLona Kent and I presented Lydia Simonson with her Honorary Membership Certificate. She was so surprised and very thankful!

Our October 8th program meeting will be a great opportunity to showcase our organization and a chance for each of us to invite prospective members. The Program meeting will have a panel of Women Health Professionals who you definitely want to meet! The panel will feature Chiropractor **Dr. Jennifer Sansen**, DC, and Massage Therapist **Kaylee Castillo**, of Kitsap Chiropractic & Natural Health (Port Orchard) and Naturopathic **Dr. Ruth Urand**, ND, Medical Director of Sound Naturopathic Clinic (Poulsbo). This event is presented as a prelude to National Business Women's Week, October 21 - 25.

October's "Member Spot Light" is on **Mary Boehmer** who is an accomplished pianist and will share

some of her music. We also will have a special Raffle at the October 8th meeting. If you sign up and pay for your dinner by October 4th, you will be given 5 raffle tickets which will be placed in a drawing for a free dinner at the November meeting! We will do this each month - so sign up early! We also will have a Raffle basket and would like **each member to bring a donated item** to "fill up" the Raffle basket!

I hope to see you all at our October 8th Program meeting at Town Square Events Center! Please join me in bringing out the Best of POBPW and encourage others to join us!

Happy Fall and Best to you all!
Leslie

**Honorary Membership
Awarded to Lydia
Simonson**



On September 25, 2013, President Leslie Cole presented Lydia Simonson a "Certificate of Honorary Membership with Port Orchard Business & Professional Women" in recognition of her efforts as a long time Port Orchard BPW member in promoting the economic self-sufficiency of America's working women through education, participation and advocacy.

She was so surprised and thankful to all the members.

She loves to get the newsletters and has her Angel Helper read it to her!

Because We Are Women

By J. J. Waldock

Because we are women
We keep deep inside
The hopes and the dreams
We think we must hide.

We strive to be best
Make the top of the heap
Because we are women
The climb is so steep.

The ceiling of glass
A must to be broken
It only exists
Because we are women.

From morning to night
Multi-tasks we perform
Because we are women
It's often 'til morn

Because we are women
To nurture is norm
But when it's our turn
We are left in the storm.

So wet are the tears
We shed late in the night
Because we are women
We don't share our plight.

With anxiety high
Self esteem at a low
Because we are women
We don't let it show.

Because we are women
There is power within
To believe in ourselves
We always will win.

United we stand
With strength and with force
Because we are women
Together on course.

The lesson we learn
Is the matter of trust
Because we are women
In each other a must.

Because we are women
We open our hearts
To the caring and love
That today we have sparked

Possibility abounds
Opportunity awaits
Because we are women
It's all ours to take.

(Leslie Cole read this poem as an inspiration at our September meeting.)



October 21-25, 2013

To honor the contributions of working women and employers who support working women and their families, Business and Professional Women's Foundation celebrates **National Business Women's Week®** (NBWW) during the third week of October.

National Business Women's Week® provides an opportunity to call attention to women entrepreneurs, facilitate discussions on the needs of working women, share information about successful workplace policies, and raise awareness of the resources available for working women in their communities.

Women in Charge

NBWW is a great opportunity to recognize and highlight the progress women have made as business owners and entrepreneurs. Today there are 7.2 million majority-owned, privately-held, women-owned businesses in the United States. These firms employ 7.3 million people and generate \$1.1 trillion in sales. Only twenty one years ago it was still legal to require a woman to have a male co-signer before receiving a business loan.

History of NBWW

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 Madesin 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 workingwomen.

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 **National Business Women’s Week®** has helped to promote leadership roles for women and to increase opportunities for their advancement professionally and personally.



(from 9-24-13 Press Release)

BPW Foundation and NCWIT Help Women Veterans and Military Spouses Access Careers in Information Technology

Today, Business and Professional Women’s (BPW) Foundation and the National Center for Women & Information Technology (NCWIT) announced a partnership to bring IT career opportunities and resources to women veterans and military

spouses. The partnership is part of the BPW’s Joining Forces Mentoring Plus® — a program dedicated to helping women veterans, military/veteran spouses and caregivers of wounded warriors connect with working women mentors and subject matter experts (SMEs) to receive support, guidance, career development, and to ultimately obtain meaningful employment.

“Many women veterans leave the military with a wealth of technical training and experience, but they don’t know how to translate those skills into meaningful careers,” said Leslie Wilkins, member of the BPW Foundation Board of Trustees and Founder and Director, MEDB’s Women in Technology Project. “Having easy access to NCWIT’s library of information technology, career resources and network of organizations will help these skilled women, who unselfishly served our country, leverage their skills and tap into careers in IT. NCWIT’s work can also support the talented pool of unemployed and under-employed military spouses, and bridge the gap (often due to multiple moves) to a successful, mobile career in IT.”

“We look forward to working with BPW’s Joining Forces Mentoring Plus® to connect this pool of talented women with NCWIT’s mentoring and career advancement resources, as well as NCWIT’s membership network,” said Ruthe Farmer, Director of Strategic Initiatives at NCWIT. “With 1.4 million computing-related jobs on the horizon by 2020, women veterans have both the technical skills and the leadership experience needed to help fill these positions.”

BPW Foundation CEO Deborah L. Frett and Ruthe Farmer introduced this new partnership

and highlighted these resources and opportunities at the Colorado Women Veterans Conference in Denver on Saturday, September 14, 2013. Women veterans in attendance responded favorably to the announcement, and several have already signed up to take advantage of the free professional coaching and resources available to them through Joining Forces Mentoring Plus®.

Joining Forces Mentoring Plus® is a FREE, “High-Tech High-Touch national mentoring program using both one-on-one contact and a sophisticated on-line platform of resources for women veterans and military and veteran spouses. Joining Forces Mentoring Plus™ is based on a career development model that can be used by women of all ranks, eras, and skill levels. Mentorships and resources extend beyond job attainment to support job retention and career advancement.

The underlying principle of Joining Forces Mentoring Plus® is “working women helping women work®”, whereby working women share their experience and expertise to help veterans navigate and succeed in their personal development plan -- identifying career interests and goals, exploring industry opportunities, translating military experiences and training into civilian work skills, advancing education, networking, preparing quality resumes and job search strategies, and addressing those life challenges that get in the way of career access and success.

To learn more about BPW’s Joining Forces Mentoring Plus® or to sign up to take part in the program, please visit: www.joiningforcesmentoringplus.org.

Port Orchard Business & Professional Women
Meeting Minutes
Tuesday, September 10, 2013
Town Square Events Center, Port Orchard
Attendance: 9

5:30 pm – Welcome and Dinner:

President Leslie Cole welcomed everyone to the meeting and introduced our special guest, Dawn Veraldo, BPW/WA State Membership Chair. Members introduced themselves. Barbara Luddon led the Pledge of Allegiance to the Flag, and Leslie Cole gave the Inspiration – reading “Because We Are Women Poem”. It was requested that a copy of the poem be included in the next Kitsap Wave newsletter. (Copy attached to Secretary’s Minutes.) Dinner was served.

6:00 – Meeting called to order by President Leslie Cole.

REPORTS:

President Leslie Cole presented recommendations from the Executive Committee meeting for consideration under New Business. She reminded members that Fall Board is September 21, and that her Port Orchard President’s report (to be presented at Fall Board) was included in the September newsletter.

DeLona Kent gave the Treasurer’s Report:

Account Balances:

Checking Account (8-31-13)	\$ 905.62
Savings Account	\$1,050.36
CD-28	\$1,144.03
CD-29	\$1,507.71

She noted that we received a check from Barbara Luddon for \$66.80 from her Style Show that had not yet been deposited.

Copies of the approved July 9 meeting minutes were emailed to everyone by Secretary Claudia Heckart. There was no August meeting. Claudia could not attend tonight’s meeting because she was working at the state fair (Puyallup). Barbara Luddon was appointed Secretary Pro-Tem for tonight’s meeting.

Program Chair Alison Sonntag reported that the October 8 meeting will feature a Women’s Health Professionals Panel presentation. The Port Orchard BPW – Schedule of Events, 2013-2014 was shown on the back of the meeting agenda.

Barbara Luddon, membership chair, reported that we currently have 12 members, and reintroduced State Membership Chair Dawn Veraldo to speak to us. Dawn suggested we have a Facebook® page for our LO and offered to help us set one up. Other suggestions included having a Membership Benefits brochure highlighting our organization as having excellent speakers, a structured networking activity and a place to make connections. It was suggested that a .pdf file of our meeting flyer be provided to our webmaster (Jack Eads) for posting

on our website. Dawn also requested to receive a copy of any of our roster updates.

Barbara Luddon (newsletter/media chair) presented a draft flyer for advertising the October 8 meeting. Members were urged to pay their October dinner reservations in advance to be eligible for a free dinner drawing.

Barbara Luddon (secretary pro-tem) presented the recommendations from the Executive Committee:

1. We make Lydia Simonson an honorary (lifetime) member of Port Orchard BPW. (Passed – Unanimous)
2. We name our Mature Woman scholarship after DeLona Kent. (Passed with one abstension)

Planning for October 8 Program “Women’s Health Panel” and celebration of National Business Women’s Week (October 21-25):

Panel participants include Dr. Jennifer Sansen, DC, and Kaylee Castillo, Massage Therapist from Kitsap Chiropractic and Natural Health in Port Orchard. There is a possibility of a third participant being added. The meeting flyer will be made available in .pdf format to all members for use in inviting others to attend. Each member is asked to bring a guest. Each member is requested to bring items to donate to the Raffle Basket (to be raffled at the October 8 event). All of those who register (and pay) for the October 8 meeting by October 4, will be entered in a special drawing (to take place at the October 8 event) for a free dinner at a future PO BPW meeting. Leslie hopes to award Lydia Simonson her honorary membership during National Business Women’s Week and have a photo of the awarding and NBWW proclamation published in the newspaper. Wilma Eads will arrange to get a proclamation from the Port Orchard mayor (Tim Mathes).

“I am Strong -- Strengths Finders” training – Leslie Cole presented information concerning the proposed seminar, and indicated that it would take several sessions (outside of regular meeting time). Members will think about it, and it will be scheduled later on.

The member spotlight was on Barbara Luddon, Independent Comfort Stylist with Jockey Person to Person®. Barbara displayed the various clothing items making up a “Travel Kit”, telling the members about the Travel Kit special and the September Guest special.

Dawn Veraldo invited us to attend the South Puget Sound BPW meeting October 2, 6:00 pm, at LaQuinta Inn off I5 in Fife. She said we could register to attend as a “member” online at BPWSouthSound.com.

Meeting was adjourned at approximately 7:25 PM.
Respectfully Submitted, Barbara Luddon, Secretary Pro-Tem



As a prelude to **NATIONAL BUSINESS WOMEN'S WEEK** October 21-25, 2013,



Port Orchard Business and Professional Women
present

“Women’s Health Professionals Panel”

featuring

Dr. Jennifer Sansen, Doctor of Chiropractic, and Kaylee Castillo, Massage Therapist
of Kitsap Chiropractic and Natural Health in Port Orchard, WA

www.kitsapchiropractic.com

Dr. Ruth Urand, Doctor of Naturopathic, Medical Director
of Sound Naturopathic Clinic in Poulsbo, WA

www.soundnaturopathicclinic.com

Tuesday, October 8, 2013

5:30 PM

Town Square Events Center

1700 SE Mile Hill Drive

Port Orchard

(at South Kitsap Mall)

Event Registration and Reservation Form

(Meeting Fee of \$20 includes Dinner)

Name _____

Address _____

Phone _____ Email _____

I would like reservations for _____ people @ \$20.00 (Please list names of additional attendees below.)

Send form and check payable to **Port Orchard BPW** to no later than October 4:

Port Orchard BPW
c/o DeLona Kent
2217 Beach Drive E
Port Orchard, WA 98366

For further information, contact
DeLona Kent at 360-871-0208



Barbara Luddon
 165 NW Alta Drive
 Bremerton, WA 98310



2013

- October 1 Health Care Reform begins
 (For a copy of BPW/WA Legislative Chair report on this, contact newsletter editor or visit www.bpw.wa.org.)
- October 8 Port Orchard BPW program meeting – panel of Women’s Health Care Professionals, Town Square Events Center
- October 14 Columbus Day
- October 21-25 **National Business Women’s Week**
- October 31 Halloween

2014

- January 27 Lobby Day in Olympia
- February 22 BPW/WA Winter Board, Bellevue Community College, Bellevue
- May 16-18 BPW/WA State Conference, Wenatchee

