



The Kitsap Wave



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

October 2015

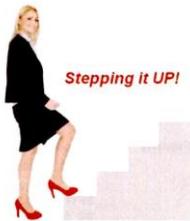
Port Orchard BPW Officers 2015-2016

- President
Leslie Cole
(360) 373-5875
- Vice President
Kathy McInnes
(360) 692-9855
- Secretary
Claudia Heckart
(360) 275-1216
- Treasurer
DeLona Kent
(360) 871-0208

Website:
www.bpwportorchard.org

State Website:
www.bpwwa.org

BPW WA 2015-2016:



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 13, 2015

- 5:15pm Social/Networking
SK Fire District Chief speaking
- 5:30pm Dinner
- 6:15pm Business & Planning Meeting

Port Orchard Lighthouse Restaurant

429 Bay, Port Orchard
Order from the Menu

Please make reservations with DeLona Kent (360-871-0208 or delona@wavecable.com) by October 9.

President's Message...

Fall is here and we are still having great weather!

Over the past 6 weeks, I had been helping care for my sister-in-law due to her serious medical condition. She unfortunately passed away on September 18. During this time, I have been going through a lot personally and have done a lot of internal self-evaluation to focus some things differently in my life. I want to personally share that with you at our October meeting.

At our October 13th Business & Planning meeting, we will have South Kitsap Fire District Chief Steve Wright who will speak to us for a few minutes starting at 5:15pm regarding the upcoming Bond vote. During the meeting, I would like us to seriously discuss our long term focus for Port

Orchard BPW. The meeting will be held at Port Orchard Lighthouse Restaurant and will begin at 5:15pm Networking & SK Fire District Chief speaking, 5:30pm Dinner, 6:15pm Business & Planning Meeting.

I hope you will plan to attend our October meeting at the Port Orchard Lighthouse Restaurant.

Happy Fall and Best to you all!
Leslie

BPW/WA Individual Development Program

[Port Orchard BPW members Wilma Eads and Barbara Luddon are participating in this year's Individual Development Program, which is based on Hal Urban's book, Life's Greatest Lessons, 20 Things That Matter. The first IDP event was held September 19 at the North Shore Country Club. Barbara was unable to attend and asked Wilma to prepare a report on that session for the newsletter. Her report is provided below.]

Finding the Northshore Golf and Country Club for the individual development program (IDP) on September 19, 2015 was its only headache. Now I know where it is for Fall Board. I wish I would have heard Kerstin O'Shields years ago. Then I would have earned a lot more money and my work in music lessons or jewelry would have been better and more profitable. She said, "Don't be afraid to charge more for your services. If you charge a fair but good price, you will add to the value, and your customer will receive a better product and you will receive more money."

Kerstin teaches vocal music and is an executive presentation coach.

Her beauty and words stole our hearts and informed our minds. The book by Hal Urban, "Life's Greatest Lessons" centered our day.

Kerstin presented the first two chapters "Success is more than Making Money" and "Life is Hard. ...and not Always Fair" and even included a little opera from prior roles she held. Her energy and creativity magnetized us.

Other O'Shields statements.

- (1) Information not needed anymore (find it on the internet) presentation is everything.
- (2) Live in an authority persona.
- (3) Don't be afraid to show your extra real estate. (boobs)
- (4) Goal is not perfection but excellence.
- (5) You are never stuck because you have a choice.
- (6) Not why but why not me?
- (7) Live in the now.

Sue Tellock reviewed the third chapter, "Life is fun. . .and incredibly Funny, so we ended the day with doing the hokey pokey . Our buffet luncheon of veggies, fruit, salads, soup and deli sandwiches was ample and delicious even without dessert. Of course seeing favorite friends added joy and fun.

Fall WBW Available

The Fall 2015 issue of the *Washington Business Woman* was issued in early September and may be downloaded from the state website –

www.bpwwa.org or, if you prefer, as Editor, I'd be willing to email you a copy.

--Barbara Luddon,
barbluddon@q.com



**BPW/WA
FALL BOARD
OCTOBER 24, 2015**

See the Fall 2015 *Washington Business Woman* magazine or the September 2015 edition of

The Kitsap Wave for meeting details and registration form. If you would like a .pdf file of either document or just the registration form, send your request to barbluddon@q.com

President Leslie is unable to attend the meeting and has asked Barbara Luddon to represent her. Below is the text of Leslie 's President's report for Fall Board.

Fall Board 2015 – Report to the Board of Directors Leslie Cole, President of Port Orchard

Goals:

- 1) Member spot light with Port Orchard BPW membership,
- 2) Outreach in community to increase awareness,
- 3) Continue Chamber membership

Accomplishments:

- 1) Continue our Annual Barnes & Noble Holliday Gift Wrapping Fundraiser in order to award two scholarships.
- 2) Focus with our members on further direction of Port Orchard BPW since so many of our members are retired with many other interests outside the business & professional field.

Acknowledgements:

We have a small membership and we value our friendships and our time together each month.



**October =
NBCAM**

Breast Cancer Awareness Month (BCAM), also referred to in America as **National Breast Cancer Awareness Month (NBCAM)**, 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.

NBCAM was founded in 1985 as a partnership between the American Cancer Society and the pharmaceutical division of Imperial Chemical Industries (now part of AstraZeneca, producer of several anti-breast cancer drugs). The aim of the NBCAM from the start has been to promote mammography as the most effective weapon in the fight against breast cancer.^[1]

Breast Cancer FAQs

[From

<http://www.nationalbreastcancer.org/breast-cancer-faqs/>

[Can physical activity reduce the risk of breast cancer?](#)

Exercise boosts the immune system and helps you to keep your weight in check. With as little as three hours of exercise per week, or about 30 minutes a day, a woman can begin to lower her risk of breast cancer. This doesn't require going to a gym either. Power walking is more than sufficient!

[Can a healthy diet help to prevent breast cancer?](#)

A nutritious, low-fat diet (30 grams or less) with plenty of fruits and green and orange vegetables can help reduce the risk of developing breast cancer. A high-fat diet increases the risk because fat triggers estrogen production that can fuel tumor growth.

[Does smoking cause breast cancer?](#)

Smoking is a confirmed risk factor for many types of cancer. Recent research in the last year (2012) has confirmed that smoking is a contributing risk factor for developing breast cancer. Additionally, second hand smoke is also a risk factor for cancer. So if you are a smoker, help yourself in a significant way and join a

smoking cessation program to help you stop. The day you stop smoking the healing can begin and each week in which you are smoke-free, you give yourself increasing advantages for a healthier life. Smoking also directly contributes to heart and other lung diseases, too.

[Can drinking alcohol increase the risk of breast cancer?](#) Moderation is key. One drink per day has been shown to slightly increase the risk of breast cancer. Having more than one drink per day has shown to be a more significant risk factor, and the alcohol content doesn't matter: wine, beer or a mixed drink. Alcohol also increases estrogen in your bloodstream.

Although we know that more than one drink per day increases risks, to date there are no studies that demonstrate directly that the more a person drinks, the greater their risk for cancer. And in some cases, drinking one glass of wine a day can offer heart-health benefit. If you drink alcohol, this is an important topic to discuss with your doctor so that you will know what limits are best for you to observe.

[Is there a link between oral contraceptives and breast cancer?](#)

There is an increased risk of breast cancer for women who have been using birth control pills for more than five years.

However due to the low amount of hormones in birth control pills today, the risk is relatively small. But if a young woman has a significant family history of breast cancer, her gynecologist may recommend taking a break for a year from the pill at the 5-year time frame then resuming again for another 5 years. Although evidence-based research data does not offer strong support for this standard of care, it has nevertheless become an increasingly common practice.

[Is there a link between hormone replacement therapy \(HRT\) and breast cancer?](#)

Yes, there is. HRT was added to the carcinogenic list by the American Cancer Society in the

early 2000s. It is recommended that women with known risks not be placed on HRT to control of menopausal symptoms. They should instead seek other safer alternatives.

[How often should I do a breast self exam \(BSE\)?](#)

Give yourself a breast self-exam once a month. Look for any changes in breast tissue, such as changes in size, feeling a palpable lump, dimpling or puckering of the breast, inversion of the nipple, redness or scaliness of the breast skin, redness or scaliness of the nipple/areola area, or discharge of secretions from the nipple.

If you discover a persistent lump in your breast or any changes, it is very important that you see a physician immediately. Though 8 out of 10 lumps are benign, all require evaluation to confirm that they are not cancerous.

Women should perform their breast self exam 7-10 days after their menstrual period starts which is also when their breasts are the least tender and lumpy. If they are no longer menstruating, then she should select the same day of the month (first of the month for example) and mark it on the calendar to remind herself when to perform this self exam.

What to look for is a change from last month's exam to this month's exam. It is not unusual to have lumpy or bumpy breasts. All women should know the geography of their own breasts. If having trouble remembering, draw a diagram of where the lumps, bumps, grooves, and other findings are felt so that this can be used as a reminder from month to month. There is no added value in doing breast self exams more often than monthly. Also the findings may be different as well, in relationship to where a woman is in her menstrual cycle.

[Does a family history of breast cancer put someone at a higher risk?](#)

Although women who have a family history of breast cancer are in a higher risk group, most women who have breast cancer have no family history.

Statistically only 5-10% of individuals diagnosed with breast cancer have a family history of this disease.

[Are mammograms painful?](#)

Mammography does compress the breasts and can sometimes cause slight discomfort for a very brief period of time. Patients who are sensitive should schedule their mammograms a week after their menstrual cycle so that the breasts are less tender. Your doctor may say it is fine to take acetaminophen an hour before the x-ray is performed to prevent discomfort too.

[How does menstrual and reproductive history affect breast cancer risks?](#)

Women who began their menstrual cycles before age 12, have no biological children, or had their first child at 30 or older, or began menopause after 55 are at a higher risk. This means that research has proven that the number of menstrual cycles a woman has over time influences risk.

[How often should I go to my doctor for a check-up?](#)

You should have a physical every year which should include a clinical breast exam and pelvic exam. If any unusual symptoms or changes in your breasts occur before your scheduled visit, do not hesitate to see the doctor immediately.

[What kind of impact does stress have on breast cancer?](#)

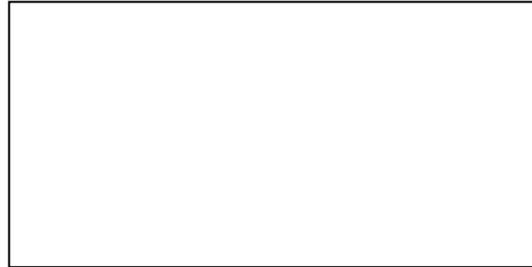
In 2012, some research studies have shown that factors such as traumatic events and losses can alter immune system functions, and when immune functions are altered cancer cells may have an opportunity to get themselves established within one's body.

What has been shown is that it is not the fact that a major life crisis has occurred but instead how the individual reacted to this event and coped (or didn't cope).

Therefore, identifying ways to keep your stress level in check is wise.



Barbara Luddon, Newsletter Editor
165 NW Alta Drive
Bremerton, WA 98310



2015

- October* *Breast Cancer Awareness Month*
- October 10-23 National Business Women's Week
- October 11 International Day of the Girl Child
- October 12 Columbus Day
- October 13 Port Orchard BPW, Lighthouse
 Restaurant, Port Orchard
- October 19-23 National Business Women's Week
- October 24 BPW/WA Fall Board
- October 31 Halloween
- November 3 Election Day
- November 11 VeteransDay
- November 26 Thanksgiving

