



The Kitsap Wave



A Newsletter for Port Orchard Business and Professional Women
(Editor: Barbara Luddon, 360-373-0431, barbluddon@q.com)
November 2013

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Website:
www.bpwortorchard.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



**Tuesday
November 12, 2013
5:30 PM**

Town Square Events Center
1700 SE Mile Hill Drive
Port Orchard

Don Ryan, Coordinator of Port Orchard Public Market, will speak at the beginning of the planning and business meeting. The member spotlight will shine on Wilma Eads and her Whole Heart Accessories jewelry business.

For reservations or more information, contact DeLona Kent at 871-0208. If DeLona receives your PAID reservation by November 8, you will be included in a drawing for a free future dinner meeting ticket.

President's Message...

Thank you to everyone who joined us at our October 8th program meeting. The program was enlightening and educational and presented by a wonderful Women's Health Professional panel! Special thanks to our panel speakers - 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 was our prelude to National Business Women's Week, October 21 - 25.

Our October's "Member Spot Light" is Mary Boehmer who presented a music inspiration on a portable keyboard. It was a wonderful way

to begin our program. Thank you Mary!!

We had a wonderful Raffle basket with donations from our members. Congratulations to Kathy McInnes for winning the basket! We also did our first drawing for a free dinner at our next meeting from those who signed up and paid in advance. The winner was Debbie Seamans who was a guest at the meeting. Remember to sign up and pay in advance for our November 12th meeting. Sign up and send your money to DeLona Kent by November 8th to be eligible for free dinner drawing for December.

I hope to see you all at our November 12th Business & Planning meeting at Town Square Events Center! We will have a special guest, Don Ryan, Coordinator of Port Orchard Public Market Project. He will speak at the beginning of our meeting. There may be an opportunity for our group to rent a space in the Public Market place for our members to use for their business or fundraising activities.

Our November Member Spot Light will be Wilma Eads - who promises to bring her wonderful jewelry pieces to sale just in time for the holiday.

We also will be planning for our December 10th Silent Auction and Raffle Fundraiser. Please start collecting your silent auction and raffle donations from your favorite local business or from yourself or you can bring a favorite baked item.

We also will have the dates for the annual Barnes and Noble Gift Wrapping and hope everyone will

be able to sign up for time slots!
Please join me in bringing out
the Best of POBPW and
encourage others to join us!

Leslie



Business and
Professional
Women's
Foundation

Excerpts from Legacy Partner
e-Newsletter Sept/Oct 2013
(received via email 10-11-13)

CFC – If you participate in the
Combined Federal Campaign
, we hope you will remember
BPW Foundation as you make
your giving selections. We are
grateful to all of you who give
generously though this
important program. **Our CFC
number is 10506.**

National Women's Business Week®

October 21-25 - Since 1928,
BPW has sponsored National
Business Women's Week®
(NBWW). Each year during
October, communities across
the country celebrate and
acknowledge the important role
women play in the nation's
economy, past and present. We
have seen some exciting
NBWW plans announced by
BPW Legacy Organization. Let
us know what you are doing,
including sharing your press
coverage, by emailing
foundation@bpwfoundation.org,
and put NBWW in the subject
line.

GEICO



Creating a Video Inventory for your Business or Homeowners Insurance

See:

<http://womenmisbehavin.com/2013/10/02/creating-a-video-inventory-for-your-business-or-homeowners-insurance/>

Get a quote from GEICO and donate to BPW Foundation.

GEICO's affinity partnership
supports BPW Foundation
programs and research. Click here
(<http://www.geico.com/landingpage/go51.htm?logo=17856>) or call
800-368-2734 to obtain a simple,
no-obligation rate quote.

**Mention you are part of the BPW
Foundation** network to be eligible
for exclusive discounts. When you
"click" (address shown above) to
complete an insurance quote,
GEICO makes a financial
contribution to BPW Foundation,
so please take the time to "CLICK!"
Support BPW Foundation by
sharing this information on your
website and in your publications.

**Do you know a woman
veteran**, a military/veteran
spouse or a caregiver for a
wounded warrior who would
benefit from career mentoring?
Recommend Joining Forces
Mentoring Plus (see.
<http://www.joiningforcesmentoringplus.org/>). Also do you have the
time to mentor one of these
deserving women? Sign up
today to be a working woman
helping women work. Get
information and updates about
mentoring activities and
resources on Joining Forces
Mentoring Plus Facebook
(<https://www.facebook.com/BPWF4WomenVets>) and Twitter.
(<https://twitter.com/BPWF4WomenVets>)

Back to School - Expand your
horizons or brush up your skills
by learning something new with
high-quality online continuing
education courses that are
affordable and easy to use
offered through a network of
1,800 top colleges and
universities. BPW Foundation,
partnering with Ed2Go (see
<http://www.ed2go.com/bpwfdn/>),
offers a wide range of highly
interactive courses that you can
take entirely over the Internet.
Ed2go is the industry leader in
online learning for adults.

**Have you been keeping up
with issues and BPW
Foundation news by reading
our blog?**
(<http://womenmisbehavin.com/>)
Check it out and sign up to get
alerts when new articles are
published via e-mail. You can
also publish a link to the blog
on your State or Local website.

New Joining Forces Mentoring Plus® Partners

This summer and fall several
more private sector and non-
profit organizations joined BPW
as partners in Joining Forces
Mentoring Plus. All of these
groups bring valuable mentors
and resources that will benefit
our women veterans,
military/veteran spouses and
wounded warrior caregiver
members. We welcome the
support and partnership of CVS
Caremark, Booze Allen
Hamilton, the National
Association for the Self-
Employed, the National Center
for Women and Information
Technology and the Yellow
Ribbon Fund.

Women Small Business

Survey - In June, BPW
Foundation conducted a survey
among 500 women small
business owners to find out the
challenges they face, and what
they need to be successful.
Financing was cited as one of
the top barriers to entry and
growth. Half of the respondents
also said that mentorship was
important to the success of their
business. The survey will serve
as a cornerstone for future
research and program
development as BPW
Foundation supports women
small business owners. The
survey results presentation and
the summary white paper can
be found on the website.
(*Editor's note: I've downloaded
the presentation (13 slides) and
the summary white paper (.pdf file)
and would be willing to share them
with those who are interested.*)

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20th Anniversary of FMLA

BPW Foundation joined in the “Tweet Storm” marking the 20th anniversary of the enactment of the Family and Medical Leave Act (FMLA). BPW Foundation Chair Roslyn Ridgeway also participated in a leadership planning call to map out next steps that need to be taken to expand coverage and establish paid FMLA.

WRAP 2013 - Two lunch panels on women working with rheumatoid arthritis were held in September in St. Paul, MN and Phoenix, AZ. These discussions that BPW Foundation has co-sponsored have been held across the country and focus on policies and issues affecting women’s health in the workplace. Other discussion locations have included Boca Raton, FL, Sacramento, CA and Harrisburg, PA.

Advocating for the FAMILY Act - BPW Foundation added its name to a letter urging Senators to become a co-sponsor of the Family and Medical Insurance Act of 2013 (FAMILY act). The FAMILY Act creates a paid family and medical leave insurance program, an issue that BPW Foundation has been supportive of for years. Senator Gillibrand (D-NY) and Representative DeLauro (D-CT) will introduce the FAMILY Act when the government shutdown ends. The sign-on letter helps the bill by demonstrating strong community and stakeholder support.

Supporting Lung Cancer Screening Regulations

BPW Foundation has long recognized that women’s health is intrinsically linked to their success in the workplace, and has advocated for health issues that disproportionately impact women. With that, BPW

Foundation added its name to comments submitted to the US Preventative Services Task Force in support of the recommendation to provide low dose CT screening for the early detection of lung cancer in certain high risk populations.

BPW In the News - Two publications, Black Enterprise and the Washington (DC) Business Journal, covered our new partnership with the National Association for the Self-Employed to support women veteran entrepreneurs.

CEO in Action - Debbie Frett, BPW CEO, participated in a call with U.S. Secretary of Labor, **Tom Perez** and the Executive Director of the White House Council on Women & Girls, **Tina Tchen**, to discuss the new minimum wage and overtime protections that were being extended to direct care workers by the U.S. Labor Department. Nearly two million home health and personal care workers will benefit.

Debbie was invited to participate in the Women’s Leaders call that updated key members of the women’s community about the status of presidential appointments. Among women recently named was **Deborah James** as Secretary of the Air Force. A friend of BPW Foundation, Deborah was a member of our Joining Forces Mentoring Plus advisory council.

In August **Debbie** attended a special reception at Sony Studios hosted by California Assembly member **Holly J. Mitchell**, Academy Award Winner **Geena Davis**, and the California Commission on the Status of Women and Girls. She had an opportunity to talk with both Geena, who chairs the Commission, and Commission executive director **Rebecca Blanton**, about BPW

Foundation programs and Joining Forces Mentoring Plus.

Debbie attended the September 24, Enterprising Women Working with Rheumatoid Arthritis lunch and panel in Phoenix, AZ. This was one of a series of events that have been held across the country and co-sponsored by BPW Foundation. Several BPW/AZ leaders joined **Debbie** at the event including **Judy Mechura**, BPW/AZ Treasurer & President BPW/NE Valley; **Anita Auguste**, BPW/AZ Membership Chair & President BPW/SW Valley; **Mary Hall**, BPW/Phoenix Member, State Chair –Network Lunch & Learn; **Nancy Burt**, BPW/Metropolitan Treasurer and veteran. That evening **Debbie** attended the BPW/Phoenix meeting updating members on recent activities and learning about their programs and efforts to support working women.

Over the past few months **Debbie** and other staff members have been invited to a number of events to talk about the importance of mentoring for women veterans and the merits of Joining Forces Mentoring Plus. The invitations we have received, some described below, are truly a reflection of the program’s excellent reputation and how much it is resonating with a variety of audiences.

On September 14, **Debbie** was a luncheon speaker and conducted two workshops on Joining Forces Mentoring Plus® at the Colorado Women Veterans Conference. She was joined at the meeting by CO/BPW Legacy members, **Megan Shellman**, President of Colorado Business Women and Treasurer **Deb Fisher**.

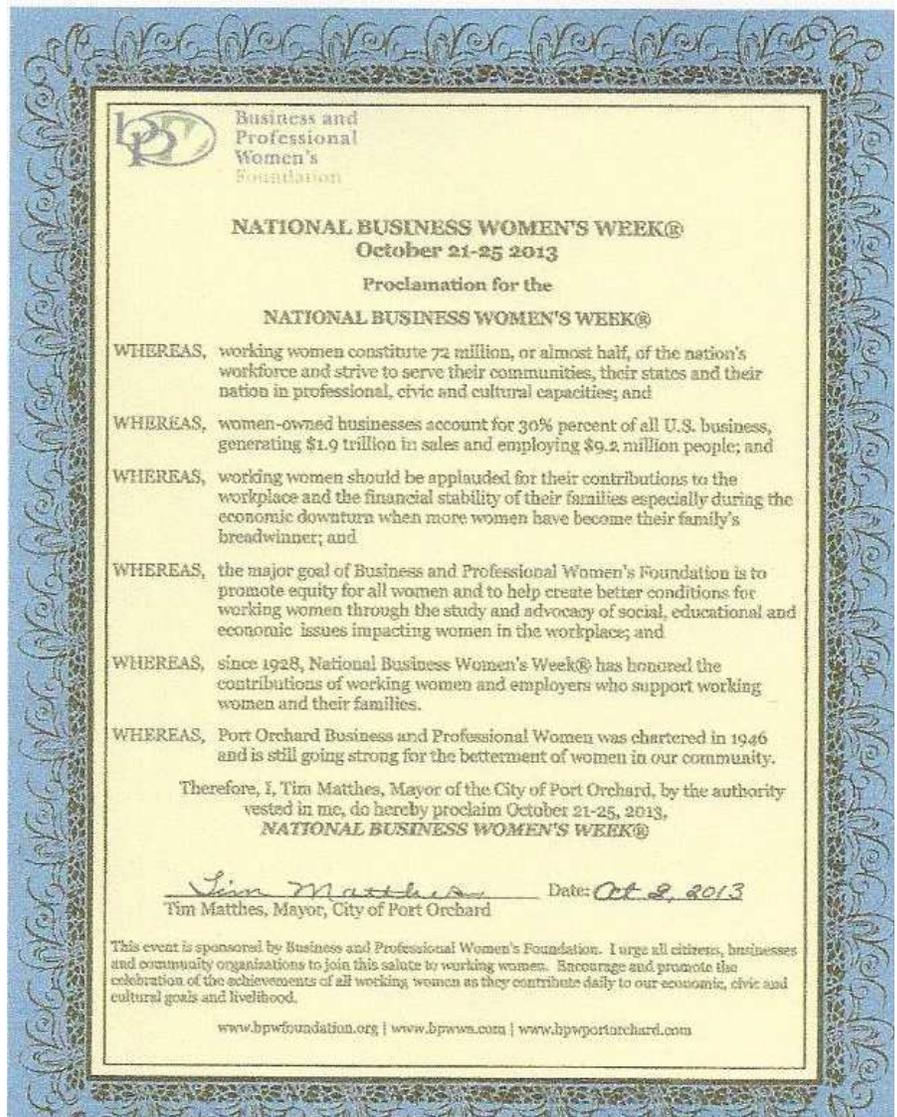
Debbie was invited to participate in a session at the 2013 Women Veterans

Leadership Conference in San Diego, CA put on by the California Department of Veterans affairs. Once again she carried the message about the importance of mentoring and the benefits of Joining Forces Mentoring Plus.

BPW on the Move - Mary Ann Sack, Director of Issue Based Funding, attended two Walter Reed Caregiver events in September. The first was an ice cream social workshop with a focus on job interviewing and resume translation and adaptation of caregiver skills. The second was a caregiver resource fair, with about 15 other caregiver support organizations in attendance. She also attended a Capital Caring conference on veterans on September 19.

On August 27, **Mary Ann** participated in a full day Department of Labor symposium dedicated to women veterans' employment. Joining Forces Mentoring Plus was well represented. Of the just 30 attendees, Joining Forces Mentoring Plus® private sector partners Citi and JPMC were in attendance, along with community resource partner Women Veterans Interactive, and Women Joining Forces Advisory Council members **Irene Trowell Harris** and **Barbara Ward**.

BPW Foundation Trustee and Treasurer **Velma Hart** continued her work with the White House Presidential Personnel Office (PPO) on a phone call discussing policy updates and highlights of some of the administrations current personnel searches.



City of Port Orchard Mayor Tim Matthes signs proclamation for National Business Women's Week!

Port Orchard, Washington
Business and Professional Women Meeting Minutes
Tuesday, October 08, 2013
At Capriccio's Catering in Port Orchard
Attendance: 18

5:30 pm – Networking and ordering dinner.

5:45 pm – Meeting called to order by President Leslie Cole; followed by Introduction of Members. DeLona Kent led us in the Pledge of Allegiance.

For the Inspiration Mary Boehmer played The Lord of the Dance for us on the small keyboard.

6:00 – dinner is served

State President Terry Ray was able to attend our meeting, and brought her sister-in-law, Diane Ray.

GUEST SPEAKERS:

Kaylee Castillo Massage Therapist of Kitsap Chiropractic and Natural Health, Port Orchard - touch and massage has been proven to be essential to human development. Lowers stress levels, helps with emotional disorders, and other problems, including allergies.

Dr. Jennifer Sansen - Doctor of Chiropractic - Chiropractors have been around since 1895, and in the early 1900's they were arrested often because they were "practicing medicine without a license". The practice was misunderstood and in 1963 considered to be a threat to other doctors. There was a lot of bad press; it went to superior court. But customers protested. It is much more than just easing muscle pain. Also affects the nervous system.

Dr. Ruth Urand – Doctor of Naturopathic, Medical Director of Sound Naturopathic Clinic, Poulsbo - Naturopathic medicine has also been misunderstood. Hard to get their licenses, only available in 16 states so far. Not a replacement for a regular doctor, it's more of a supplement. Uses the "healing power of nature" – as much as possible without pills and drugs. Looks for the source of the problem. Best to teach the patients how to take care of themselves. Treat the whole person. Allergy elimination is very effective.

President Leslie Cole presented each of our guests with a beautiful bouquet of flowers.

Announcements: October Birthdays, Claudia, Barbara L. and Faye Johnson

Nov 12 is the date for next meeting. Don Ryan will be with us, and Wilma Eads is "In The Spotlight" in November. The winner of the free dinner raffle for the next meeting was our guest, Debbie Seamans. Congratulations, Debbie!

Collect was said by all.

Meeting was adjourned at 7:45 pm.

Respectfully Submitted by Claudia Heckart, Secretary



Barbara Luddon
 165 NW Alta Drive
 Bremerton, WA 98310



2013

November 3 Daylight Saving Time Ends
 November 5 **Election Day – VOTE!**
 November 11 Veterans Day
 November 12 Port Orchard BPW planning and
 business meeting –, Town Square
 Events Center
 November 27 Hanukkah
 November 28 Thanksgiving Day
 December 25 **Christmas Day**

2014

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

