



The Kitsap Wave



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

December 2012

Port Orchard BPW Officers 2012-2013

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Website:
www.bpwpportorchard.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, NW
Washington, D. C. 20006
www.bpwfoundation.org



Christmas Party (December Meeting)

Port Orchard BPW
Wednesday
December 12, 2012
5:30 PM
Town Square Events Center
1700 SE Mile Hill Drive
Port Orchard

Bring food for the SK Helpline Food Bank and your contributions to the "Christmas Goodies and Gifts" silent auction.

The meal charge of \$20 covers the dinner price, tax and gratuity, etc. Spouses or your special guests are also invited.

Contact DeLona Kent at 360-871-0208 by December 10 for additional information or reservations.

President's Message ...

"It's A Matter of my Heart"

My heart fills with happiness, as I approach Christmas. Christmas, to me, is a matter of the heart.

At my house there will be at least 12 Christmas trees. Most are the normal kind - white lights and bulbs. There are special ones also: a modern fancy tree

for the living room, a crocheted ornament tree for the bedroom, chicken tree for the kitchen, dog tree for the computer room, and an old-fashioned tree for the parlor. The upstairs bathroom has three.

One thing about all the trees is the same: they will all have hearts. On the living room tree the hearts are white with sparkles, on the old-fashioned tree the hearts are wooden painted red. On the bedroom tree the hearts are crocheted white. On the computer room tree the hearts are dog bone treats. Everywhere you look at Wilma's place at Christmas, you will see a heart.

Do you know why? To me, tree and heart are synonymous. The tree, that I love most, is almost bare. A divine/human being adorns it - Jesus Christ. At its base we exchange hearts. We celebrate Christmas every moment.

Whether you have one Christmas tree or 10, I wish you true Christmas happiness all year.

Wilma Eads





Business and
Professional
Women's
Foundation

**News for BPW Foundation
Legacy Partner Members**
(November 30, 2012 edition)

GivingTuesday - A big **Thank You** to everyone who included us in their giving on GivingTuesday, November 27. If you didn't have a chance to make a donation on Tuesday, you can always support us by clicking on the green Donate button at the top of our webpage (www.bpwfoundation.org)

CFC - If you are in the military or a federal employee and participate in the Combined Federal Campaign, consider including BPW Foundation as one of the organizations you support. Our CFC number is 10506. Thank you.

Save the Date! BPW/PA is hosting the next Women Professional Empowerment Alliance (WPEA) conference July 26-27, 2013 in Pittsburgh, PA. If you missed the great event hosted by BPW/MA in July 2012, you won't want to miss this meeting. Watch for more details or you can contact Bernadette Koval at bernie69@comcast.net

Thank you to everyone who liked us last month. We wanted 50 new likes but we got a whopping 105. There is an additional step our Friends need to take if you want to see our posts regularly, since Facebook keeps changing the rules! In order to keep seeing the posts from BPW Foundation, please go to our page: <https://www.facebook.com/BPWFoundation>, hover over the LIKE button and select SEE IN

NEWS FEED. The more you interact with us by liking, commenting and sharing our posts and pictures the more likely you are to keep seeing our posts! THANKS!

Legacy Partner Resources - Do you know where to find the BPW Foundation Advocacy Center and BPW materials on the BPW Foundation Website? A good starting point is the Legacy Partner webpage. You can find it by clicking on About at the top of any page on the website then in the blue box on the left click on State and Local Legacy Partners. Check out the blue box on the left to see what is available.



Support our women veterans and military spouses by becoming a mentor. Learn more -- visit http://www.bpwfoundation.org/index.php/misc/mentoring_applications_for_mentors_and_mentees/

Capitol Hill Briefing
On November 15, BPW CEO Debbie Frett participated in a briefing on *Women Veterans - Staying Connected after Military Service* sponsored by Women Policy, Inc. BPW Foundation was well represented with Women Joining Forces – Closing Ranks, Opening Doors®(WJF) advisory council members Betty Moseley Brown, Ed.D, Associate Director, Center for Women Veterans, Department of Veterans Affairs and Joy J. Ilem, Deputy National Legislative Director, Disabled American Veterans (DAV) also presenting.

Representative Susan Davis, (also a WJF advisory council member) co-chair of the Congressional Women in the Military/Veterans Task Forces served as panel moderator. Debbie discussed the importance of mentoring for women veterans' transition from military to civilian careers.

To check out the photos from the briefing, go to <http://www.flickr.com/photos/40650493@N02/sets/72157632020079650/?share=mail>

BPW in the Media
Debbie Frett's article on giving back to our women veterans was published on the Huffington Post (http://www.huffingtonpost.com/deborah-frett/female-veterans-mentorship_b_2095066.html). Debbie was also interviewed about small business owners mentoring women veterans and military/veterans spouses by the Michigan Business Radio Network. Joan Grey, Mentoring Liaison talked with Armed Forces Radio (to air 12/7) about how mentoring can help women veterans and Danielle Corazza, Women Joining Forces Advisory Council member and former BPW Foundation staffer was on the Kojo Nnamdi radio program discussing ending homelessness among veterans.

BPW on the Go
Debbie participated in the Pfizer Health Advocates Leadership breakfast. She also represented BPW Foundation at the Department of Labor's Salute to Veterans. Debbie and Joan met with White House Fellow, Ariel Batungbacal who is researching military/veteran women's issues during her year in the Secretary of Labor's office. Also attending the meetings were Latifa Lyles, Acting Director of the Department of Labor's Women's Bureau and Paris

Mack, Chief, Office of Information and Support Services also of the Women's Bureau

BPW Foundation is partnering with Enterprising Women

the U.S. and global magazine for women business owners. Through this partnership BPW members get complimentary online access to the digital version of the magazine. BPW members also qualify for a 20% discount on the print edition. Save \$4 off the regular \$20 subscription price and pay just \$16 a year.

To subscribe to the print magazine, please visit www.enterprisingwomen.com and use discount code BPW to qualify for this savings. Each issue is packed with top-notch articles that will inspire you to grow your business to the next level. Take advantage of this valuable offer today! Here is the link to the digital magazine, which has all of the same articles as the print edition <http://online.enterprisingwomen.com>.

You will need to register the first time then in the future you can access with just your e-mail address

**Joining Forces Mentoring Plus™
Mentee Story**

Ginni graduated from West Point in 1985, served in the US Army for 20 years, retiring as a Lieutenant Colonel. She is also a military spouse and mother of three. After her military retirement, she worked in several jobs including as a realtor, a member services director, and helping a prominent reporter research a book.

When she decided to transition from real estate into a new career field, Ginni signed up with BPW Foundation's Joining Forces Mentoring Plus™. From

a list of possible mentors, Ginni selected a vice president of Human Resources, to help her navigate the job search process. But before she and her mentor even had their first meeting, Ginni was invited for a second interview with a national non-profit. During their first meeting Ginni's mentor adapted to the new situation facing Ginni and provided insights on interviewing and negotiating salary.

"I went into my interview armed with the talking points that I had discussed with my mentor. I did the work my mentor outlined and was prepared when the questions came." The day after the interview, Ginni was offered the job and next faced salary negotiations. She says she used the exact words that she and her mentor developed, which resulted in an additional \$5000 in her compensation package. As Ginni put it, "How many times in your life have you made \$5K for an hour of chatting with a new friend?"

Do you know a woman veteran or military spouse who would benefit from a mentoring relationship?

Joining Forces Mentoring Plus™ (<http://www.joiningforcesmentoringplus.org/>) serves women of all ages at any career transition point. Let them know how easy it is to sign up and start getting career advice and support quickly.



Random Thoughts...

"You can get everything in life you want, if you help enough other people get what they want."

Zig Ziglar

"Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense."

Ralph Waldo Emerson

"The aim, if reached or not, makes great the life."

Robert Browning

"Iron rusts from disuse, stagnant water loses its purity and in cold weather becomes frozen; even so does inaction sap the vigor's of the mind."

George Allen

"Tis easy enough to be pleasant,
When life flows along like a song;
But the man worthwhile is the one who will smile
when everything goes dead wrong."

Ella Wheeler Wilcox

Port Orchard, Washington
Business and Professional Women
Meeting Minutes
November 14, 2012
At the Lighthouse Restaurant in Port Orchard
Attendance: 8

5:15 pm – Networking and ordering dinner.

5:45 – Meeting called to order by President Wilma Eads and the collect was said by all. Barbara Luddon led us in the Pledge of Allegiance.

An Inspiration was given by Claudia Heckart, followed by Introduction of Members.

REPORTS:

Claudia Heckart read DeLona Kent's Treasurer's Report. We're sorry that DeLona Kent was home with an injured knee.

Copies of the approved minutes were emailed to everyone by Secretary Claudia Heckart. Accepted as submitted.

GUEST SPEAKER: Jennifer Hardison from Kitsap Helpline; president this year of Kitsap County Food Bank Coalition. She gave us some interesting statistics from last year:

90,000 lbs of food a month

14,534 local families (48,751 individuals) served last year; with groceries from food bank

3,018 families (9,239 individuals) had never been there before.

3,870 received Thanksgiving meals, and 3,826 received Christmas meals

Summer program served 1,234 children; which is to supplement when school is out

Almost \$6,000 in cash benefits were given.

135 applications for food stamps were handled.

It was a step in the right direction to get the new facility. Less utilities, less on their mortgage than previously they paid for rent. Things are taking longer than they anticipated, but overall they are very happy with their new location. They are still planning to have a training program, to teach the people better nutrition and how to make better choices.

NEW BUSINESS:

December meeting – Christmas Party – will be at Capriccios at the Towne Square @ 5:30 pm. There will be a Silent Auction or Cookies/dessert.

\$20 p/person Bring spouse or friend; try to bring new prospects

Bring food for helpline Invite Jennifer Hardison

President Wilma Eads won the raffle.

Meeting was adjourned at 7:46 pm.

Respectfully Submitted by

Claudia Heckart, Secretary



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 Bremerton, WA 98310



2012

December 5, 15, and 24	Gift Wrap days at Barnes and Noble
December 25	Christmas
December 31	New Year's Eve

2013

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

