



The BPW Beacon

Jupiter Local Organization

OCTOBER 2009

Next Meeting – **October 26, 2009**

Panel on Domestic Violence - The Honorable Catherine Brunson, Palm Beach County Judge; Earlene Boone, Advocate From PBC; Victim Service; Det. Lindsey Canonico or Det. Kelly Sanders, Jupiter Detective Bureau

OFFICERS 2009-2010

President – Nicole Payne
561-693-8631

1st VP – Angela Vagell

2nd VP – Candy Koester

Rec. Scty – Irene Soltis

Treas. – Terry Phillips



Meetings are held the 4th Monday of each month.

Networking and Sign In: 5:30 PM
Buffet Dinner & Program: 6:00 – 8:00 P .M.

Meeting Location:

Mangrove Bay
U.S. Hwy 1(south of Indiantown Rd)
Jupiter, FL

Cost: \$23.00 Members
\$28.00 Guests

RSVP to Candy Koester, 561-744-6661



Dues for Active Regular membership are \$124.00 for the first year and \$109.00 to renew. Seniors 65 & over renewal will be \$99. This includes your Membership in the Local and State BPW.



LETTER FROM THE PRESIDENT



Dear Ladies:

As professional women we all have demands and life challenges that come from our businesses, our families and volunteering. This month I have been feeling some of those pressures from demands in all areas of my life. I have found some ways to rejuvenate and reenergize through the help of others, aka plagiarizing off the internet and from other members. ☺ It is time to lighten up and breathe!

I hope you enjoy the following quick and easy “lighten-up tips” that I have fully plagiarized. Keep in mind some are for work and some from home.

**Appreciation Station:* A way to recognize, celebrate and appreciate people.

**Have an “I stole _____’s idea and I’m using it,” certificate.* This will encourage coworkers to capitalize on each other’s work; to “steal” from each other and build upon each other’s efforts.

**Standing Ovation, Please:* Whenever anyone needs a pat on the back, try this.

Anytime an employee is working hard and feeling a little overwhelmed or under-appreciated, she can ask for a standing ovation.

**Art of the Unexpected:* some simple, tasteful, pranks and other unexpected things you can try if you dare to throw people off guard and have fun.

**Bring your old clothes to work and give them to people*

**Give every item in your workspace an odd name*

**Bring Jello to work and dare your coworkers to eat it without utensils*

**Wear a tiara to work*

**Get a mani / pedi*

**Visit your hair dresser and tell her she is free to do what she wants with your hair as long as she covers those grays!!!*

In fact, I am designating our next meeting an official tiara-wearing occasion. Whether your tiara was created by Harry Winston or Crayola, I look forward to everyone’s participation in our first official Tiara Dinner! See you there.

Nicole Payne

Building Powerful Women

Jupiter Business & Professional Women's Club
Monthly Meeting Minutes
Mangrove Bay
September 28, 2009

The meeting was called to order by President Nicole Payne at 6:00 p.m. Following the recitation of the Collect and Pledge of Allegiance, Nicole gave a brief synopsis of Jupiter BPW and its mission statement. Nicole then introduced, 1st Vice President, Angela Vagell who then asked that each attendee to introduce themselves by giving a brief bio of and explain what they do for relaxation.

After introductions, Nicole challenged everyone to give the pink duck, located at each attendee's place, to a friend reminding them to take time for themselves in honor of Breast Cancer Awareness month. Nicole gave a brief wrap-up of the Special Board meeting called by BPW/Florida, explaining that the by-laws will be revised and voted on at the upcoming Fall Conference in Mt. Dora October 16-18, 2009.

Lucky Doolittle, Fundraising Chair, explained what the "Change Project" is and asked that each attendee take two plastic containers and ask their local vendors to display on their counters by the cash register. Change collected during the months of October and November will benefit the local scholarship fund. Lucky asked that we all "save the date" for the upcoming holiday party on December 6 at the Sugar Cane Bistro and explained that it will not be a "Murder Mystery Dinner." It will be held from 3:00 - 7:00 p.m. and there will be a door prize provided by Candy Koester.

Deb Rasmussen, Wine Tasting Fundraiser Chair, explained the upcoming Wine Tasting event. It will be held on October 7 at the Tequesta Wine & Spirits in Tequesta from 5:30-7:30 p.m. with members providing finger foods and hors d'oeuvres.

Patricia Persante, Macy's Charity Day Chair, explained the Macy's "Shop for a Cause" and asked that each member sell 4- \$5.00 coupons. Patricia also explained that this year the event has been changed and BPW will not have a table on the day of the event, Saturday October 17th. Only those charities that have sold the most will be at the tables. Shopping begins at 8:30 a.m. The next Women Who Dine event will be held on Wednesday, November 11th at the home of Candy Martin.

Candy Koester gave a brief wrap-up of the first Health Fair held in Tequesta on Saturday, September 26th. Candy said it was a little unorganized but made contacts with many excellent potential members and business owners.

Nicole asked if there was any discussion or changes to the Minutes of the August 24th meeting. Hearing none, Audrey Criado moved that the minutes be accepted as written. Candy Koester seconded. The vote was taken. All approved and the motion passed. Due to family problems, Terry Phillips did not have a treasurer's report. Nicole explained that Nancy Robinson will be getting with Terry so that there will be a treasurer's report at the next meeting.

Following dinner, Angela Vagell introduced the program and speakers. Tracy Christian, Compound Pharmacist, gave an interesting program with slides on hormone replacement therapy and considering the options.

Larabee Johnson announced that she had sold her business and was having a sale to deplete the inventory. She asked that if anyone was in need of flooring, this would be the best buy for those do-it-yourselfers.

The 50/50 drawing was held and Joanne Matheson was the winner. Joanne McCormack won the Breast Cancer Basket.

The meeting was adjourned following the Emblem benediction at 8:10 p.m.

Peggy Sutton
Secretary, pro tem

TREASURERS REPORT

Our accounts as of September 30, 2009

Allocations

General Fund	\$ 145.89	Checking Account	\$1,440.28
Florida Education Fund	\$2,153.24	Savings Account	<u>\$2,820.46</u>
Member Education Fund	\$ 279.89	Cash	\$4,260.74
Local Scholarship Fund	<u>\$1,681.72</u>		
Total Cash	\$4,260.74		

Terry Phillips, Treasurer

SUNSHINE REPORT



Happy Birthday wishes go to **Terry Rose and Glenda Clausner.**

Last night I attended our first Wine Tasting. It was marvelous and I think everyone enjoyed it. Thank you goes to **Deb Rasmussen** and her committee for a lovely affair. Tequesta Wine and Spirits were accommodating. We saw new faces and some old faces. **Alyse Porter** a former member and **Tanya (Murray) Rose** who returned from North Carolina both attended. We are hoping to see them both at future events of Jupiter BPW.

Richard surprised Marion with a trip to New York and fabulous seats at Carnegie Hall to see Andrea Bocelli and the New York Philharmonic – what a magical concert! Add a couple of her favorite restaurants and she was in 7th heaven!! What a wonderful birthday treat!

Following is an interesting and amusing vacation from **Cathy Azzarello** in her own words, too good to edit.

“Hi Ladies,

Once again this summer we spent two weeks down in Costa Rica at our condo in Tamarindo. It is on the northern Pacific side of the country in the Guanacaste providence. My husband went surfing everyday and I got to relax at the pool or the beach across the street and catch up on my reading.

This year, as also in past years we took a 5 hour drive thru the rivers and thru the rainforest to Jaco and Hermosa. They have black sand beaches and the cliffs are just amazing. We also drove another 2 hours down the coast to the Manual Antonio preserve. We hiked and went swimming there.

There are tons of howler and capuchin monkeys running all around. If you are not careful, they will take your sunglasses or take things out of your beach bags. They are so funny. There are also yellow face tree sloths that are so cute and huge iguanas.

On the way back from Manual Antonio to our hotel in Hermosa they shut down the big highway (only 2 lanes) and a bridge over a huge river for construction purposes. It was 1 in the afternoon, there were not any other routes and they said it might be open at 7 pm if we were lucky. So we took a mountain road hoping to find another cross over the river. What an adventure that was!!!

The mountains were sooooo incredibly steep. Barely wide enough for our 4 wheel drive truck (thank God we had that). The paths were all stones. We had to be at least 10,000 feet up. We were in the clouds and could not see, with clouds coming in the car, and then we were above the cloud line.

The drop offs were scary and the little wooden rickety bridges were even worse. We were lost in the mountains for 6 hours with no where to turn around, no people and no signs and it was getting dark. We eventually found a gas station and made it to San Jose, the capital. We drove for 4 more hours and finally made it back to our hotel.

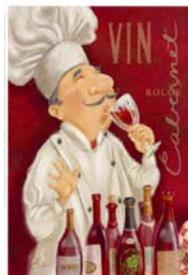
What an adventure!!! We went back to our condo 3 days later where we know the roads.

By the way, we rent out our condo all the time. Call me if you are interested. Its great for the beach, surfing, fishing, snorkeling and diving.”

Last but not least, update on our former president **Joyce Segers**, she just became a grandmother, Sage Segers.

Thank you for all your information and please remember that if anyone has need for a card to be sent for any reason, let me know. I am always looking for a news item. larabeej@2jsrental.com or 561-262-9273.

BPW JUPITER WINE TASTING EVENT



Our first fund raising event of this type was a rousing success! The Fund Raising Committee, spearheaded by Deb Rasmussen who chaired this event, accepted Deb's proposal to hold a wine tasting event as a social time for members and their guests to be held at Tequesta Wine and Spirits on Wednesday, October 7, 2009.

After the date was chosen, Deb presented the event to the membership at our Sep meeting. Colorful and enticing Flyers, produced by our outgoing PR Chair, Peggy Sutton, were provided as well as emailed out to the membership. All were encouraged to forward them on to all our contacts so we would have a good turnout. Our web mistress, Patricia Persante put out a beautiful write-up with appetizing artwork on our web site as well as pay pal instructions to pay the fee.

A decision was made for the Committee to provide snacks to complement the wines being served. We also added baskets to be raffled to those present at the event. Our gift basket creator, Candy Koester came up with two lovely products for us to give away.

Members of the committee gathered early to set up the tables (generously provided for by Julie Heuer), the food and the check-in station. The store owner set up the wine table and wine was kept cool with ice buckets. We had brochures on our club available, clip on name tags provided by Patricia and our club photographers on hand to 'snap' the event.

The owner of the store spoke to us about the wines being presented, a history of his store and various other interesting information. He later raffled a bottle of chardonnay to the group and the recipient was one of our newest members, Michelle Smith. The wine distributor was also present and gave us information on the wine vineyard: Clos La Chance located in the Santa Rosa Mountains of California where the hummingbirds contribute to the grape growing – hence all their wines are named after hummingbirds. The samples were delicious and several of us purchased wine at a very good discount.

Everyone enjoyed all the foods and wines presented – a great mixture – and a wonderful time was had by all. The gift basket winners were very pleased!

All in all, we had a very successful event, got the word out on BPW Jupiter and hopefully some new members. We had 26 people in attendance, 14 of which were members (33% of our current roster) and 12 of which were guests. Many of our guests are interested in our club and we hope to follow thru with getting them to a meeting and joining our group.

PROCEEDS: We charged \$15 per person x 26 attendees = \$390. Of that we paid out a \$75 fee to the wine store for a net profit of \$315. We are very pleased!

Deb Rasmussen and Lucky Doolittle
Fund Raising Events Committee

“CHANGE PROJECT” FUNDRAISER

Our Change Project is underway and I am just reminding you to get those containers out to your favorite stores. Make sure you take the business cards with to put out with the containers as well as the sheet for the store owners where you have added your name and phone number in case they or a customer want to contact you.

We have had some good success with the ones already out per our grape vine - so we hope to do well with all the spots where they are placed. If you haven't done so yet, try to ask the owner to take a container at a time when you are spending \$\$\$ in their store - kind of hard for them to say no when you are paying your bill!. And put some change in there or even a \$1 bill - people notice it more and think that others are adding their change too.

I will be reminding you close to our meeting date in October to get back to the store and collect the change - but leave the container. We will have these out at least until the end of November. You can bring the change in an envelope to the meeting - Terry says that will be fine.

And if anyone needs more containers or hasn't gotten one yet, please let me know and I will make arrangements with you to get you what you need.

Thanks for all you do!

Lucky Doo
Fund Raising Events

SAVE THE DATE!!

WOMEN WHO DINE - November 11, 2009, Candy Martin-Hostess

HOLIDAY PARTY - December 6, 2009, Sugar Cane Bistro, 3:00 - 7:00 p.m.

DOMESTIC VIOLENCE AWARENESS MONTH

October is Domestic Violence Awareness Month. So it is apropos to submit to our readers the local award winning speech that Nicole Payne, our current Jupiter BPW President gave at the BPW USA National Convention. It keenly reminds us that there is more than one victim in a domestic violence situation.

“I don’t remember what the date was, all I remember is I was 11 yrs old in the 6th grade and this was not the first fight. This was the worst fight though and this time, (that) as I remember, the police came. My dad went to jail, my mom sent us to friends and I don’t know exactly what she did. My two brothers were 5 and 15. I didn’t go to school for a couple of days and didn’t really know what was happening. About three days later a police car came to where we were staying. The officers brought us to a house with other women and children. It was a domestic violence shelter. We lived there for 3 months while my mom found a job and enrolled in college. I was young so there are a lot of little details I don’t remember but I do remember all the help we needed and received. If it weren’t for that place I think my mom may have gone back. We were enrolled in a new school, received clothing. Thanksgiving and Christmas came in a box from strangers. We also received counseling from the shelter and the school system. My mom now works in that shelter in Oklahoma, and my name is Nicole Payne. I survived my childhood with domestic violence with the help of a very strong mom and a lot of strangers.

When I joined the Business Professional Women’s group of Jupiter, I joined to meet women in my local neighborhood and didn’t put much thought into anything else. I took some of the Individual Development Classes for my own personal growth, and not to give a speech in a crowded room. I was strongly encouraged by the members of my chapter but what really got me in front of you today was the topic domestic violence. I immediately thought of my childhood and how things would be if my mom hadn’t left, and how she would have managed leaving without the gracious help of strangers. These thoughts led me to the office of Jane Seagle, the manager of Harmony House in Riviera Beach, Florida. We talked of my past and of hers and how we got to be sitting across the seat from each other.

I could bore you with statistics like the fact that 1 of 3 American women have been physically abused by a husband or boyfriend, each & every day in America 1,612 women are battered by an intimate partner, 92% of domestic violence crimes are committed against women, 39% of all hospital visits for violence-related injuries are by abused women, 50% of 14-17 year-old girls have been a victim of abuse by a boyfriend, among all female murder victims in the United States, 30% were killed by their husbands or boyfriends, family violence costs America between \$5 to \$10 billion a year in medical expenses, police and court costs, shelter, foster care, sick leave, and absenteeism.

These statistics and facts are extremely alarming to me as they should be to you. Jane’s plea and mine is for all of us to become more aware of what is going on in our society. We need to stand strong together as women and not ignore the sad reality of these unfortunate situations. We as women need to educate our daughters, nieces, and cousins as to what is acceptable treatment and what is not. We also need to educate our sons, brothers, & nephews how to love women. We need to stand up against the violence on television that desensitizes Americans as to what is acceptable. We need to open our eyes to the reality that domestic violence affects everyone. Domestic violence does not care how much money you have, what color your skin is, or what kind of education you have. We need to stand up and discuss this issue. There is nothing to be ashamed of. Domestic violence needs to be an acceptable topic of conversation at the dinner table, at girls night out, and in the school system. We as women need to stand up together and help each other out. We should not be afraid to tell our stories or to lend a helping hand. If you see your girlfriend and she has her head held low and is not acting herself maybe she could use an ear to listen and not to judge. My plea to you today is to be aware of what is going on out there and to not be afraid to face this very real problem.

Find out who your local domestic violence shelter advocate is and call them. Ask what you can do to help. If you have a talent, please share it with the women who will need help getting back into the work force, building their self-esteem, learning how to love and trust again. Let us use our efforts and power to work together and help each other instead of judging one another. One day it could be you, or maybe it has been you. Maybe your best girlfriend is ashamed and afraid to tell you. We as women and in this phenomenal organization of the BPW need to unite and use our forces for the greater good. Thank you for your time.



OUR MISSION STATEMENT

To achieve equity for all women in the workplace through advocacy, education, and information.

Business and Professional Women

is an organization of individuals dedicated to improving the professional, personal, economic and educational outlook for women. Contact Marion Suro with suggestions regarding the Jupiter BPW Beacon. Phone: 561-575-1270 or marion@marionsuro.com

OCTOBER BIRTHDAYS

Terry Rose	Oct. 15
Cathy Azzarello	Oct. 27
Glenda Clausner	Oct. 29

HAPPY BIRTHDAY!



NOVEMBER BIRTHDAYS

Pam Smith	Nov. 29
Terry Phillips	Nov. 30

RENEWAL REMINDERS FOR OCTOBER

	Expires In
Betty Ann Baker	September
Karen Botelle	September
Glenda Clausner	October
Audrey Criado	October
Louise Isaacs	September

MEMBERSHIP RENEWAL UPDATES

Renewal cost is **\$109**; over 64 is **\$99**. If you have any questions, please feel free to contact me Candy Koester 744-6661 or Treasurer Terry Phillips at 575-2193.

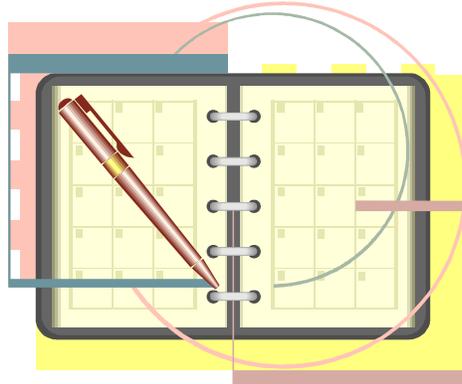
WELCOME NEW MEMBERS!

**Cheryl Councill
Jennifer Cole**

THANKS FOR RENEWING

**Nancy Robinson
Jennifer Sabin
Marion Suro**

Jupiter BPW Calendar



2009 EVENTS

- Oct. 16-18- BPW/FL Fall Conference -Mt. Dora, FL**
- Oct. 31 - Halloween**
- Nov. 11- Women Who Dine - Candy Martin, Hostess**
- Nov. 26 - Thanksgiving**
- Dec. 6 - Holiday Social - Sugar Cane Bistro**

2009 PROGRAM SCHEDULE

- October 26, 2009:** Domestic Violence - speaker tba.
- November 16, 2009:** Veterans Day - speaker tba.
- December 5, 2009:** Holiday Party
- January 25, 2010:** Life Coach - speaker tba.
- February 22, 2010:** To Be Announced
- March 22, 2010:** To Be Announced
- April 26, 2010:** Installation of New Officers

UPCOMING CHAMBER OF COMMERCE EVENTS

Thursday, November 5

Business Before Hours, Pricing: Member: \$20.00, Non-member: \$40.00; Corporate Table: \$500.00; **Location:** P.B. Gardens Marriot, 4000 RCA Blvd., P.B. Gardens, FL 33410

Thursday, November 19

Business After Hours Time: 5-7 pm. The Gardens Mall; **Pricing:** Member: \$10.00, Nonmember: \$2.00, Champion's Club: \$0.00

Motivational Minute

“A strong positive mental attitude will create more miracles than any wonder drug.”

Patricia Neal

Actress

POLICY WATCH

Updating Gender Equity Goals in Federal Contracting

Reps. DeLauro (D-CT) and Stark (D-CA) and 24 of their colleagues sent a letter to Labor Secretary Solis urging her to update the affirmative action goals set in 1980 (based on 1970 census data). Recalculating the goal for female participation in federal contracts is a small, but important step for the Federal government to take in ensuring equal access to the jobs created by government contracts.

Women's History Museum Progresses

On September 24, the House Transportation and Infrastructure Committee passed the National Women's History Museum Act (H.R. 1700) which would establish a [National Women's History Museum](#) on the Mall in Washington, DC. Senator Susan Collins (ME) is working on introducing the companion bill in the Senate.

Congress Scrambling to Pass Budget

The federal fiscal year starts today, October 1, and it is unlikely that Congress will have passed all of the federal spending bills. The House has passed all 12 appropriations bills, but the Senate has not yet acted on 6. The House passed a Continuing Resolution (CR) on Sept. 25, which will fund all federal agencies at FY 09 levels and the Senate is consider the CR as we speak . Both chambers will not be taking an October recess to complete their work.

Congress Extend Unemployment Benefits

On September 22, the House passed a bill to extend the maximum unemployment benefits for workers in states where the job market has been hit the hardest. [HR 3548](#) would provide an additional 13 weeks of benefits eligibility to jobless people who live in 27 high unemployment states.

Bennet Makes 34

Work continues on the [Paycheck Fairness Act](#). This month Sen. Bennet (CO) became the latest Senator to sign-on to the bill.

Ledbetter Act Helps Woman in Pennsylvania

On September 10, the Third Circuit Court of Appeals ruled in favor of Mary Lou Mikula, holding that her Title VII pay discrimination claim had been wrongly dismissed. Originally, the Third Circuit held that her claim was not filed in a timely manner citing the *Ledbetter v. Goodyear* Supreme Court decision. After the [passage of the Lilly Ledbetter Fair Pay Act](#) the National Women's Law Center filed a petition for rehearing and the court agreed making it clear that each discriminatory paycheck renews the time period for filing a Title VII claim.



MEMBERSHIP APPLICATION

Name _____ Phone (H) _____ (w) _____

Address _____

E-Mail _____ Occupation _____

Employer _____ Bus. Address _____

Are you a former member of BPW? y n If so, what was the name of the BPW Club and Location _____

Other Org. to which you belong _____

Date of Birth (year optional) _____ Place of Birth (State) _____

Hobbies-----

PLEASE CIRCLE THE TALENTS YOU CAN SHARE WITH OUR CLUB

- | | |
|-----------------------------|-----------------------|
| Leadership qualities | Computer knowledge |
| Organizational skills | Writer |
| Finance | Idea person |
| Speaker | Party planner |
| Artistic talent | Legislation interests |
| Willing to give a class | Detailed person |
| Love to be on the telephone | Other (explain) |

Please submit dues in the amount of \$124.00 for membership. Renewal dues are \$109.00 for those 18-64. For those 65 and older, membership is \$114/\$99. Membership dues include: dues for local, state and national. You will receive yearly subscriptions to National Business Woman and Florida Business Women magazines and Jupiter's monthly newsletter. Visit our websites at www.bpwfl.org, and www.bpwjupiter.org.

Return this complete application with your check made to BPW/Jupiter. Mail to Candy Koester 6191 Sand Pine Court, Jupiter FL 33458, or turn it in at a meeting to any officer. Renewals will come automatically to you in the mail.

Signature _____ Date _____

Sponsored By _____

BUSINESS AND PROFESSIONAL WOMEN/Jupiter – Membership Application

Following are lists of our committees; ask for information about each one. You are welcome to join a committee at any time. Check off those that interest you and a Chair will inform you what they do and invite you to a committee meeting. **This is one of the best ways to learn about BPW and its commitment to “helping women,” and get to know fellow members.**

STANDING COMMITTEES:

Issues Management/Programs	Angela Vagell
Includes Young Careerist	
Membership	Candy Koester
Individual Development &	
Women in Transition	Nicole Payne
National Foundation and Scholarships	Lynne Spears
Finance	Nancy Robinson
Public Policy	Open
Public Relations	Marion Suro
Website	Patricia Persante
Newsletter	Marion Suro

SPECIAL COMMITTEES

Fundraising Events Chair	Lucky Doolittle
ByLaws	Julie Heuer
Audit	Julie Heuer/Larabee Johnson
Sunshine	Larabee Johnson
Telephone/Email	OPEN
Hospitality	Deb Rasmussen
Community Outreach	Marion Suro
Women Who Dine	Judy Leiser

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Brenda K Ammon, LMT #16821
 561-307-4978 Ultimatehealth4u@aol.com

OPPENHEIMER

Angela Vagell
 Associate Director - Investments

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Phone 561-383-3938
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Member of All Principal Exchanges

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Jupiter, FL 33458

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 City Centre • 2000 PGA Blvd.
 Palm Beach Gardens, FL 33408 • (561) 630-0506

Advertise in the Beacon!
Business Card size ad is only \$10 per issue for members or 12 issues for \$75. Please submit a clean, original copy to Marion Suro, call 561-310-6120. Rates as follows:
For members only: Business card per month: \$10
Business card for a year with or without 5 minute spotlight at meeting: \$75
One time half page ad with or without 5 minute slot: \$25
One time full page ad with or without 5 minute spotlight at meeting: \$50
For Non-members: Business card per month: \$15 Business card for a year: \$100
One time half page ad with no 5 minute slot: \$50
One time full page ad with no 5 minute slot: \$75