



Business and  
Professional  
Women/Jupiter

# The Beacon

## January, 2016



*Karen Gonzalez, President  
BPW/Jupiter*

### MONTHLY MEETING 4th Monday each month

5:30 pm Sign In & Networking  
6:00 pm Dinner & Program  
8:00pm Adjourn  
Cost: \$30 Member and/or Guest

**Location:**

Mangrove Bay  
110 E Mangrove Bay Way  
Jupiter, FL 33477-6401

RSVP (Yes or No) to:  
Lucky Doolittle  
luckydoo77@cs.com

[www.JupiterBPW.org](http://www.JupiterBPW.org)

President: Karen Gonzalez  
1st Vice President—Programs: Available  
Vice President-Membership: Lucky Doolittle  
Treasurer: Lynne Spears  
Secretary: Deb Rasmussen

Newsletter: & Website: Available

*Next Meeting— January 25, 2016*

*Mangrove Bay*

*6:30-8:30*

*Guest Speaker: Nicole King, Willowhouse For Girls*

### *Letter From The President*

Well, happy New Year Ladies!

I've come to realize that I was not born with good habits. I've learned some and have to work on others. While I perused the internet, I found a really good article that sums up my thoughts on cultivating my habits this year. And here it is: <http://www.lifehack.org/articles/productivity/how-organize-your-life-10-habits-really-organized-people.html>. I'd like to take a minute to tell you about this article and then you can delve into it full throttle. Now is the perfect time to soak up some good advice. I mean, this is free. So here we go!

The first habit I think that is critical is the habit of writing everything down. Whoa, this is a big one. Why, because it's hard to remember everything! And this is my point, we're not getting younger, we're a work in progress so write it down!

Now my second thought is on clutter. As you say the word, image the room, drawers, files, mail laying around. Now you know what I'm talking about. You have to rid your life of clutter because it grows exponentially over the year and is an eyesore. You can't really relieve it in a day. What you can do is start right now to recognize it and institute three simple practices. Here I go, first, when you get mail, deal with it. Throw away what you don't read. Tear out the coupons and give the rest to recycling. Buy a bill sorter and put your monthly bills there. Now tuck it away and write down on your calendar when you need to pay your bills! Any letters or cards, keep them as reminders that they are just something thoughtful and move on. Save them if you have to but, put them away or recycle the "pretty" stuff and let go. Second thought on clutter, know where you can make a donation. And here's the rule, "If you haven't used it in a year, give it away." I know, it's hard, well, clutter is a self-inflicted way of not dealing with useless waste. It's not a positive element so get rid of it today. Third and final thought on clutter is don't be a victim of "Sales/Good Buys". These are another way of happy hoarding. I mean do you really need it? Probably not.

Last thoughts, I don't want to bore you. Make a schedule and deadline for the week. And I mean this is your chance. Do you want to try a new recipe, pencil it in. Do you want to ask a friend to go line dancing, pencil it in. Do you need to do laundry on one specific day to manage dirty laundry, well, pencil it in. When you keep a deadline/schedule you are developing a skill that I like to refer to as organization. You will stick to a schedule, eating pattern, sleep pattern etc. and this helps the mind. It's what our mind craves. And while I'm on the subject. Are you trying new things this year? If not, this is the time to do it. I mean life wasn't meant to be lived on the sidelines. It was meant to be experienced. And here is what's on my schedule, I'm going to Costa Rica this year and I will learn Spanish!

I hope this year brings you prosperity and know that you are not alone, we are all one at BPW, Jupiter!

Peace and love,  
Karen Gonzalez, Interior Designer

# The Beacon

## January, 2016

### HOLIDAY TOY DRIVE A HUGE SUCCESS!

Holiday Toy Drive for the Edna Runner Tutorial Center was a huge success. Photo on right shows two volunteers and Edna Runner center. The toy drives goal is to satisfy the children of the Tutorial Center family wishes for gifts. Thank you Larabee Johnson and Karen Gonzalez for attending and bringing those gifts donated and collected by BPW and Karen Gonzalez's office of REG Architects, Inc.



Estelle Gonzalez and Andrew, Recipients from Dwyer High School, 2016 CTE Student of the Year

### SUNSHINE REPORT

Estelle Gonzalez, High School Senior at Dwyer High School receives the recognition of 2016 Student of the Year. Her hard work and dedication in the Early Childhood Learning, Magnate/Choice Program at Dwyer High School paid off. She was one of two recipients for the school. She is currently waiting on hearing from the University of Florida for college acceptance. Her Mother, Karen Gonzalez and Father, Rick, are very proud of her accomplishments.



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## January, 2016

Business Professional Women  
Meeting Minutes of November 23, 2015

President Karen Gonzalez called the meeting to order at 6:00 PM. The meeting was started with explaining the origin of the Jupiter BPW which started in 1955, and began nationally in 1919. BPW is for the support, education and socializing of women in the business world.

Introductions were made with a 30 second elevator speech introducing yourself, and talking about your business and/or volunteer work that you are involved in and because it is Thanksgiving we all shared what we are thankful for in our lives.

Minutes of the October 26, 2015 were then accepted with a motion from Lynn Spear and seconded by Bobbie Demers. A vote was taken. All approved and the motion was carried.

The treasurer's report was in the newsletter and will be filed for audit.

The Women Who Dine was on November 10<sup>th</sup> at Nancy Schmidt's home. A total of \$540.00 was raised and half of it was donated to Martha's House and the other half was put into the scholarship fund.

The program was June Collins with Maxwell's Services talked about marketing your business and gave lots of tips that any type of business could utilize.

The Holiday party will be on December 12<sup>th</sup> at the club house at Sea Oats. It will be catered by Too Jay's and it will be a BYOB. Lucky will send out a email notification to all the members to get a head count for the party.

The 50/50 raffle was \$40.00 and half of it was won by Karen Gonzalez and the other half went to our scholarship fund. Karen donated her winnings back to the scholarship fund.

Adjournment and Emblem Benediction was at 8:00 PM.

Respectfully submitted,  
Deb Rasmussen  
Secretary

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### TREASURER'S REPORT

Reported By Lynne Spears, Treasurer

BPW/JUPITER ACCOUNTS AS OF

November 30, 2015

#### Allocations

General Fund	\$ 1,071.44
Florida Education Fund	\$ 1,472.21
Member Education Fund	\$ 0
Breast Cancer Fund	\$ 743.00
Local Scholarship Fund	<u>\$ 1,383.76</u>
Total Cash	\$ 4670.41
Checking Account	\$ 2,887.85
Savings Account	\$ 1,782.56
Total Cash	\$ 4,670.41