



The BPW Beacon

Jupiter Local Organization

SEPTEMBER 2009

Next Meeting –September 28, 2009

“Female Hormone Replacement Therapy: Considering Today's Options”

Tracy Christian, Compound Pharmacist

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:

When I had to make the call to cancel the Share the Power event for September 12th, it was one of the hardest decisions I had to make. Patricia, the co-chair, and I went back and forth for more than a day, agonizing over the great attendees we had but we really didn't have enough. Is this the only time we can get the speakers who are so great? What do we do? I am sure as women we are faced with challenging decisions everyday, some minor and some major.

The Merriam-Webster online dictionary defines the following words:

Flexible – characterized by a ready capability to adapt to a new, different, or changing requirements.

Adapt – to make fit (as for a specific or new use or situation) often by modification.

Response – the act of responding.

Responding – to show favorable response.

When I faced the reality that the Saturday event was not going to happen, I went through the above series of emotions and actions. I was flexible that Saturday was not going to work but why couldn't a series of lunches or breakfasts work? I would just adapt to the new alternative and still have great speakers available to the group and others. My response along with Patricia's was to contact the committed attendees and speakers to find out what would work for them and who they would really like to see. With all of these decisions, the end result is that we will be having the speakers in the upcoming months at a lunch or breakfast and that makes me very happy.

How easy would it have been though during this event or any minor/major event to get “stuck” and not move at all? Do you ever find yourself saying, “Well, if it is not going to work the way I planned it originally, it is not going to work at all!!! Life throws us many challenges and changes all along the way. I know in our LO alone there are many stories of triumph and persistence over much more serious events than my Saturday. This did make me reflect though on life and the curve balls it throws you. You can tell a lot about a person in the way they handle the simplest of curves as those tend to be the training ground for the more major ones.

I challenge you to take on all curves from very simple to grand with enthusiasm and triumph!! It is also wonderful to be a great sounding board for those around you who sometimes do not need an answer to the curve but merely a sounding board to their own thoughts. My personal life has thrown me many curves along the way and I am sure there will be many more, but what always rings through is the great enthusiasm of responding and moving onto what is next. This can only be done by surrounding myself with great sounding boards to help talk through the issues and to know when to respond with flexibility. Thanks for being there!

Sincerely,
Nicole Payne
Building Powerful Women

Jupiter Business & Professional Women's Club
Monthly Meeting Minutes
Mangrove Bay
August 24, 2009

The meeting was called to order at 6:00 pm by President Nicole Payne. The Collect and Pledge of Allegiance were recited. Nicole welcomed everyone and asked First Vice President and Program Chair Angela Vagell to "Introduce Yourself". The topic was "Ten words or less why you moved to Jupiter."

Consent Agenda:

Nancy Robinson motioned to pass the July 2009 minutes; the motion was seconded by Patricia Presante. The vote was taken and all approved.

Judy Leiser reported on the Women Who Dine event held on August 13th. There were 14 members and seven guests. It raised \$536.00. Of that amount, the Florida Resource Center will receive \$268 and the Jupiter BPW Education Fund will receive \$268. Next Women Who Dine will be on November 11th at Candy Martin's home.

Lucky Doolittle reported on Fund raising events.

In September there will be the Share the Power event at Robb & Stucky.

In October a Wine Tasting event is being planned. The Mt. Dora State Conference is in October and Peggy Sutton, Nicole Payne and Nancy Robinson will be attending.

October 17th is the Macy's Shop for a Cause.

November 11th is the next WWD.

December 5th is our holiday party. The theme is Murder Mystery.

Patricia Persante reported on upcoming Share the Power, which will be held on September 12th. Hours are 9am to 3pm. Will be held at Robb & Stucky. \$45.00 for members and \$55.00 for non-members. There will be six speakers. Share the Power Business card where distributed to pass to guests.

Monthly Program speaker was Dodi Buckmaster Glas, Land Planner for Palm Beach County.

The 50/50 drawing winner was Nancy Albertz, \$32.00 to her and \$32.00 to BPW.

The Emblem benediction was recited.

Meeting adjourned at 8:00 p.m.

M. Irene Soltis, Recording Secretary

TREASURERS REPORT

Our accounts as of August 21, 2009

No report available.



“Women Who Dine

Our Women Who Dine events have proven so popular and the next one will be held Wednesday, **November 11, 2009, 5:30 - 8:00pm** at the home of Candy Martin. Details will follow as the date nears.

Dinner consists of an assortment of Soups, Salads, and most importantly Desserts! Lots of fun and great food, not to mention terrific door prizes. All is costs is the price you would pay to eat out at your favorite restaurant. A portion of the proceeds goes to a local charity selected by the attendees.

AND, DON'T FORGET to invite your lady friends, neighbors, business acquaintances or co-workers so that they too can enjoy a night out, network and benefit our community causes. Please email Judy at judyleiser@hotmail.com or call her at 602-4074 to make your reservations.

Community Outreach Committee

PASSING THE TORCH

After 6 years handling the public relations for Jupiter BPW, I am passing the torch to Marion Suro. I have enjoyed my tenure and appreciate having had the opportunity to learn media and public relations intricacies. Thank you for the support, guidance, and encouragement all of you have provided me during this time. I will still be active in our local but will also be spending time handling the Public Relations for BPW/Florida as well as setting up the BPW/Florida 2010 State Conference to be held May 21-23, 2010 at the Airport Holiday Inn in West Palm Beach.

Marion, I wish you the best in this undertaking and will be here if you need anything. I am confident that our award winning public relations and newsletter will go forward setting high standards for all of BPW.
Peggy Sutton, PR Chair 2003-2009

SUNSHINE REPORT



Happy Birthday to Rebecca, Marion, Eleanor, Rowena, Patricia P. and Larabee.

Some interesting notes regarding our members: **Eloise C** has recently passed the Jupiter Citizen Police Course as well as the CERT or Citizens Emergency Response Team. CERT is affiliated with FEMA and their members work in conjunction with local agencies, such as Fire or Police. It's a national organization and members can be sent anywhere in case of an emergency. Saved the best for the last, Eloise is now employed at ABC Carpet in Delray Beach. Congratulations and good luck Eloise!

Peggy Sutton traveled to Houston September 12, 2009 to celebrate her son John Snowman's college graduation and ceremony. John was instrumental in getting Jupiter BPW's original website up and running. He trained his Mom to keep up the website on the local level. Peggy couldn't be prouder of having her son Mike, a former Marine who served our country and has blessed her with one grandson and another grandchild on the way, and John for receiving his Bachelor of Science in Information Technology.

Terry Rose is collecting Hard Cover Mystery Novels to donate to an assisted living facility. They can be brought to the next regular meeting. She can be reached at terry@letters-from-the-heart.com or 422-5185. **Dr. Sandy** is recently published an article in Vol. 1 of www.healthtourismmagazine.com, "With Just a Blink of The Eye, How the Quantum Energy Fields are Affected by Hypnosis. Great Job!

To all members, please remember to contact me with any news of members or notes to be sent. larabeej@jsrental.com or 561-262-9273

Larabee Johnson
Sunshine Chair

SAVE THE DATE!!!

WINE TASTING EVENT - Tequesta Wine & Liquors, October 17, 2009, 5:30 - 7:30 p.m.

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

BPW/FLORIDA 2009 FALL CONFERENCE

Now's the time to make your plans to attend the BPW Florida 2009 Fall Conference to be held in Mt. Dora on October 16, 2009. For registration information, go to the BPW/FLORIDA website, www.bpwfl.org.



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: 561-310-6120 or marion@mariosuro.com

SEPTEMBER BIRTHDAYS

Rebecca Barnes	Sept. 3
Marion Suro	Sept. 9
Eleanor Daly	Sept. 16
Larabee Johnson	Sept. 20
Patricia Persante	Sept. 22
Rowena Randle	Sept. 22

HAPPY BIRTHDAY!



OCTOBER BIRTHDAYS

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

RENEWAL REMINDERS FOR SEPTEMBER

	Expires In
Betty Ann Baker	September
Karen Botelle	September
Pat Heydlauff	July
Louise Isaacs	September
Bianca Murphy	June
Josie Randazzo	July
Nancy Robinson	September
Jennifer Sabin	July
Marion Suro	September

MEMBERSHIP RENEWAL UPDATES

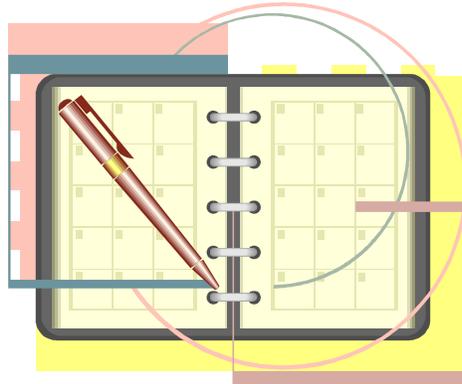
Renewal cost is **\$109**; over 64 is **\$99**. If you have any questions, please feel free to contact me Candy Koester 744-6661 or Treasurer Terry Phillips at 575-2193.

WELCOME NEW MEMBERS!

THANKS FOR RENEWING

**Pat Heydlauff
Nicole Payne**

Jupiter BPW Calendar



2009 EVENTS

- Sept. 26 - Women's Health & Education Assembly, Tequesta, FL**
- Oct. 16-18- BPW/FL Fall Conference -Mt. Dora, FL**
- Oct. 31 - Halloween**
- Nov. 26 - Thanksgiving**

2009 PROGRAM SCHEDULE

- Sept. 28, 2009:** Female Hormone Replacement Therapy, T. Christian:
- 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

Wednesday, October 21

Business Before Hours: Sponsor, Gunster, Yoakley; Time - Reg. 7:15 a.m, Program 8:00 a.m., Location: PGA Marriott, 4000 RCA Blvd, PB Gardens, FL; Members:\$20, Non-Member: \$40

Thursday, October 29

Business After Hours: Time: 5:00 - 7:00 p.m.; Location: North Palm Beach Country Club,951 US Hwy One, NP Beach, FL

Motivational Minute

“Live in such a way that you would not be ashamed to sell your parrot to the town gossip.”

Will Rogers

US humorist & showman (1879 - 1935)

POLICY WATCH

Are You Prepared for Flu Season?

No matter how many years you have been out of school, September will always mean back-to-school time. This year in addition to school supplies and after-school schedules, everyone should be making H1N1 (aka: [swine flu](#)) plans.

The [Centers for Disease Control](#) has said that if you or your children have symptoms of an influenza-like illness, that you should stay home from work and/or keep your children and grandchildren home from school until at least 24 hours after their fever is gone.

Now is the time to review your company sick leave policy. Regardless of the size of the business or the function or services that you provide, all employers should allow and encourage sick workers to stay home without fear of losing their jobs. Employers should develop plans for managing both seasonal and swine flu including encouraging employees who are at-risk for swine flu (pregnant women, health care workers and younger adults) to get the regular flu vaccine AND the H1N1 vaccine as soon as it becomes available in October. The Obama Administration has also gotten on the flu-prevention bandwagon with the creation of the website www.flu.gov.

Public health experts all say one of the best ways to reduce the spread of influenza is to keep sick people away from well people. Which is fine but what if you can't afford to take the time off? Nearly half of private sector workers do not have a single day of paid sick leave. That is why BPW Foundation supports the [Healthy Families Act](#) and its goal to guarantee full time workers seven (7) paid sick days each year. Currently there are no state or federal laws that guarantee all workers a minimum number of paid sick days. The lack of this benefit hurts working women, men and families and has forced millions of Americans to choose between their paychecks and their health or the health of a family member. [Read More >>>](#)

Quick Look

Single Women Hit Hardest by Unemployment

According to a [new report](#) from the Institute for Women's Policy Research, single mothers are unemployed at twice the rate of married men. Women who maintain families without a spouse present have an unemployment rate of 12.2 percent. This is almost twice the rate for married men or women, and significantly higher than the rate of unemployment of 10.2 percent for all men and 8.9 percent for all women.

New Website for White House Council on Women and Girls

The White House has unveiled a [new website](#) for the Council on Women and Girls where they will keep us updated on the progress of all agencies in addressing the needs of women and girls. You can also find the [Women's Equality Day Proclamation](#) there.

Flexible Schedules are Good for Retention

A newly released [Deloitte study](#) indicates executives consider flex schedules as one of their top three retention strategies for workers and employees agree. Workers ranked work-life balance as one of their top two deciding factors for whether to stay in a job or take a new one. Retention becomes vital when you consider that the average worker will leave for only a 2% increase in pay. Deloitte is also featured in BPW Foundation's [Successful Workplaces Digest](#) - a practical, easy-to-use publication showcasing inventive ideas, effective programs and applied research to implement workplace policies.

Fast Facts

- Nearly half (48%) of private-sector workers don't have a single paid sick day to care for their own health or that of a family member.
- Half of all working mothers report that they have had to miss work to care for an ailing child and of those half reported that they lost wages in the process.
- Two-thirds of families with children have either two employed parents, or a single employed parent, most of whom now work full-time
- Companies that provide paid sick days and leave tend to have lower job turnover rates, lower recruitment and training costs, lower unnecessary absenteeism, and a higher level of productivity than firms that do not offer this benefit.
- On average, workers need 1.8 sick days a year to care for themselves and 4 days a year to care for sick children

Sources: [Institute for Women's Policy Research](#); [Kaiser Family Foundation](#); [U.S. Census Bureau](#); [Families and Work Institute](#); [Sloan Work and Family Research Network](#)



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 Terry Phillips at 5447 Center St., 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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OPPENHEIMER

Angela Vagell
Associate Director - Investments

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Palm Beach Gardens, FL 33408
Phone 561-383-3938
Fax 561-383-3903
Toll Free 800-889-3127
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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