



Cablegram of Lower Cape Cod "Building Powerful Women"

Monthly Newsletter
www.bpwusa.org

December 2009
www.bpwlowercapecod.org

A Note from the President:

On July 25, 2009, a special convention was called and members of the Massachusetts Federation of Business and Professional Women's Club, Inc. (BPW/MA) voted to continue its affiliation with Business and Professional Women Foundation (BPW Foundation). Members from both sides of the table discussed the pro and cons of BPW/MA joining Business and Professional Women Foundation (BPW Foundation). After much discussion from both sides of the tables, BPW/MA members voted to continue its affiliation with BPW Foundation.

As a result of the new affiliation with BPW Foundation, Business and Professional Women of Lower Cape Cod (BPW/LCC) wanted to bring its membership up to date on the changes occurring within the BPW organization.

At a special focus meeting held on November 10, 2009 at the Academy Ocean Grille, BPWLCC members voiced their opinions on what direction BPW/LCC should take moving forward after the merger of BPW/USA and BPW Foundation. Several questions were posed to BPW/LCC members: Does the history and legacy of BPW Foundation have value to you? Who should BPW/LCC be aligned with BPW/Foundation, BPW/MA, or no affiliation. BPW/LCC board members will go over the notes from the discussion on the questions and will put together a report that will be distributed to members.

I joined BPW/LCC because of its legacy of commitment to equality of women. Founded in 1921, past and present members of BPWLCC have stood together as working women, demanding and fighting for equity in the workplace, the right to own property in our own names, the right to equal educational opportunities, and so much more, such as assisting families in need during the holiday season

At our December meeting, BPW/LCC is concentrating on giving back to our community. This holiday season could prove to be a very difficult for many Cape Cod families because of the tough economic times many are experiencing.

The December 8th meeting is titled, "Pamper Yourself for Charity," and it will be held at the Jailhouse Courtyard. All proceeds of this charity event will benefit Lower Cape Outreach in Orleans. I am encouraging all members to attend this important event and bring several guests, friends, family members, so they

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December Meeting When, Where and What

Tuesday, December 8, 2009

Jailhouse Courtyard
Orleans
508-255-JAIL

5:30 – 6:15 pm -Join us for Cocktails

6:15 pm -Welcome, Collect, Pledge – Member Introduction

7:10 pm "Pamper Yourself for Charity"

Buffet Menu:

- Stuffed Chicken with Cranberry Stuffing in a Sauce Supreme
- Baked Cod with Crumb Topping
- Vegetable Lasagna
- Fresh Garden Salad, Rolls & Butter,
- Oven Roasted Potatoes, Seasonal Vegetable Medley

DESSERT: Christmas Cake with Coffee & Tea

DEADLINE: Friday, December 4th

To Reserve: Call Marcella at 508-255-8767 or email Bethmarcella@verizon.net. Please leave your name and phone number. If bringing a guest provide the same information for your guest.

A reservation made by December 4th is \$25.00. A late fee of \$5.00 will be added to reservations made after that date.

Reservations are a commitment and you will be charged if you don't attend!!!

Pamper Yourself for Charity



In the spirit of the Holidays there will be no business meeting at the December meeting. Instead, BPW members and guests will concentrate on giving

back at the December meeting and our charity the **Lower Cape Outreach**. Members are encouraged to bring several guests, friends, family members to enjoy the pampering. In order to participate in the pampering \$20 will buy you 5 tickets to be used at the various pampering vendors that evening. **BRING** a guest and receive an additional ticket for each guest. If someone cannot make it the evening of the 8th, but would still like to make a donation please forward a check or contact Marcella Connor, Treasurer bethmarcella@verizon.net

(President's Message: continued from page 1) can enjoy the pampering. Participants can purchase 10 tickets for \$20.00 and they can be used at the various pampering vendors. If you cannot make it to the event, and would like to make a donation, please forward a check or contact Marcella Connor, Treasurer bethmarcella@verizon.net. **All donations are greatly appreciated.**

I look forward to seeing you all on December 8th!

Happy Holidays!

Wendy Ustach
President BPW/LCC



Submit BPW Lower Cape Cod Articles Online



BPW Lower Cape Cod articles can now be submitted by email to penny56r@aol.com

BPW Lower Cape Cod website: Do you have information, photos, articles to share – please

send it to Penny Miller, our webmaster, for our local website. www.bpwlowercapecod.org

The State BPW website is: www.mabpw.org
Check it out.

Remember to send in your membership dues by mail to Marcella Connor

December Renewals

Roberta Annese
Nicole Dursi-O'Connell
Laurel Hartman
Kristine Larsen
Klara Muller
Lisa Still

January Renewals

Maureen Fagan
Olga Kahn

REMEMBER OUR DUES ARE NOW.... \$85.00/YEAR



Facebook

Lower Cape BPW is now on Facebook. Your Facebook account is free.
<http://www.facebook.com/pages/Lower-Cape-Business-and-Professional-Women/113928882498?ref=ss>
What better way to network and communicate with other members of our organization.

January 2010 Cablegram deadline is December 20th



As an incentive to bring guests & potential new members to join BPW, free raffle tickets will be given to the members who bring guests to the monthly BPW dinner meetings.

Pamper Yourself for Charity Vendors
\$20 for 5 Tickets
Bring a guest and receive an additional ticket
Proceeds go to support Lower Cape Outreach

Brewster Chiropractic, Dr. Michael Singleton

Therapeutic Lifestyle Program is designed to help make lifestyle changes improve body composition, energy, health and overall wellness. The underlying goal of this program is to stop or reverse chronic diseases such as, cardiovascular disease, metabolic syndrome, HTN and type-two diabetes. 508-896-7277

Cape Cod Reiki by Carolyn Tuttle

5 years of experience performing this energy work and creating a greater sense of wellbeing in her clients. 508-255-6274

Country Gardens by Beth Karasovsky

Floral demonstrations on how to decorate your holiday table, using flowers from her own gardens or gathered from nature. 857-205-6074

Facial Acupuncture by Carin Trainer

Carin has been practicing Acupuncture for 20 years and has been in the field of alternative medicine for over 25 years. Carin's interest in Facial Acupuncture developed as she became interested in regarding the face as a metaphor for the overall health condition of an individual. Her work with The Constitutional Facial Acupuncture Renewal System and Master Acupuncturist Mary Elizabeth Wakefield has been invaluable for guiding clients toward a complete internal and external wellness program specific to their needs.

Fitness Revolution Yoga Relaxation Techniques by Kathy Gulotta

Kathy is has taken Yoga Teacher Training and Body Work with Kripalu Yoga Wellness Center in Lenox, MA 508-247-8100

Jennifer Gunn Photography

Free 10 minute photo sessions with discounted packages available to fit your needs. 508-432-5083

Luiza Azancot, Astrologer

Bring your Birth Data and find out what the cosmic energy has to say about you, your career, family, and relationships. Leave with some direction on how to manage or cope with an issue. www.astrocape.com 508-348-1049

NY Hair Company

Available for hair, makeup, and nails and finding a new you. 508-240-1016

Reflexology by Kathy Gulotta

A natural healing art based on the principle that there are reflexes in the feet, hands and ears and their referral areas within zone related areas, which correspond to every part, gland and organ of the body. Through application of pressure on these reflexes without the use of tools, crèmes or lotions, the feet being the primary area of application, reflexology relieves tension, improves circulation and helps promote the natural function of the related areas of the body.

Ribbon Gift of Choice by Laurel Hartman

Overwhelmed by holiday shopping??? Allow me to provide you with an easy solution...Ribbon Gift of Choice Catalogs! You may purchase gift catalogs in a whole range of prices and then your gift recipient can choose their own gift that will be shipped directly to them. This is a terrific gift for your children's teachers! 917-747-8570

Serene-Dipity Chair Massage by Courtney Haughton

"Bringing massage to local communities"
774-722-4510

Sol Spa Chair Massage by Jannell Brown

Sol Spa is Cape Cod's Original Holistic Day Spa, now in our 8th year. We moved from our Chatham location to our New Harwichport location on Sept 1 2009. We love our new, cozier space on the corner of Route 28 and Doane Road. We are currently featuring our 8th annual Holiday BOGO Gift Certificate Special and welcome you to stop in and have a cup of tea. 508-432-5083

2009/ 2010 Programs/Locations

December 8th– Pamper Yourself for Charity
Chair: Marcella Connor
Restaurant: Jailhouse Courtyard



January 12th– Take Charge of Your Health (Panel)
Chair: Kristin Whitfield
Restaurant: 400 East

February 9th– Networking Through Facebook
Chair: Laurel Hartman
Restaurant: Saltwater Grill

March 9th– Insure Your Future
Chair: Lisa Still
Restaurant: Aiden’s Café at Willy’s Gym

April 13th– How Politics Effect Women at Work
Chair: Nicole Dursi-O’Connell & Mary Hammatt
Restaurant: Lobster Claw Restaurant

May 11th– Disaster Preparedness
Chair: Jaime Burge
Restaurant: Napi’s

June 8th – Installation
Restaurant: Ocean Edge



FINE ART AND JEWELRY PARTY
 JOIN THE HOLIDAY FUN- DOOR PRIZE
 15% OFF PAINTINGS
 BY ALINE GAGNE

SATURDAY DEC. 5TH 1-3 PM
 1195 MASSASOIT ROAD
 NO.EASTHAM MA, 02651
 WATCH FOR BALLONS AND FLAG

WINE AND REFRESHMENTS
 BRING FRIENDS
 CALL IF QUESTIONS: 508-255-1633
 CHECKS ACCEPTED

Member News:



Tis the season... Having a hard time figuring what you will get your loved ones this year? On a tight budget? Please do not fret. Give the Gift of Choice ~ Call Nicole @ 774-368-0373

Recommended Reading from Nicole:

Recommended reading this month is called *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate* by Gary Chapman. The five love languages are:

1. Words of Affirmation
2. Quality Time
3. Receiving Gifts
4. Acts of Service
5. Physical Touch

Everyone has their own love language (or combination) that makes them feel truly loved by their mate. Most will often assume that what makes them feel loved is what they should be giving. This is not true.

For example: my primary love language is *Acts of Service*. I feel the most loved by my husband when he does things for me, such as cooking dinner or cleaning the kitchen or bringing me a cup of coffee. When I do those things to my husband... well... he doesn't get the same 'lift' that I get. His love language is *Words of Affirmation*.

Understanding your own and your significant other's love language will help you to communicate your affections better. You may be surprised to know what your love language truly is.

Take the Test at: <http://www.afo.net/hftw-lovetest.asp>



Finding Meaning in Your Paycheck (From the BPW Foundation website....)

Business and Professional Women's (BPW) Foundation salutes the generosity of federal employees across the United States as they participate in the Combined Federal Campaign (CFC). We are proud to be a part of the government's charitable giving program and truly appreciate federal workers using this opportunity to improve workplaces for women and families.

This year's Combined Federal Campaign (CFC) has already begun and we ask that if you are a federal employee you will choose BPW Foundation as your charity of choice, CFC #10506.

BPW Foundation is a truly unique advocate for the needs of working women and families. The importance of our work is even more essential in today's difficult economic situation, which disproportionately impacts women and their families. A few of our key activities this year include:

- Partnered with four, community-based training sites to engage more women in the green economy by providing job training and education to ready women to take their place in these non-traditional, high-paying and rewarding careers.

>>Moving From Red to Green: Working Women in the Green Economy will train women for sustainable jobs.

- Continued our research on women veterans' transition into the civilian workforce. We have conducted focus groups and phone interviews to add to our unique knowledge base about women veterans and utilized this information to help women veterans make successful career transitions.
- Conducted a letter writing campaign, Dear Jane, to connect deployed women in the military with women veteran mentors, offering letters of advice for a smooth transition.

>>Are you a women vet? Join the many generations of vets that are sending words of encouragement to today's women servicemembers.

- Enhanced our Connect-a-Vet website to provide women veterans and their families with the most up-to-date information on transition resources.
- Showcased family friendly employers that support the work of women and women veterans on our Career Center.

>>Find a JOB that values YOU and YOUR FAMILY.

- Advocated for family and medical leave, paid parental leave and paid sick leave, pay equity, health care, support for women in the military and women veterans, retirement security and work-life balance.
- Researched the challenges of young women professionals and how to best meet their needs while successfully integrating them into multi-generational workplaces.

But there is much more to do, so I am asking you to join BPW Foundation as we educate, promote and enact change that will support all working women and families. From returning veterans to young professionals, your support will make the difference.

Supporting BPW Foundation, CFC #10156, was never this easy. Find meaning in your paycheck by joining the CFC.

If you have selected BPW Foundation before, thank you for your continued support. We need you and we would be grateful if you would spread the word to your colleagues. If someone you know is a federal employee, we ask that you encourage them to support BPW Foundation through the CFC this fall or at any time on www.bpwfoundation.org.

Business and Professional Women of Lower Cape Cod (BPWLCC)
Academy Ocean Grille, Orleans, MA
November 10, 2009

With a legal quorum present, the monthly meeting was called to order at 6:25 PM with Wendy Ustach, President, presiding.

Focus discussion of members regarding the October 31st State Meeting, merger of BPW and Foundation and future of the Lower Cape Chapter took place. Full report of member feedback will follow.

Minutes: Laurel Hartman

MOTION: to accept the October 13, 2009 minutes as stated. **SECONDED. VOTE:** all in favor.

Treasurers Report: Marcella Connor

MOTION: to accept treasurer report **SECONDED. VOTE:** all in favor.

Programs: Our December 8th meeting is our Pamper Yourself for Charity event at the Jailhouse Tavern benefiting Lower Cape Outreach.

Unfinished Business:

Please send any additional thoughts regarding the discussion of our chapter's future to Wendy and Laurel.

New Business: None

Meeting adjourned at 9pm

A true record.

Attest: _____
Laurel J. Hartman
Secretary

Katherine E. Krouch

Transaction Trackers Bookkeeping

*QuickBooks Pro Advisor
Income & Business Tax Preparation
Payroll, Elder Record Keeping Guidance*

3265 State Hwy, Eastham
P.O Box 648, Eastham, MA 02642
Telephone (508) 240-3200 Fax (508) 413-2476
E-mail: trackersk@comcast.net



Innerweave Asian Healing
Chinese Herbal Medicine & Acupuncture

Kristin Whitfield, Lic. Ac.

Masters Degree in Acupuncture & Oriental Medicine
Board Certified in Acupuncture & Chinese Herbology

46 Crowell Road
Chatham, MA 02633
kw@innerweavehealing.com

For appointments call:
Cell: 774-722-0423
Home: 508-255-1310

**Watch this spot for information
from Wendy Ustach**

**Watch this spot for information
from Roberta Annese**



**BPW of Lower Cape Cod
Officers & Committee Chairs
2009-2010**

Officers:

President – Wendy Ustach
1st Vice – Jaime Burge
2nd Vice President– Paulette Abdow
Secretary – Laurel Hartman
Treasurer – Marcella Connor

Committee Chairs:

Cablegram/Webmistress – Penny Miller
Community Service – Jane McDonald
Finance – Rita Shields
Legislation – Dottie Smith/Kristin Whitfield
Membership – Paulette Abdow
Membership Directory – Rita Shields
Name Tags – Marcella Connor
Networking – Laurel Hartman
Nominating – Sarah Ciampa
Parliamentarians – Rita Shields
and Kristin Whitfield
Programs – Jaime Burge
Public Relations- Laurel Hartman
and Paulette Abdow
Reservations – Marcella Connor
Restaurants - Paulette Abdow
Scholarship – Laurel Hartman and
Nicole Dursi O’Connell
Woman of the Year –

BPW of Lower Cape Cod
P.O. Box 1793
Orleans, MA 02653

