



# Cablegram of Lower Cape Cod "Building Powerful Women"

Monthly Newsletter  
[www.bpwusa.org](http://www.bpwusa.org)

November 2009  
[www.bpwlowercapecod.org](http://www.bpwlowercapecod.org)

## A Note from your President:

I want to thank Arlene Kirsch from "We Can," for speaking at our October monthly meeting at the Wellfleet Bookstore and Restaurant in Wellfleet. She spoke about how the "We Can" organization empowers women undergoing difficult transitions, such as, divorce, career change, job loss and other life transitions. Once again another women's group takes a prominent leadership role in stabilizing Cape Cod communities by helping the Cape's women gain the necessary skills and confidence they need to help themselves and lead successful and happy lives in their respective communities.

The BPW/MA Board of Directors meeting is scheduled for October 31, 2009 at the UMass Medical Center in Worcester. I will be attending along with a couple of other BPWLCC members to hopefully get some clarification on what direction the state chapter is heading in 2010. Any pertinent information from the board meeting will be passed on to BPWLCC members at our November meeting.

BPWLCC's November 10<sup>th</sup> meeting will be held at one of my favorite restaurants: the Academy Ocean Grille in Orleans. I am asking all Business and Professional Women of Lower Cape Cod (BPWLCC) members to attend this very important meeting. BPWLCC will be conducting a focus group meeting. During this meeting, I am asking all members to discuss their feelings on what direction they think BPWLCC should take going forward. Here are some of the questions that will be presented for discussion.

- a. Who should BPWLCC be aligned with: BPW Foundation, BPW/MA or no affiliation with either group?
- b. Should BPWLCC form its own non-profit organization without any BPW affiliation? What would be required if BPWLCC decided to move in that direction?
- c. Does the portion of membership dues that members pay to BPW Foundation and BPW/MA have value to you? Do you feel that you get a bang for your buck with your dues contributions to BPW Foundation and BPW/MA?

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## November Meeting When, Where and What

Tuesday, November 10, 2009

Academy Ocean Grille  
Orleans  
508-349-3154

**5:30 – 6:15 pm** -Join us for Cocktails

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

**7:10 pm** Dinner with Meeting to follow

### Entrée Selections:

- Salmon Piccata served with rice
- Chicken Marsala with mushrooms served with mashed potatoes & vegetables
- Eggplant ravioli sautéed with kalamata olives, sundried tomatoes, feta cheese and a drizzle of olive oil

**DESSERT:** with Coffee & Tea

**DEADLINE:** Friday, November 6<sup>th</sup>

**To Reserve:** Call Marcella at 508-255-8767 or email [Bethmarcella@verizon.net](mailto: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 November 6<sup>th</sup> 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!!!**

(Continued from page one)

- d. What type of monthly meetings do you enjoy: Dinner or business, networking, or combination of all? Would you prefer to meet at a different time?
- e. What values does BPW Foundation (webpage, legislative representation, access to U.S. Congress regarding women’s rights and issues, logos) have for you moving forward?
- f. Does the history and legacy of BPW have value to you?

Finally, after we debate and discuss these questions, we can hopefully build some consensus as to what direction BPWLCC will take in the near future, so we can remain one of the most respected women’s groups on Cape Cod. I hope to see you all there. Thank you!

Wendy Ustach  
BPWLCC President

**From the board –**



We will be holding a focus meeting on what will be the direction of BPWLCC going forward after the talk about the dissociation at the state level from BPW Foundation.

**PLAN TO BE PART OF THE DISCUSSION AT THE NOVEMBER 10<sup>th</sup> MEETING**

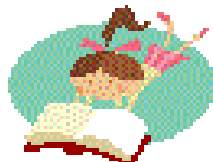
**Submit BPW Lower Cape Cod Articles Online**



BPW Lower Cape Cod articles can now be submitted by email to [penny56r@aol.com](mailto: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](http://www.bpwlowercapecod.org)



The State BPW website is: [www.mabpw.org](http://www.mabpw.org) Check it out.

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

**November Renewals**

- Paulette Abdow
- Kathleen Duffy Mead
- Donna Gemborys
- Hollye Hertling
- Jennifer Kangas
- Lynn Mogell
- Jen Whitaker

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



**Facebook**

Lower Cape BPW is now on Facebook. Your Facebook account is free. Just log into <http://www.facebook.com> and do a search for Lower Cape Business and Professional Women. What better way to network and communicate with other members of our organization.

**December Cablegram deadline is November 20<sup>th</sup>**



At our October meeting, Libby Callahan was a guest, She was invited by Arlene Kirsch, our meeting speaker.

2009/ 2010 Programs/Locations



**November 10th**- We will be holding a focus meeting on what will be the direction of BPWLCC going forward after the talk about the dissociation at the state level from BPW Foundation.

**Chair:** Laurel Hartman

**Restaurant:** Academy Ocean Grill

**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

Member News:

At our October meeting we raised \$10.00 in BP Bucks and \$82.00 at the Raffle. Aline Gagne won the raffle.

BPW Member, **Lisa Still**, reminds us that for fellow BPW members she will provide a 10% discount on legal services.



**Community Massage Project**

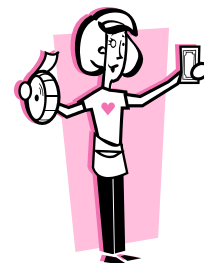
Thursdays 4 pm - 7pm at the McClennen Family Chiropractic & Wellness Center, 46 Crowell Rd, Chatham, Ma

A walk-in massage/bodywork clinic - NO APPOINTMENT NEEDED -- 15 minutes for \$15. -- Open area treatment room/fully clothed

Stiff neck? Sore shoulders? Back hurt? Wrist Pain? Stressed Out? Headache? Can't find time during the day for a massage?

See our fully trained, Licensed Massage Therapists: Paulette Abdow, Jennifer Kangas, & Jennifer Dussault.

Contact Paulette Abdow - 508-737-0498 with any questions.



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



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

## **From our BPW Foundation website**

### **Who Needs Pesky Paid Time Off?**

One of the great myths of public service is that working for the federal government comes with great benefits. While that may have been true in the past, those benefits have not kept up with the changing demographics of the federal workforce. Right now the federal government lags behind the private sector and the world in family-friendly workplace policies.

75 percent of Fortune 100 companies provide an average of six to eight weeks of paid leave to new mothers and two weeks for new fathers.

Federal employees get NO paid parental leave. Instead we treat parenting as a disability or illness. The U.S. is the only industrialized country that does not offer some form of paid parental leave. The European Union guides its 27 member states to offer a minimum of fourteen weeks of paid maternity leave, and most exceed that.

The Federal Employees Paid Parental Leave Act (FEPPLA) will provide federal workers with up to four weeks of paid leave for the birth or adoption of a child. FEPPLA is an important first step toward establishing the federal government as a model employer. FEPPLA will help our federal government recruit and retain dedicated and talented workers, enable working parents to care for and bond with newborns and newly-adopted children, and show that the federal government truly values families. Like many pieces of work-life balance legislation, FEPPLA has passed the House, but remains mired in the Senate.

Paid parental leave ensures that parents can take time off to care for a new child without suffering devastating financial consequences. The current practice of saving unused vacation time and sick days may work for the lucky family who never gets sick, but it is unrealistic for most families. For low-wage workers, new employees who haven't built up their vacation time, or those who have used up their sick days before delivery, having a child means that they will either lose several weeks of pay that is crucial to their family's survival, or return to work immediately after the child is born.

The American family has changed dramatically in the last 50 years. Federal employee benefits should reflect the way we live now – not a half-century ago. In the 1960s, the overwhelming

majority – 70% — of American families with children had a mother who stayed home to provide round-the-clock childcare. Today, that statistic is reversed: two-thirds of families with children have either two employed parents, or a single employed parent, most of whom now work full-time. Not only are many more parents working, but working parents today work longer hours than their counterparts of a half century ago. Times have changed; so should our benefit policies.

Offering paid parental leave will help the federal government recruit and retain dedicated and talented workers and compete with the private sector. The federal workforce is aging and family-friendly benefits could help attract younger workers. From 1994-2004, the average age of federal workers increased from 43.6 years to 46.7 years. Younger workers are leaving public service because the benefits are not keeping up with their needs.

As the nation's largest employer, the Federal Government should be a leader in family-friendly workplace policy.

### **Fast Facts**

- Johnson & Johnson, based in New Brunswick, NJ, offers paid paternity and adoption leave to regular part-time and full-time employees, and all new moms and dads can request to transition back to work after childbirth on a part-time basis.
- California is the first state in the country to create a comprehensive Paid Family Leave benefits program.
- FMLA only covers 55% of the workforce, because it does not apply to employees who work for a company with fewer than 50 employees, those who have been with the current company for less than a year, and those working part-time.
- Employers have become significantly less likely to provide full pay during leave for maternity-related disability, decreasing from 27% in 1998 to 16% in 2008
- 78% of employees who qualified for FMLA leave and needed to take it did not do so because they could not afford to forgo a paycheck.

**Business and Professional Women of Lower Cape Cod (BPWLCC)**  
**Bookstore Restaurant, Wellfleet, MA**  
**October 13, 2009**

With a legal quorum present, the monthly meeting was called to order at 6:15 PM with Wendy Ustach, President, presiding.

October is Breast Cancer Awareness month so please support this important cause if you are able.

Rita Shields welcomed our guest speaker, Arlene Kirsch, Executive Director of WeCan. Please reach out to WeCan with referrals or if you or someone you know is interested in becoming a mentor. Some of WeCans most popular programs are the Divorce Boot Camp Manual, the Basic Computer Skills training and the Pathmakers which is a 10 month long mentorship program.

In addition to BP bucks, we will have a networking table at each meeting so please bring cards and / or brochures to our meetings.

**Minutes:** Laurel Hartman

**MOTION:** to accept the September 8, 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 November 10<sup>th</sup> meeting is at the Academy Ocean Grille in Orleans and will be a very important membership discussion in the wake of the merger between National and BPW Foundation of our chapters future direction.

**Membership:** Reminder - when you bring a guest, you receive a complimentary raffle ticket.

**Legislative Update by Dottie Smith:** Sarah supported the selection of the interim Senator. A pandemic bill was passed which is not specifically related to H1N1, but is a common sense bill to close public health policy loopholes. Sarah participated in a letter to the Governor regarding the Open Cape Network. Martha Coakley is running for Senator – reviewed upcoming fundraisers. Sarah sponsored a bill in support of selecting a Poet Laureate for the Commonwealth.

**Unfinished Business:**

Discussion of BPW merger with more to follow at the November meeting.

Upcoming events - Women of Achievement is to be held 10/21 at Alberto's and State Board Meeting is 10/31 in Worcester.

**New Business:** Penny Miller is working on our Lower Cape BPW website.

Please update your directory entry for Rita.

Meeting adjourned at 7:30pm

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](mailto: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](mailto: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  
1<sup>st</sup> Vice – Jaime Burge  
2<sup>nd</sup> 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

