



Business and
Professional
Women's
Foundation

Cablegram of Lower Cape Cod "Building Powerful Women"

Monthly Newsletter
www.bpwfoundation.org

December 2011
www.bpwlowercapecod.org

The Children's Place Cape Cod Tuesday, December, 13, 2011



"Cape Cod Children's Place is a non-profit resource, referral and educational center committed to providing high-quality care, support, and advocacy for families with young children in order to sustain a healthy community for Cape Cod's future"-this is our mission.

We cover the 8 towns of the lower and outer Cape by providing child care, playgroups and family support. We believe that healthy families = strong families. We understand the importance of a young workforce and their challenges.

Catherine H. Macaulay
Executive Director

Cape Cod Children's Place
P.O. Box 1935
N. Eastham, MA 02651
508.240.3310 – Fax: 508.240.2353

kate@c4.net ----- www.capecodchildrensplace.com

The Jailhouse, Orleans
Menu & Réreservation Information on Page 3

BPW/LCC MISSION STATEMENT

The mission of BPW Lower Cape Cod's local organization shall be to achieve equity for all women in the workplace through advocacy, education and information.

A Message from your Co-Presidents:



We would like to say thank you to Nan Watts for arranging our November meeting at the Beacon Room in Orleans. Also, a big thank you to Laurel Hartman for a riveting program. We are sure everyone left with new ways to approach our time management in our professional life as well as our personal time. The entire evening was really nice. Kudos to both Nan and Laurel.

Our December meeting will be at the Jailhouse in Orleans with our speaker, Kate Macaulay of the Cape Cod Children's Place in Eastham.

We will be holding a raffle with a varied assortment of interesting items in themed gift baskets. If you didn't have time to bring an item, something valued of \$10.00 or more to the November meeting, please call us, Roberta at 508-255-9654 or Pat-508-255-4884 for a pickup so that we can put the baskets together for a nice presentation. All proceeds for the raffle will benefit the CAPE COD CHILDREN'S PLACE....

So PLEASE plan to attend this meeting and give a little of your heart to a great organization.

We hope everyone has a great Thanksgiving..... We look forward to seeing you at our December 13th meeting....

Please make your reservations as early as you can but no later than December 9...Thanks!

BRING A GUEST!

Thanks to everyone for their support,
Pat and Roberta

Every meeting we will have a drawing for a door prize for all our guests who attend the meeting. Our door prize winner for November was Lucille d'Aiuto!

A reminder to all members to please bring in an item worth \$10.00 or more to fill the baskets for our raffle at the December meeting. The proceeds of this will benefit "The Childrens' Place"



Upcoming Program / Restaurant Information

December 13th

Raffle to benefit Children's Place
Jailhouse, Orleans

January 10th, 2012

Entrepreneurial Women
Nauset Beach Club, Orleans

February 14th

Holistic Theme
400 East, Harwich

March 13th

Marketing Madness in a Manic World
Sheraton, Eastham

April 10th

Equal Pay
Book Store, Wellfleet

May 8th

Go Green / Eat Local
Napi's, Provincetown

June 12th

Installation of New Officers
Ocean Edge, Brewster

**Dinner Reservations must be made by
Friday, December 9th**

5:30 – 6:00 pm Networking and cocktails
6:30 pm Dinner and Program

Introduction, Pledge, Collect followed by Dinner

Buffet Dinner:

- ✿ **Chicken and Broccoli Alfredo**
- ✿ **Baked Haddock with crumb topping**
- ✿ **Wild Mushroom Ravioli in sun-dried tomato pesto cream sauce**

Dessert Choices: Chocolate Brownies, Coffee, Decaf and Tea.

Location: Jailhouse Restaurant, Orleans

To Reserve: Contact Roberta Annese at 800-228-4907 or 508-255-9654 or email info@easthamoil.com . Please leave your name and phone number. If bringing a guest provide the same information for your guest.

A reservation made by September 9th 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!!!

Reservations must be made by December 9th.

*"Use what talents you possess: the woods would be very silent
if no birds sang there except those that sang best."*

– Henry Van Dyke



**Business and Professional Women of Lower Cape Cod (BPWLCC)
Beacon Restaurant, Orleans, MA
November 9, 2011**

With a legal quorum present, the monthly meeting was called to order at 6:20 PM with Patricia Bolduc and Roberta Annese, Co-Presidents, presiding.

Speaker Laurel Hartman was introduced to speak on Time Management in a Downsized Economy.

BP Bucks: Please send your BP Buck info to Patti Monahan by the 20th of the month to be included in the Cablegram.

Secretary: Minutes of September meeting were accepted as printed in the Cablegram. There were no minutes from October as there was no business meeting at the Women of Achievement event.

Treasurers Report:

There is \$4581.28 in our Scholarship Fund CD, \$3701.21 in Checking and \$2150.83 in our Savings Account for a total of \$10,441.20.

Membership:

Please give Laurel your business cards, marketing brochures, etc. for a networking table at each meeting. Two new members were inducted – welcome to Sandy Henchy and Sharon Vecsey-Minor.

Programs: Our December program is December 13 at the Jailhouse Tavern in Orleans and will benefit the Cape Cod Children's Place. If you did not bring a raffle item to this meeting please get it to Pat or Roberta by next Tuesday (November 15).

Unfinished Business: Recap of the Women of Achievement event. Please bring a guest as we continue to work to add new members. Cape Cod Women Online will be doing a spotlight on BPW. BPW Directories were distributed to members by Rita.

New Business: Please contact Patti Monahan if you would like to place an ad in the Cablegram.

Door prize was presented to guest Lucille D'Aiuto.

Meeting adjourned at 7:42pm

A true record.

Attest: _____
Laurel J. Hartman
Interim Secretary

November Meeting Highlights

Time Management in a Downsized Economy
From Sarah Ciampa

Laurel Hartman delighted the audience with great tips and suggestions of wisdom at our November meeting held at the Beacon Room in Orleans. Laurel shared how we can all share the “Joy of Check Marks” as we tackle the “low hanging fruit” of our To Do’s.

As with all our meetings – you can learn so much from those in the Know – like Laurel who is an efficient and accomplished professional! Some of the tid-bits I picked up:

How do you Eat an Elephant? One Leg at a time!

How can you achieve your goals?

Be realistic / plan for interruptions

There’s power in appointments – make them for yourself

Limit Distractions

Set appointments to speak with people on the phone

Set Deadlines

Have written goals

It was a great program – and Laurel is a comfortable and engaging speaker with a sense of humor and wisdom that charmed our audience.

Thanks to Laurel!

Member News:



Kristin Whitfield’s Grand Daughter Olivia Grace Lin was born on November 6th at 2:18pm weighing in at 6lbs and 13oz. She was 21” long. Attached is a picture. Can you

please add to the newsletter our congratulations to Emily and Bryan who live in Ann Arbor MI. They are moving to San Diego CA in late June of 2012.

We are looking to fill the position of Secretary. Laurel is doing a wonderful job, however, she is our 2nd VP and taking on double duty. If you or someone you know would like to be nominated to fill this position, or need more information regarding this, please contact Pat or Roberta. Thank you!



Watch for the BPW spotlight in the upcoming November Holiday Edition of CapeWomenOnline.com

Membership Information:

Dues Reminders:

November Renewals

Paulette Abdow

Kathleen Duffy Mead

Lynn Mogell

Sandi Porter

December Renewals

Laurel Hartman

Lisa Still

Nan Watts

Lower Cape Member’s Meeting Guests:

September:

Vicky Anderson, Sandy Henchy, Kate Macauley, Sarah Macauley Nitsch, Suzanne Pierce, Heidi Senecal, Lisa Shaw, and Vicki Wronski

October (WOA):

Terese Brown, Kristine Chiarappo, Terri Chudy, Chris Lavenets, and Gail Rohmer.

November:

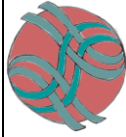
Nicola Burnell, Lucille D’Aiuto, and Sharon Vecsey-Minor.

And welcome to our newest (and returning) members:

Terese Brown (returning), Kristine Chiarappo, Sandy Henchy and Sharon Vecsey-Minor (returning).

"I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time."

– Anna Freud



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**Advertising in the Lower Cape Cod BPW Cablegram is available at \$60.00/year.
If your ad is on this page or if you would like to see you ad listed here you, please send
your payment of \$60.00 to Patty Monahan, Treasurer.**

Aline Gagné

Artist



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



**BPW of Lower Cape Cod
Officers & Committee Chairs
2011 - 2012**

Officers:

President – Pat Bolduc & Roberta Annese
1st Vice President-Programs – Nancy Watts
2nd Vice President Membership – Laurel Hartman
Interim Secretary – Laurel Hartman
Treasurer – Patty Monahan

Committee Chairs:

By-Laws – Nan Watts
Cablegram/Webmistress – Penny Miller
Community Service – Donna Gemborys
Finance – Rita Shields
Legislation – Dottie Smith, Kristin Whitfield
Membership – Lauren Hartman
Membership Directory – Rita Shields
Name Tags – Rosa Buttrick
Networking – Laurel Hartman
Nominating – Lucy Jalbert, Paulette Abdow
Parliamentarians – Rita Shields, Kristin Whitfield
Programs – Nancy Watts
Public Relations- Patty Monahan, Irene Paine
Reservations – Roberta Annese
Restaurants – Nan Watts
Scholarship – Joan Flynn, Pat Bolduc

