



Business and
Professional
Women's
Foundation

Cablegram of Lower Cape Cod "Building Powerful Women"

Monthly Newsletter
www.bpwfoundation.org

February 2012
www.bpwlowercapecod.org

Holistic Medicine

Tuesday, February 7, 2012



"Welcome to February! This month, we are going to have a Heart to Heart discussion and it's not about Love and Valentines. Our guest speaker for this important discussion is Dr. Kristine Soly. Dr. Soly has been practicing Holistic Cardiology for 30 years. She will be talking to us about making lifesaving lifestyle changes. We hope you can join us for what looks to be a very interesting program."

Dr. Soly has been a physician since 1970, when she received her MD degree from The Medical College of Pennsylvania in Philadelphia. She did her residency there in Internal Medicine, and then practiced Internal Medicine in Springfield, MA, where she also served as an Emergency Room physician.

She returned to the Medical College of Pennsylvania and completed a fellowship in Cardiology and stayed on for two years to set up and serve as the director of its Non-Invasive Cardiac Laboratory. She has since been in the private (continued on page 5)

Finely JP's, Wellfleet, MA
Menu & Réservation 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:

What an interesting evening!! Kudos to Lisa Still for putting together a panel consisting of Caroline Geishecker, owner of the Chatham Coffee and Cakes of Cape Cod; Jennifer Thyng, Esquire; a sole practitioner in Orleans, and Julie Eitebach, owner of the Wireless Zone in Orleans.

Lisa's questions regarding owning and running one's own business, the pluses and minuses, etc. The panel members were articulate, concise and poised.

Our dinner at the Nauset Beach Club was a first (Thanks Nan) and it was great - especially the desserts.

Please remember that our next meeting will be February 7th, the first Tuesday of the month as opposed to the regular second Tuesday (Valentine's Day).

The subject for the February meeting is *Holistic Hearts* and will be chaired by Kristin Whitfield and Patty Monahan. Dinner will be held at "Finely JP's", located on Route 6 in South Wellfleet. Please remember... Bring a Guest – or two – or three!

We are looking forward to the state meeting on January 28th at the Coonamessett Inn in Falmouth. The meeting is from 10 a.m. to 4 p.m. with lunch included in the registration fee. For more information please contact Pat or Roberta.

Best Regards,
Pat Bolduc and Roberta Annese

Every meeting we will have a drawing for a door prize for all our guests who attend the meeting. Our door prize winner for January was Barbara Bell!



"Become so wrapped up in something that you forget to be afraid."

–Lady Bird Johnson



Upcoming Program / Restaurant Information

February 7th

Holistic Theme
Finely JP's, Wellfleet

March 13th

Marketing Madness in a Manic World
Sheraton, Eastham

April 10th

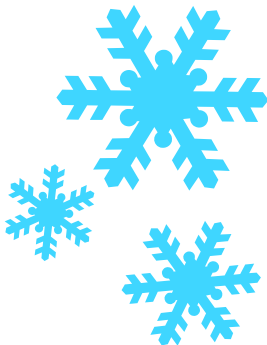
Equal Pay
Book Store, Wellfleet

May 8th

Go Green / Eat Local
Napi's, Provincetown

June 12th

Installation of New Officers
Ocean Edge, Brewster



It is there all the time." "What is important is to keep learning, to enjoy challenge, and to tolerate ambiguity. In the end there are no certain answers."

– Matina Horner

Dinner Reservations must be made by Friday, February 3rd

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

Introduction, Pledge, Collect followed by Dinner

MENU:

Appetizer Choices:

- ✿ Mixed green salad
- ✿ Clam Chowder

Entrée Choices:

- ✿ Grilled Chicken Marsala
- ✿ Pan Fried Almond Crusted Sole
- ✿ Vegetable Napoleon (grilled eggplant, zucchini, Portobello mushroom, spinach, and polenta with a roasted onion and tomato sauce)
Includes vegetable and choice of starch

Dessert:

Apple-cranberry crisp, coffee or tea

Location: Finely JP's, Wellfleet

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 February 3rd 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!!!

**Business and Professional Women of Lower Cape Cod (BPWLCC)
Nauset Beach Club, East Orleans, MA
January 10, 2012**

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.

Guest Speakers: Lisa Still moderated a panel with Caroline Geishecker (Chatham Coffee Company), Julie Eitelbach (Verizon Wireless Zone), and Jennifer Thyng (attorney).

Secretary: Minutes were accepted as printed in the Cablegram.

Treasurers Report:

There is \$4583.60 in our Scholarship Fund CD, \$3466 in Checking and \$2150.20 in our Savings Account for a total of \$10,201.

PR – Please check out Cape Cod Women Online for a spotlight on Jaime Burge.

Membership:

2 new members inducted – Dr. Joyce Young and Annette Cyr

Programs: Our February meeting is February 7th at JP's in Wellfleet. The February meeting was moved from the 2nd Tuesday to the 1st Tuesday in order to avoid meeting on Valentine's Day.

Community Service Update: We will once again be participating in the Miles of Memories Walk benefitting Alzheimer's Services. More details to come.

State Meeting: This event is taking place January 28th at Coonamessett in Falmouth. Please consider attending since this is taking place on the Cape.

Door prize was presented to guest Barbara Bell.

BP Bucks: Please send your BP Buck info to Penny to include in the Cablegram.

New Business: None

Unfinished Business: None

Meeting adjourned at 8:15pm.

A true record.

Attest: _____
Laurel J. Hartman
Interim Secretary

(continued from page 1)
of Cardiology and, for the past 30 years has been practicing Holistic Cardiology and now Functional Medicine. Dr. Soly's practice is grounded on building a strong doctor-patient relationship where there is adequate time allowed for communication and education.

She also directs the Holistic Cardiology Learning Center of Cape Cod, a resource for learning how to holistically treat chronic and preventable medical conditions, especially Coronary Heart Disease. Both her practice and Center are located in Yarmouthport, MA. Dr. Soly is Board Certified in Cardiology, Internal Medicine, and Holistic Medicine, and is a Fellow of the American College of Cardiology. She has also served as President of the Philadelphia Academy of Cardiology.



Happy 92nd Birthday to Aline Gagné.
Please join me in wishing
her a very HAPPY BIRTHDAY
on January 30th.

Member News....

Terese Brown shared that Kathy Mead is in ICU at New England Medical. She asks that we keep Kathy in our prayers.

Paula Aschettino brought a busload of citizens in to testify at the Fair Plan Insurance Hearing in Boston at the Division of Insurance Jan. 19, 2012. Citizens felt empowered and pleased with themselves for taking part.

WELCOME:



Welcome to our newest members: Dr. Joyce Young and Annette Cyr.
And our guests: Chantell Baptiste, Barbara Bell, Karin Faffinee, Diane Davis, Carla Hemmings, Dee Higgins, Susan Kurtzman, Daphne Landers-Marino, Lillian Landers, Aimeé McCormack, and Jennifer Thyng.

Dear BPW Members from Cranberry District;

Your Cranberry District Officers will be meeting during the upcoming BPW/MA Winter Board meeting being held on Cape Cod.

The purpose of our meeting will be to decide the future of our District Organization – based on having new officers stepping up to take on the District Role.

The District Role is to keep the Locals advised of BPW actions at the State level. Also, locally the District Officers coordinate the Woman of Achievement Event that has been held annual in October during National Business Women's week. Other activities and fund raisers could be planned by the District.

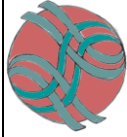
Please contact the current Co-Cranberry District Directors: Sarah Ciampa (sciampa@globalinterconnect.com) or Sandi Porter (sadieloves12@aol.com) to let them know if You would have a sincere interest in keeping the District Organization running, and you would like to step forward and take on the challenge, through you leadership role, as an officer for the 2012-2013 BPW year. Please contact us no later than Friday, January 27th.

Thank you very much for your consideration.

Sincerely,

Cranberry District Co-Directors





Innerweave Asian Healing
Herbal Medicine & Acupuncture

Kristin Whitfield, Lic. Ac.

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

46 Crowell Road

For appointments call:

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Cell: 774-722-0423

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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

