



# WENATCHEE BUSINESS AND PROFESSIONAL WOMEN

## Meeting Notes February 17, 2016

Our President, Reimi Marden, called the meeting to order. The minutes of our January meeting were offered for approval and accepted with no changes. We read the Collect. New members and guests were introduced.

### **Guest Speaker**

Our guest speaker was Kelly Allen, owner of Kelly Allen Insurance and newly elected Chelan County Councilmember. Kelly spoke about the five Cs that motivated her and allowed her to begin a recovery from the death of her son, Dean, in a skiing accident at Mission Ridge in January 2015. The five Cs are courage, commitment, connections, compassion, and celebration.

After the death of her son, Kelly found herself locked in fear and despair. She struggled to find the courage to get out of bed each day. She recognized the need to be both strong and vulnerable. The death of her son allowed her to remove layers and barricades to reveal who she really is. Kelly encourages all of us to recognize our fears, find out who we are, and truly become that person. Here are some tips she provided.

Have the courage to recognize what is holding you back. This is often fear of what others think. When you are fearful of taking action ask yourself the question, "What is the worst thing that could happen if I do (or don't do) XXX?"

Make connections to the right people. The right people are genuinely supportive of you and you of them. Don't be afraid to move away from people who are not genuinely supportive. There is no obligation to be all things to all people! Be all things to a few people who are your support pillars in life.

Commit to your decisions. Decide what will help you achieve your goals and commit to those actions. For example, Kelly made a commitment to attend a six-month leadership program shortly after her son's death. The leadership program helped her develop the guiding principles for her life, a business plan to implement the principle, and she wrote her own eulogy in order to define the guiding principles. Thank you Kelly for providing a great example of commitment!

Show compassion to yourself and others.

Celebrate victories and losses. Celebrating extends energy out to others. It lifts you and your connections.

In summary, whether one wants to further their career or personal life, it's important to recognize where you are and where you want to be.

- Writing guiding principles - who are you, what do you stand for;
- Having a defined one-page business plan;
- Writing a detailed eulogy of specific items that you want to achieve in your lifetime;

- Committing to doing the work.

Learn more about Kelly's passion for scholarships in honor of her son at <http://www.deanallenshineon.org/>

## Committee Reports

**Young Careerist** – Carrisa Blair/Cassandra Franklin, co-chairs  
[cblair@watrust.com](mailto:cblair@watrust.com); [cassandra.franklin@mail.glassdoctor.com](mailto:cassandra.franklin@mail.glassdoctor.com).

- Carrisa and our nominee, Elizabeth Garcia, attended the statewide BPW YC meeting. They learned practical tips for dressing, mingling and dining to give more confidence in business environment and in general
- Join us at our membership meeting 3/16 when our YC nominee(s) will make their speeches
- Visit <http://www.bpwwen.org/young-careerist.html> for more information

**Membership Committee** – Stefanie Clift, Chair

- We will have committee sign up sheets at our next general membership meeting. Sign up for a committee and join the fun.

**Nominating Committee** – Debbie Feist

- We have nominees for President (Wendy DelPaz), Vice President (Kate Taylor) and Treasurer (Marie Gooch). We are seeking a Secretary nominee. Contact Debbie Feist if you are interested in serving in any of these roles.

## Other Information

**Meeting Sponsor: Deloma Sherwood owner of Color, Image and Style by Deloma**  
Thank you Deloma for your support.

**BPW Wenatchee Board Meeting** – February 29 noon at Pybus

**Innovator Awards Luncheon** sponsored by GWATA is March 29, 2016. Nominees are accepted through 3/1/16. Contact Jenny Napier at GWATA or go to GWATA website if you want to nominate someone.

Callie Klein of Country Financial is leading **YWCA's donor development**. They will hold a women's leadership conference September 21, 2016. Contact Callie if you would like to be a speaker or set up a booth.

**Next General Membership Meeting:** Wednesday, March 16, 2016

**National Association of Insurance and Financial Advisors** networking event March 17, 2016

**Miss East Cascades** event March 12 at 7 pm PAC to see the new Miss East Cascades crowned.

This is **BPW State Foundation Month**. You will receive a request for a voluntary contribution to the Foundation. Contact Virginia Murphy if you have questions

Respectfully Submitted,

Kathleen McNalty  
Secretary