



February eNewsletter

Upcoming Events

BPW Board Planning Retreat

Wednesday, February 3rd 5:15pm - 7:30pm

Wok About Grill, Wenatchee, WA 98801



Help us cast Wenatchee BPW's vision for 2016. Our objective for initial meeting is to review and clarify the following:

- Review of Progress Made in 2015
- Mission, Vision, Purpose
- Strategic Objectives
- Org Chart (*Roles and Responsibilities*)
- Goals for Each Role (*Committee*)
- Budget Allocation & Alignment

This retreat will give Wenatchee BPW immediate direction and clarity AND prepare us for a session with a professional facilitator in the Spring where we will develop a work plan for the short and long term. Get involved and join us for a night of good food and BPW fun! **Please [RSVP](#) if you plan on attending.**

General BPW Membership Meeting w/ Kelly Allen

Wednesday, February 17th at 12:00pm - 1:00pm

Pybus Public Market - 3 N Worthen Street, Wenatchee, WA 98801



Mark Your Calendar!

FEB 3 BPW Board Meeting
5:15-7:30pm

FEB 10 Some Like It Hot
6:30pm

FEB 17 General Membership Meeting w/ Kelly Allen
12:00-1:00pm

About BPW

We are a professional, business networking group based in Wenatchee, Washington. We encourage women of all ages to join our group to enhance personal growth, leadership and career opportunities.

Happy Birthday Ladies!

Linda Butler, 3rd
Georgia Riggleman, 4th
Nancy Grette, 5th
Debbie Feist, 15th
Angie Coleman, 22nd
Ashleigh Flint, 25th
Kara Zupke, 27th

Be sure to wish these lovely BPW Ladies a very **Happy Birthday** this month!

Kelly Allen is a mother of two, wife of 23 years, yoga instructor, member of the Lake Chelan Rotary, Wenatchee BPW, serves on the SHOP Technical Advisory Committee for the Washington Healthplanfinder, Treasurer of North Central Washington Chapter of NAIFA, LILI (Leadership in Life Institute) Alumni, Owner of Kelly Allen Insurance, Partner in Allen Construction Services, Chelan City Council Member, founder of the Dean Allen Shine On Scholarship Fund and Dean Allen Ski-a-Thon. She loves to be outside hiking, biking, skiing snowshoeing and walking her dog, Bella.

Join Kelly as she shares the "Power of the 4 C's" and how they have been the guiding force in growing her businesses, inspiring her to serve, and overcoming the toughest time in her life. She shares these to help inspire others to find their greatness and leaves you to fill in the blanks: "I'd rather _____ and fail than to _____ and succeed."

Open to all members and interested women. Buy or bring your own lunch.

Open networking opportunity after the meeting from 1:00pm - 1:30pm. Mix, mingle and make those connections!

Thank you to our February lunch sponsor and BPW Member Deloma Sherwood!!

The best advice professional Image consultant Deloma Sherwood has to give is: ***"Your head-to-toe appearance always makes a statement about you, both personally and professionally. When YOU invest in yourself, you openly invite others to invest in you."***

Ask yourself: Why would an employer, supervisor or perfect stranger want to invest time, effort & money with you, if you don't bother to invest in yourself?

Your visual presentation (a.k.a. personal image) tells a story — whether you realize it or not. Your non-verbal communication has a psychological effect on the people around you. Do you know how to use the psychology of style in business to get the results you desire? Are you ready to learn how to create looks to alter the moods and ways in which people respond in various business and social situations? With 30+ years of experience, Deloma can show you the foundational principles and practical examples for achieving psychological effects to serve the business and personal goals of you and your clients. Here are 3 wardrobe nuggets she likes to share with her clients. No matter your age, they are good words to live by:

- **Take clothes for a "test drive" before wearing to an important event.**
- **The more skin showing, the less power.**
- **Know when clothes need to be retired.**

What does your appearance say about you? When was the last time you updated your image and style? What are you willing to lose before you decide it's time to invest in yourself?

PERSONAL IMAGE by DELOMA

STUDIO: 509.665.3955

Tues.-Sat. after 1 PM by Appointment

Cell/text: 509.884.6250

Email: deloma@imagebydeloma.com

What's Your Color Inspiration?

Every day we're surrounded by inspirations of color every day...52 weeks of every year! And then there's the announcement of the color(s) for the year and new seasonal fashion colors to embrace...or not.

Kelly Allen, Kelly Allen Insurance – **Barb Andre-VanLith**, Ring-A-Bell's Catering – **Ashley Armstrong** – **JC Baldwin**, GTE Technical Support – **Barbara Bantan**, Olympic Credit Services – **Chelsea Baird**, Total Travel – **Carrisa Blair**, Washington Trust Bank – **Pamela Brulotte**, Munchen Haus – **Julie Burdick**, Julie Burdick Photography – **Story Burke** – **Jennifer Bushong**, Town Toyota Center – **Linda Butler**, Augustedge Accounting & Insurance – **Penny Carpenter**, International Service – **Andrea Chapman** – **Patricia Chvatal**, Attorney at Law – **Stefanie Clift**, New American Funding – **Angie Coleman**, Nick McLean Real Estate Group – **Marissa Collins**, Numerica Performing Arts Center – **Pamela Cooke**, Windermere Real Estate – **Nikki Cox**, Kid Connect – **Jerrilea Crawford**, Wenatchee Valley Chamber of Commerce – **Wendy DalPez**, The Entrepreneur's Source – **Charlene Earing** – **Yvette Davis** – **Debbie Feist** – **Ashleigh Flint**, Clifton, Larson, Allen LLP – **Cathi Foland**, Premier Designs – **Allison Foreman**, Foreman, Appel, Hotchkiss & Zimmerman – **Carol Forhan**, NCW Media, Inc. – **Cassandra Franklin**, The Glass Doctor – **Kalen Fraser**, The Labor Brain, Inc. – **Amy Garrison**, Jazzercise – **Marie Gooch**, MLG Bookkeeping – **Nancy Grette**, Aletheia Riding Center – **Diana Haglund**, Wenatchee Learns Connect – **Karrie Hartman**, Washington Trust Bank – **Cherise Hassett**, Screaming Octopus – **Beth Hayes** – **Trina Heuchert**, United Way – **Robyn Higdon**, Wenatchee Valley Credit Union – **Connie "Sunfire" Hill**, Web Development – **Sandy Hinthorne**, Eagle EMS Training & Learning Academu/Eagle Studios NCW – **Amanda Holaday**, Chelan County PUD No. 1 – **Veronica (Roni) Hosfeld**, D'Olivo – **Carmen Houge** – **Crystal Hughes**, Premier One Properties – **Renee Hunter**, TOGETHER for Drug Free Youth – **Anita Janis**,

Cultivating Cooperative Roots Conference

February 5th - 7th
Spokane, Washington



Are you interested in learning more about Cooperatives? Are you already part of a co-op and want to learn how to make it stronger? Do you have a great story to share about your experience in the cooperative world? Do you value your local food system and want to help it grow? Do you want to expand your cooperative network? **If you answered yes to any of those questions then [sign up today](#) for the Cultivating Cooperative Roots Conference!**

There are [25+ sessions, talks, and workshops](#), two catered receptions (free!), a [Local Foods Dinner](#), 3 great [field trip possibilities](#), and plenty of time to meet new people and visit with old friends. We are also happy to announce the [David Thompson](#), President of Twin Pines Cooperative Foundation, will be the 2016 Keynote Speaker. [Take a look at our schedule!](#)

Some Like it Hot

Wednesday, February 10th at 6:30pm

Numerica Performing Arts Center

Monthly Movies on the Big Screen at the Numerica PAC. After witnessing a Mafia murder, Joe (Tony Curtis) and his buddy Jerry (Jack Lemmon) improvise a quick plan to escape from Chicago. Disguising themselves as women, they join an all-female jazz band and hop a train bound for sunny Florida. While Joe pretends to be a millionaire to win the band's sexy singer, Sugar (Marilyn Monroe), Jerry finds himself pursued by a real millionaire (Joe E. Brown) as things heat up and the mobsters close in.

Tickets \$3 | www.numericapac.org or 663-ARTS

Project Citizen

Wednesday, March 2nd, from 12:00pm - 3:30pm

Wenatchee High School

- COMMUNITY JUDGES NEEDED -

The goal of Project Citizen is to connect high school students to the processes of participatory democracy, to learn what it's like to get involved, to get connected with people, events, and at the same time become advocates for a solution. Students are working in groups to research state and local public policy, identify a problem and recommend a policy change or solution. Student groups will present their projects to a panel of judges. **To volunteer please contact Brian Lee at lee.b@wenatcheeschools.org.**



Get Connected Family Expo

Saturday, March 19th, from 10:00am - 3:00pm

Wenatchee High School

– **Melissa Knott**, Highgate Senior Living – **Darlene Leenders**, Pacific Appraisals Associates – **Gretchen Littler**, It Works – **Stacey Lockhart**, Wenatchee Valley College Foundation – **Stacy Luckensmeyer**, WVC Center for Entrepreneurship – **Mary Mains**, Mt. St. Helens Gems/Emerald Foxco – **Vicki Malloy**, Harry's Cherries, Inc. – **Reimi Marden**, The Winning Edge – **Trini Mayo**, USDA Rural Development – **Laurie McDaniel**, Best Life, LLC – **Beverly McGrath** – **Kathleen McNalty**, Asuris Health Northwest – **Tami Milner**, Rodan & Fields Dermatology – **Virginia Murphy**, Lake Chelan Community Hospital Foundation – **Jenny Napier**, GWATA – **Joanna Nesgoda**, Jeffers, Danielson, Sonn & Aylward – **Betty Palmer**, NCESD Tech Skills Center – **Melissa Ortega**, Castle and Bay – **Ellie Ownbey**, Your Family Name – **Georgia Riggelman**, Allstate Insurance – **Patty Rush**, NuSkin/Pharmanex – **Deloma Sherwood**, Personal Image – **Christina Shull**, Integrity Piercing – **Debbie Smith**, Express Employment Professionals – **Kathy Smithson**, Smithson Insurance Services, Inc. – **Jen Staat**, Elements Salon & Spa – **Jackie Stallings** – **Stacy Suydam**, North Cascades Bank – **Samantha Swangwan**, Elements Salon & Spa – **Kate Taylor**, Sleeping Lady Mountain Resort – **Lori Vandenbrink**, Sleeping Lady Mountain Resort – **Jamie Whitener**, Washington State Patrol – **Linda Younkin**, Cascade Insurance Pros – **Diana Zumini**, Cherry Creek Radio – **Kara Zupke**, Pacific Engineering & Design

Be a BPW Lunch Sponsor!

Want to get your name out there during our general membership meetings?

Become a LUNCH

SPONSOR!! For only \$75 you can sponsor our next BPW General Membership Meeting. We will blast your logo via our



Join Kid Connect for the 4th annual GET CONNECTED FAMILY Expo! This is a fun family event with all kinds of entertainment and activities for the whole family! We are thrilled to bring the [Oregon Museum of Science and Industry](#) on board this year, who will be setting up a science fair, filled with hands on activities for our families! We also have a number of stage performers including Vikki, a ventriloquist from Seattle, who will be doing a performance on anti-bullying. Don't miss the fun! If you are a vendor and would like to be at this amazing event, please contact Nikki at nikki@ncwkidconnect.com.

2016 Refresh Leadership Live Simulcast

Wednesday, April 13th, March 19th, from 10:00am - 3:00pm



Join us for a leadership event you won't want to miss! Mark your calendar to attend the seventh annual Refresh Leadership Live Simulcast. This year's speaker lineup features an outstanding trio of leadership and development experts who are ready to share their expertise on reaching the next level, inspiring your people, and becoming a more effective leader.

The [2016 Refresh Leadership Live Simulcast speakers](#) include:

- Marshall Goldsmith, Author, Professor, and Executive Coach
- Shaquille "Shaq" O'Neal, Television Sports Analyst and 15-time NBA All-Star
- Kaplan Mobray, Author, Motivational Speaker, and Career Consultant

This half-day event was designed with leaders like you in mind. Join us to learn more about the power of great leadership and take away new insight on how to refresh, energize, and motivate the people you lead.

with printed and handout materials the day of the meeting. Let your BPW sisters know who you are and what your business is all about. Contact one of your Board Members today at info@bpwwen.org.

BPW Collect

Keep us, O God, from pettiness;
 Let us be large in thought, in word, in deed.
 Let us be done with fault-finding and leave off self-seeking.
 May we put away all pretense and meet each other face to face - without self-pity and without prejudice.
 May we never be hasty in judgment and always be generous.
 Let us take time for all things; Make us to grow calm, serene, gentle.
 Teach us to put into action our better impulses,
 Straight-forward and unafraid.
 Grant that we may realize it is the little things that create differences, that in the big things of life we are as one.
 And may we strive to touch and to know the great,
 Common human heart of us all, and
 O Lord God, let us forget not to be kind.
 Mary Stewart

The Collect was written by Mary Stewart in 1904. She had it published as a Collect for Club Women, because at the time she believed that women working together with wide interests and important goals was a new phenomenon, and that a special meditation of their own would give them a sense of unity. The Collect soon was adopted among working women throughout the world.

- [Friend us on Facebook](#)
- [Follow us on Twitter](#)
- [Forward this to a friend](#)
-

[/docs/Host-Site-Contact-Master-2016.xlsx](#)

Or contact at Karrie.hartman@expresspros.com. Questions? Call Express (509) 662-5187

2015-2016 Young Careerist

Empowering Individuals Professionally, Personally, & Politically

The Virginia Allen Young Careerist program is a premium leadership training and personal development platform designed to equip young professionals with business skills for life. The Young Careerist Program was founded in 1964 to recognize the accomplishments of young women and men as they endeavor to better themselves and others professionally, personally, and politically.

BPW/WA State Conference will host the Young Careerist competition featuring YC Representatives from the BPW Local organizations to be held on: **May 20-22, 2016** at the DoubleTree Suites, 16500 Southcenter Parkway in Seattle WA.

- **Nominate.** We need nominees, 21-35 that want to develop personally or professionally
- **Sponsorships.** Help us raise \$1,000 more to meet our goals
- Visit <http://www.bpwwen.org/young-careerist.html> for more information

For more information contact [Carissa Blair \(Chair\)](#) or [Cassandra Franklin \(Co-Chair\)](#)!

Wenatchee Valley YWCA

Volunteers Needed!!

YWCA Wenatchee Valley is in need of volunteers for our thrift store, estate sales, and especially on our 4 standing committees which include: Community Engagement & Advocacy, Fundraising & Development, Finance & Sustainability, and Nominating & Personnel.

For more information contact Alyssa Martinez at alyssa@ywcawen.com or 509.662.3531 x115.

Wenatchee River Institute

Check Us Out!!



Their mission is to connect people, communities, and the natural world. They teach with the whole picture in mind and understand that our

environmental, social, and economic needs and actions are all intertwined. What affects one, affects all three. They work to improve our community's understanding of this model through youth and adult programming, special events, strategic partnerships, and barrier-free access to nature.

Get involved with BPW!

Looking for a new challenge to sink your teeth in to? Wenatchee BPW is [growing](#) - we need [leaders](#) to help us keep our group

duties, and expectations. [Get involved today!](#)

Membership Committee (Chair: Stefanie Clift)

We are looking for volunteers to help as greeters and to follow up with new members and guests. Contact Stefanie at Stefanie.Clift@Nafinc.com.

- Membership Directory, Project Lead
- Membership Co-Chair

Social and Marketing Committees (Public Relations Chair: Kara Zupke or Marissa Collins: Marketing Chair)

Let's get social!! If you'd like to help coordinate events or social BPW networking this is the committee for you. Contact Kara at kara@pacificengineering.net or marissa.collins509@gmail.com.

- Social Events Director

Other Committees

- Speakers Bureau Project Lead
- Mentors Program Project Lead
- BPW Mature Woman Scholarship

Want to start your own committee within BPW - let us know!

Promote Your Next Event



Once a month, our enewsletter reaches over 300 people - BPW members and interested community members. Stay connected with your fellow BPW members while exposing your event to even more people. We will promote and offer additional

marketing for free as part of your BPW membership.

Contact Kara (kara@pacificengineering.net) today to give your event that extra exposure!! *Newsletter submissions are due 3 days before the 1st of the month.*

Want to Become a BPW Member?

To learn more about membership, opportunities to join a committee, networking or simply meet some of the ladies, email

info@bpwwen.org or visit our website at www.bpwwen.org.

Wenatchee Business & Professional Women

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