



WENATCHEE BUSINESS AND PROFESSIONAL WOMEN

May eNewsletter

Upcoming BPW Events

Speaker Series: Stacy Stubblefield
Wednesday, May 18th at 12:00pm - 1:00pm

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



Riverside Health Center

At Riverside Health Center we strive to personalize your prenatal care, and well woman exams to meet your needs.

Wenatchee BPW is excited to announce our **May guest speaker, Stacy Stubblefield, an ARNP (Advanced Registered Nurse Practitioner) and a CNM (Certified Nurse Midwife)** who will share her journey to fulfilling her career goals in women's health. Join us for an inspiring personal story of success overcoming obstacles, tough decisions and challenging work environments. Stacy will share the latest on how women are supported in the workplace as it relates to their health and wellness.

Stacy owns a women's health practice in Wenatchee, the Riverside Health Center and recently partnered with CVCH (Columbia Valley Community Health) to provide the same personalized clinical care that she has provided to women and families in North Central Washington for more than 11 years. Stacy has her undergraduate degree from Oregon Health Services University and Masters from Frontier Nursing University and Case Western Reserve University.

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 May sponsor & current BPW member Melissa Knott with Highgate Senior Living!!



The reasons to choose **Highgate** are as varied and individual as the residents who live here. We offer personalized care that ranges from independent living to hospice care, and everything in-between. We provide mouthwatering, made-from-scratch meals that are as delicious as they are nutritious. We take a holistic approach to senior care, getting to know each person as a whole in order to fully support their health and happiness. We believe that no matter what stage of aging a resident is in, he or she can live a purposeful life filled with meaning and joy – and it is our purpose to support that each day.

People choose **Highgate** not only as a place to live, but as a place to work, thanks to competitive wages, good benefits, paid vacation and a generous profit-sharing program – not to mention the priceless rewards of making a huge difference in the lives of seniors. Email **Melissa** at wenatchee.crc@highgateseniorliving.com.

BPW Member Events

Mary Poppins

May 4-7 & 11-14 at 7:30pm. May 8 & 14 at 2:00pm

Music Theatre of Wenatchee's 2016 Apple Blossom Musical in partnership with Numerica PAC

Mark Your Calendar!

MAY Speaker Series: Stacy Stubblefield

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Mary Poppins

May 4-7 & 11-14 at 7:30pm. May 8 & 14 at 2:00pm

Leadercast WVC

May 6th from 8am - 3:30pm

Hell on Hooves: Roughstock Rodeo

Friday, May 13th - 14th from 7:30pm 10:00pm

Touch a Truck

Saturday, May 14th from 10am - 2 pm

Long Term Care Seminar

Wednesday, May 18th at 6pm

Accessories 101 with Deloma Sherwood

Thursday, May 19th at 6 - 8pm

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.

Welcome New Members!

April Welch, Flirting with Social

Happy Birthday Ladies!

Pamela Cooke, 6th
Jenny Napier, 14th
Samantah Swangan, 25th
Crystal Hughes, 27th

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

BPW Members

Kelly Allen, Kelly Allen Insurance – **Barb Andre-VanLith**, Ring-A-Bell's Catering – **Ashley Armstrong** – **JC Baldwin**, GTE Technical



One of the most popular Disney movies of all time is capturing hearts in a whole new way: as a practically perfect musical! Disney and Cameron Mackintosh's Mary Poppins is an enchanting mixture of irresistible story, unforgettable songs, breathtaking dance numbers, and astonishing stagecraft. Directed by Daina Toevs. Young Jane and Michael have sent many a nanny packing before Mary Poppins arrives on their doorstep. Using a combination of magic and common sense, she must teach the family how to value each other again. Mary Poppins takes the children on many magical and memorable adventures, but Jane and Michael aren't the only ones she has a profound effect upon. Even grown-ups can learn a lesson or two from the nanny who advises that "Anything can happen if you let it." [BUY TICKETS TODAY!](#)

Leadercast WVC

May 6th from 8am - 3:30pm

Wenatchee Valley College, 1300 Fifth Street, Wenatchee, WA 98801 - Campus Theater, Wells Hall

Leadercast WVC
Wenatchee Valley College, in partnership with Eastmont School District, proudly presents:

Leadercast ARCHITECTS OF TOMORROW
May 6, 2016 [Get Tickets Now](#)

Date: May 6, 2016 Time: 8:00 a.m. to 3:30 p.m. (Registration begins at 7:30 a.m.)
Location: Wenatchee Valley College, 1300 Fifth Street, Wenatchee, WA 98801 - Campus Theater, Wells Hall

Tickets: \$55.00 - Adult Early Bird (Must register by April 29)
\$35.00 - Adult \$25.00 - Student
*Registration includes admission to Leadercast, refreshment with speaker seminars, lunch, morning and afternoon coffee, drinks, and snacks. Free parking on campus (subject to parking capacity and weather conditions).

Event Information: [leadercast.com/location/venue](#) or contact Stacy Lubbenberger [CFL@wvc.edu](#)

Leadercast Presenting Sponsor: [Country Financial](#)

Additional sponsorships available: 2 at the Victory Sponsorship Level and 3 Theme Sponsors. Visit [www.wvc.edu/leadercast](#) or email [CFL@wvc.edu](#) for more information.

Hell on Hooves: Roughstock Rodeo

Friday, May 13th - 14th from 7:30pm 10:00pm
Town Toyota Center

G.S. LONG CO. 2016 HELL ON HOVES ROUGHSTOCK RODEO
YOU GOTTA BE TOUGH JUST TO WATCH. **7 COUNTRY 794.7**

TICKETS \$20 \$25
ADULTS: 6:30pm
STUDENT: 7:30pm

6 EVENTS EACH NIGHT MAY 13 & 14

BAREBACK
BARREL RACING
BULLRIDING
SADDLEBRONC
BULL POKER

MUTTON BUSTIN
Mutton Bustin is a fun and exciting rodeo event where riders compete to throw a live mutton off a bucking horse.

FOR TICKETS: [www.towntoyotacenter.com](#)
509-687-7847

BOX OFFICE: 1000 WALLA WALLA AVE. WENATCHEE, WA 98801
509-687-7847

TOWN TOYOTA CENTER

Touch a Truck

Saturday, May 14th from 10am - 2 pm
Town Toyota Center

wenatchee pediatric dentistry Presents **TOUCH A TRUCK**

Saturday **May 14, 2016**
10:00 am - 2:00 pm
Open House between 11:00 am - 11:59 am

With Support From: [Abtate](#), [PacifiCare](#), [SAGE-CARES](#), [Washington](#), [Confidence](#)

At Town Toyota Center
Free for children under 15
Free for children under 2
Buy your own ticket from the website and get \$1 off total entry!

- Chelsea Baird, Total Travel –
- Carrisa Blair, Washington Trust Bank –
- Pamela Brulotte, Munchen Haus –
- Julie Burdick, Julie Burdick Photography –
- Jennifer Bushong, Town Toyota Center –
- Linda Butler, Augustedje Accounting & Insurance –
- Vicki Chadderton –
- Ande Chapman, Mary Kay Consultant –
- Patricia Chvatal, Attorney at Law –
- Stefanie Clift, New American Funding –
- Marissa Collins, Numerica Performing Arts Center –
- Pamela Cooke, Windermere Real Estate –
- Jerrilea Crawford, Wenatchee Valley Chamber of Commerce –
- Wendy DalPez, The Entrepreneur's Source –
- Charlene Earing –
- Sherry Erickson, Patriot Plumbing, Heating & Cooling, Inc. –
- Amy Everson, Blink Technology Solutions –
- 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 –
- Mary Healy, Faith Steps Housecleaning –
- Trina Heuchert, United Way –
- Robyn Higdon, Wenatchee Valley Credit Union –
- Connie "Sunfire" Hill, Web Development –
- Sandy Hinthorne, Eagle EMS Training & Learning Academy/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, Wenatchee Valley College –
- Callie Klein, Country Financial –
- Melissa Knott, Highgate Senior Living –
- Darlene Leenders, Pacific Appraisals Associates –
- Stacey Lockhart, Wenatchee Valley College Foundation –
- Mary Mains, Mt. St. Helens Gems/Emerald Foxco –
- Reimi Marden, The Winning Edge –
- Trini Mayo, USDA Rural Development –
- 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 –
- Georgia Riggleman, Allstate Insurance –
- Deloma Sherwood, Personal Image –
- Christina Shull, Integrity Piercing –
- Debbie Smith, Express Employment Professionals –
- Kathy Smithson, Smithson



Long Term Care Seminar

Wednesday, May 18th at 6pm
 Highgate Senior Living, 1320 S Miller Street, Wenatchee, WA 98801

Jackie Stallings – Stacy
 Suydam, North Cascades
 Bank – Samantha
 Swangwan, Elements Salon &
 Spa – Kate Taylor, 501
 Consultants, Inc. – Linda
 Younklin, 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 newsletter, website, social media, as well as assisting you 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.

Accessories 101 with Deloma Sherwood

Thursday, May 19th at 6 - 8pm
 Wellness Center located on Okanogan Street in the Colonial Vista compound



It can happen to anyone. You want to get out the door looking cute, but a last glance in the mirror shows something's "off." The balance isn't there. Or maybe it's the color. Or maybe it's something else. But what? Chances are, it's one of the top 5 accessory mistakes I see every day, including:

- *The accessories don't match the mood of the clothing
- *They're the wrong season for the weather
- *There are too many of them
- *They're the wrong size
- *They call attention to the wrong areas

Want to know how to select accessories the right way? Ready to stop sabotaging your image and undermining your credibility? Then register to attend this fun & informative workshop on the 'basics' of accessorizing -- you just may discover your personal Signature Element!

ACCESSORIES 101 Workshop

WHEN: Thursday, May 19th at 6 - 8pm
WHERE: at the new Wellness Center located on Okanogan Street in the Colonial Vista compound.
Cost: \$20.00 per person
Seating limit: 20 people
Bonus: Together with local esthetician Pam Combs, we'll spend 30 minutes discussing the importance of caring for the skin on your hands, neck and décolletage.

To register call 509.665.3955 Personal Image by Deloma at 117 Palouse Street in downtown Wenatchee or call/text 509.884.6250 or email deloma@imagebydeloma.com

Alatheia Riding Center Rider Showcase

Saturday, June 11th from 10:30am - 12:30pm



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



[Alathea Riding Center](#) is hosting their annual Rider Showcase event. Open to the community and will feature demonstration rides by 3 special needs riders and an exhibition by their famous All Fjord Horse Drill Team. Visit [Alathea Riding Center](#) for more information.

Riding Brand It Blue Day Saturday, June 11th at Noon



On Saturday, June 11, **Express Employment Professionals** offices from California to North Carolina to Canada will join together at local food banks and pantries to help fight hunger—a growing epidemic that impacts millions of people in the U.S., Canada and around the world every day.

“Brand It Blue Day is a day each Express franchise can come together for one great cause to help the community,” said Jay & Debbie Smith, Wenatchee Express franchisee. “This is a chance for Express offices to honor the communities that have supported us through the years by giving back.”

Beginning May 2nd, through June 11th, 2016 Express will host a food drive at its office, located at 411 N Chelan, Suite B. Through a combined effort with Express our local business partners will display Brand It Blue reusable shopping bags for non-perishable food, and we encourage you to donate to our community as well. On June 11th, volunteers will gather the food and take it to the Lighthouse Christian Ministries for distribution to our Wenatchee Valley.

If you would like to volunteer, please sign up at ExpressPros.com/BrandItBlueDay or contact our office at (509) 662-5187. Volunteers will receive Express T-shirts to wear on Brand It Blue Day. This is the fourth year that the staffing company has held Brand It Blue Day. During that time, more than 200 Express offices and 1,500 volunteers have donated their time and resources to provide more than 156,000 meals to local food banks and charitable organizations.

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.

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
POB 2492
Wenatchee, WA 98807
info@bpwwen.org

