

Have you registered for networking seminar?

There is still time to take advantage of the \$10 discount for BPW's upcoming "Networking for Women" professional development seminar.

If you register by Feb. 17, BPW members will pay only \$50 for the two-hour program – sponsored by Centennial Bank – which is set for 8-10 a.m. Thursday, Feb. 25 at Holiday Inn, MM 99.7 in Key Largo.

Nonmembers also get the same \$10 reduction on the \$65 registration fee.

"We are so pleased to have Centennial Bank as our premier sponsor," said Laura Maupin, BPW president-elect. "It's great to have a local company that supports lifelong learning for women."

The first part of the seminar will be informational, providing how-to tips for networking in person, including how to create an "elevator speech" that opens up the conversational door.

The second part – a minimum of an hour – will be devoted to hands-on practice in small groups.

The networking program is just the first of planned quarterly workshops to be presented by Jackie Harder, president of Key Dynamics Coaching and Consulting.

Maupin said BPW members and nonmembers also are interested in negotiations, public speaking and dealing with difficult people and situations.

The same two-hour format will be used, but the programs will be offered at different times and on different days in order to fit as many schedules as possible.

Harder is a certified trainer for MHI Global, an international training firm



that specializes in sales performance, leadership and management, and customer service.

She has delivered a wide range of training to national multimedia organizations as well as community organizations on a variety of management topics.

After the Feb. 17 "early bird" discount, cost will be \$60 for BPW members and \$65 for nonmembers.

Seminar registrations also will be taken at the Feb. 17 BPW meeting.

Register online here:
<http://bit.ly/1mnDIXO>.

"This is a super bargain for training like this," Maupin said. "And best of all – all profits from these sessions will go to fund BPW's adult scholarships for women."

For more information about the seminar, call Maupin, 305-360-5645, or Harder, 305-451-9295.

...

BPW's most recent adult scholarship recipient is Suzy Roebing, who is just a few classes away from getting her degree in fisheries and wildlife sciences.

A field ecologist for Audubon at the

Everglades Science Center in Tavernier, she monitors certain nesting wading birds in Florida Bay and Everglades National Park.

Roebing recently received a check for \$860 from Upper Keys BPW for tuition.

Roebing said, "I have lived in our spectacular Florida Keys many years - long enough to observe dramatic changes in our hardwood hammocks, nearshore flats, seagrass meadows, and the clear water that

flowed over our coral reefs; along with the plentiful fishes and wildlife that were found in these varied habitats."

Roebing is also a volunteer for the Florida Keys National Marine Sanctuary Advisory Council, Coral Restoration Foundation, Crocodile Lake National Wildlife Refuge, and the rescue of sick or injured marine mammals, wild birds, and sea turtles.

She is certified as a Florida Master Naturalist from the University of Florida.

"Your gracious award to me has kept



Suzy Roebing

my dream alive to complete this degree and to continue to contribute to resource management, recovery, preservation, and sustainable use by all, of this special place on the planet," she said.



www.upperkeysbpw.org

Business and Professional Women/FL
Upper Keys Century BPW

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February kicks off busy BPW season

It's February and the Upper Keys BPW is coming in to its busiest time of the year.

This month's luncheon on Feb. 17 promises to be a treat as longtime BPW member, leader and CEO of the Domestic Abuse Shelter, Venita Garvin joins us.

Feb.25 begins our professional development series, session 1, sponsored by Centennial Bank.

Discounted pricing is available through Feb. 17. I for one can't wait to learn and use the tools Jackie Harder will be sharing on networking.

This is exactly what BPW represents; women empowering women.

The Board of Directors is delighted about our new database management system, Wild Apricot, and hope you'll enjoy the individual engagement as well. You can find it here:

www.ukcbapwc.wildapricot.com

A big thank you to Beth Nagle Griffin for sharing her passion and simple

President-elect's Message



Laura Maupin

Photo: Melendi Photography

approach to healthy whole food nutrition at

our January luncheon and a fond farewell to our dear friend Vicki Walker.

We are overjoyed to announce our collaboration with MARC (Monroe Association of Remarkable Citizens) for our Spring Fling Extravaganza March 16 at the Coconut Cove Resort.

You will definitely want to share your business at this event and/or become a sponsor.

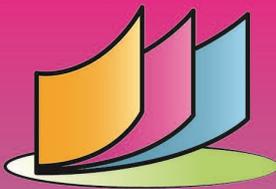
Contact me or Pam Martin for more information.

Also, start brainstorming for our annual April Stiletto Strut to be held at Snapper's Conch Republic Days!

Planning is key and we can really raise some serious funds for adult scholarships.

Together we can make a great contribution to our community.

See you at the luncheon!



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bpw | MEMBER NEWS

An Upper Keys BPW member is now a published author.

Jackie Harder, president of Key Dynamics Coaching and Consulting, earlier this month published *The DIY Coaching Manual for Women: How to Transform Your Life in 12 Months*.

Purchasers can also download a free workbook.

The book is available for \$13.97 on Amazon.com: <http://amzn.to/1NRL0ji>

Harder will talk about self-publishing and coaching at 6:30 p.m. Wednesday, March 16 at the Key Largo Public Library's Community Room.

All are invited to the free program.

Copies of her book will be available at a reduced price and she would be delighted to sign them.

Refreshments will be served.

Do you have member news? Submit by the first of the month for inclusion in the newsletter.



Missing Miss Vicki

Vicki Walker is shown with a coral candle given to her by the Upper Keys BPW board in appreciation for her contributions to the organization. From left: President-elect Laura Maupin, Walker, Treasurer Theresa Sutter, Director Pam Martin and Secretary Lee Ann Holroyd.

Our February Meeting Superwoman Syndrome & More



Register Now! Click on link below!

WEDNESDAY

Feb. 17th 11:30 AM

AT
Holiday Inn MM 100 OCEANSIDE

Join us!

www.upperkeysbpw.org
Business and Professional Women/FL
Upper Keys Century BPW



Our Speaker:

Venita Garvin, Chief Executive Officer, Domestic Abuse Shelter

Venita's Views on the Superwoman Syndrome, self acceptance, and life after the HurtLocker year.

Venita Garvin is CEO of the Domestic Abuse Shelter, Inc. serving victims of domestic violence and sexual assault in the Florida Keys. A native of Cincinnati, OH, she has a B.S. in Psychology from Tennessee State and a Masters in Liberal Arts from NYU.

Venita has been involved in the domestic violence movement since her first position with the YWCA in Cincinnati where she was the Director of Transitional Housing. She was Director of the YWCA, Women's Advocacy Program in Richmond, VA from 1991- 1995.

Venita was the first woman of color to hold the office of President for the Florida Coalition Against Domestic Violence (2002-2003).

Venita's extensive qualifications exceed the space we have, so come out and hear more, and her views on women's roles today.

Lunch will be served Members: \$20 Guests \$25 Questions: info@upperkeysbpw.org

BPW needs **you!**

Get involved and join a bpw|COMMITTEE

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Spring Fling

Pam Martin | Laura Maupin
305/393-4643 | 305/360-5645
Member: Lee Ann Holroyd 305/394-1885

Website

Open

bpw|CALENDAR

2016

Feb. 17: Luncheon. 11:30 a.m., Holiday Inn. Program: Women Rock

Feb 25: Networking for Women seminar, 8-10 a.m., Holiday Inn. Members: \$50 before Feb. 18, \$60 after. Nonmembers: \$55 before Feb.18, \$65 after.

March 16: Spring Fling. Coconut Cove Resort, Islamorada

April 20: Luncheon, 11:30 a.m., Holiday Inn. Election of officers

May 18: Networking and installation of officers, 5:30 p.m. Location TBA.

SPECIAL NOTE

Reservations for upcoming regular meetings/luncheons are very important, no shows and late RSVPs cost BPW which in turn takes away money from our scholarship fund, please be **respectful**.



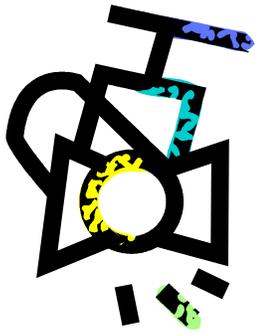
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Key-Dynamics.com
Jackie Harder

"I don't exercise. If God had wanted me to bend over, he would have put diamonds on the floor."

~Joan Rivers



bpw | MEMBER SPOTLIGHT

Kate Banick

Kate Banick has been a member of the Keys community since 2002 when she first moved here to work on a Key Largo woodrat conser-

vation project.

She has spent her professional career working for nonprofits including protecting our local waters while working for the National Audubon Society's Everglades Science Center and the Marine Mammal Conservancy.

Outside of the Keys, she has worked for CT Challenge, a cancer survivor center, and Safe Water Network, a Paul Newman international nonprofit.

She has also spent a few years in the private sector honing her skills as a project manager.

Kate is the executive director at the Good Health Clinic in Tavernier.

For more than 10 years, the Good Health Clinic has provided free healthcare for low-income, uninsured residents of the Keys.



"Every day I am amazed by how this organization impacts lives," Kate said.

"It's bigger than just helping someone when they're sick. It's about healing and preventative care.

"It's about helping people live healthier, more productive lives so they can care for themselves, their families and this community."

This year, she is spearheading an inaugural outreach program focused on reaching individuals in the hospitality, service and tourism industry who are struggling without health care.

She is also partnering with local businesses that also are unable to afford healthcare for their employees in the current national climate.

Kate believes the best way to live a good life is to be kind to the ones you love, positively contribute to your community and protect our natural resources.

When not working, Kate likes to explore her artistic side through making pottery, volunteering for other nonprofits and drinking wine with all the amazing people down here in the Keys.

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Honoring African-American women in February

More than 50 years ago, the doors of Little Rock's Central High School became gates of change, when nine African-American students came to school for class — for the first time.

Turned away by Arkansas National Guard soldiers under orders from the governor, the students finally entered safely three weeks later when the president sent the 101st Airborne to enforce the Supreme Court's desegregation rulings.

Civil rights activist Daisy Bates gave the nine students (two boys and seven girls) the information, encouragement and support they needed to enroll in Central High School.

When the governor resorted to closing the schools in Little Rock to prevent integration, it was the members of the Women's Emergency Committee to Open Our Schools who organized the effort to open the schools and in so doing changed themselves and the com-

munity.

The historic events of the integration of Central High School and the re-opening of all of Little Rock's schools a year after the governor closed them are quintessential women's history.

Women's bold actions made both events possible.

Here are bold notable African-American women whose names you may not recognize:

- **Mary Ann Shadd Cary** (1823-93) was the first black female newspaper publisher and editor in North America (in Ontario, Canada), and the first black woman to enroll in law school (Howard University).

- **Bessie Coleman** (1892-1926) was the first black woman in the world to

earn a pilot's license, and was a barnstorming aviator who performed daredevil tricks.

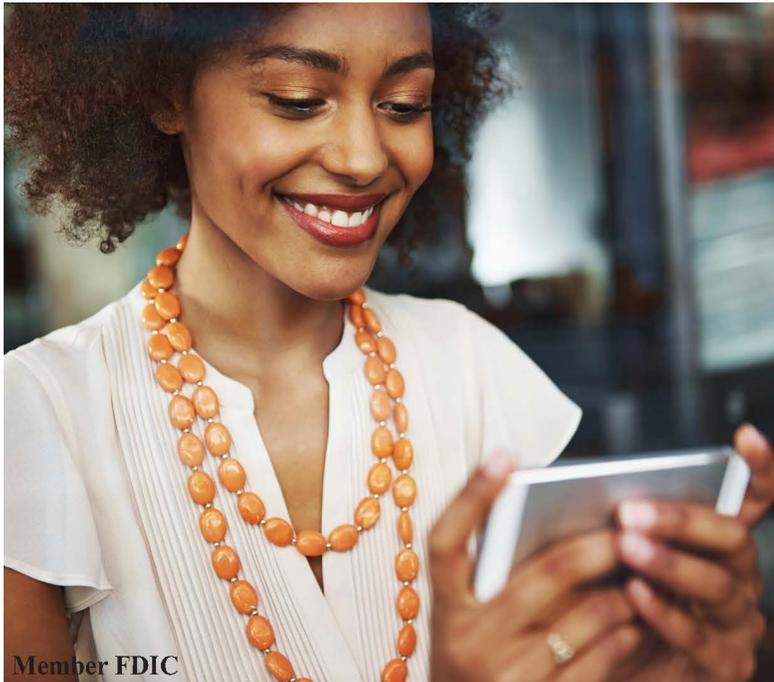
- **Lorraine Hansberry** (1930-65) was the first black woman to write a Broadway play (1959) which was made into a movie (1961), "A Raisin in the Sun."

- **Maria Stewart** (1803-79) is considered the first black woman journalist who advocated for women's rights and the abolition of slavery.

- **Madam C.J. Walker** (1866-1919) became a self-made millionaire philanthropist after creating a hair product sold house-to-house, and later held what may be the first national meeting of businesswomen in the United States in 1917.



Bessie Coleman, aviator



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Top 10 reasons why women quit before they start

BY JACKIE HARDER | Key Dynamics

Most of what holds women back is in their heads. Here are some typical excuses and how to change that self-talk.

1. **"I don't know enough."** It's amazing how much you can learn just by asking Ms. Google the simple question, "How can I ____?"

Look also for online courses, classes at the community college and reach to people you know who are willing to help.

New self-talk: "I know I can find the information I need."

2. **"I'm too old."** Piffle. How about the woman who ran her first marathon at 86, and the singer who at age 97 made musical history when she reached the top 20 in Great Britain?

New self-talk: "I am smart and experienced and I know can do this."

3. **"I'm not qualified."** Few of us are 100% qualified for any new job. Much of everything we do starts with basic knowledge, which we then build upon with on-the-job training.

New self-talk: "I can learn what I need to get the job done well."

4. **"I'm not smart enough."** Smart enough to do...what? Build a hydrogen

bomb? Maybe.

Anything less than that is learnable.

New self-talk: "I know what I need to learn for any new task or responsibility."

5. **"I could never ask for that much money."** Why not? If you don't ask, the answer will ALWAYS be "no." What if the answer is "yes"? You'll never know till you ask.

New self-talk: "I am confident that I'm worth it. I have amazing skills and a deep understanding of my own gifts and abilities."

6. **"I'm not sure I could lead a team."** Ask Ms. Google: "How can I develop leadership skills?" I got 333 million hits. Surely, one or two of those could help you improve in that area.

New self-talk: "I have plenty of leadership experience and am willing to learning how to improve."

7. **"It's too much of a stretch."** Chances are you've already got most of the skills; you just need to push yourself.



Jackie Harder

New self-talk: "Doing and learning new things is easy and exciting. I have what it takes."

8. **"I'm not good enough."** Is that true or a story you've been told?

New self-talk: "I can do anything I put my mind to."

9. **"I'm not ready to take on such a big challenge."** No one is ever completely ready to take on a big challenge. Have a heart-to-heart with yourself to find out what you think you need to be ready – then go do it. It's never as fearsome as you think it will be.

New self-talk: "I am open to new opportunities. I can do this."

10. **"I don't have the experience to do that."** You get experience by doing. Think of a time in your life when you successfully took on a new task or job. How did you do that? See how you can replicate the same steps that led you to success before.

New self-talk: "I am strong and capable. I'm willing to try new things that expand me, personally and professionally."

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Zika virus can cause severe birth defects in newborns

The recent and rapid spread of Zika virus, a mosquito-transmitted infection, into the Americas, is the latest in a series of emerging infectious diseases that pose new threats to human health.

Active Zika transmission is now reported in 18 countries in Latin America and the Caribbean, as well as several other territories.

The World Health Organization (WHO) predicts it could affect 4 million people across the Americas this year alone.

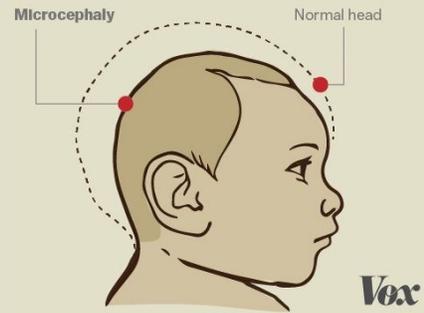
On Feb. 1, following an emergency meeting of experts, WHO declared that clusters of birth defects associated with Zika infection during pregnancy constitute a “public health event of international concern” requiring a stepped-up, coordinated global response.

Of particular concern is the association between Zika infection and microcephaly, a severe birth defect of the newborn brain.

While the links between Zika and microcephaly and other complications among newborns are still being ex-

Researchers think Zika might be behind the rise of “microcephaly”

A birth defect that is associated with a small head and incomplete brain development in newborns



plored, health authorities have issued guidance to pregnant women and those seeking to become pregnant to consider delaying travel to Zika-affected areas.

They recommend those living in countries with widespread Zika transmission to avoid exposure to mosquito bites.

In some countries, public health authorities have gone even further, recommending that women postpone becoming pregnant for a period of time; the

minister of health of El Salvador, a country which is experiencing a rise in suspected Zika cases, has recommended delaying pregnancy until 2018.

Such calls raise serious issues, because many women across the region have limited access to contraceptives and other reproductive health services.

They also experience high rates of sexual violence, and face other reproductive health decision-making barriers that can result in unintended pregnancies.

In fact, some of the Zika-affected countries have among the strictest abortion laws in the world, potentially presenting women who have an unintended pregnancy with a dangerous catch-22.

The U.S. government may have an important role to play in addressing health access and rights for women in Zika-affected countries, through its direct health and development assets as well as its diplomatic engagement and public health expertise.

Source: The Henry J. Kaiser Family Foundation

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