

New year, new board, new members



New officers are sworn in at the installation May 18 at the Postcard Inn in Islamorada. Shown are (from left) Secretary Kate Banick, Membership Vice President Ilja Chapman, Hospitality Vice President Cheryl Lee-Talbert and President Laura Maupin. Not shown are Treasurer Theresa Sutter and Director Pam Mar-



ABOVE: Outgoing President Gina Boilini with her 'We can do it' poster and other goodies. BELOW: BPW members come together for a quick photo during the installation ceremony.





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

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2016-17

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Questions? Email

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Do you have member news?
 Email to to jackie@key-dynamics.com by the first of each month to be included in the newsletter

Upper Keys Business and Professional Women
 P.O. Box 231, Tavernier, FL 33070
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Happy June and kick-off to the summer!

I'm celebrating my 21st year of living in the fabulous Florida Keys this month and am so grateful to have been given the opportunity to lead this organization.

While preparing for the BPW Board of Directors retreat, where we plan the year ahead, I've discovered that there is so much that this organization has done for its members over the years.

I truly believe that the connections we make help us to not only learn about others but to grow ourselves. It's certainly done that for me over these past three years, and I hope you've found the same for yourself.

Our beloved past President Gina Boilini has (finally) given birth to her son, Frankie!

We send you all our love, Gina. You're gonna rock motherhood!

The installation ceremony at Postcard Inn on May 18 was a great success, and the camaraderie of the group was heartfelt and true. Thanks to those

President's Message



Laura Maupin

Photo: Melendi Photography

who attended and shared your support of me and the other board members.

This month we are excited to learn from Ian Martin of the Florida Keys Wild Bird Center at our luncheon June 15. Ian will be there with a "special guest."

We have also invited our 3 high school scholarship recipients.

Please note that we are NOT in the African Queen room this month, but next door in

the Casa 1 room. Enter through the doors on the front side of the hotel, not the lobby or back.

It's going to be a great year in BPW, and if you'd like to get involved, please see me or one of the other board members to learn more about what we do as an organization.

It's made all the difference in my own journey, and that's what it's really all about, giving of yourself. Happy summertime, ladies! May you find the time to enjoy our beautiful island paradise.



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BPW awards 3 high-school scholarships



BPW gives \$800 each to three graduating Coral Shores High School seniors. Shown are Scholarship Committee member Jeanne Harstad Austin; graduates Christina Aguila, Laura Powers and Ashley Fuller; and BPW President Laura Maupin.

Our June Luncheon Florida Keys Wild Bird Center



WEDNESDAY **June 15th** 11:30 AM
AT **Holiday Inn** MM 100 OCEANSIDE **In the front room - "Casa 1"**
Enter from the front of the hotel.

www.upperkeysbpw.com
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Our Speaker: **Ian Martin**, Education Coordinator for the Florida Keys Wild Bird Center

Florida Keys Wild Bird Center: Stewards of the Natural World

Ian Martin is originally from the Finger Lakes region of upstate New York. He moved to Key Largo in July of 2014 after working as an Environmental Educator with Tangelwood Nature Center of Elmira, NY for many years. He now serves as the Education Coordinator for the Florida Keys Wild Bird Center. Ian graduated from Binghamton University in 2010 with a Bachelor of Science degree, majoring in biology with dual concentrations in Evolution/Ecology and Cellular/ Microbiology with a minor in Avant Garde Cinema. Ian is a member of the North American Association of Environmental Educators, the League of Environmental Educators of Florida, the Florida Keys Toastmasters, and he is a BirdSleuth Ambassador for the Cornell Lab of Ornithology. Today's talk focuses on the current work of the FKWBC as well as practices that everyone can adopt to become better stewards of the natural world.

Meet Our 3 Scholarship Recipients

We will be inviting our 3 high school senior scholarship recipients to join us and be acknowledged at the luncheon.

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

BPW needs **you!**

Get involved and join a bpw|COMMITTEE

New committee members will be announced soon! If you are interested in serving on one of these committees — or would like to suggest a new one — contact President Laura Maupin, 305/360-5645



Remember:
“Many hands make light work”

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bpw|CALENDAR

2016

June 15: Guest speaker (with special guest): Ian Martin, Florida Keys Wild Bird Center.

NEW LOCATION AT HOLIDAY INN FOR THIS MONTH: Casa 1 room. Enter through the doors on the front side of the hotel, not the lobby or back.

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**.

Please check your spam email folder for important information from BPW

As you may or may not know, the Upper Keys BPW Board of Directors recently decided to switch our communication and invitation process to a web-based software for non-profits called Wild Apricot.

In an attempt to reach members and contacts that may have not received our

recent correspondence, we ask that you check your junk or spam folders and save our new email address:

UKCBAPWC@wildapricot.org.

We don't want you to miss an event or announcement.

Go to www.upperkeysbpw.com to register now.

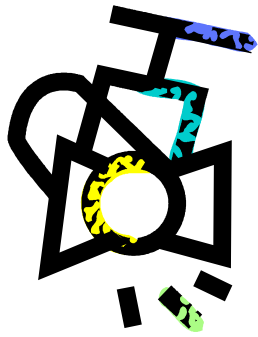


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bpw MEMBER SPOTLIGHT

Cheryl Lee-Talbert

I was born in the Philippines and grew up in Charleston, S.C.

With my Air Force husband of 30 years, plus already growing up as a military brat, I have had the exciting experience of living in several states and countries. That experience helped me to adapt to different cultures, cities and people.

I attended Southern Wesleyan University with a strong emphasis on management and human resources.

I have more than 25 years of experience as a general manager for the food service industry, a human resources manager for SouthTrust Bank, and a nationwide executive recruiter.

After being in the corporate world, I was so ready for that “laid-back lifestyle” and the opportunity to move to Key Largo opened up!

Upon arriving in 2005, the housing market was at its highest peak and coming from South Carolina, I could not believe the prices for property here.



So I decided to delve into the real estate market, using my experience in management, customer service and people skills. I figured it would be an easy transition into this field along with a flexible work schedule.

Being a Realtor has afforded me the opportunity to meet a lot of people from different places and be a sort of ambassador for the Keys.

I am with Remax All Keys Real Estate and cover the entire Florida Keys specializing in the Island lifestyle.

My passion is loving the island life and all it has to offer, be it fishing, paddle boarding, or just hanging out on a sand bar.

I am a huge foodie and have wanderlust! I am always posting my adventures but also find the time to be involved in my community — Pirates on the Water, Southernmost Coconut Castaways, Kiwanis International, Florida Keys Board of Realtors director and vice president of hospitality for BPW.



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Alcohol figures prominently in date-rape cases

There are three common date-rape drugs: Rohypnol (also called “roofies”), GHB and ketamine (“Vitamin K”).

More information about each drug can be found at [Women's Health.gov](http://Women'sHealth.gov).

FiveThirtyEight reports 9% of women who have been sexually assaulted believe they were drugged before the crime.

Alcohol is involved in 62% of the assaults.

91% of the victims of rape and sexual assault are female.

One in five women will be raped at some point in their lives.

[The National Sexual Violence Resource Center](http://TheNationalSexualViolenceResourceCenter) also reports that in 80% of rapes, the victim knew the assailant.

If you or someone you know is or has ever been a victim of rape/sexual assault, free support is available via the [National Sexual Assault Hotline](http://NationalSexualAssaultHotline): 800/656-4673 or at online.RAINN.org.

If you are in immediate danger, call 911.



Former BPW President Gina Boilini and her son Frank Navarro II (AKA Frankie), born Thursday, June 9, 2016, at about 5:30 p.m. He weighed 7.4 pounds and was 21 inches long at birth. Mama and baby are home and doing well. BPW members wish her and her new family the best of everything!

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Online learning program launches with 'emotion'

BY JACKIE HARDER | Key Dynamics

It's been a long time coming, but it's here – my online Professional Development Series for Women had launched.

Earlier this year, I presented my first workshop — Networking for Women — to BPW members and the community.

It was such a massive success! The reviews were unanimously stellar. So many attendees thanked us for providing this kind of training locally – and even suggested we bump up the next one from 2 to 4 hours.

Even more telling: Stephanie Scuderi, vice president from sponsoring Centennial Bank, came up to me afterward and said, "We want to sponsor the next one, too."

Talk about Cloud 9! Holy crap! This was everything I dreamed of...and more.

While we're still in the process of finalizing the second workshops for BPW, I decided to create a "just-in-time" online learning program for women who could not take advantage of the in-person version here in Key Largo.

There are several pieces involved, including a free tip sheet, an inexpensive

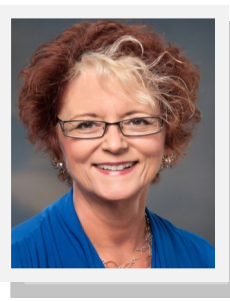
set of 4 videos (none longer than 20 minutes) and the opportunity to uplevel through add-ons like mastermind groups, a Facebook and one-on-one coaching.

The topics that were chosen for this 10-module program were based on a survey of career women and business owners.

Out of the 40 topics available, I decided to create a program that addressed the top 10 subjects that were named in both groups of women.

In descending order of importance, those top 10 modules are:

1. **Emotions in the workplace – live!**
2. Written communication
3. Business networking
4. Personal branding
5. Learning how to say no
6. Negotiations
7. Public speaking
8. Getting top performance from others



Jackie Harder

9. Goal-setting
10. Business literacy

I decided to do narrated PowerPoint presentations instead of straight videos so you can pause wherever you like and screen-capture or make notes on whatever content is most important to you.

No need to back up and listen what you might have missed (20 minutes is long enough the first time, right?). It's all there right on the screen.

The videos (\$9 for all four) introducing each module are just the beginning; more advanced learning levels also are offered.

I'd love to get your feedback on the modules and what, if any, others you might suggest based on your own experience and preferences.

As part of my new program, I offer a free tip sheet on how to handle criticism.

To get the tip sheet, click here: [How to handle criticism](#).

For details on the entire series, go to [Professional Development for Women](#).

Email jackie@key-dynamics.com to set up a free coaching appointment.

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New members inducted, introduced at May ceremony



New BPW members (from left): Installing officer President Laura Maupin, Chris Lauterborn, Keystroke Media; Michelle Newton, Key Largo Floral and Take Shape for Life; and Betsy Keteltas, Florida Atlantic Securities.



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