

Moving toward a more perfect union



Honoring those women who just would not quit

BY THE NATIONAL WOMEN'S
HISTORY PROJECT

Aug. 26 marks the 96th anniversary of women in the United States winning the right to vote.

This courageous, 72-year-long political movement was carried out by tens of thousands of women and men working to form a more perfect union.

Yet the significance of the woman suffrage campaign – and its enormous political and social impact – have been largely ignored in the telling of American history.

It is a story that needs to be told.

It is the story of women creating one of the most innovative and successful nonviolent civil rights efforts the world has ever seen.

It is all the more remarkable when one considers the barriers suffragists had to overcome.

With little financial, legal or political power of their own, and facing a well-financed and entrenched opposition, women fought state by state for their rights as citizens.

To win the right to vote, women circulated countless petitions, gave speeches, published newspapers, and travelled the country to win support.

They were frequently ridiculed, harassed and sometimes attacked by mobs and police.

Some were thrown in jail, and

then treated brutally when they protested.

Still they persevered.

Finally, on Aug. 26, 1920, their goal was achieved with the 19th Amendment. Women had won the right to vote and hold public office.

The women and men of the nation had moved closer to forming a more perfect union.

This important democratic idea, born in 1776, is still very much alive.

Women's Equality Day gives us an opportunity to reflect on the many benefits of true equality and the role of women in our public life.

Women in public service and government have long served us as a nation by working to clear barriers, enforce laws, implement new ideas, and change people's attitudes.

The women we remember today, like so many other outstanding women and champions of equality, offer inspiring stories that give us a better understanding of our own place in history.

They remind us that, as Americans, we all have the opportunity – and the responsibility – to overcome life's obstacles, to give our very best effort, and to join with our fellow citizens to actively create "a more perfect union."

WOMEN'S

Equality Day

August 26, 2016



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

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2016-17

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305/360-5645
keystoyouth@gmail.com

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ilja.chapman@gmail.com

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Questions? Email

info@upperkeysbpw.org

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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See you at our Political Mixer!

President's Message

BPW is psyched for the upcoming political season and proud to be bringing the community and BPW members several opportunities to get to know our local candidates.

To kick it off, we have our Political Mixer Wednesday evening at Bumby's upstairs lounge.

With the primary election just two weeks away, you won't want to miss this event.

Please remember to bring school supply donations to help the United Way "Stuff The Bus" campaign.

Bumby's has graciously donated a gift certificate as our raffle prize, so you'll want to get a ticket to win!

Then on Oct. 19, we will once again be hosting our Political Forum at the Hilton in Key Largo. We'll be asking



Laura Maupin

Photo: Melendi Photography

the tough questions to help us

make our decisions in November.

I'm learning so much about politics and admire those folks willing to serve in this capacity. Let's support them.

Next month's speaker, Anisah Tomas, outreach coordinator for Guardian Ad Litem, will be sharing more information on this invaluable program.

Raising awareness is very important and I'm grateful that BPW has such amazing members willing to do just that.

Evening events are so valuable for us to share time with one another.

Can't wait to see you Wednesday night at Bumby's.

Hope you'll join us and bring your spouse and/or friends so they can get to know BPW, too.

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Ellie Donofrio, Owner
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Political Mixer

Wednesday August 17th
at Bumby's Restaurant Upstairs Lounge
from 5:30-7pm

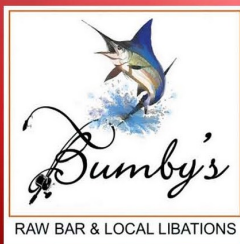
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www.upperkeysbpw.com

Business and Professional Women/FL
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your local candidates!**



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*Please bring
school items to
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*Bring a "Stuff the Bus"
donation and get a
free raffle ticket!*



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”

Woman of the Year
Employer of the Year

Finance

Public Relations

Membership

Scholarships

Political Forum

Stiletto Strut

Newsletter

Spring Fling

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bpw|CALENDAR

2016

Aug. 17: Political mixer, 5:30-7 p.m., Bumby’s upstairs, MM 82.7. \$10

fmembers, \$15 guests. Bring items to Stuff the Bus for United Way.

Sept. 21: Luncheon, Holiday Inn, MM 99, 11:30 a.m.

Oct. 19: Political forum, Hilton.

Nov. 16: Luncheon, 11:30 a.m., Holiday Inn.

December: Christmas party to be determined.

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.

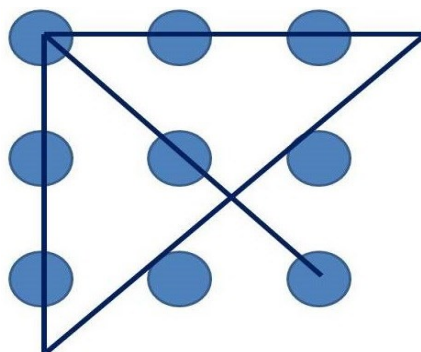
In an attempt to reach members and contacts that may have not received our

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.



BY JACKIE HARDER | Key Dynamics

Clichés are trite, overused words or phrases that have been used for so long and so often that they are mostly just sounds with no meaning whatsoever.

A classic example of a great phrase gone over to the Dark Side is “think outside the box.”

In case you were wondering (as I was) where that phrase came from, I give you above the box we've been trying to think outside of since 1969.

That is when John Adair created the nine-dot puzzle, which challenged us to connect all nine dots with four or fewer straight lines -- without lifting the pen or pencil off the paper.

Many people were so focused on the box that it didn't even occur to them that at least one of the solutions

Can we please forget the box ?

came from outside the box.

Brilliant, innovative and meaningful in 1969. Trite and overused today. As are the ones you will read below.

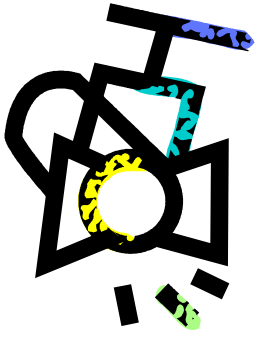
Here are more junk words and phrases you should ban from your writing:

- Team player
- Hard worker
- Reinvent the wheel
- Forward-thinking
- Synergy
- Paradigm (or paradigm shift)
- Move the needle
- Low-hanging fruit
- Push the envelope
- Touch base
- Raise the bar
- Put on your thinking cap
- Win-win

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



Jackie Harder



bpw | MEMBER SPOTLIGHT

Pam Feeser

Arriving in Key Largo June 15, 1999, Pam Feeser was excited to serve her next congregation.

She had been appointed by the bishop to Burton Memorial Unit-

ed Methodist Church.

Little did she know how deeply this community would become a part of her life.

"I've served a congregation as pastor, written an award-winning book, died in a train wreck (yes, that's correct), recovered from train wreck (as much as I can), bought a home and created a program to help Upper Keys residents afford their prescriptions," she said.

Pam also earned her doctorate, completed the process to become a certified pastoral counselor through the American Association of Pastoral Counselors and founded a nonprofit known as Living Springs Counseling and Living Waters Rx Project.

She serves on the board of the Monroe County Homelessness Continuum of Care, has served as the second vice presi-



dent of BPW, has been instrumental in helping the CRC (Community Resource Council) get started, and more.

"My husband, Delbert, and I have turned our yard into an organic permaculture garden with 56 fruiting trees plus edible bushes and plants," and sharing the bounty with neighbors and family, Pam said.

If you need help, Pam is your go-to woman.

Just contact her at 305.942.4226; PamF@DOLPHINSLivingSprings.org

and she'll do what she can to assist.

"Coral Isle Church is supporting Living Springs Counseling by providing a space where I can meet with my clients," she said. "We are deeply thankful for their generosity and support. However, we are actively seeking our own space.

"Our vision is that all Keys residents be able to strengthen their faith, mental and physical health regardless of insurance or economic status," she said.

"For this reason, we offer our services at a greatly reduced rate."



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In memoriam

Longtime BPW member Tom Tharp passes away

It is with great sadness that the Upper Keys BPW lost one of our longtime members last month.

Tom Tharp was a member for many, many years and brought dozens of new members into the BPW family.

He was also our go-to person when we needed a bartender!

Tom was such an advocate for not only BPW, but women.

Above, he was awarded the challenge coin from Building Women Warriors presented from Monroe County Sheriff's Office Capt. Penny Phelps. This is considered a great honor to receive such a token of appreciation.

We will miss his presence and we extend our heartfelt condolences to the Tharp family.

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Member news

Two new members join BPW

We would like to welcome our newest members to the Upper Keys BPW community! Tammy Macomber and Julie Nappi have joined our group.

Tammy owns TK Mac and Julie is a Realtor with RE/Max All Keys.

Thanks to our members who have renewed their membership in July for another year: state Rep. Holly Raschein; Retz Reeves with Islamorada Investment Management; and

Sandi Bisceglia with Southernmost Leadership Network. We appreciate your support!



Atta girl! Congratulations to Kate Banick who was just installed as the youngest member of the Upper Keys Rotary -- we won't say but we think she's 21! Kate is our secretary and executive director of the Good Health Clinic. You make us proud!