

Reserve now for March sunset cruise

Tickets will go fast -- don't be left at the dock!

Our March Event
BPW Bayside & Bubbles

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

WEDNESDAY
March 15th

Join us!

Meet fellow BPW members & friends during a Sunset Cruise on the Bay

Sunset Cruise Aboard Amora's Dive Boat - Amy Slate's Amora Dive Resort

Gather:
5:15 PM
at Amora
MM 104.3 Bayside

Departure:
5:45 PM SHARP

Return:
7:15 PM




Bubbles, soft drinks, water and appetizers provided, but feel free to bring your favorite drink!

Small Live Auction - 50/50 Cash Raffle...
Proceeds go to Women Adult Scholarships

Sponsored by Ilja Chapman: Cruise Planners~Voyage Blue
"Grow your Cruisitude"

Questions: info@upperkeysbpw.org



RSVP NOW - Only 45 spaces available for the cruise!! Reserve online...\$25. Members & Guests

bpw | CALENDAR

Feb. 15: Luncheon, Holiday Inn, MM 99, 11:30 a.m.

March 15: Bayside and Bubbles Sunset Cruise, Amora Dive Resort.

April 19: Luncheon, 11:30 a.m., Holiday Inn.

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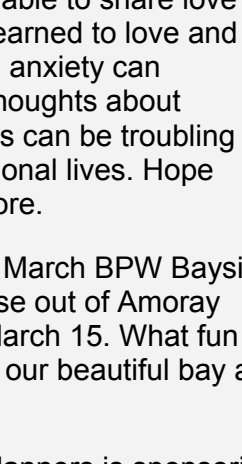
Questions?
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President's Message

Let's be loving every day, not just Feb. 14

It's February, a month dedicated to love.

We should be loving every day of the year, but what a great reminder for us this month. The month and our country could use a lot more love these days, and I believe it begins inside each of our hearts.



Laura Maupin
Photo: Meleand Photography

That's why I'm so excited to hear from our speaker this month, Debbie Goldberg. She's all about love!

In my studies of personal development, I've learned that you are only able to share love with others once you've learned to love and accept yourself. Fear and anxiety can separate us from loving thoughts about ourselves and others. This can be troubling in our personal and professional lives. Hope you'll join us and learn more.

We're psyched about our March BPW Bayside and Bubbles Sunset Cruise out of Amora Resort in Key Largo on March 15. What fun we'll have sharing time in our beautiful bay at sunset.

Ilja Chapman of Cruise Planners is sponsoring our event with champagne and snacks. We've got room for about 45 so be sure to register early.

We're still in limbo for a fundraiser at Snappers Conch Republic Days, so all funds raised in March will go toward our scholarship fund. It's \$25 a spot for the cruise. Thanks for your support.

Happy Valentines Day to you!

See you at the luncheon.

Our February Luncheon

"Becoming Your Best Self in the Face of Fear and Anxiety"

WEDNESDAY Feb. 15th 11:30 AM
AT Holiday Inn MM 100 OCEANSIDE

Our Speaker: **Debbie Goldberg**
 Topic: "Becoming Your Best Self in the Face of Fear and Anxiety"



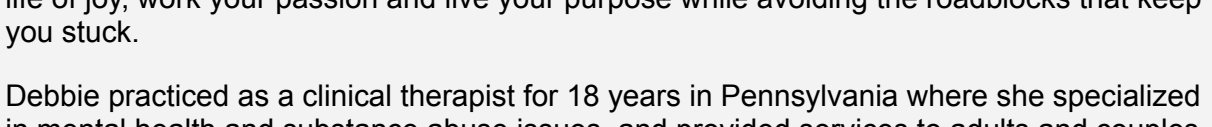
Author, therapist and spiritual mentor, Debbie N. Goldberg knows anxiety. Walking away from a thriving career in private practice to follow her true calling was something most people could never do. Facing fear, self-doubt, anxiety, judgement and guilt was something Debbie, and many of us have to do, in order to realize our true purpose in this world. Debbie tells her story and walks you through the daily exercise of overcoming the self-defeating thoughts we have that stop us from becoming our best possible self. Realize a life of joy, work your passion and live your purpose while avoiding the roadblocks that keep you stuck.

Debbie practiced as a clinical therapist for 18 years in Pennsylvania where she specialized in mental health and substance abuse issues, and provided services to adults and couples. She is now in private practice residing in Islamorada, Florida

Members!
 Please note our new event pricing structure for 2017:
When you register online, members get the \$20 rate.
 If members walk in with no reservation, it's \$25.
 Guests are \$25.

Lunch will be served. Member with online reservation \$20. Member without reservation \$25. Guest \$25

Questions: info@upperkeysbpw.org



bpw | MEMBER SPOTLIGHT

Debbie Goldberg

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Debbie practiced as a clinical therapist for 18 years in Pennsylvania where she specialized in mental health and substance abuse issues, and provided services to adults and couples. She is now in private practice residing in Islamorada.

She brings the spiritual knowledge of her own awakening to her work with others to inspire healing, love, joy, purpose and creativity as they embark on their own spiritual journey.

As a spiritual mentor, Debbie guides people inward to connect with their spiritual guides, find unconditional love, the truth about themselves, and heal the wounds and the programming that keep them from co-creating with God and living a life of passion and purpose.

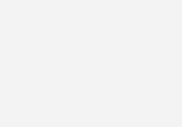
Congratulations on your Amazon Book Recognition, Debbie!

Empowering Women Financially

Think financial planning is geared toward men?

We need to talk!

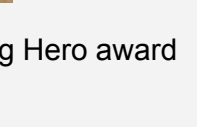
- Creative problem-solver
- Experienced portfolio manager
- Seasoned financial strategist & estate planner
- Fee-based Portfolio Management (no commissions)
- Many investment options



INVESTMENT ADVISOR REPRESENTATIVE • PERSONAL FINANCIAL SPECIALIST • CERTIFIED PUBLIC ACCOUNTANT

Contact Patricia to arrange a free, no-obligation consultation to talk about **your** financial future!

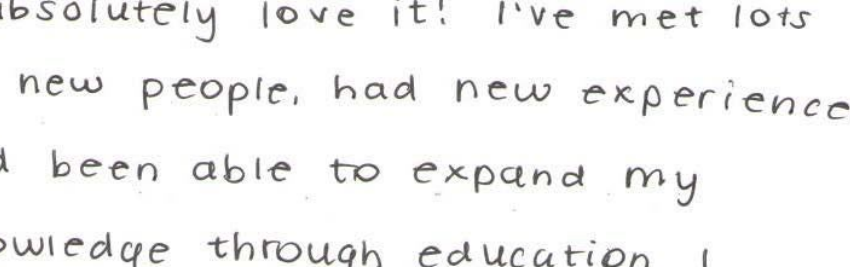
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bpw | MEMBER ATTAGIRL

Congratulations, Pam!

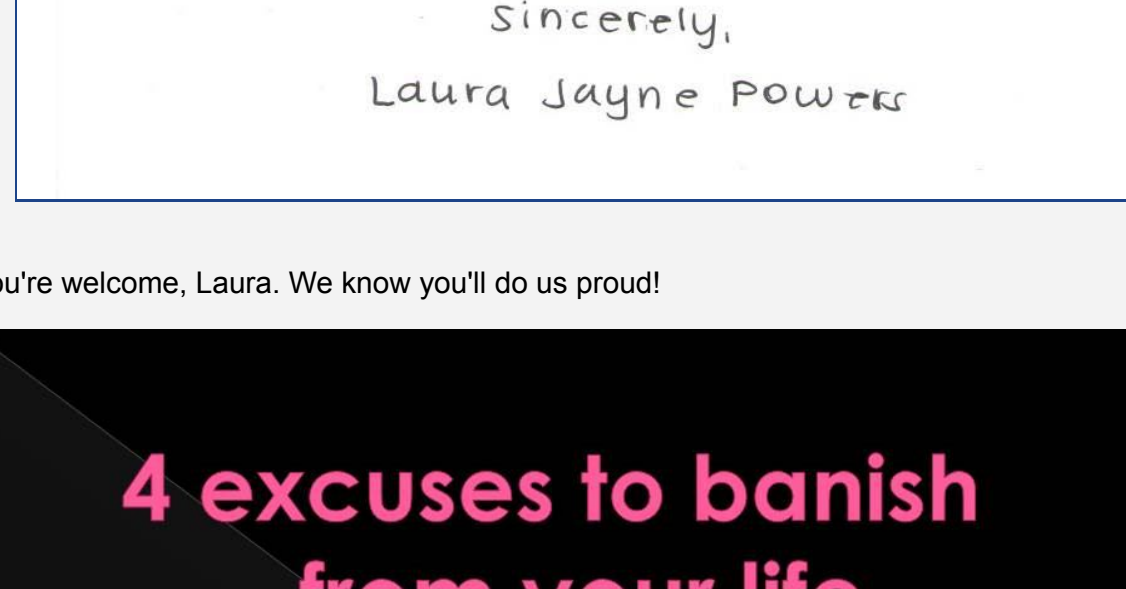


Pamela Feeser-Carter, a Upper Keys BPW member, received a 2017 Unsung Hero award presented by the Community Foundation of the Florida Keys.

Pam is the founder and executive director of DOLPHINS to Stop Domestic Violence, Inc.

bpw | MEMBER WE GOT MAIL!

Love this note from recent BPW Scholarship recipient, Laura Jayne Powers.



You're welcome, Laura. We know you'll do us proud!

4 excuses to banish from your life

1. "I don't have enough time for this."
2. "I'm not qualified for that job."
3. "I could never do that!"
4. "I don't have enough money for that."

Power of Women | Key-Dynamics.com

bpw | MEMBER ATTAGIRL, PART 2

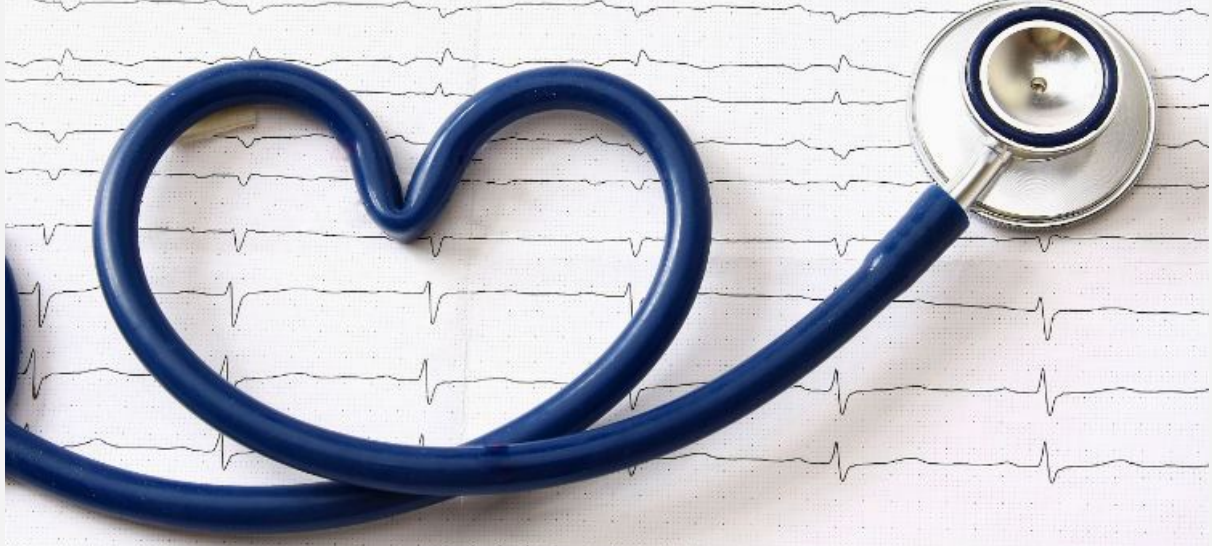
Congratulations to BPW member Lisa Feliciano for being the top residential mortgage lender at Center State Bank in 2016.



bpw | MEMBER NEWS

Welcome new member Yvette Gonzalez-Valdes, Maid in Paradise. We're glad to have you!

- And a tip of the hat to members who have renewed:
- Ashley Lowman Arrabal, Florida Keys Electric Cooperative
- Kathy Shirley, Key Largo Yoga
- Robert Lockwood, Aattorney
- Ilja Chapman, Cruise Planners~Voyage Blue
- Nada Khalaf-Jones, Lovelyworld Adventure Florida Keys Down



Did you know...

- More women die of heart disease than all cancers combined
- Coronary heart disease is one of the top killers of women older than 40
- Since 1984, more women than men have died of heart disease
- Women experience different symptoms when having a heart attack, such as fatigue, nausea, indigestion and shortness of breath

For more information, go to AgingCare.com.

Upper Keys Business and Professional Women
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