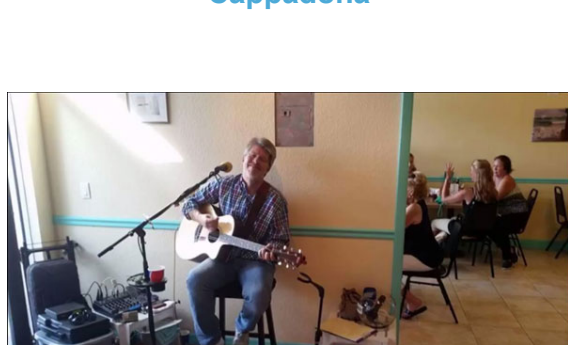


BPW Connection | October 2017

Thank you to our August event sponsor, **Just The Thing Global Bistro** in Islamorada. We had a great time networking and enjoying some great company. We also raised over \$500 for the **United Way's Stuff the Bus** campaign!



Left to right: Suzi Youngberg, Theresa Sutter, Jennifer Cappadona



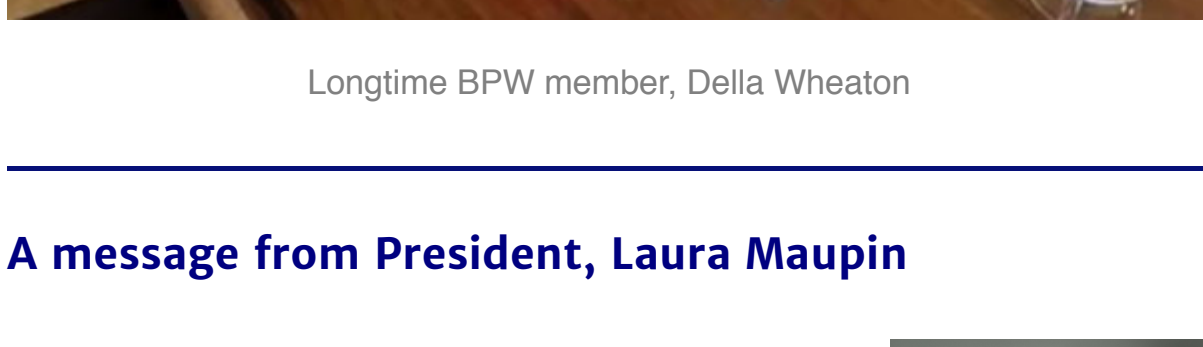
Thanks for your attendance, Center State Bank



Thank you Scott Youngberg, our musician



Thank you Suzi and Scott, for organizing a great event!

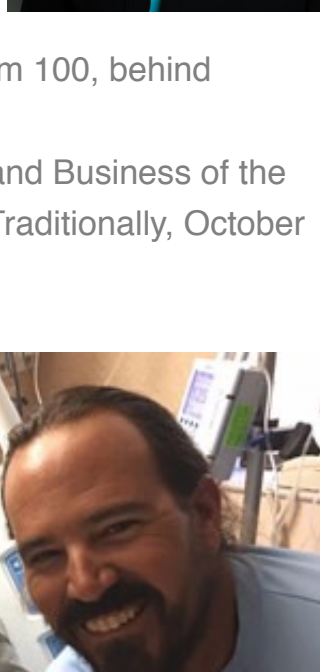


Longtime BPW member, Della Wheaton

A message from President, Laura Maupin

See you at Skipper's!

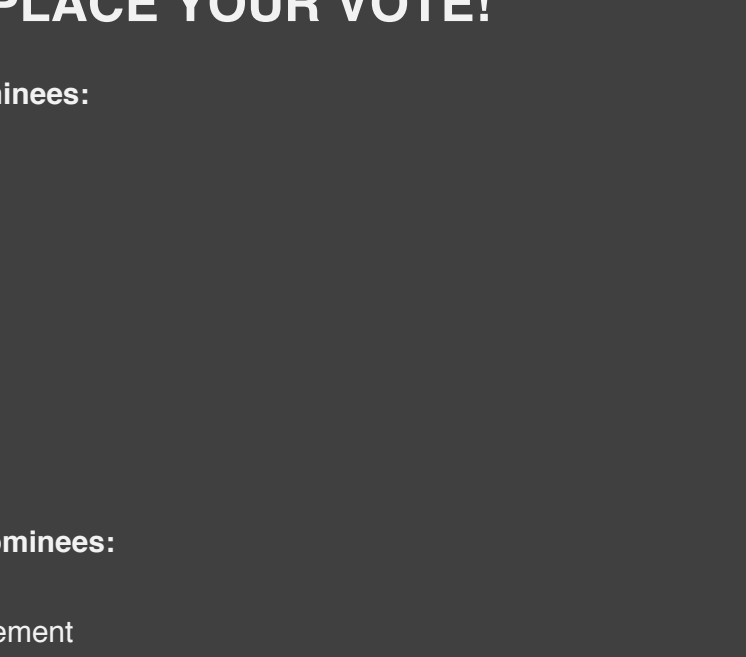
Hello fellow BPW members, I hope this monthly newsletter finds you healthy and on the road to recovery. It's been a crazy couple of months here in the Florida Keys and I personally can't wait to visit with you all Wednesday night and have time together to share our joys and I'm sure our heartaches since hurricane Irma. That's the best therapy for all of us, our connection!



I hope you'll join us at Skippers Dockside in Key Largo (mm 100, behind Holiday Inn) from 5:30 to 7pm.

We will be taking votes, and then presenting our Woman and Business of the Year awards. Thank you to those of you who nominated. Traditionally, October celebrates Women in Business.

On an even happier note, past BPW President Gina Boilini and Frank Navarro welcomed their second son, little "Jimmie" James Felipe Navarro into the world Thursday 9/28/2017 at 1:24am.



We're so happy for you Gina, it's not surprising how you've excelled at motherhood! You Go Girl!

GET READY TO PLACE YOUR VOTE!

2017 Woman of the Year nominees:

Margie Smith
 Suzi Youngberg
 Elizabeth Moscynski
 Ilja Chapman
 Vicky Fay
 Retz Reeves
 Chris Lauterborn

2017 Business of the Year nominees:

Islamorada Investment Management
 Monroe County Sheriffs Office
 Center State Bank
 Sun 103.1 WFKZ Suzi & Kim
 Sunshine Printing

ATTENTION SMALL BUSINESSES - SBA BRIDGE & DISASTER LOANS AVAILABLE IN AFTERMATH OF HURRICANE IRMA

Florida SBDC at Florida Keys Community College is currently coordinating the Emergency Bridge Loan Program funded by the State of Florida for small businesses.

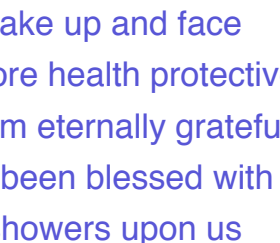
These are loans intended for operating capital; \$50,000 max, six month term, no-interest. Application deadline is October 31st. We are also assisting clients with SBA Disaster Loan Applications. Those loans max out at 2 million for both damage to property and economic injury. If you need help for your small business, please register with us via the link below. There is never any cost of our one on one counseling. Our program is funded by the SBA, the State of Florida, and Florida Keys Community College. To register please click on the following link; we serve all businesses in our region from Key Largo to Key West.
<https://clients.floridasbdc.org/reg.aspx?mode=counsel¢er=41865&subloc=0>

Contact info: Kelly Penwell (SBDC Regional Director)
Kelly.Penwell@floridasbdc.org

Other important info:
 FEMA Disaster Assistance: <https://www.disasterassistance.gov>
 SBA Disaster Assistance: <https://www.sba.gov/disaster-assistance>
 SBA Disaster Loans Available: <https://disasterloan.sba.gov/ela/information/typesofloans>
 SBA Disaster Recovery Center: open daily from 8am – 8pm

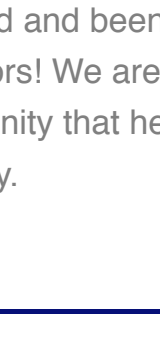
Big Pine Key Community Park, 31009 Atlantis Drive, Big Pine Key, FL 33043

Contact our local banks (First State Bank, Keys Federal Credit Union, BB&T, Iberia, Centennial, etc) about personal loans being offered to help you recover and rebuild, many are offering great programs in the wake of Hurricane Irma.

BPW'S OCTOBER EVENING EVENT AT SKIPPERS DOCKSIDE
WEDNESDAY October 18th 5:30 - 7:00 PM

www.upperkeysbpw.com
 Business and Professional Women's Upper Keys Century BPW

Please join us for evening networking, cash bar and complimentary hors d'oeuvres.

We will be voting on and announcing our **Woman of the Year and Business of the Year**



528 CARIBBEAN DRIVE • MM 100 • KEY LARGO

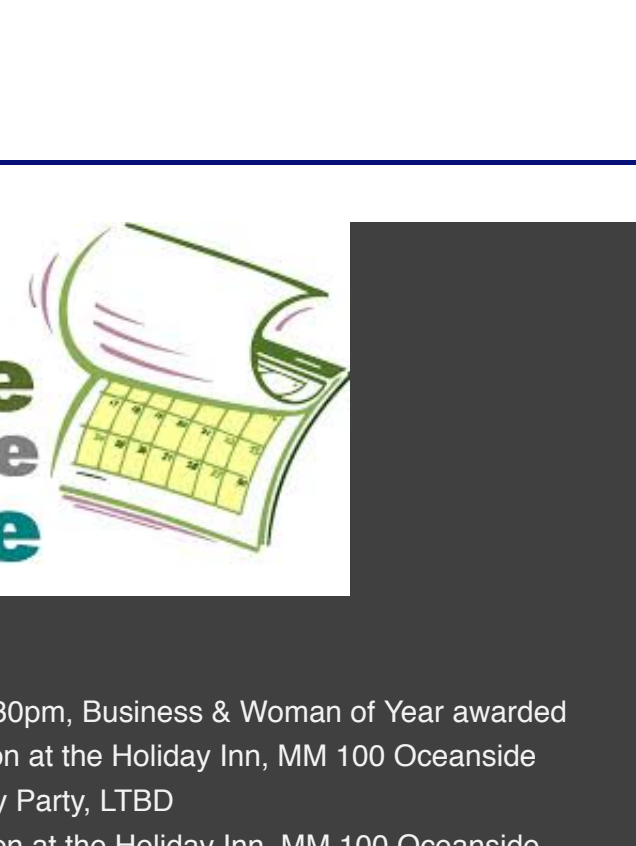


Questions: info@upperkeysbpw.org Member online or at the door \$15. Guest \$20.

[Reserve your spot for lunch](#)

Meet Shevaun Shamon, our September/October Member Spotlight

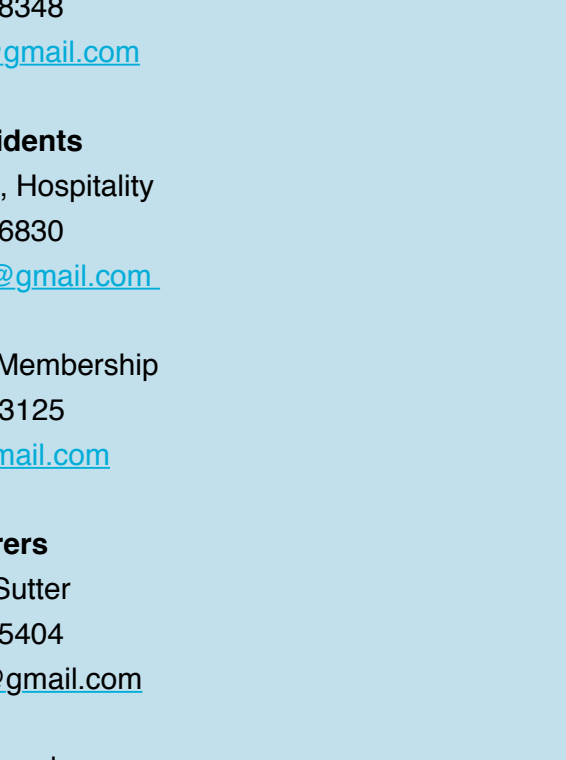
I am a Jersey girl but an island girl at heart. The Keys have been my home for 20 years, bringing me an abundance of peace and love. The peacefulness of our islands, helped me discover the art of yoga and meditation. I wanted to share this incredible experience with everyone. Heart of Yoga was established 15 years ago. I taught yoga from Ocean Reef to Hawks Cay. I still teach yoga privately and hold workshops at various



locations. Life changes and with that change, I became a massage therapist. I bring the healing powers of massage to hotels and local homes. I feel blessed that my passions bring profound peace into people's minds and bodies. Being in the healing arts has made me aware of the harmful chemicals in our foods and beauty products This led me to become an educational consultant with a company called Beautycounter. Beautycounter bans over 1,500 harmful ingredients from entering our shampoos, lotions, soaps, make up and face care products. We are working with Congress to create more health protective laws concerning the harmful chemicals in our products. I am eternally grateful for the life my sweet husband, Jeffrey Shamon and I have been blessed with in the keys. An abundance of love and support endlessly showers upon us from our amazing community.

Atta Girl Kim and Suzi!

BPW wants to send out a special mention to Kim Chesher & Suzi Youngberg of Sun 103.1 and Thunder Country for their dedication to sharing information and constantly helping others in our community! Thank you, ladies.

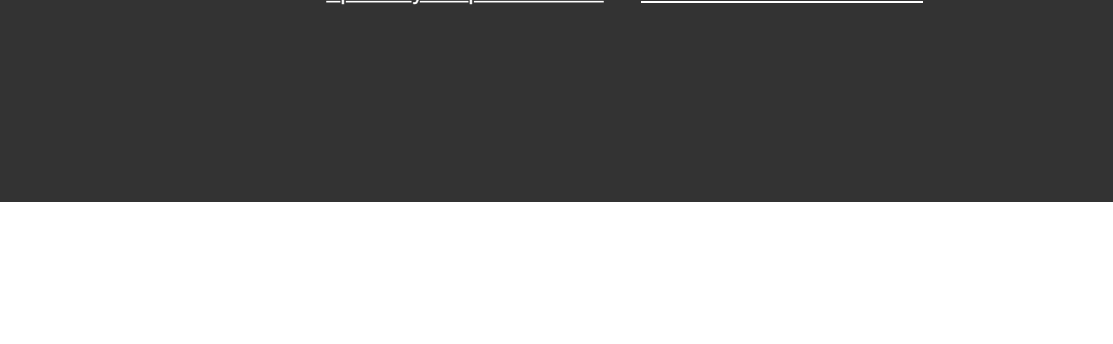


And to All Monroe Community Residents who have stepped up in this time of need and been neighbors helping neighbors! We are blessed to live in a community that helps one another this way.

Connecting our Upper Keys Chapter to BPW Florida



BPW/FL_Florida_Federation_of_Business_&_Professional_Women's_Clubs_Inc
 Florida Federation of Business & Professional Women's Clubs



NEW AND RENEWED OCTOBER MEMBERS:

Please help us welcome new member:

- Justina Lee Black - Nerium International

Renewing members include:

- Lauren Dunn - Dunn Electric

- Oct 18, 2017 – Evening event 5:30pm, Business & Woman of Year awarded
- Nov 15, 2017 – 11:30am Luncheon at the Holiday Inn, MM 100 Oceanside
- Dec 20, 2017 – 5:30pm – Holiday Party, LTBD
- Jan 17, 2018 – 11:30am Luncheon at the Holiday Inn, MM 100 Oceanside
- Feb 21, 2018 – 11:30am Luncheon at the Holiday Inn, MM 100 Oceanside
- Mar 21, 2018 – Evening event 5:30pm, LTBD
- April 18, 2018 – 11:30am Luncheon at the Holiday Inn, MM 100 Oceanside
- May 16, 2018 – Evening event, 5:30pm LTBD – Board installation

Board of Directors 2017-18

President

Laura Maupin
 305/360-5645
keystoyouth@gmail.com

President-elect

Ilja Chapman
 305/998-8348
ilja.chapman@gmail.com

Vice Presidents

Suzi Youngberg, Hospitality
 305/393-6830
SuziYoungberg@gmail.com

Miriam Lazcos, Membership
 305-926-3125
mlazcos@gmail.com

Treasurers

Theresa Sutter
 786/361-5404
theresasutter@gmail.com

Jennifer Cappadona
 727/967-4178
jrs1129@hotmail.com

Secretary

Kate Banick
 305/619-0154
kate@thegoodhealthclinic.org

Director

Pam Martin
 305/853-0907
pmlfkeys@aol.com

Questions?

Email info@upperkeysbpw.org

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