

# BPW Connection | September 2016

## It's that time of year

### Nominate Business, Woman of the Year

Nominations will be taken via email, [bpwupperkeys@gmail.com](mailto:bpwupperkeys@gmail.com) or you can fill out the form attached and mail or bring with you to our Sept. 21 luncheon at the Holiday Inn in Key Largo.

Be sure to tell us why you think the woman or company deserves this honor.

**Deadline for nominations is Wednesday, Sept. 21.**

Voting will take place via email, beginning in October and announced at our Political Forum on Oct. 19 at the Hilton in Key Largo.

Only members in good standing can nominate and vote.

[Click here to download the form.](#)



## bpw | CALENDAR

**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.

**Dec. 19:** Christmas party to be determined.

## Board of Directors 2016-17

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### Questions?

Email [info@upperkeysbpw.org](mailto:info@upperkeysbpw.org)

## President's Message

### Fall: One of my favorite times of the year

Well hello, Fall! This is one of my favorite times of the year. The kids are back to school, there's a break in the heat and we have the islands back to ourselves for a couple of months.

And this being an election year has brought me lots of learning opportunity as your Upper Keys BPW president.

We are now gearing up for the Political Forum to be held Oct. 19 at the Hilton in Key Largo. We hope you'll join us and take advantage of this opportunity to learn more about the candidates before your trip to the polls in November.

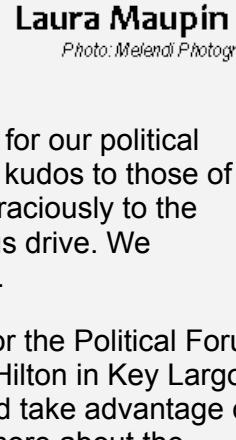
We are fortunate to live in a "small town" community that can still hold quaint events for its residents. Don't miss it! Buy your ticket at [www.UpperKeysBPW.org](http://www.UpperKeysBPW.org)

At this month's luncheon on Sept. 21, we welcome Annisah Tomas, outreach coordinator for Guardian Ad Litem.

She will share valuable information with us and how we can get more involved. I hope you'll join us and bring a guest to increase awareness throughout the Keys.

As you see, we are now accepting nominations for our Woman and Business of the Year to be awarded at next month's Political Forum. Thank you for your participation. It's up to us as members of BPW to celebrate these Women in Business.

See you at the luncheon!



Laura Maupin  
*Photo: Melend Photography*

## Our September Luncheon Our Guardian Ad Litem Program

**WEDNESDAY Sept. 21<sup>st</sup>**  
**Holiday Inn** MM 100 OCEANSIDE  
11:30 AM

[www.upperkeysbpw.com](http://www.upperkeysbpw.com)  
Business and Professional Woman/FL  
Upper Keys Century BPW

Join us!

**Our Speaker: Anissah Tomas** Outreach Coordinator at the 16th Judicial Circuit of the Florida Guardian ad Litem Program.

As the Outreach Coordinator, Anissah Tomas' responsibilities include recruiting and training new volunteers, as well as promoting awareness and communication within the Monroe County area.

She graduated Miami Dade College with an Associate's degree in Anthropology, and is currently working on her Bachelor's in Communication at FIU Online.

Anissa loves being involved in helping the community, especially those that are considered among our most vulnerable occupants. She was a working foster children as a House Parent Aide for CHARLEE of Dade in Miami at the age of 22 and has continued working in Social Services throughout the years.

Lunch will be served    Members: \$20    Guests \$25    Questions: [info@upperkeysbpw.org](mailto:info@upperkeysbpw.org)

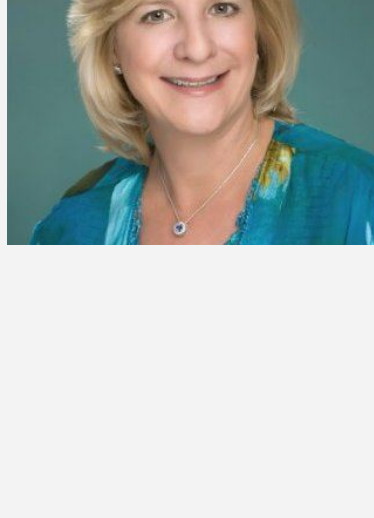
## Hat's off!

To **Amy Pierson**, vice president of commercial loans at Centennial Bank, who is celebrating her 20th year as a member of Upper Keys BPW.

Many thanks for your support, Amy, and for being such a great role model for women in our community.

Other members who have renewed:

- **Lauren Dunn**, vice president, Dunn Electric
- **Laura Lietært**, principal, Key Largo School
- **Anna Walston**, area sales manager, Islamorada Resort (AmaraCay)



## New members

Please welcome new two members to Upper Keys BPW:

- **Eileen Daley**, personal trainer, yoga instructor and partner, Key Largo Fit Body Bootcamp
- **Laurel Cook** of Mull Financial. She is in charge of customer relations.

We look forward to learning more about each of you.

# Is it Finally Time to Update Your Website?

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Dr. Stan Zuba, Candidate  
Mosquito Control Board, Seat #4

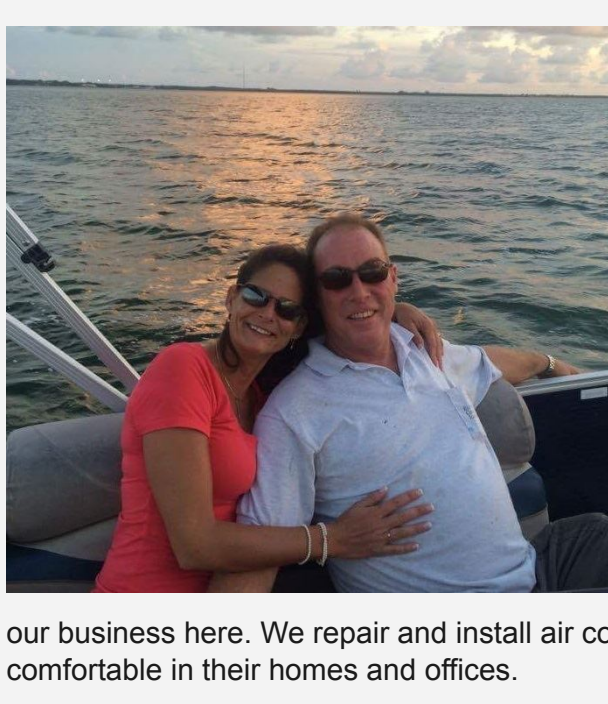
"My website needed updating and improvement. Keystroke Media made my site look and function significantly better."

Ellie Donofrio, Owner  
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Tavernier, FL

## bpw | MEMBER SPOTLIGHT



### Jennifer Cappadonna

I am originally from Brooklyn, N.Y., and moved to Tampa area in 1991 where I met my husband Robert in 1996. We married a year later. He was not happy working for the large air conditioning company there, so we decided to open our own business Electric Cooling & Illuminations inc.

We had customers as far as Miami and Fort Lauderdale area (where he is from). We met people who owned hotels in the Keys and started to travel here for work.

In August 2011, we moved ourselves and our business here. We repair and install air conditioning units. We enjoy making people comfortable in their homes and offices.

We also do landscape lighting. It is not only pretty but helpful for security reasons, too. Aside from residential landscape lighting, we also did the landscape lighting at Cheeca Lodge & Spa and the Pelican Cove Resort.

I am a licensed HVAC contractor and licensed home inspector. I am also a notary. I handle all office work, bookkeeping, permitting, payroll, scheduling and so on.

I met Laura Maupin by chance seeing one of her Nerium posts on Facebook. I love all the Nerium products! She introduced me to BPW and I'm thankful she did.

I belong to the Islamorada Moose Lodge, the Tavernier Elks Lodge and the Islamorada Chamber of Commerce. I volunteer for the Village of Islamorada Landscape advisory committee. For fun, I enjoy boating, kayaking, reading and all that the Keys offer.

#### A/C tips from Jennifer

- Change filters
- Check batteries in thermostat
- Rinse outdoor unit from coral dust and debris
- Keep household blinds facing down in summer and facing up in winter
- Test heat to burn off lint
- Treat drain lines with small cap full of bleach

## Empowering Women Financially

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## bpw | ATTA GIRL

### Ann Sandlin of United Way

September means the new school year is in full swing, and United Way of the Florida Keys is working hard on its annual "Stuff the Bus" school supply drive.

This has been a record year with a tremendous outpouring of support from more than 70 local businesses and organizations like BPW, chambers of commerce, Rotary clubs, Moose, and many others have generously gathered supplies, providing much needed help for the children and teachers at every public and charter school in the Keys.

The final step in gathering supplies is when United Way receives pallets from local Publix stores as part of their "Tools for Schools" contribution. After that, everything is sorted at the Florida Keys Electric Cooperative warehouse in Marathon, and with the help of dedicated volunteers, board members, and United Way staff, school supplies are delivered up and down the Keys.

To celebrate all the hard work, United Way is having two parties -- 5-7 p.m. Thursday, Sept. 29 at the Islamorada Beer Co. and 5-7 p.m. Wednesday, Sept. 28 at the Faro Blanco Resort in Marathon.

Complimentary light bites and a cash bar will be available. All are invited to be part of the celebration.

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## BPW Political Mixer was a great success

