Washington Business & Professional Women

Nurturing the Roots . . .

Continuing the Growth

93rd Annual State Conference
Best Western Plus Evergreen Inn & Suites
Federal Way WA
May 16-18, 2014
Washington State Federation of Business & Professional Women

BPW/WA

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WELCOME FROM YOUR 2013-2014 Officers

President: Terry Ray
Vice President: Kay Bradley Kampsen
Recording Secretary: Susan Lipston
Treasurer: Judy Johnson-Keyt
Immediate Past President: Eldean Montgomery
Parliamentarian: Mike Healy
Welcome to the 2014 Annual Conference of the Washington State Business and Professional Women

You have come from near and far to join forces, celebrate, learn, and experience who we are — individually and collectively. Congratulations on your success at, for a short time, putting yourselves first. We all have complex and busy lives, and this annual event forces many of us to juggle the needs of family, career building, work, studies, and sometimes engaging hobbies and projects.

I encourage you to talk to people you do not know, including as many of our senior, long-term-members, as you can.

Check out the Marketplace (Shopping Therapy!). Share stories, insights, and laughter. In short – fully engage in the experience. Prepare to share, at the local level, with those who could not come.

And to those of you at Conference for the first time — a special welcome from all of us. This is where you find the total BPW. Reach out and let us know how to support you and your Local BPW.

Terry Ray

Terry M. Ray,
President, BPW/WA 2012-2014
**The Gift – A Revolutionary Approach To Networking**

Erin & Stephanie join forces to share *The Gift*, a ground breaking, yet simple approach to relationships and business, will open your eyes to the mistakes you might be making that are sabotaging your success and smothering your joy.

Learn how to use the power of contribution to skyrocket your business and deepen your relationships without being pushy. Instantly accelerate the “know, like and trust” factor by learning how to build trust in ten minutes or less.

Learn the 4-step process you need to expand your ability to genuinely connect with and contribute to others. This philosophy and process of selfless contribution will fast track your ability to grow your business and create greater happiness and satisfaction without working so hard.

**Stephanie Owens** is fiercely committed to guiding high performance women to achieve their ridiculously high expectations without working so hard. A small business owner for over a decade, Stephanie blends her experience in the business world with a Masters in Counseling. Stephanie is the creator of The Procrastination Cure 30 Day Challenge and author of a book entitled *No Is The New YES!: The Overachievers Guide To Achieve More & Stress Less*. Stephanie lives a peaceful, happy life with her incredible husband and their two amazing teenagers.

**Erin Loman Jeck** is the Founder of *Create Infinite Balance, L.L.C.*. She is a professional speaker, an author, a Life Success Coach, and host of her own radio show, *Life Is a Journey Not a Destination*. Erin has helped people overcome challenges and expand their life experiences for over 20 years. While completing her M. A. in Marriage and Family Therapy, Erin made huge advances in her own personal growth. She has dedicated her life to helping people find their passion, direction, and ways to create infinite difference in the world. She coaches executives, professionals, competitive athletes, groups and individuals to grow their strengths, reach their potential, and achieve maximum results.
Does the growing complexity in today’s world have you running faster and faster to keep up? Are you attempting to influence positive change and feel it’s two steps forward and two steps back? Would you like to increase your success and live in complete integrity? Do you want to experience more balance in your life? If these questions resonate with you, grab your sleuth hat. Dig out your magnifying glass, and help solve the mystery of the ONLY problem you need to solve.

As we peel away the layers to crack this code, you’ll discover:
— 3 questions successful people ask
— a tool to guide your next steps in your professional and personal life
— yes, the only problem you need to solve
— and much more …

Come prepared to “play along” as we crack the code and unleash your “hidden” powers.

Deborah Olive is the CEO and founder of Deborah Olive, Professional Speaking, Training and Transformational Coaching.

Passionate to support professionals to break through their upper limits and live a “Full Spectrum Life,” Deborah provides time tested vision-based coaching programs that harness “The Invisible Side of Success,” the proven success principles that inspired people like Andrew Carnegie, Eleanor Roosevelt, Martin Luther King, Jr. and Steve Jobs. As a speaker, she connects with her audience, conveying easy-to-understand techniques for unleashing one’s true potential. Her message is personable, actionable and unforgettable. People often say, “It’s as if she was talking just to me.”

Deborah’s first career incarnation was in the corporate sales world where she consistently exceeded her sales goals in the medical diagnostics industry. A turning point occurred in the 90’s and she followed her heart to become an ordained minister and a transformational leader in the non-profit world. Over the course of two decades, she inspired and empowered thousands of people from all walks of life to achieve greater fulfillment in their personal and professional lives.

Through her service on Boards such the Hunger Project and the Association for Global New Thought, Deborah’s work extends internationally. The radio show, “A World That Works,” continues to enjoy an international audience.

Deborah integrates the skills she learned in the corporate world with those she’s incorporated over three decades. In March 2014, she received the distinguished Life Mastery Transformational Coach Award of Excellence. She is more passionate than ever to support professionals to break through their upper limits as she champions “The Invisible Side of Success” to business, civic, non-profit and corporate audiences.
Women’s Safety For LIFE

Why You Need This Training:
On airplanes, one of the main emergency procedures is
“Put YOUR oxygen mask on YOURSELF FIRST- then you can help others.”

This is also part of being a strong, prepared woman. Often times however, we women, tend
to take care of others first before ourselves. While we hope for the best, we are so entrenched
in life that we’re not always as prepared for something bad to happen as we need to be.
This session gives you permission to help, not only those you care for, but especially yourself
in an emergency situation.

Learn ways to feel more empowered with your own personal safety.
“Believe the Butterflies” and trust that sixth sense and take direct actions to be safe.

Shannon Session:
As a mother of five, a longtime Crime Prevention Specialist and Spokesperson for High Profile
Incidents, public safety is her passion. As the Public Information Officer (PIO) for the Lynnwood
Police Department and as the Editor of a local newspaper Shannon is a publically recognized, long
-time trusted stakeholder in your community with a tried and true reputation. She has a versatile
background in public safety, crime prevention, and dealing with the public and families during
high profile incidents involving police and fire activity.

Shannon is a former reporter/editor-in-charge of a local newspaper in the Puget Sound area where
she reported on Public Safety issues in South Snohomish and North King Counties. Working on
"both sides of the caution tape" has given Shannon a unique perspective on who are affected when
bad things happen.
My association with BPW started in Ohio where I became a charter member of the Brown County organization as 2nd Vice President and the local’s liaison at to the District. After moving to Washington State I was invited to become a member of the Campus BPW at the University of Washington in the fall of 1989. Several years later, and a move to Des Moines, I became a dual member of the SouthWest Seattle BPW, where my primary membership is currently.

Throughout my nearly 25 years in BPW/WA I have held most local and district offices and several chair positions at the local, district and state levels. I is currently serving my second term as Vice President for the Washington State Federation of Business and Professional Women.

Before accepting the BPW state parliamentarian position in 2011, I joined the Point of Order Parliamentary Law Unit in West Seattle and two months later, after passing the membership test, became a member of the National Association of Parliamentarians and the Washington State Association of Parliamentarians.

Through my professional academic work, at the UW and at Ohio State University, I became interested in the Washington State BPW Foundation (WSBPWF) and their scholarship work. In 2010 I was invited to become a member of the Board of Directors of the Washington State BPW Foundation (WSBPWF) where I have served as the Bylaws chair and assisted with fundraising projects. My foundation efforts extend to the Emerald City BPW Foundation (ECBPWF) where I have been on their Board of Directors for several years.

My career began in Ohio where I worked in the Depart. of Chemistry at Ohio State University. When my faculty supervisor accepted a position at the UW, Department of Chemistry, he asked myself and my husband Robert, to “come west” with his research group – and we did. I worked for UW for eighteen years. I then accepted a position as a grants manager/E-rate specialist. I am currently self-employed in the jewelry fashion industry. We, my husband Robert, our dog, Murray, and I, live in Des Moines, WA.

**BPW offices/chair positions:**

- **Campus Local:** All office positions; Chairs: Bylaws, Legislation, Publicity, Nominations, Audit, Budget
- **SWSeattle Local:** President, Vice President, Secretary, Chairs; Bylaws, Audit, Budget, Finance, Nominations
- **District 2:** All office positions, Chairs: Audit, Budget, Finance, Nominations
- **BPW/WA:** Vice President, Parliamentarian, Recording Secretary Pro-tem, Audit, Corresponding Secretary, Bylaws, Special Audit, Nominations

In 2001 Kay updated the state’s local organization treasurer packets and was the trainer for the LO treasurers.

2013 Treasurer’s trainer at Annual Conference
Judy Johnson Keyt

South Puget Sound Immediate Past President
Current State Treasurer … State Bylaw and Finance Committee

Life Care Centers of America

Personal Email: INTERNETjjkeyt@gmail.com

Judy is a Wife, Daughter, Mother of 4, Grandmother of 6, two time breast cancer survivor and a successful business woman. She is a graduate of Seattle University and has acquired a BSN and MBA.

She loves Dogs and has three.
An advocate for exercise, she is a current member of Tacoma Strength in Tacoma.

Judy fell into leadership unexpectedly in 1996. As a Nurse, she began the first hospital within a hospital, was a successful Hospital Administrator and a Chief Nursing and Operational Officer of a Retirement Community.

She has a passion for caring for the elderly. In 2006 she found a company with an equal passion and accepted a career with Life Care Centers of America. She manages a Medicare Certified Home Health Agency.
Candidate for
Vice President

Susan Lipston
BPW/WA Recording Secretary
2013-2014

2013-2014 has been a year of communication. Long-time members are embracing new members which is allowing a stronger unity. My hope is that this will continue through our next year at the state level.

I have been president of South Puget Sound Local for two years and am currently the president of the Renton Local.

At the state level I have served as:

*Recording Secretary, Program Chair, Young Careerist Chair, and Membership Chair.*

It has been fun watching the Renton Local grow by leaps and bounds. The Membership and Communication train is moving through the state!

*I am excited to be considered for Vice President 2014-2015 at the state level.*
WASHINGTON STATE BUSINESS & PROFESSIONAL WOMEN
RULES OF ORDER

Registration:
All persons must be registered and wear identification badges to the meetings.

Decorum:
All meetings will be called to order at the scheduled time.
Those standing should be seated before the meeting convenes and refrain from speaking unless they have been recognized by the presiding officer.
There shall be no smoking in the meeting room.
The presiding officer may declare recess periods as needed.
All communication to the platform or to persons in the assembly shall be in writing and be delivered by designated pages.
When addressing the chair, members must give their name and local organization or state office.
Cell phones, pagers and other electronic communications shall be silenced during the business meetings.

Orders of the Day:
The official program shall constitute the Orders of the Day.
The presiding officer shall be empowered to effect program changes for the best interest of the members.

Minutes:
The President shall appoint a committee to approve the minutes of the meeting.

Motions:
Main motions and amendments shall be in writing, signed, and sent to the chair immediately upon being proposed. Only registered members in good standing may introduce motions, participate in discussion, and vote on a motion.

Deadline:
Proposed items of business shall be submitted in writing to the Recording Secretary by Saturday at 11:00 a.m. to be considered by the voting body.

Elections:
Nomination speeches from the floor shall be limited to two minutes. After nomination are closed and at such time as indicated in the agenda, each nominee shall be allowed to address the conference body for two minutes. Elections shall be by ballot. Only members in good standing who have registered for the conference prior to the latest report by the Registration Chair will be eligible to vote. There will be no campaigning when polls are open.

Discussion:
Discussion will be limited to two minutes for each speaker and ten minutes for each question. A timekeeper will signal expiration of the allotted time. No member may speak more than once on the same issue without consent of the voting body.

Parliamentary Authority:
Robert’s Rules of Order, Newly Revised, shall govern all proceedings of the State Federation Conference. A two-thirds vote of registered members is required to suspend or amend the rules of order.
BPW/WA 2014 STATE CONFERENCE
AGENDA

Thursday, May 15
6:30 - 8:00 p.m. Executive Committee Meeting

To Be Determined

Friday, May 16
6:00 - 10:00 a.m. Complimentary Breakfast (for registered guests)
7:00 - 8:00 a.m. Market Place Expo Set-up, Rainer Room
7:30 - 9:30 a.m. Registration
8:00 a.m. Market Place Expo Opens

8:00 a.m. First Timers Welcome

9:00 a.m. Pre-Conference Board of Directors Meeting

Adams Room
[voting members: Sate Officers, Standing Committee Chairs, Local Presidents]

Call to Order Terry Ray, President
Pledge of Allegiance Bonnie O’Leary
Introductions Terry Ray
Roll Call Susan Lipston, Recording Secretary
Rules of Conference Mike Healy
Appointments Terry Ray
Minutes Approval ____________________________________________
Timers _____________________________________________________
Pages _______________________________________________________
First Registration Report Renae McGregor
Recording Secretary’s Report Susan Lipston
Treasurer’s Report Judy Johnson-Keyt, Treasurer
Finance Report Virginia Murphy
Bylaws Report Renae McGregor
Nominations Chair Report Robyn Whitaker
New Business Terry Ray

Pre-Conference Board of Directors Meeting Adjourns

10:00 a.m. Health Break & Market Place Expo
AGENDA (continued)

Friday

BPW/WA 91st Annual Conference Convenes
Adams Room

10:30 a.m. Cal to Order Terry Ray, President
Pledge of Allegiance to the Flag Bonnie O’Leary
Inspiration Frankie Anderson
Welcome to the 93rd Annual Conference Susan Lipston, Co-conference Chair
Welcome from Federal Way Area Business Janis Flagg
Introductions Terry Ray
Roll Call Susan Lipston Recording Secretary
Rules of Conference Mike Healy, Parliamentarian
Presentation of Program Janis Flagg
Second Registration Report Renae McGregor
Recording Secretary’s Report Susan Lipston
Treasurer’s Report Judy Johnson-Keyt, Treasurer
Committee Reports Kay Bradley Kampsen, Vice President
Foundation Margaret Way
Winter Board Report Susan Tellock
Nominations Report Robyn Whitaker

11:15 a.m. Health Break & Market Place Expo

11:30 a.m. Lunch Adams Room

11:45 a.m. Cracking the Code to the Only Problem You Need to Solve Deborah Olive

1:00 p.m. Committee Reports Kay Bradley Kampsen
Legislation Committee Report Bonnie O’Leary
Political Action Committee (PAC) Caroline Van Staden
WBW Editor Carolyn Leeper
Policies and Procedures Janice Brady
Roster Sylvia Valine
Evergreen Coordinator Sylvia Valine

2:30 p.m. Cookie & Lemonade in The Market Place Expo Rainier Room

3:00 p.m. Committee and LO Presidents’ Reports Kay Bradley Kampsen
Membership Dawn Veraldo
YWCA Eldean Montgomery
LO Presidents

4:00 - 6:00 p.m. On Your Own

6:00 p.m. Dinner/Awards Adams Room

7:30 Bunco Breakfast Room, 1st Floor
AGENDA (continued)

Saturday, April 18

7:00 – 9:00 a.m.  Complimentary Breakfast (for registered guests)
7:30 - 9:00 a.m.  Registration
8:00 a.m.  First Timers Welcome  Milly Lewendon
8:00 - 5:00 p.m.  Market Place Expo Open

8:30 - 8:50 a.m.  Memorial Service  Wilma Joan Eads
9:00 - 1:30 p.m.  Young Careerists Activities  Frankie Anderson

9:00 a.m.  Annual Conference Reconvenes  Rainier Room
        Call to Order  Terry Ray, President
        Introductions  Terry Ray
        Roll Call  Susan Lipston, Recording Secretary
        Rules of Conference  Mike Healy
        Appointments  Terry Ray
        Minutes Approval  ______________________________
        Timers  ______________________________
        Pages  ______________________________
        BPW/WA Website Briefing  Sylvia Valine
        Third Report of Registration  Renae McGregor
        Nominations Report:  Robyn Whitaker
        Nominations from the Floor  Terry Ray
        Campaign Speeches (3 minutes)

9:30 a.m.  Introduction of Keynote Speaker  Susan Lipston
        Keynote Speakers  Stephanie Owens
        “The Gift!”  and Erin Jeck

10:30 a.m.  Health Break and  Rainier Room
        The Market Place Expo

10:45 a.m.  Finance Report  Virginia Murphy
11:00 a.m.  Proposed Bylaws Changes  Renae McGregor
11:30 a.m.  Elections
12:00 p.m.  Lunch
12:30 p.m.  Young Careerist Speak-off  Frankie Anderson
1:00 p.m.  Health Break & Market Place Expo  Mike Healy, WSBPWF Chair
        “Foundation Fundraiser”  Bag Frenzy
1:30 p.m.  Business Meeting Reconvenes  Terry Ray
        Continuing Business  Terry Ray
        New Business  Terry Ray
        Collect
AGENDA (continued)

2:00  Women’s Safety for Life  Sharon Sessions

2:30 - 4:00 p.m.  Training Workshops . . .
Presidents:  Terry Ray
Vice Presidents:  Sylvia Valine
Secretaries:  Kay Bradley Kampsen
Treasurers:  Virginia Murphy
BPW Bucket List:  Lisa Fisher

5:00 p.m.  DJ Steve Cushman of Sing-Along-Northwest will
play background music during reception and dinner.

5:00 - 6:30 p.m.  Reception [No host bar]

6:30 p.m.  Special Presentation  The Evergreens

7:00 - 9:00 p.m.  Installation Banquet
Installation of Officers  Frankie Anderson
New LO Presidents

9:00 p.m.  BPW/WA ANNUAL CONFERENCE ADJOURNS

The fun continues by Dancing to the Music of DJ Steve Cushman
Sing-Along-Northwest until 10 p.m.

Do you recognize the songs you requested?
Yes, there will be a dance floor so we can dance the night away!

May 18, 2014  Leadership Begins with YOU!

7:00 – 9:00 a.m.  Complimentary Breakfast (for registered guests)

8:00 a.m.  Non-Denominational Church Service  Wilma Joan Eads

8:30 a.m.  Executive Committee Meeting  Site to be announced

9:00 a.m.  Post Conference Board of Directors Meeting – Adams Room
2014-2015 state officers, state committee chairs
and LO presidents please attend.
Collect

Keep us, Oh God, from pettiness.
Let us be large in thought, in word, in deed.
Let us be done with fault-finding and
leave off self-seeking.
May we put away all pretense
and meet each other face to face
without self-pity and without prejudice.
May we never be hasty in judgment
and always generous.
Let us take time for all things;
Make us to grow calm, serene, gentle.
Teach us to put into action our better impulses,
straight-forward and unafraid.
Grant that we may realize it is the little things
that create differences,
that in the big things of life, we are at one.
And may we strive to touch and to know
the great, common human heart of us all.
And Oh Lord God, let us forget not to be kind.

Mary Stewart

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Emblem Benediction

This emblem binds us all
In one great sisterhood
It bids us hear our conscience call
For nobler womanhood.
God guide us when we wear
This Emblem O’er our heart
An keep us true and always fair
God bless us as we part.

Tune: “Blest Be The Tie That Binds”