



# NEWS

## Letter

May / June 2009

No 12, 2009

**"CREATING BUSINESS AND EMPLOYMENT OPPORTUNITIES FOR ALL WOMEN THROUGH ADVOCACY, EDUCATION AND INFORMATION.."**

### IN THIS EDITION:

President's Message.....	1
News.....	2
Member Spotlight.....	4
Keep it Light.....	5
FYI.....	6

### Club Officers

Valerie Fields, Co- President  
631-581-3298  
[vfieldsconsults@aol.com](mailto:vfieldsconsults@aol.com)

Dr. Gayle Haines, Co-President  
631-587-6338  
[gayle@lighthousesafaris.com](mailto:gayle@lighthousesafaris.com)

Barbara Howie Esq., Past President  
631-834-5929  
[BHowie4865@aol.com](mailto:BHowie4865@aol.com)

Barbara McGinn, VP  
516-527-9627  
[McGinn7@msn.com](mailto:McGinn7@msn.com)

Ruth Mulford, Treasurer  
631-987-2744  
[mulford@abcnys.org](mailto:mulford@abcnys.org)

Denise Rueda, Cor. Secretary & Editor  
516-983-2693  
[DeniseRueda17@yahoo.com](mailto:DeniseRueda17@yahoo.com)

## CO-PRESIDENT'S MESSAGE

**"We're looking out for you!"**

The Bay Shore BPW Executive Board enthusiastically agreed to do everything possible to engage all of us at our regular and joint meetings with the North Shore Club by creating events that promote each of you and your business. Together we can and we will learn from one another, so that our mission to help women of all ages can be realized. The time is now!

Following suggestions emailed to us from our members, most business matters will be taken care of at executive board meetings. Committee reports will be presented at general meetings or by email, so that more time can be allotted to special interest programs.

Planning for the International Candle Lighting Ceremony at the LI Uniondale Marriott Hotel & Conference Center, Sept. 11, 2009, is in full swing. Two joint meetings have been productive, but more are needed with everyone's help to insure financial success. Letters sent to potential speakers were presented to the committee by Barbara Howie at the June 17<sup>th</sup> meeting in the American Legion Hall. Additional suggestions are being followed up by the executive board. Save the Date cards will be mailed and/or distributed on or around July 1<sup>st</sup>. Proceeds will be divided between both clubs to enable us to move on to our next goal described below.

As voted in the summer of 2008 at Barbara McGinn's home on Oak Beach, our club will sponsor one or more women, depending on available funds, to start a new business. Guidelines and application forms will be formed by a committee for membership approval following the 9/11 event. Awards are expected to be made in December.

In the fall of 2009, you will have an opportunity to participate in "What's My Line?" Showcase your talent and passion for what you do and who you are. Entry forms will be mailed to you after the 9/11 event. This is your chance to be creative, inform and educate members and guests about your business. Not only will this be fun, but it's FREE. Invite your friends and colleagues to join us. As the saying goes, "The more, the merrier".

Don't miss reading Barbara's Howie's email about what's happening in BPW!!!

Hope to see you all at the July 8<sup>th</sup> meeting – American Legion Hall -6:30pm.

**Dr. Gayle Haines**  
Co-President

## News

### Where Are We Going?

A professor once taught me that to know where we are going in the future, we must first know where we are and where we've been.

If you read Barbara Howie's email that went out to members regarding the state of the BPW Name, you know what's happening in the BPW/USA, NYS BPW and International BPW arenas. If you missed it, call or email us for a copy.

Our Club's history is another story to be told. Gathering facts about the Bay Shore Club is a time consuming task! But with the help of Denise Rueda to search through numerous boxes of files to learn what other women have done before us, we are able to present in this and other issues a list of past accomplishments. Following the professor's logic may help us in our quest for the Club's mission. Together we must decide where we are going!

### **Did You Know? Part 1**

1. The Bay Shore Club was started in 1955 with 13 charter members? (Charter List yet to be found)
2. By May, 1956, the Bay Shore Club had 39 members; namely,
3. Mrs. Mary Baker, Office Mgr., E.W. Howell CO.
4. Mrs. Ethel Ballsmith, Supervisor, Central Islip State Hospital
5. Mrs. Roslyn Burrows, Decorator
6. Lillian Call, Attorney
7. Mrs. Esther Carlin, Librarian, Bay Shore Public Library
8. Mrs. Rose Carr, Milliner
9. Mrs. Helen Daily, Funeral Director
10. Mrs. Jeannette DeCamp, Insurance
11. Mia Dommasch, Ophthalmic Dispenser
12. Mrs. Phillip Finell, Dental Hygienist
13. Mrs. K.K. Firth, RN, Pilgrim State Hospital
14. Mildred George, Antique Shop
15. Mrs. Ruth Gimbernat, Chairman. English Dept., Bay Shore H.S.
16. Mrs. Suzanne Given, Advertising Acct. Exec., Loughton Smith Agency
17. Mrs. Ruth Gleason, LI Lighthing Co., Personnel Director
18. Grace Hartmann, NY Telephone Co., Supervisor
19. Mrs. M.R. Hoffman, Personal Shopper
20. Mary Holt, M.D, Psychiatrist
21. Mrs. Elizabeth Howell, Book & Gift Shop
22. Mrs. H.A. Kalt, Buyer
23. Mrs. Rudolph Kopf, Real Estate
24. Else Kris, M.D., Psychiatrist
25. Mrs. Dorothy Loudon, Exec. Secretary, Bay Shore Chamber of Commerce
26. Anne F. Mead, Attorney
27. Mrs. R. Morris, Nursery – Kindergarten Teacher, Oakdale
28. Jane Nash, Director of Nurses, Southside Hospital
29. Mrs. F. Pitrelli, Registered Nurse
30. Mary Jane Preston, Director of Recreation, Pilgrim State Hospital
31. Mary Reusch, Millinery & Accessories Shop
32. Mrs. Evelyn Robbins, Accountant, E.W. Howell Co.
33. Mrs. Isabelle Rudd, Registrar Vital Statistics, Babylon Village
34. Dr. Julia Seider, Attorney
35. Mrs. Elsie Stefoncik, Dietician
36. Mrs. S. Wendt, Floral Consultant
37. Mrs. Dorothy Wiesenaus, X-Ray Technician (list continues next page)

38. Mrs. Dorothy McLaughlin, Principal, School of Nursing, Central Islip State Hospital

39. Mrs. Eileen Ketcham, District Mgr., Beauty Counselors, Inc.

If you recognize any of the members listed above, alive or deceased, please let call Gayle at 631-422-4213.

**Part 2 - Next Issue /Gayle Haines & Denise Rueda**

---

**Bay Shore Chamber of Commerce**

The Bay Shore Club is an official member of the Bay Shore Chamber of Commerce. Fortunately, Alyse Krasnow has agreed to represent our members at monthly meetings, which are held the fourth Tuesday of every other month (except July and August) at the Bay Shore- Brightwaters Library, 7 pm. All of us invited to attend these meetings.

According to Donna deLuca Periconi, President, Chamber of Commerce, "We must have an informed awareness of the proposed Heartland Project planned for the 450 acres surrounding the former Pilgrim State Psychiatric Center in Brentwood. This mini-Manhattan mammoth development includes over 9,000 residential units, millions of square feet for office and retail space with multi-stories buildings. There are major environmental, infrastructure and traffic concerns that will have to be considered in this proposal. Hearings have been held, and more are coming. This project will have a major impact not only on Brentwood, but Bay Shore and the entire Town of Islip, as well as the Towns of Huntington and Smithtown and all of Suffolk County".

One big area of concern to all of us is the Westfield South Shore Mall. Leadership is sorely needed to overcome major obstacles for shoppers. Read More about this in the next issue of the Bay Shore BPW Newsletter.

---

**Congratulations** Brookhaven Business and Professional Women, who celebrated their 50<sup>th</sup> Anniversary at the South Shore Restaurant in Patchogue June 23. A good time was held by all....to be finished later today



**Bay Shore BPW took first place in the NY State BPW contest for Public Relations (News Letters) !**

**&**



**We won third place for the most new members.**

## Member Spotlight

### Monette Fields



Monette was raised in Islip, NY with her father, mother and sister. She attended and graduated from Islip Schools. At the age of three she began ballet and danced for 21 years including performances with the Long Island Ballet Theater, Temple Dance Theater, and Freedom Theater in Philadelphia. Volleyball was her sport of choice and she attended volleyball programs at Cornell University and West Point. Monette was awarded Honorable Mention, All League and All Conference for Long Island. Her team won an international conference in Japan.

She attended Temple University in Philadelphia where she majored in Communications. Afterwards she joined the Army and served as a Military Police Officer for three years. During her duty she was deployed to Guam, Hawaii, and Japan just to mention a few places.

She also attended the University of Maryland's Asian Division in Japan and resided there for three years. Upon returning to the states, she worked as a Human Resources Director while completing a Bachelor of Science in Political Science with a minor in Sociology at Dowling College.

Monette moved to Washington, D.C. to work with the American Legion as a National Field Representative, wherein she audited VA Hospitals across the United States and wrote reports to Congress for various lobbying efforts in behalf of veterans.

She then returned to NY where she currently works for the New York State Division of Veterans Affairs as a Veterans Counselor assisting veterans with benefits and appealing court decisions on denied benefits. Monette thoroughly enjoys working in the field of veteran's advocacy and stated, "There is a huge gap in this country between the representation of our military forces and the actual treatment that the members of these military forces receive". Her clients include women and men, all races and ethnic groups, and they range in age from 19 to 98. She finds it gratifying to assist veterans in obtaining benefits that were promised to them for their service, but which are often times repeatedly denied or unnecessarily withheld for lengthy periods of time.

Besides work she is a new mom. Her daughter Jasmin was born in February 2008 and keeps her very busy. Monette said, "being a parent is the best hard work I've ever done in my life; and the most rewarding".

Her future goals include completing her masters/law degree and to continue working on a project to get her product manufactured in the automobile industry.

She can be reached at [monettefields@hotmail.com](mailto:monettefields@hotmail.com) or 631-839-8508.

## Keep It Light

### The Mayonnaise Jar and 2 Cups of Coffee

When things in your life seem almost too much to handle, when 24 Hours in a day is not enough, remember the mayonnaise jar and 2 cups of coffee.

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it in to the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with an unanimous "yes."

The professor then produced two cups of coffee from under the table And poured the entire contents into the jar, effectively filling the Empty space between the sand. The students laughed.

"Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things - God, family, children, health, friends, and favorite passions -- things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, house, and car. The sand is everything else -- the small stuff. "If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. So...

Pay attention to the things that are critical to your happiness. Play with your children.. Take time to get medical checkups. Take your partner out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. "Take care of the golf balls first -- the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked." It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

Taken From: Angelights Update  
Jackie Eaton, RN, ATPtm  
[www.angelights.net](http://www.angelights.net)



FYI



Upcoming Meetings July 8 and 22 -  
Wednesdays 6pm at the Bay Shore American Legion

The joint meetings are planned to get the job done for the **Sept. 11** event. We need everybody! For those attending joint meetings and wanting pizza the cost is \$5 per person.

Please submit articles and ideas for future  
BayShore BPW News Letters to-  
[deniserueda17@yahoo.com](mailto:deniserueda17@yahoo.com)

Contact Us  
BayShore BPW  
PO Box 458  
Islip Terrace, NY 11752  
(631)-834-5929  
[NYBayShoreBPW@aol.com](mailto:NYBayShoreBPW@aol.com)

The news and views expressed in BayShore BPW News Letter are not necessarily those of the editor or the publisher. While considerable effort is being made to ensure that the information contained in this publication is accurate, BayShore BPW News Letter does not accept responsibility or liability for errors and omission.