

BPW Inducts Four



Pictured from left to right: Rae Leigh Gonsalves, Claire Johnson, Mirine Dye, Anne Wren, Patty Murphy, Cathy Roth, Lauren Dunn.

The Upper Keys Century Business & Professional Women (BPW) are pleased to announce the induction of four new members. The new members were inducted during the monthly membership meeting in April held at the Islamorada Fishing Club. Recently, the Upper Keys BPW has enjoyed a spurt of growth in their membership, signing up many outstanding members of the community, including but not limited to, real estate agents, event coordinators, and certified public accountants.

To keep up the current explosion of membership, BPW invites all upstanding members of the business and professional community to join this exceptional organization. Benefits of membership range from monthly meetings with brilliant speakers, to resources for business owners and professionals, to lavish after-hour events. Please contact BPW Vice President of Membership Anne Wren at lwren@ftloan.com or (305) 852-4610 for more information.

Sanctuary Foundation Event

Marathon, Tuesday, May 27, 2008: This past weekend, in front of the National Weather Station in Key West, a small street festival took place to benefit the Sanctuary Friends Foundation of the Florida Keys. The Bubba System played while people sampled taste treats like hot dogs and hamburgers to chocolate covered fruit. A handful of people had some time in the



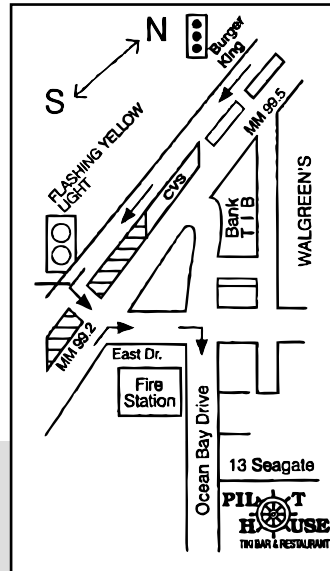
Marine Bank Money Machine, catching cash to donate back to Sanctuary Friends Foundation. "Despite the heat, everyone had a great time! The Money Machine gets people excited about donating, it's a unique addition to the event," said Glenn Patton, Managing Director of the Sanctuary Friends Foundation, and Money Machine alum, pictured here with Esther Tupino of Marine Bank.

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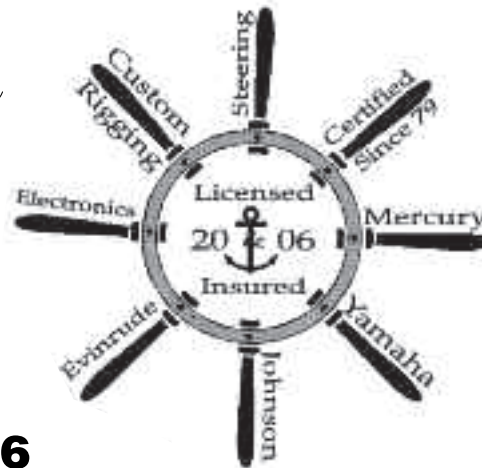
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Untended Pain: Pushing Buttons

We've all had our buttons pushed to the point where we feel we can't take it any more, and chances are, we've all pushed somebody else's buttons, with or without knowing it. The button pusher may not be conscious of what they're doing, but in the end the buttons belong to us, and we are the ones who must deal with what comes up. The more we take responsibility for our own feelings and reactions, the less tender these buttons will be.

We've all had the experience of having someone snap at us, seemingly out of nowhere. This happens when we unconsciously push a button in someone else we didn't even know was there. This can happen with a complete stranger and sometimes with a person we've known and been close to for years. We ourselves may have a relationship with someone whose buttons we secretly like to push. Buttons are just soft spots that have been touched one too many times, and they symbolize some pain that needs to be acknowledged and healed. This

may be a wound from childhood, or some recent trauma, that we haven't adequately tended. Whatever the case, when our buttons get pushed, the person who most needs our attention and caring is us, and blaming the button pusher only distracts us from finding a true resolution to our suffering.

At the same time, if someone continually opens our wounds so that they never have time to heal, we are well within our rights to set a boundary with that person. Compulsive button pushers, who seem to find pleasure or satisfaction in hurting us, are not welcome in our personal space. In the end, knowing where our buttons are enables us to do the work necessary to heal. Freedom comes when we deal with the pain behind the button, thus disconnecting our automatic reaction to being pushed.



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Bingo every Thursday night starts at 7 pm.
Dinner every Friday night starting at 6 pm.
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