

BPW/District 5 Newsletter

A District Message

Chapter Officers

Director: Joanne Hogue

Assistant Director: Ranee Grush

Recording Secretary: Rita Bush

Treasurer: Nancy Robinson

Corresponding Secretary: Laura Whetstone

Parliamentarian: Catherine E. Collins

Illinois Votes YES on the ERA!

Illinois has taken a step toward becoming the 37th state to ratify the 1972 federal Equal Rights Amendment.

The Senate voted 43-12 Wednesday on a resolution to add the Equal Rights Amendment to the U.S. Constitution.

The constitutional amendment guarantees equal rights for all citizens regardless of sex. It needs 38 states to ratify to change the U.S. constitution. Illinois was one of 15 states not to ratify the amendment before a 1982 deadline.

Sen. Heather Steans is the sponsor of the resolution. The Chicago Democrat says the measure will not change Illinois law but will provide protections for women nationally. She adds that Congress has the power to consider the validity of state ratifications after the deadline.

The resolution now goes to the Illinois House.

The resolution is SJRCA 4.

Source: http://thesouthern.com/news/local/govt-and-politics/illinois-senate-votes-to-ratify-equal-rights-amendment/article_1b5673fa-a9c2-554d-9aed-b78f68bc1616.html?utm_medium=social&utm_source=email&utm_campaign=user-share

REMEMBER TO

Develop a Sense of Wonder

Encountering things larger than yourself broadens your perspective and helps you put your life in focus.

Each month commit to one out-of-the-ordinary activity.



Local News from Around the District

Altoona – members celebrated stories of our Nation's First Ladies during Women's History Month.

Bedford – hosted a 31 Bingo in March to benefit their scholarship fund & welcomed 13 new members in April.

Cresson – hosted a February fun night of painting ocean scenery. They also raised money for "Our Clubhouse" with an Ugly Christmas Sweater and best Easter bonnet contest.

Martinsburg – celebrated their 70th Anniversary on Oct 22. They were chartered in 1948.

Tyrone – is Building a Bridge to the Future by exploring electronics & communications, better nutrition, public relations and recognizing a high school scholarship recipient.

Windber – had a fun night learning about Women in History around the world with a 20 question team match allowing for good interaction and entertainment.



MATHCOUNTS 2018

On February 3, District 5 members participated in MATHCOUNTS at Penn State Altoona Campus. This is the 35th year of assisting with a wide-range of duties from registration, photography, scorer, sorter, proctor, runner and presentation of trophies provided by the District. The regional MATHCOUNTS coordinator appreciates the willingness of our members and acknowledges their vital contribution as part of the competitions success.

Picture L-R: (Sitting) Pat Gildea Joan LaSalle (B), Joanne Hogue (C), (Standing) Dr. Ella McElwee (B), Emily Holgash (W), Dorothy Stahl (M), Cathy Collins (C), Shelby Gerrity (B), Laura Whetstone (B), Linda Derman (T)

Challenge Question – Ailee, Bailey, Camie and Demi grew up on the same street and have been best friends since elementary school. The girls are all different ages ranging from 14 to 17 years old. Bailey is younger than Camie, but older than Demi. Demi, who is not 15 years old, is a year younger than Ailee. What is Ailee's age?

Visit www.mathcounts.org.

Have you heard?.....

EQUAL PAY DAY April 10, 2018 --



Representing BPW/PA,(L-R) Dr. Ella McElwee, Ruth Walters, President Marilyn Tallant, Corresponding Secretary Karen Schmiech, Nancy Thomas, Rita Bush, and Denice Robinson.

Mark your calendars for the **2018 BPW PA State Convention**, June 7-10 at the Crown Plaza Reading Hotel, 1741 Paper Mill Road, Wyomissing, PA 19610. Phone 877-814-2538, CODE BPW, Room rates \$122.00 Single/Double, \$132.00 Triple, \$142.00 Quad plus 11% tax on all rooms. Full hot breakfast included in rate. **Deadline May 7, 2018.** Check the website for additional registration information.

CONGRATULATIONS to the BPW Women who will be recognized at convention for their outstanding **years of membership:**

25 years – Darlene Singer (T)

30 years – Rita Bush (B), Nancy Fowler (B)

35 years – Eleanor Shaffer (T)

40 years – Catherine Collins (C), Faye Steele (T)

45 years – Peggy Bonsell (T)

50 years – Margaret Baney (T)

50+ years – Catherina Iapalucci (C), Linda Derman (T)

Friday Night Event at State Convention fundraiser is a Chocolate and Wine Bingo and ticket auction. Plans are to have the fundraiser outside on the patio weather permitting. The Foundation board asks each district to donate an item for the ticket auction (no value amount set). There is also a mystery envelope planned. For further information contact Jean Towle at (C) 570-778-2072.

The **State Theme** for 2018-2019 is 'Celebrating 100 Years of Women helping Women with Passion and Purpose'.

The **State Project** for 2018-2019 is YWCA.

PA Conference for Women will have **Amal Clooney** as their keynote speaker. It will be held on Friday, October 12 at the Philadelphia Convention Center. **Cost is \$185.00.** Contact Denise Robinson (C) 724-557-5552 for more information. **Deadline is August 31, 2018.**

Give a round of applause and support for our 4 members who attended the **Individual Development Program** (IDP) – they are Dr. Ella McElwee (B), Karen Freeborn (B), Sharon Houck (B), and Shelley Helsel (W). *WAY TO GO LADIES!*

District Action Book Club is Saturday, May 12 at Hoss's Steak and Sea House, 110 Patchway Road, Duncansville for lunch and book discussion 11:15 am – 1:15 pm. Book selection is Grace and Grit: My Fight for Equal Pay and Fairness at Goodyear and Beyond by Lilly Ledbetter and Lanier Scot Isom.

News from PA EPW Nancy Werner – EPW is an acronym for the Enterprising and Professional Women of the United States of America. An affiliate of the International Federation of Business and Profession Women, which spans across five regions and over 109 countries of the world. The EPW USA introduced a change to their name and logo. EPW USA now known as National Federation of Business and Professional Women's Clubs (NFBPWC) and has also adopted the National Federation emblem/logo. The EPW PA approved a name change at their recent meeting now known as Pennsylvania Affiliate Chapter of NFBPWC.

***SEE YOU AT STATE CONVENTION –
JUNE 7 – 10, 2018***





PA EPW Changes Name

FACT SHEET

- 1 -- The Enterprising Professional Women was established in 2009 soon after the close of the BPW/USA.
- 2 -- The EPW-USA aligned with the International Federation of Business and Professional Women.
- 3 -- We had State Federations that never left the International group and were welcomed to stay and add themselves as a National group. Hence, the EPW-USA.
- 4 -- In 2012, at the Convention under BPW/PA President Bobbi Dobler, a group of 15 women from BPW/PA chartered an affiliate.
- 5 -- Over the past 5 years, all the BPW/PA Presidents have been most agreeable to allow the President of the EPW-PA present a report to our State Boards and State Convention bodies. We have been most thankful for this courtesy.
- 6 -- Flashback to a National Conference in the mid 2000's. We took the three letters of BPW as our new logo. There was a great discussion about our Emblem and the name of NFBPWC, Inc. always being there for us to use. We were promised.
- 7 -- Now come to 2016. The Reunion group of the BPW/USA called the Women's Professional Enterprising Alliance was meeting in Detroit. There were 8 of us from BPW/PA. Let's see- we had Cathy Collins, Laura Whetstone, Susan Vladika, Nancy Thomas, Denice Robinson, Marion Waelchli, Barbara Schmouder, and myself, Nancy Werner.
- 8 -- At this gathering, Liz Benham, National President of the EPW-USA shared that they were in the process of searching if this group might be able to take the name of the National Federation of Business and Professional Women's Clubs back. They had hired a copyright lawyer and were waiting to hear if it was possible.
- 9 -- The irony of the 8 of us being there was that we were all members of the EPW-PA Affiliate and shared our discomfort with this attempt. We were quite vocal as we sat at the round table with The National President, Liz.
- 10 -- Now forward to late summer of 2017. We received our monthly memo on stationary of the Emblem with the green and yellow lines. It was official. What we thought was copyrighted forever was NOT.
- 11 -- The EPW-USA meets via telephone conference calls every 4 months. On the December call, I voiced my displeasure with being asked to rename our PA Affiliate to the NFBPWC. Cannot do for the BPW/PA is formally called that name in our Federation By-Laws.
- 12 -- On March 9, 2018, the EPW-PA did change our name but to the Pennsylvania Affiliate Chapter of the NFBPWC.
- 13 -- I have asked Liz Benham, National President of the NFBPWC, to come to BPW/PA and address the State Convention on the Value of NFBPWC. She has consented. President Marilyn has been most gracious to allow her a select time of minutes to provide this focus and entertain questions and answers.
- 14 -- This has been composed so you have an idea on what is happening with the BPW around the country.
- 15 -- We, the PA Affiliate Chapter, would be happy to welcome all and any members to join us.

Nancy Werner, PA Affiliate Chapter of NFBPWC President

Winter Board Meeting Highlights – was held on March 10th at the Penn Stater, State College. In attendance at the meeting were Raneer Grush (W), Cathy Collins (C), Emily Holgash (W), Joanne Hogue (C) and Dr. Elle McElwee (B), Linda Derman (T), and Jane Kenndey (T)

Adopted Action Items are as follows:

Action Item 1 – that BPW/PA participates with PA BWP Foundation as an exhibitor at the 2018 PA Conference for Women. BPW/PA cost not to exceed \$500.

Action Item 2 – That the room rates for the 2018 Summer Board Meeting at the Penn Stater Hotel and Conference Center, State College, PA on August 3 and August 4, 2018 are \$109 + 9% tax for Single/Double Rooms

Action Item 3 – That a deposit of \$250 be made to the Penn Stater Hotel and Conference Center, State Collee, PA for the August 2018 Summer Board Meeting.

Action Item 4 – That the room rates for the 2020 State Convention at the Wyndham Garden, York, PA on June 11 to June 14, 2020 are \$119 + 11% tax for a King Bed and \$129 + 11% tax for 2 Queen Beds. These fees include breakfast and parking.

Action Item 5 – That a deposit of \$500 be made to the Wyndham Garden, York, PA for the 2020 State Convention.

Action Item 6 – That BPW/PA approve the quote by Singer Accounting for the 3-year contract of \$1200 for the 2018, \$1250 for 2019 and \$1290 for 2020 for the compilation that includes the 990 (annual tax return).

Information Items are as follows:

Info Item 1 – From an email vote October 25, 2017, the Executive Committee voted unanimously for Conshohocken BPW to change their name to The Greater Conshohocken BPW.

Info Item 2 – From an email vote October 27, 2017, the Executive Committee voted unanimously to appoint Regina Garland as BPW/PA Finance Chair to fill the unexpired term of Shirley A. Ringer due to her death.

Info Item 3 – That the 2018-2019 Board of President-Elect Theresa Rusbosin be accepted as present.

**B
P
W**



“Bridge to the Future”

BPW Membership Tips

BPW Membership Tip #1 – Build Programs

BPW Membership Tip #2 - Use Media

BPW Membership Tip #3 – Include Everyone – There are many ways to accomplish this, and I know you can think of more than I will discuss here, but let’s start with considering the voices that your members and guests hear at your monthly meetings. With a little planning, you can be sure that many more voices are heard than just your President. Of course, there are committee reports, but reports on recent meetings or subjects of interest can be assigned (be sure to give a couple weeks’ notice!) to other members that may not be committee chairs this year. You can ask a different member to lead the Collect or the Pledge of Allegiance each month. Even though you have speakers for your monthly programs, you could take two minutes each meeting for a member to tell about herself – give it a name – perhaps, “Two Minutes to Tell” or “Friend Focus”. Supply the member with three questions to answer about themselves that may be a little revealing and a lot of fun – perhaps “what was the most interesting place you ever visited”, “what did you want to be when you were little” – they should be assigned ahead of time – you don’t want to embarrass, just get to know! (Be sure stick to the prescribed time period – this is plenty of time to hear them speak and reassuring for those who you plan to ask to speak at later meetings) This can produce a warm, friendly atmosphere in the club – and certainly help a guest remember a couple things about the speaker.

And, now that we are talking about guests – be sure to have each guest tell a little about themselves when they are introduced. I often extend an invitation to a person on the premise that they can promote their business in general or some special event or sale they are conducting (this is a great approach for a new business in town!). I invite them to attend up to three meetings before they have to make a decision about joining - with free promotion to a room full of interested women! A guest will sit with the member who brought her, but also try to assign an experienced member to sit with them also – a member who can answer questions about BPW in general and your club in particular.

Finally, your President should be including many people in the planning of each meeting. There are SO many good ideas that hatch when we chicks get together! Take advantage of all the minds in your club. When you have a project to assign, ask a couple of people privately to handle it, rather than putting out an open question at a meeting and waiting through the silence for someone to volunteer. People often like to be asked, but they don’t want to put their hand up to volunteer. And, when you ask personally, you can define the job so it is manageable for them. I found a blog that has some good ideas – it is specifically about making staff meetings more inclusive, but if you ignore #1 in the blog (!), there are some ideas that can spark your imagination for BPW meetings.

<https://diversityandinclusionatwork.com/2013/12/11/quick-and-easy-ways-to-make-your-staff-meetings-more-inclusive/>

BPW Membership Tip #4 – Lighten Up Your Meetings - There are many ways to accomplish this and still lead a meeting effectively and with authority. Remember that you are in the midst of friends, but friends who appreciate a friendly and welcoming place to come to each month. When your members know the club has something of value to offer them and they feel comfortable in the atmosphere, members will attend, rejoin, and new members will join.

Try thinking about this before your next meeting - set an example from the start. If you want energy and engagement from your members, you need to embody those qualities when they see you at the meeting. We are highly empathetic creatures. Within a few moments, people in the room will recognize and mirror your mood and energy levels. They look to you for clues about the tone of the meeting. If you have a dark cloud over your head, the energy in the room sinks and the meeting drags. If you are positive and energetic, the meeting will be more lively and productive.

Remember that this also works in reverse - you too are wired to pick up on the energy levels of others and mirror them back. Don't let any negativity sway you from your assertive state. Stay focused. If you want members to be friendly, upbeat and engaged, you have to be friendly, upbeat, and engaged. Lead with your body language and tone. Be sure to acknowledge successes. Recognition is an important part of building a positive culture. Recognition and praise should be on your mental checklist for every meeting. You can always find somebody doing something right - just mention it. Saying, "I'm loving the go-get-'em attitude Janice!" or "Thank you for your thoughtful contributions today Charlene" can really go a long way. It's important to leave the meeting on a positive note. Acknowledgements don't have to be lengthy or formal.

OK, now that we are thinking positively, let's get back to the fun! I am attaching a document regarding making meetings fun - LOVE the suggestions on this list! They won't all work for BPW, but try #1 - an inspirational quote; how about #6 - party invitations to the meetings; and then there is laughing and smiling during the meeting. One year, as local membership chair, I drew a smiley face on one side of a yellow 8-1/2 x 11 sheet of card stock and a frowny face on the other side. I would be prepared with the smiley face and held it up when a new member joined, or when I announced how many rejoining members there were since the last meeting. The frowny face came out when no one brought any guests to the meeting.

Of course, the point is to try to relax yourself, and that will relax the meeting. Planning is VERY important, but stiff formality is not necessary!

BPW Membership Tip #5 – Draw Attention to Half Price Period – Although I have tried to hibernate these last two months (!), I am on board again with sending you tips that I hope will be valuable in some small (or even large) way! Treasurer Jean told me that she has reminded the Treasurers that the period from December 1, 2017 through March 31, 2018 is the Half Price Sale for BPW/PA. A new member, during this period, only pays PA \$7.50 instead of the customary \$15.00, since their new membership will be effective just until May 31, 2018. New invoices for each local will be distributed late in April, and members joining from April 1 through November 30, 2018 will have their membership valid through May 2019. Whew – I know it sounds confusing, but logical because we are halfway through the membership year now.

This gives us all a great opportunity to promote this Half Price to someone who is "iffy" about membership, or "doesn't have the time" for a new commitment. Encourage them to try the 6 month commitment! If you are a person who is shy about asking for money, this is made for you – after all, \$7.50 is the price of two fancy cups of coffee!! Do some brainstorming with your membership committee members on how best to promote the half price – I bet you will find a way that works uniquely for your local.

BPW Membership Tip #6 – Brochures Must be Available – If your local doesn't have one already, put together one piece of promotional literature – it can be attached to the Membership Application – that tells about BPW in general, and your local specifically. Attached is an example – I believe we can credit a couple PSP's for its development – of the prime piece of promotion that we use in Ligonier Valley. Feel free to download this document and customize it for your own local – it is printed on two sides of one sheet, can be folded in three sections and really tells you everything you need to know – Who, When, What, Where, Why!

We take these brochures when we collect donations for our yearly fundraiser; we put one of these by the place setting of every guest's dinner; AND it just occurred to me that we should be attaching one each year to our Chamber of Commerce newsletter (wow – didn't think of that before!). Be sure to keep the brochure updated with your current Treasurer and other information. During your membership committee report one month, supply each member with at least two of these brochures and talk a little about what is contained in the brochure. You see, also, that we in Ligonier have initiated a generic email address for our dinner reservations, rather than changing them every year when our dinner chair changes. After it is established, all you need do is inform the new dinner chair of the password, and your members will get used to corresponding this way, and also receiving emails from this source.

http://www.pennlive.com/politics/index.ssf/2017/11/2018_pa_governors_race_its_ear.html

https://ballotpedia.org/Pennsylvania_gubernatorial_and_lieutenant_gubernatorial_election,_2018

Business Person – You are probably doing this already, but if you are having a local business person or representative from a local attraction or non-profit speak at a meeting, make a BIG DEAL out of it! Invite the public, serve a special dessert, distribute flyers, promote on Facebook, have a raffle to benefit you or the non-profit – MAKE IT AN EVENT! Imagine if you got 1, 2 or 5 new members at that event! Don't be afraid to sponsor an event and expect the best – at the very least, your name will get out there, there will be buzz about BPW! By the way, if you can hold your event in a local attraction, a school, the library and coordinate with a person who doesn't know about BPW, they themselves may join – and you may make a connection with a location to hold future events! (Teachers, librarians, and local non-profit coordinators make WONDERFUL members!)

Finally – keep inviting those guests – remember what BPW means to you and be able to tell someone else about it!!

BPW Membership Tip #9 - Dedicate Part of a Meeting to Finding Out More about Each Other – I referred to this in Tip #3 Include Everyone, but at this time in the year when we are asking members to renew, rejoin, revitalize, I think it is time to remember that we can make a difference in someone's evening. We can make a difference in someone's feelings about themselves. We can make a difference in someone's thinking about our club. We come back to meetings where we are valued.

It all starts with you! Perhaps you, as Membership Chair, or as President, don't have time on the schedule to prepare even a short activity that showcases a member. You do, however, have time to bring attention to someone's contribution to the meeting, or to a recent activity, or to a recent volunteer for a job. "We surely appreciate the basket Sue put together for the Spring District Meeting." "We depend on Linda to remind us of the correct procedure here." "Thanks to the Public Relations Committee (composed of Karen, Mary, and Rita) for getting that wonderful photo in the newspaper!"

Here are the first 10 ways to make someone feel special from the following link – they list 70 (!), <https://tinybuddha.com/blog/70-ways-make-others-feel-special/> but try a couple at the next meeting!:

Pay Attention

1. Stop what you're doing and look directly into their eyes when they're talking.
2. Make a note of their likes and preferences so you can recommend joint activities you know they'll enjoy.
3. Recognize when they're feeling down on themselves and say, "I think you're awesome, and I hope you know it!"
4. Compliment them on their appearance, especially if it's something others might not recognize (like a small weight loss).
5. Praise them for a job well done—especially if it's a tiny victory that others might not think to acknowledge.
6. Let them know what you find interesting, rare, or admirable about them.
7. Take an interest in their hobbies and passions, and give them a chance to light up in sharing why they enjoy them.
8. Compliment them on their skills as a parent or their thoughtfulness as a son, daughter, brother, or sister.
9. Start a conversation with, "It's really amazing how you..."
10. Say, "I want you to know you make a difference in my life. Thank you for being you."

We appreciate our sisters – let's just tell them!

Fun Facts

Women have more taste buds than men.

Some women can have a genetic mutation which causes them to see millions of more colors.

Only 2% of women describe themselves as beautiful.

Women blink 19 times per minute, compared to 11 for men.

Women spend nearly one year of their lives deciding what to wear,

Women speak about 20,000 words a day. That's 13,000 more than the average man.

Dates to Remember

2018

April 10 Equal Pay Day

April 30 District Historians must send their LO Histories and their District History to BPW/PA Historian, Jill Yaich

All donations to PA BPW Foundation must be received by Treasurer

May 1 BPW/PA District Entries to BPW/PA Chair are due for the following:

- *Issues Management...Nancy Werner
- *Legislation...Rochelle Quiggle, Esquire
- *Membership... Margaret Hildebrand
- *Public Relation...Donna Jones

BPW Foundation entries are due and postmarked to BPW/PA Foundation Chair Glenda Auker (NEW BPW Foundation entry form must be attached)

All materials/photos for the District Individual Development and Young Careerist representatives are due to BPW/PA ID Chair, Laura Whetstone and YC Chair, Teresa Miller

Deadline for PA BPW Foundation Scholarship Applications for Fall Semester

May 15 PA Primary Election – GET OUT AND VOTE!

June 3 National Cancer Survivors Day

June 7-10 BPW/PA 98th Annual State Convention, Crown Plaza Reading Hotel, 1741 Paper Mill Road, Wyomissing, PA 19610