



News & Views

August 2018



Upcoming Events.

- **August 16** Latrobe BPW Monthly Meeting, 6 pm, Bishop Connare
- **August 22** BPW Rocks, 6 m, Eclectique (See details on Page 4)
- **September 6** Board Meeting, 6 pm, Trinity Lutheran Church, Latrobe
- **September 20** Latrobe BPW Monthly Meeting, 6 pm, Bishop Connare Center

Next month's deadline is Friday, Sept. 7. Please send committee reports, community events, articles, kudos and advertisements to amysuefauth@gmail.com before that date.
---Thank you.

SEE NEXT PAGE

A MESSAGE FROM YOUR PRESIDENT

Get Involved in BPW, Feel Better

August is here! We are ready to kick off our 2018-2019

Latrobe BPW Year! Our committee chairs have already been busy planning events and activities. Chairs will be reaching out to their committee members soon. Of course, it's always up to you on how you utilize your BPW membership. To get the most out of your membership, I encourage our members to:

- ★ Attend meetings regularly. This keeps you up to date on what we are doing for the community and up to date on club news/business
- ★ Participate in events. Nothing feeds your soul as much as helping someone; whether that be fitting a child with a warm winter jacket or mentoring a youth on a career path.
- ★ Participate in social activities. Our annual Vendor Show and Un-Happy Hour are great ways to get to know other members in a relaxed setting.

Laughter is the best medicine for a bad day.

Spending time with my fellow BPW ladies always puts me in a better mood. I hope to see more fun social activities in our future.

- ★ Become a chairperson, executive officer, or move on to positions helping to serve our District or State. Anyone can participate in an "officer" position. From the newest member to the seasoned member. If leadership is something you desire, the opportunities exist within BPW.

Did you also know that your BPW membership came with a health benefit? UCLA Re-



searchers performed a study on stress and friendship with women. Instead of a typical "flight or fight" response that men exhibit, women actually release amounts of oxytocin when gathered in a friendship setting that exhibit a calming effect that counteracts stress. This is known as the "tend

**The only way to have
a friend is to be one.**

Ralph Waldo Emerson

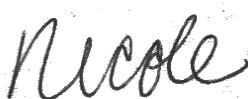
© quotefancy

August 2018

CONTINUED FROM PAGE 1

and befriend" response in women and may help to explain why women outlive men and live more joy-filled lives. Harvard Medical School also released a study similar to this that stated the more friendships women had in life, the less likely they were to develop physical impairments with age. So now we have a scientific explanation on why many of us always "feel better" after spending time with our BPW girlfriends.

Whenever we get busy in life, we tend to push our female friendships to the backburner. Instead, try to make time for them. A BPW meeting is a great way to start. Treat yourself to a stress-free evening (producing some oxytocin molecules). I can't wait to see everyone on August 16th!




Irene Landes turned 93 on August 10th. She has been a BPW member for 67 years! (She is in the Souderton-Tellford local). Let's shower her in birthday wishes. Latrobe is sending a card, but if you would like to send a personalized card her address is:

Irene Landes
383 W. Chestnut Street
Souderton, PA 18964

Kudos Corner



Congratulations to Kathleen Hendrickson on being named the Westmoreland County Chamber of Commerce 2018 ATHENA Award recipient.

Kathleen is the owner of Wigs 'n More Mastectomy Boutique in Latrobe.

The ATHENA Award is given for excellence in business and empowering women in their lives and their profession.

Chamber members nominated candidates from May through July and then a 13-member judge's panel rated each nominee.

Kathleen will be honored at the annual meeting/luncheon on Oct. 11 at the Ramada Hotel & Conference Center.

Speaker Ideas?

Have an idea for a good speaker for an upcoming BPW Meeting?

The Issues Management Committee can always use the help.

E-mail suggestions to Deb Bowman at deborah_0930@comcast.net.



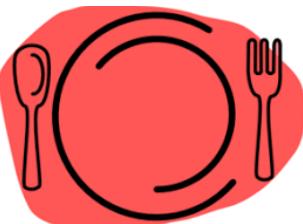


ROUND-UP



Dinner Committee

Summer is winding down and fall is almost here and the best way to celebrate is with your BPW sisters at the next dinner meeting, Thursday, Aug. 16 starting at 6 p.m. at the Bishop Connare Center. Our dinner choices are:



1 – Chef Salad

OR

2 – Baked Butter Crumb Cod

Each meal comes with soup, appetizer, beverages, rolls, and dessert. The cost is \$17 per meal. Reservations for the meeting are due by end of the day, Sunday, Aug. 12, 2018. Use the online ordering system at <https://goo.gl/forms/AIXvezpeD5iFx8Oq2>

For questions or more information, you can e-mail the dinner committee at latrobebpwdinner@gmail.com.

REMINDERS

Bishop Connare Center requires an accurate dinner count, so in order to do this, it is imperative that the reservations are received by the RSVP date. Late reservations cannot be accepted. Also, if you send a dinner reservation and are unable to attend the meeting, you are still responsible for the cost of the dinner.

Goodwill Special Projects

SHOP FOR A CAUSE

How would you like to help out the YWCA by doing what we do best? Shop. All you

need to do is change your Amazon Smile charity to YWCA and then get clicking.

VOLUNTEERS NEEDED

The YWCA Thrift Shop needs volunteers to work three hours per week. If interested, contact Diana at 724-834-4339.

HELP HOMELESS PETS

As part of our Goodwill/Special Projects initiatives, we are collecting newspapers for Action for Animals each month. Bring your extra newspapers to each BPW meeting for collection.

GO OVER THE EDGE FOR OUR CLUBHOUSE

Have you ever wanted to rappel 26 stories down a building for charity? Sept. 6, catch your breath, step over the edge and rappel 26 stories down the Historic Oliver Building at 535 Smithfield St. n Pittsburgh—to benefit Our Clubhouse. Limited number of registrations accepted. Registration cost is \$150 and then registrants raise \$1,500 to earn their spot and rappel down the side of the Oliver Building while friends and family cheer you on at a Block Party below. For more information, visit <http://www.ourclubhouse.org/over-edge-pittsburgh>.



Membership

MEMBERSHIP RENEWAL UPDATE

Thanks to all who renewed their membership dues early, our current member total now stands at **74**. If you know of someone who did not renew, but would like to renew, please have them contact LPWK-erryOzmelek@gmail.com.



MEMBERSHIP DIRECTORY

The updated Membership Directory will be finalized and published prior to the August 16th dinner meeting. Only Members with **paid up dues** are listed. Send any corrections or changes to: LPWK-erryOzmelek@gmail.com by August 13.

CARROT COUPON CLUB CONTINUES



What is a Carrot Coupon?

The member, or members if a tie, who brings in the most new Members by March 30, 2019 will also receive a basket of goodies.

In addition, each member who brings in **5 or more** new members will also be recognized at the State Convention in June, 2019.



Carrot Coupon =

1 paid dinner meeting fee
for bringing in **5** new members

August 2018

MEMBER TO MEMBER DIRECTORY

If you wish to continue to be included in the "business specific" directory, complete the form on the next page and return it to the Membership Committee either in hard copy form, or scan and email to LPWBKer-nyOzmelek@gmail.com.

Committee chairs: don't forget to send your round-up items in for the next newsletter's Round Up. Committee reports are due by first Friday of each month. Send them to Amy Fauth at amysuefauth@gmail.com.



The Student of the Month/Scholarship Committee would like to invite members to join their committee.

Meet and get to know these bright young women! Meetings held online with only meeting is for scholarship selection in April.



ON THE WEB

<https://www.latrobebpw.org/>

FACEBOOK

<https://www.facebook.com/groups/latrobebpw/>

INSTAGRAM

<https://www.instagram.com/LATROBEBPW/>

BPW Rocks Kicks Off Aug. 22 at Eclectique

We all know Latrobe BPW Rocks and so does its members. Now, it's time to tell the world...or at least let them find out on their own.

That's the notion behind a new initiative to spread the passion and purpose behind businesses and BPW!

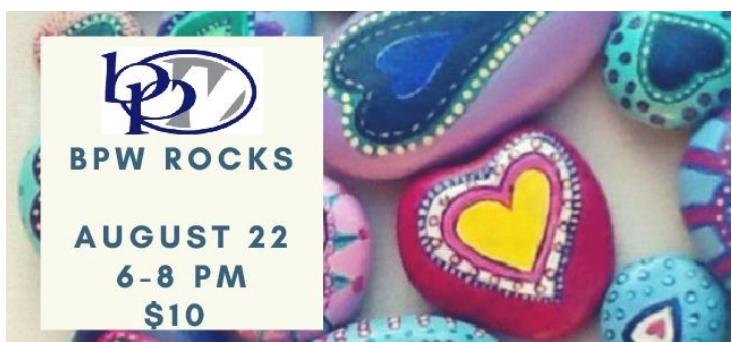
The plan begins on Aug. 22 with a BPW Rocks event to be held at BPW business Eclectique from 6-8 pm. The cost is \$10 which includes instruction and all materials for rock painting, one glass of wine and acoustic entertainment by the Heavenly Biscuits. Feel free to bring a

snack to share and come early for a free wine tasting and shopping.

Registration is required, so visit shopeclectique.com to RSVP for the event.

Once our rocks are painted, we will be hiding them around (and eventually outside) the Latrobe area and even at some of our favorite BPW businesses. The community will find and post pictures with our rocks on social media.

For more information on this event and other events planned at Eclectique, call 724-879-4977.



100 Years of Women Helping Women with Passion & Purpose



The Heavenly Biscuits



215 Main Street, Latrobe
724-879-4977

Paint Passion & Purpose rocks to spread the message about your business and BPW! Hide rocks in the Latrobe area and let the community find – post pictures on the Latrobe Rocks Facebook page.

\$10 Covers

- Rock painting
- All materials
- Acoustic entertainment by the Heavenly Biscuits
- 1 Glass of Wine

Bring a snack to share. Come early for free wine tasting and shopping! Register online at shopeclectique.com



**Latrobe Business and Professional Women's Club
BUSINESS DIRECTORY**

Yes! I want to be included in the Latrobe BPW Member to Member Business Directory.

Category (circle one only)

Accounting Services	Advertising & Media	Beauty & Cosmetics
Clothing & Jewellery	Family & Community Services	Financial & Insurance
Health & Wellness	Home Goods & Improvement	Legal Services
Lodging & Travel	Pets & Veterinary	Real Estate & Property Management
Restaurant, Food & Beverage	Shopping & Retail	Sports & Recreation
Transportation		

BUSINESS NAME

MEMBER NAME

BUSINESS / CONTACT PHONE

EMAIL

WEBSITE

DESCRIPTION OF BUSINESS (50 words or less)

Note: Only current Members (in good standing) will be included in the Business Directory.

Return completed form to Kerry Ozmelek

Scan & Email: LBPWKerryOzmelek@gmail.com

August 2018

We've arrived safely in TN and we're working through unpacking and organizing!! We are living in a community called Fairfield Glade and love it here!!

Thanks for all of your cards and emails!! I appreciate every one of them!! Please stay in touch because I'll be stalking you from afar!!!!

My new address is:

Mary Ann Urban

26 Rotherham Court

Crossville, TN 38558



A black and white photograph of a woman in a hospital bed, wearing a patterned headband and a hospital gown. To her right is the American Red Cross logo (a red cross inside a circle) and the text "meric n Red Cr ss". Below the logo is the slogan "MAKE SOMEONE WHOLE AGAIN". At the bottom of the image is a red banner with the text "Without A, B & O, we can't save anybody. You are the #MissingType we need.".

Latrobe Community Blood Drive Latrobe Presbyterian Church

Basement
428 Main Street
Latrobe

**Friday, August 17
2:00 PM to 6:30 PM**

Please call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org and enter: LatrobePresby to schedule an appointment.

Schedule your blood donation appointment today.
#MissingType | redcrossblood.org/missingtypes | 1-800-RED CROSS

© 2018 The American National Red Cross | 171801

Dated 08-Ben 10-09C 1 of 1 02/22/2016 - Spreader

DERRY AREA HISTORICAL SOCIETY INNKEEPERS APPRECIATION DINNER

August 17
6:00 pm

Aroma Italiano, Latrobe

Cost is \$25 per person entitles you to a fun-filled evening featuring buffet feast. Dessert and drinks to benefit the historical society's historic preservation efforts.

YWCA ANNUAL GIRLS & PEARLS FASHION SHOW

August 20
5:30 pm - 8:30 pm
Rizzo's Malabar Inn Crabtree
Hors d'oeuvres, buffet dinner, cash bar, 50/50, basket raffle, theme-related prizes, thrift shop fashions. Presentation of Rising Star Award.

YELLOW TIE GALA

August 24
6:00 - 9:00 pm
Latrobe Art Center
Walk the yellow carpet, enjoy musical entertainment by Neon Swing Xperience, hot and cold appetizers by Ricolita's Café, dessert station, DQ banana splits served by the original Strickler's Soda Bar, open bar. Cost \$50 members/\$60 non-members. Dress code: semi-formal. Yellow attire is optional.

GOAL MAGAZINE GALA

September 22
6:00 pm - 11:00 pm
Greensburg Country Club
Four-hour top shelf open bar, tapas style menu, casino tables, hors d'oeuvres, champagne punch, strolling magician entertainment, photo booth, disc jockey, auctions, raffles and more. All proceeds benefit Our Clubhouse.



**Business and
Professional
Women/Ohio**

You are cordially invited to attend
Ohio-Pennsylvania Annual Ecumenical Event
Sponsored by Ohio BPW

Help kick off National Business Women's Week

Sunday, October 21, 2018
9:30 a.m. – 2 p.m.

**Hidden Acres Lodge & Winery
33 Pattison Ave., Mingo Jct., OH 43938**

Hostess: BPW Ohio – Ohio Valley Chapter
Cost: \$35.00 (**Checks payable to BPW/Ohio**)

**Theme: Bible Princesses, Heroines, Survivors, Leaders
(Which one are you?)**

Schedule:	9:30 –10:30	-	Registration & Continental Breakfast
	10:30 – 11:30	-	Ecumenical Service
	11:30 – 1:00	-	Luncheon
	1:00 – 2:00	-	Remarks & Door Prizes

Mail reservations and checks to:

Phyllis Riccadonna Phone: (740) 317-3868
918 Archer Hill Rd., Apt. B
Colliers, WV 26035

Deadline to RSVP – October 17th!!!

Name _____

Address _____

Phone _____

Local/State _____

Title _____

Special requests _____

We look forward to
sharing a beautiful day
with you filled with BPW
Sisterhood!

Sincerely,

Phyllis Riccadonna, Chair



Happy Birthday!

Aug 2	Stacy Baker	Aug 17	Christina Bossart
Aug 5	Dianne Ruggiero	Aug 20	Rebecca Zedreck
Aug 9	Bunny Petrillo	Aug 26	Sharon Argenta
Aug 11	Barbara Planinsek	Aug 28	Connie Testa
Aug 14	Jennifer Ritz	Aug 30	Colleen Klimchak
Aug 16	Mylee Gruss		D'Anna Kromer

*Based on 2017-2018 Member Directory

Member Networking

**44th Annual
YWCA Literacy Program
Used Book Sale**

**Westmoreland Mall, 1st Floor, Center Court
September 20 - 23, 2018**

Thursday, Friday, & Saturday 8:30 a.m. - 9:00 p.m.
Sunday 11:00 a.m. - 3:00 p.m.

Most books are \$1.50 per inch and \$8 per bag on Sunday.
We encourage you to bring your own bags for shopping at the sale. Thanks!

**424 N. Main Street
Greensburg, PA 15601
Phone: 724-834-9390
Email: Literacy@ywcawestmoreland.org**

eliminating racism
 empowering women
ywca



YOUNGEVITY
MAKE AMERICA HEALTHY AGAIN!

Nutritional Supplements
Sport & Energy Drinks
Essential Oils
Pet Nutrition
Mineral Makeup
Spa, Bath & Garden

Melissa Boerio
Melissaboerio.youngevity.com

**INTRODUCING
THE SPORT DEMIETTE**

FINALLY, AN ACTIVE OPTION FOR ALL WOMEN

Supports all cup sizes, up to size 38, without stitching or elasticized fabric. Will keep you cool, comfortable and free. Backband with adjustable straps. Best fit. Provides comfortable support you can move in.



SPORT DEMIETTE
size 34-38
black

Marsha St. Pierre
Independent Stylist
 (724) 640-3693
www.rubyribbon.com/MarshaStPierre

RUBY RIBBON

Member Networking

55TH
Anniversary CELEBRATION!
Save up to 70% off storewide!

FREE
6-Piece Egyptian Cotton Bed Sheet Set
w/ new mattress purchase of \$699 or more

FREE
3-Piece Hammered Stainless Steel Bowl Set
w/ new furniture purchase of \$399 or more

REGISTER FOR FREE PRIZES!
See store for money saving coupons

RUSBOSIN
FURNITURE • FLOORING • BEDDING



I help people find **Home**

AMY FAUTH, Realtor®
Coldwell Banker Real Estate
PH: 724.864.2121 ext. 219
CELL: 724.875.3714
amy.fauth@pittsburghmoves.com
WestmorelandCtHomes.com

COLDWELL BANKER
REAL ESTATE SERVICES

The NEW BLING LINE



Magnabilities
Dana Shannon
Independent Consultant™
www.danashannon.magnabilities.com

Benjamin Moore
Paint like no other.™

\$10 OFF

Visit today and let us make sure you get the best paint and advice to get your project done right. Hurry, this exclusive offer ends December 31, 2018.

Colour Magic
161 Old Rt. 30
Greensburg, PA 15601
(724) 552-2230
colourmagicusa.com

Does not include Aura® paints.

Offer valid for \$10 off retailer's suggested retail price per gallon of up to five (5) gallons of Benjamin Moore premium paint & stain from Colour Magic. Must present this coupon to redeem - no copies will be allowed. Limit one per customer. Products may vary from store to store. Subject to availability. Retailer reserves the right to cancel this offer at any time. ©2018 Benjamin Moore & Co. Arborcoat, Aura, Benjamin Moore, Color Lock, Paint like no other, Regal, and the triangle "H" symbol are registered trademarks licensed to Benjamin Moore & Co. Printed in the USA.

Promote your business, event or news to Latrobe BPW members!

Advertise here each month. Contact Amy Fauth for more information at amysuefauth@gmail.com