



February 2019

*Meadville Business and Professional Women's Club
Presented by Our Foundation Committee*

Monday, February 4, 2019



Carol Paul
Greenville Water Authority
Manager

February is Foundation/Scholarship Month for the Meadville Local. Our speaker will be Carol Paul, Greenville, PA Water Authority Manager. She will speak on "Women in Non-Traditional Roles: The Path to Getting There".

A 1986 graduate of Youngstown State University with a degree in chemistry, Carol started her career as Assistant Superintendent of Water and Wastewater at Grove City Borough. In 1987, Carol joined the Shenango Valley Water Company, later to become Aqua Pennsylvania, as a senior chemist. This began a 15 year relationship with Aqua interspersed with raising two children. Her accomplishments with Aqua included establishing a certified testing laboratory, conducting pilot scale testing of new treatment technologies, conducting customer service training for employees and anything water quality related. Carol resigned her position with Aqua to manage a family aviation business and spend more time with her children. This led to a seven year stint teaching high school science. In 2014, with the children out of the house, Carol left teaching and began managing the Greenville Water Authority. The Greenville Water Authority serves 8000 customers. Her responsibilities cover all aspects of water treatment as well as distribution and financial management. In addition to her husband of 31 years, she has two adult children, two grandchildren, and a black lab that assists her at the office.

February is Foundation Month, Heart Health Awareness Month & National Cancer Prevention Month

MONDAY, March 4 Publication Committee & Membership Committee

**PLACE: CHOVI'S ITALIAN CASUAL TIME: 5:30-REGISTRATION & SOCIAL TIME
COST: \$16.50**

**SPEAKER: Ashley Walker: She will be speaking on how Social Media works for you, us and BPW.
We will also be covering the value of being a BPW member, especially with the Meadville Local.**

PLEASE COME AND ENJOY





Meeting Up-Dates

Minutes

BPW/PA Meadville Business and Professional Women's Club
January 7, 2019 Chovy's Restaurant

Welcome, Inspirational message and Introduction of Guests – The meeting was called to Order by President Kalli Holzerland. Sonya Cummings opened with the Pledge of Allegiance, Mary Ellen Bayuk began the Collect and Marilyn Varrassa gave an inspirational message. Two (2) guests joined us tonight, Minette Clepper and Sharon Picka.

Dinner was served.

Speaker – Our very own sister, Lisa Pustelak, was our speaker. An inspirational as always! “What do you want to accomplish in 2019” – A few words she used often - “choices” and “goals”. She reminds us to share our goals with another, evaluate procrastination and OVERCOME FEAR!!!

Business Meeting

President Kalli called the Business Meeting to order.

Minutes from the November 2018 meeting were presented and a change requested to add the last name of our November meeting new member. The change was presented and approved by the membership and Cummings was added to reflect our new member's full name as Sonya Cummings. Minutes updated and approved.

By-Laws – the By-Laws are to be emailed to our new members.

Correspondence – None

Standing Committee Reports

By-Laws – no report

Finance – no report

Foundation/Scholarship – Mary Ellen Bayuk advises that our Scholarship Application has been sent out to 16 institutions and 44 financial aide counselors for the \$500 scholarship. Completed applications are due 04-08-2019. If anyone is interested in reviewing the applications with the committee, please see Mary Ellen Bayuk.

Health and Wellness – Alanna Fry informed us that January is blood donation month.

Individual Development Young Careerist – Lisa Pustelak advises that we do have one (1) Careerist and one (1) Individual Development sister representing us.

Issues Management – No report

Judith's Jig – Karen Styborski reminds us that the Jig is scheduled for March 16, 2019. New Committee members are needed and meetings are held on the 2nd Monday of the month at 5:30 at Chovy's. Lisa will get the volunteer list out.

Legislation – No report

Membership – No report

Social – We raised \$245 at our Christmas Party.

Publications – Key Deadline is February 6. And remember that Advertising is available for members via the Newsletter and Facebook. Also, any member who has information to share, please get it to the committee so they can make it public,

Women of the Year – Start thinking about who you can nominate.

Upcoming Events – Pay Equity is scheduled 04-02-2019.

Female Fire Power has been scheduled for Saturday, May 4, 2019 from 9 am to 2 pm at the Hotel Conneaut. Three (3) speakers have been scheduled. Vendors are needed – see Lisa. Tickets soon to be released.

Old Business – None noted.

New Business – None noted.

Brag Time/Announcements – None noted.

Meeting adjourned at 7:25 pm.

Respectfully submitted,

Bernadette Lewis
Recording Secretary





Meeting Up-Dates



Treasurer's Report



BPW Treasurer Monthly Report December 2018

	Date		
		\$4,662.64	Ending Balance 11/30/2018
Receipts			
	12/6/2018	\$245.00	Auction Proceeds
	12/6/2018	\$446.50	Dinner - 27 @ \$16.50
	12/31/2018	\$0.04	Interest
		\$691.54	Total receipts
Checks			
640	12/3/2018	\$445.50	Mannino's - 27 Dinners for December Meeting
641	12/5/2018	\$15.00	BPW/PA - Cummings Dues
		\$460.50	Total Disbursements
		\$4,893.68	Ending Balance 12/31/2018 - General Account
		\$3,503.89	HER Balance 11/30/18
Receipts			
		\$0.00	Total Deposits
Checks			
		\$0.00	Total Disbursements
		\$3,503.89	HER Balance 12/31/18
		\$1,949.84	Judith's Jig Balance 10/31/2018



Meeting Up-Dates



The January meeting was hosted by the By-Laws Committee and they had the foresight to have our very own Member Lisa Pustelak as the guest speaker. She shared how to take advantage of the personal and professional Development opportunities in BPW through the ID and YC programs.

She also offered a very informative and inspirational presentation on how to have the best

year of your life. In general, YOU have the choice to make things better or worse by the way YOU choose to deal with the events in your life.

And, the icing on the cake, her top ten tips for achieving your Goals. Noting that there is a difference between the lists we make (which are daily routines) and the goals we set (which take more effort).

All in all, her presentation was far too short for collecting the wealth of information that Lisa has to offer. I cannot wait until the next time she has the podium and the great information she will share. ***Thank you Lisa***

Check out Green Shoppe PA for class information





Meeting Up-Dates



FEBRUARY IS FOUNDATION MONTH!

The theme for February's meeting is "What are you Passionate About?" What am I passionate about????? What am I passionate about????? I, Mary Ellen Bayuk, as Foundation chair for Meadville, am passionate about Scholarships!!!

February is Foundation month in the Business and Professional Women's world and that means that it's scholarship time again! Information went out the on January 1 to 16 area academic institutions advertising the Helen E. Remler Scholarship that the BPW/PA Meadville local awards each year in May. Members of this year's Scholarship Committee are Mary Ellen Bayuk, Chair, Allison Baird, Ashley Walker and Julie McClymonds and, thus far, the Scholarship Committee has received five completed applications.

Helen E. Remler, for whom the scholarship is named, was a charter member of BPW/PA Meadville local, a partner in the Meadville general insurance agency of Remler-Shuman and treasurer of the Home Building and Loan Association. She also served as BPW/PA State President from 1939-1940. At the time of her death a cash gift was given to the Meadville local and this money was invested. Each year since 1988, a \$500 award has been given to a deserving individual. The very successful Purses, Pastries and Pints event that the Meadville local held in October raised almost \$2,000 for the Remler scholarship fund. A Helen E. Remler Scholarship application follow. Please encourage deserving individuals to apply. The scholarship is available to both men and women.

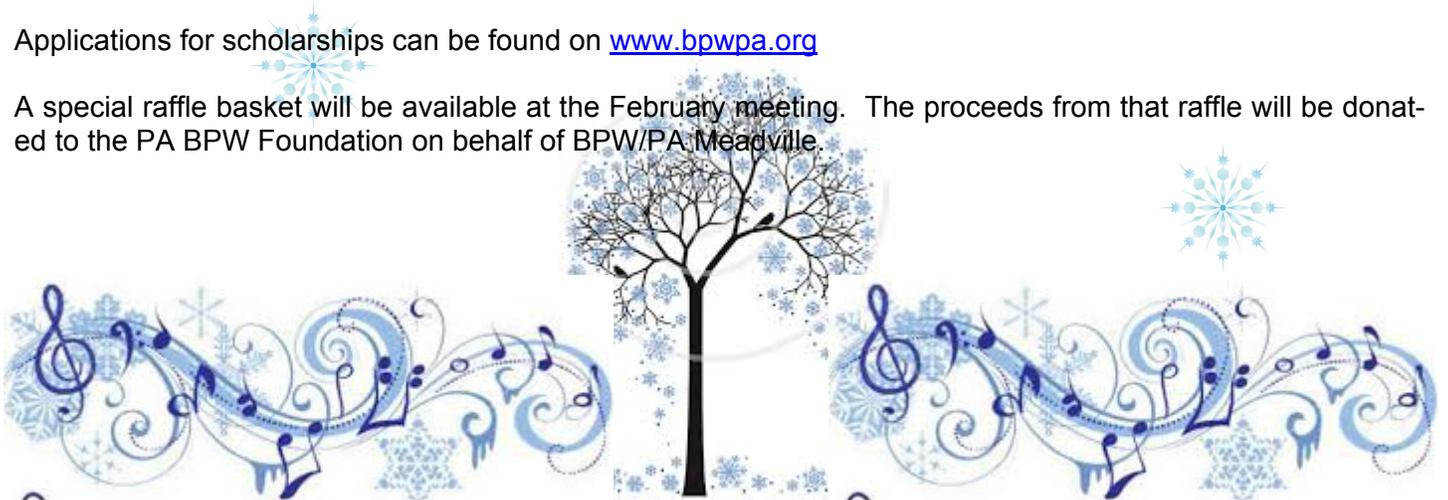
Did you know that scholarships are also available through the Pennsylvania Business and Professional Women's Foundation, Inc. (PA BPW Foundation, Inc.)? The PA BPW Foundation was established in 2008 as a 501(c) (3) organization. All money donated to the Scholarship Fund restricted for use by the guidelines established for the fund. Donors can designate their gifts as charitable contributions. PA BPW Foundation is a separate entity from BPW/PA.

The PA BPW Foundation Scholarship Fund provides grants for individuals who:

- Are interested in furthering their education;
 - Have proved financial need;
 - Are United States citizens;
 - Meet the requirements set forth in the scholarship application;
 - Have been a paid member of BPW/PA or a resident of Pennsylvania for at least two years prior to application;
 - Submit a complete application with supporting data to the PA BPW Foundation scholarship committee.
- Deadlines: May 1 for Fall term November 1 for Spring term

Applications for scholarships can be found on www.bpwpa.org

A special raffle basket will be available at the February meeting. The proceeds from that raffle will be donated to the PA BPW Foundation on behalf of BPW/PA Meadville.





Other News



Meetings & Reservations

All BPW Sisters are responsible to follow the format for sending in the RSVP for the monthly meetings. The menu selections will change so please watch your emails for updates. If you do not receive emails, you are responsible to touch base with our **Corresponding Secretary Victoria Soff at victoriasoff@gmail.com**.

All RSVPs should be turned in by Wednesday before the meeting. If you RSVP and do not cancel by the Thursday prior, you will be charged the dinner fee. Thank you in advance for your cooperation.

For those of us new at the format of the meetings in general, networking will begin at 5:30pm and the meeting will begin at 6pm. The goal is to conclude by 7:30pm. Meetings are normally the first Monday of each month. You will be notified if there is a change, such as holidays.

**DINNERS WILL BE \$16.50 per meeting, with a Cash Bar, at Chovy's.
Watch your email for information.**

The scheduled dates for the 2018-2019 meetings are:

September 10: 2018-19 Kick-Off @ *Mannino's*

October 1: District Fall Meeting

November 4: Health & Wellness

December 3: Holiday Party @ *Mannino's*

January 7: By-Laws Committee

February 4: Foundation Committee

March 4: Publication Committee

April 1: District Spring Meeting

May 6: Legislation Committee

June 3: Social Committee





Other News



February 4, 2019

Our Meeting will be held Monday, February 4th at Chovy's.

Networking begins at 5:30 pm and the meeting at 6:00.

The cost of the meal will be \$16.50 and the menu choices follow:

Insalata Mista ~ Mixed Greens, Tomatoes, Vegetables, Grapes, Candied Pecans, Bleu Cheese, Grilled Chicken & Blush Wine Vinaigrette.

Chicken Parmesan ~ A seasoned Chicken Breast, Provolone Cheese, Tomato Sauce atop Angel Hair Pasta. Served with a House Salad.

Broiled Cod ~ Cod broiled with Lemon Butter White Wine Sauce, served with Cheddar Mashed Potatoes. Served with a House Salad.

Fountain beverages & coffee/tea complimentary. Cash bar available.

Guests are always welcome



WHITE WAS A COLOR OF THE WOMEN'S SUFFRAGE MOVEMENT

January 3rd, 2019 was a big day in Washington, D.C. Not only did Rep. Nancy Pelosi (D-California) reclaim her place as speaker of a now-Democratic-majority House, but a wave of brave new congresswomen was also sworn in, including Alexandria Ocasio-Cortez, the youngest woman ever elected to Congress.

Never one to shy away from a bold statement, Ocasio-Cortez wore an all-white outfit for her swearing in, following in the footsteps of many political women before her including Hillary Clinton and Shirley Chisolm. White was a color of the women's suffrage movement symbolizing purity of purpose, hence its popularity among modern political stars; other colors embraced by the suffragists included purple, symbolizing loyalty to the cause, and gold, which symbolized the torch guiding the movement. Today, the three colors make up the logo of the National Woman's Party, an early suffrage group.

In a 2016 interview with *The Guardian*, Valerie Steele, director of New York's Fashion Institute of Technology museum, said, "White has connotations in the west of purity and virtue, this idea of being the good guy. Certainly the suffragettes were aware of that when they wore white. They were good people too—why shouldn't they have the right to vote?"

AOC was joined in making a sartorial statement by other new female representatives, including Rep. Rashida Tlaib (D-Michigan), one of the first Muslim women in Congress, and Rep. Deb Haaland (D-New Mexico), one of the first Native American women elected to Congress.

Tlaib donned a Palestinian thobe made by her mother, honoring her West Bank roots. And Haaland was decked out in traditional Pueblo attire.

KEY DEADLINE

Deadline for the next edition of the Please submit information to Angela
All text should be in a Word docu-
Photos and images may be submitted

Key February 6, 2019.
Apple bpwkey@hotmail.com
ment for easy editing.
separately as .pdf or .jpeg.



Member News

From our President

"Heart disease causes one in three women's deaths, killing approximately one woman every minute." With February being Heart Health Awareness Month, we as women really need to take the proper steps in taking care of ourselves, especially with that scary statistic.

It's so important that we are kind to our bodies and live the most healthy lifestyle possible. Here are some preventive health facts to lessen our chances of developing heart disease. Be Active, Drink Less Alcohol, Control Blood Pressure, Eat Healthy, Be Smoke Free, Maintain a Healthy Weight, Reduce Stress and Visit your Doctor Regularly.

So join me at our February meeting in showing your support by wearing Red and vowing that we will live our most healthy lifestyle!!

Xoxo,

Kalli



Say Happy Birthday to:

Kate Radivojevich 1/13

Dr. Alison Baird 1/21

Lynda Jacobs 1/26

Alanna Fry 2/18





Event Up-Dates



Judith's Jig

Hello Ladies – we are getting excited about another Judith's Jig Memorial 5k, scheduled for March 16th!!!!

We will be passing around a sign-up sheet at the February 4th meeting. On Monday, January 7th we were emailed a JJ Volunteer Sign-up listing of what help is needed. Please take a moment to review this listing and contact Lisa and/or Karen and let them know you can/will help!!!



Also, sponsorships are how the majority of the funds are raised. Please support the event by spreading the news to any/all businesses and/or friends & family that would be interested in supporting our event.

The committee will keep us updated on the meeting schedule via email – however, I do know they are meeting on February 11th at Chovy's. Please plan to join them if you are looking for more information on how you can help.

This is a great event, a lot of fun, and only our Local does this – so please do what you can to support it.



Judith's Jig Memorial 5k is truly a special event because it celebrates the life of Judith Patterson Gilbert, whom many people in our community will never forget, including her BPW (Business and Professional Women's Club) sisters who organize this event. Judith belonged to many organizations and was one of the founders of High Tech Computing. Judith passed away on April 2, 2010 after an eight-month battle with pancreatic cancer, but leaves a legacy of kindness, caring and giving back.



What Is

PA BPW Foundation, Inc.

PENNSYLVANIA BUSINESS AND PROFESSIONAL WOMEN'S FOUNDATION, INC.

The PA BPW Foundation was established in 2008 as a 501(c)(3) organization.

All money donated to either the Scholarship Fund or Edith Oler Flanigan Fund Grant is restricted for use by the guidelines established for each fund. Our donors can designate their gifts to support either fund as charitable contributions.

The Board of Directors consists of eleven BPW/PA Federation members. Three are officers of the BPW/PA Federation. The remaining eight are active members of the BPW/PA Federation.

PA BPW Foundation is a separate entity from BPW/PA. The grants and scholarship applications are reviewed by a scholarship committee appointed by the PA BPW Foundation and recommendations are made to the Board of Directors of the Foundation who make all final decisions.



SCHOLARSHIP FUND

and

EDITH OLER FLANIGAN FUND GRANT

Enclosed is a tax deductible gift of \$ _____. Your contribution is tax deductible to the extent permitted by law.

Name: _____

Address: _____

Telephone #: _____ Email Address: _____

BPW Member: Local: _____ District: _____

Make checks payable to PA BPW Foundation. Mail all contributions and donation forms to:

Joyce Turner, PA BPW Foundation Treasurer, 282 Honeysuckle Lane, Robesonia, PA 19551

You may designate your gift for: No designation Scholarship Fund Edith Oler Flanigan Fund Grant

Contribution in memory/honor of: _____

Your contribution is tax deductible to the fullest extent of the law. A copy of the official registration and financial information may be obtained from the PA Department of State by calling toll free, within PA, 800-732-0999.

Registration does not imply endorsement.

Scholarship Fund

provides grants for individuals who:

- Are interested in furthering their education;
- Have proved financial need;
- Are United States citizens;
- Meet the requirements set forth in the scholarship application;
- Have been a paid member of BPW/PA or a resident of Pennsylvania for at least two years prior to application;
- Submit a complete application with supporting data to the PA BPW Foundation scholarship committee.

Deadlines:

May 1 for Fall term

November 1 for Spring term

Applications subject to approval by the PA BPW Foundation, Inc.

Edith Oler Flanigan

Fund Grant

provides funds for members of BPW/PA to draw upon in emergencies such as:

- Catastrophic illness or accident
- Extended unemployment;
- Disaster or any other unusual financial loss.



- Mission -

Provides full participation, equity, and economic self-sufficiency for America's working women.

HOW TO APPLY:

Applications for scholarships can be found on www.bpwpa.org

The Edith Oler Flanigan Fund Grant can be found in the member login section of www.bpwpa.org

OR

Contact
Nancy Werner

PA BPW Foundation Vice-Chair
alnancy47@verizon.net

OR

A member of the PA BPW Foundation Board of Directors

Revised 8/2018

HELEN E REMLER SCHOLARSHIP

The Helen E. Remler Scholarship Application has been distributed to 16 academic institutions in the area and 44 financial aid counselors were included in that distribution. The members of the Meadville Scholarship Committee are Nancy Asmus, Allison Baird, Ashley Walker and Mary Ellen Bayuk as Chair. Please inform qualified applicants of this scholarship opportunity.

Meadville Business & Professional Women's Organization

HELEN E. REMLER SCHOLARSHIP APPLICATION



Helen E. Remler, for whom the scholarship is named, was a charter member of BPW/PA Meadville local, a partner in the Meadville general insurance agency of Remler-Shuman and treasurer of the Home Building and Loan Association. She also served as BPW/PA State President from 1939-1940. At the time of her death a cash gift was given to the Meadville local and this money was invested. Each year since 1988, a \$500 award has been given to a deserving individual. Selection criteria will be based on both financial need and scholarship merit.

Eligibility and Application Requirements for the Helen E. Remler Scholarship

Resident of Northwestern Pennsylvania

Enrolled in and has completed at least one year of an accredited program of study or has completed half of the requirements toward the completion of the program

Completed application form with statement

Official sealed unopened transcript mailed directly to the Scholarship Chair

Applicant Name:

Last First Middle Initial

Address:

Street # & Street City County State Zip

Email:

_____ Phone: _____

Name of Educational Facility Where Enrolled: _____

Degree Program/Area of Study/Certification You are Pursuing: _____

Have You Previously Received a Scholarship Award from BPW? Yes ___ No ___

Applicant Statement: Please attach a statement limited to one double-spaced page that provides the following information:

A brief description of how the education will enable you to reach a career goal.

Why does your current circumstance require financial assistance?

You may add other information that will help in our evaluation of your application.

I certify that to the best of my knowledge the information contained in this application is true and correct.

SIGNATURE

DATE

**DEADLINE FOR RECEIVING ALL APPLICATION MATERIALS IS APRIL 5, 2019
THE RECIPIENT WILL BE NOTIFIED BY APRIL 19, 2019**

Please submit applications electronically (preferred method) to Scholarship Chair Mary Ellen Bayuk (meb5@psu.edu). They can also be mailed to her at 341 East Jamestown Road, Unit 65, Greenville, PA 16125. For questions, please email meb5@psu.edu or call 412-916-6923.

Member News

Join us March 4th for 'Making Media Work for YOU!'

Presented by the Publication Committee

Ashley Walker will walk us through how we can utilize the Media to make the most of our publicity needs.

She will focus on how Facebook opportunities benefit us.

Advertise with BPW!

We are continuing the paid advertising in the newsletter!
AND we are still going SOCIAL with your message!

We are still offering the business card size ad as well exposure at each meeting acknowledging our advertisers. And to add to the fun, we will GO LIVE with you on our Facebook page for ONE month! Facebook reaches our current members as well as friends of the BPW page! This has a lot of potential to promote your business and reach people you might not normally reach. It's first come first serve and each advertiser will have at least one opportunity for live videos. The package for only \$50 for the whole year...\$5.00 per month...its a bargain! All you need to do is provide the information and we will do the rest!!!

**See Ashley Walker to get your Facebook ad started and/or
LouAnne Bearfield to get in our next newsletter!**



*Wreaths & More
By LouAnne*

814-350-2665

Like me on Facebook

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814-724-6073

814-333-3133

sdelo@tlrins.com

www.tlrobertsoninsurance.com





BPW FOUNDATION NEWS

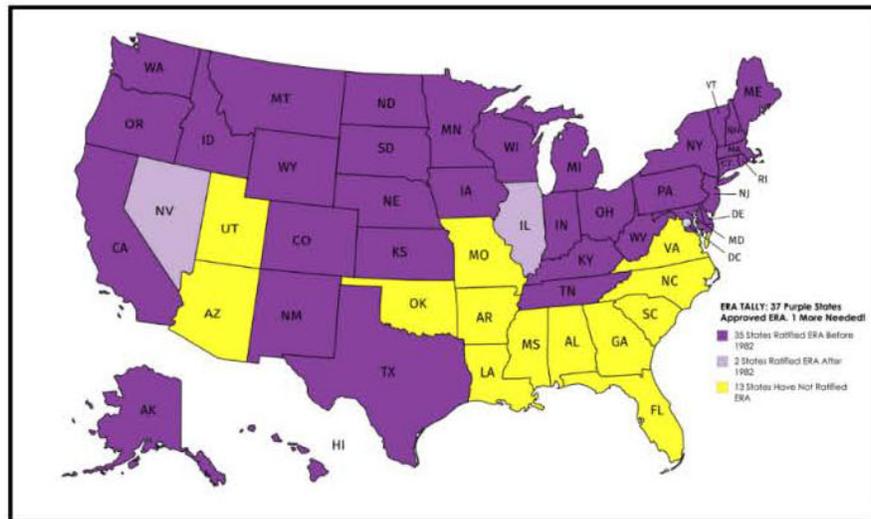


A TIPPING POINT

“Equality of rights under the law shall not be denied or abridged by the United States or by any State on account of sex.”
--ERA amendment text

Just one more state is needed to reach the magic number (3/4 of states) in order for the Equal Rights Amendment (ERA) to become an amendment. Currently, thirty seven states have ratified the ERA. While women have made progress, we still do not have gender equality guaranteed in the Constitution. Virginia could become the tipping point.

Interestingly, many of the states that have refused to ratify the amendment fall below the Mason Dixon Line, which provided a symbolic border in the 19th century separating the North from the South. Does the reluctance about ERA stem from a lingering residue of who is worthy of equality? The map below shows ratification of ERA by states as of January 2019.



According to rankings published by the World Economic Forum, the United States is 49th out of 144 countries with regard to opportunities and access for women, lagging behind countries such as Cuba, Botswana, Bangladesh, and Peru. That is not exactly a ranking to brag about. While the gender pay gap is a worldwide problem, some US women have it worse than others. Women in the South, which correlates to states that have not ratified ERA, suffer some of the harshest workforce inequalities; they are paid less and treated worse.

Virginia earns a C- in those rankings, but now has an opportunity to raise its grade by becoming the 38th state to ratify the amendment. Most recently Nevada (2017) and Illinois (2018) ratified. We are trying to gather signatures on a petition to be submitted while the VA General Assembly is in session (9 Jan to 22 Feb 2019). Over 15,000 have indicated their support, but we're aiming for 20,000.

Generations of suffragettes marched, lobbied, were jailed, and force fed (in nearby Lorton, VA) in order to gain the vote for women, which many Americans considered a radical act. The 19th Amendment finally passed in 1920 granting US women the right to vote. Congress passed the Equal Rights Amendment in 1972. In the ensuing years, only 37 states have ratified. As the centennial of women's voting privilege approaches, it's time to recognize that supporting gender equality goes beyond politics; inequality has economic implications.

What kind of country do we want to raise our children in? In these challenging times, amending the U.S. Constitution to ensure gender equality would provide a bright spot. What do all of us really want? A country that supports the equal rights of all people, including equal pay and equal protection under the law.

The time to act is now. Make 2019 the year that the Equal Rights Amendment becomes law. Ensure that men and women have equal rights under the Constitution and protection from discrimination on the basis of gender.

You don't need to be a Virginia resident to show your support. Please spread the word and sign the petition at: varatifyera.org



*February is also Cancer Prevention Month.
Please help us support Judith's Jig!
That is our effort to fight this awful disease.*

February is Heart Month | Let's Talk About Heart Disease

February 26, 2015 / By Marie Louise Brumit / No Comments

February is National Heart Month. To do our part for this important occasion, the FH Foundation would like to help raise awareness about heart disease, particularly as it runs in families. Most families have at least one member who struggles to keep their heart healthy, and it's important to know if these struggles are unique to one individual, or could possibly be passed on.

Specifically, the FH Foundation would like to take this opportunity to address one particular inherited condition that can lead to severe heart disease if not carefully managed. We're referring, of course, to Familial Hypercholesterolemia, or FH.

What Is FH?

FH is an inherited disorder that affects your body's production and metabolizing of cholesterol. By now you probably know a lot about cholesterol, and you've probably heard that having "bad" cholesterol can lead to heart disease. Additionally, you likely understand that diet and exercise are key to keeping your cholesterol levels in check.

This is all true, however, for patients with FH, diet and lifestyle are not the cause of high cholesterol, and they're not even the key to keep the problem at bay.

Patients who suffer from FH inherit a deficiency in their body's ability to process cholesterol. Specifically, FH causes genetic mutations that make the liver incapable of metabolizing excess LDL, also known as "bad" cholesterol. But why is it bad? And is there such a thing as "good" cholesterol?



The Good, The Bad, The Lipoproteins

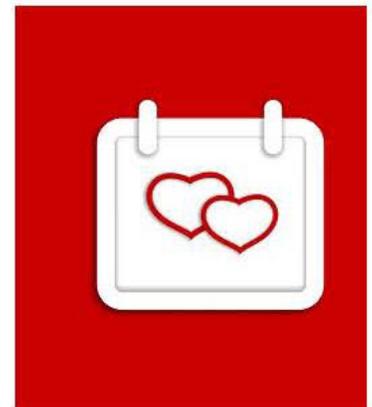
In fact, there is such a thing as good cholesterol. It's called HDL. LDL and HDL are both lipoproteins, tiny particles that allow lipids like cholesterol to travel through the body. LDL is a normal part of the metabolic process; however, excess LDL-C, the "bad" cholesterol, can lead to cardiovascular stress and even heart disease. When a doctor refers to a person's "cholesterol number," (s)he's referring to the measure of how much cholesterol is present in your LDL particles. And the greater your "bad" cholesterol number, the greater your risk of heart disease.

HDL is the "good" cholesterol. Higher levels of HDL can possibly reduce your risk of cardiovascular disease. However, it's important to note that a high HDL number does not prevent or eliminate risk, especially for FH patients. A good doctor would much rather lower a patient's bad cholesterol than raise the good cholesterol.

Because of the liver inefficiency caused by FH, FH patients are likely to experience significantly higher LDL-C numbers, potentially leading to aggressive and premature cardiovascular disease. For FH patients, diet and lifestyle are not the factors that determine their cholesterol levels. This is an inherited problem.

Raising Awareness

1 in 200-500 people in the U.S. has FH, and up to 90% of those are not accurately diagnosed. FH awareness is the first step in fighting the disease, in addition to helping those who may be suffering to seek the help and treatment that they need. If you have a family history or believe you might be suffering from an inherited disease, especially one that affects heart health, consult your doctor or healthcare provider today. With National Heart Month in full swing, there has never been a better time. Take good care of your heart, and it will take good care of you.



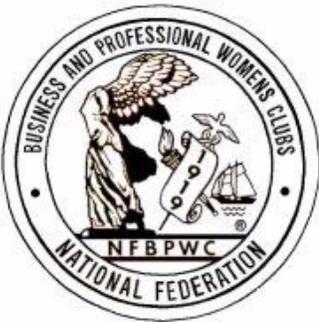
COLLECT

Keep us, O 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 pretenses and meet each other face to face - - without self-pity and without prejudice. May we never be hasty in judgment and always be generous. Let us take time for all things; make us grow calm, serene and gentle. Teach us to put into action our better impulses, straightforward 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 not forget to be kind!

(Mary Stewart)

EMBLEM BENEDICTION

THIS EMBLEM BINDS US ALL IN ONE GREAT SISTERHOOD. IT BIDS US HEED OUR CONSCIENCE CALL FOR A NOBLER WOMANHOOD. GOD GUIDE US AS WE WEAR THIS EMBLEM O'ER OUR HEART; AND KEEP US TRUE AND ALWAYS FAIR GOD BLESS US AS WE PART.



THE EMBLEM

THE EMBLEM was adopted at the 1921 convention, and was designed to symbolize the spirit of progress to which our Federation is dedicated.

NIKE, the winged Victory of Samothrace, glorious expression of forward movement, given to the world by classic Greek art, epitomizes the steady progress which our Federation must have in accomplishing its objectives in advancing women's place in the world. NIKE depicts individual strength, freedom & triumph, which our organization must have in order to face the storms of prejudice and limitations ---NIKE , represented, on the prow of a ship, facing the waves with courage and victory.

THE TORCH, casting upright flame in a procession of progress, is a symbol of light, leadership, wisdom and ideals.

THE WAND, winged staff of Mercury, the caduceus with its two serpents of wisdom and its staff of power, heralds a new era of opportunity and equality for women, to be achieved by the effort of health, harmony and power.

THE SHIP OF COMMERCE, suggests the entrance of women into business and professions and also is a symbol that into all lands our message of a better world for both women and men must be sent with food will and friendly fellowship.

THE SCROLL, inscribed with the Foundation year 1919 is our achievement. It is our symbol of leadership in thinking on economic problems and the establishment of conditions which assure men and women the fullest opportunity. Through the SCROLL we express our ideals and achievements, our faith in the future, and our obligation to those who follow us.

THESE FIVE SYMBOLS, cast in a small CIRCLE OF GOLD, signifying endless harmony and loyalty to Federation ideals and the initial NFBPWC ---- comprise OUR EMBLEM.

BPW Foundation Mission Statement

BPW Foundation's mission is to empower workingwomen to achieve their full potential and partners with employers to build successful workplaces through education, research, knowledge and policy.

BPW Federation Objectives

1. To elevate the standards for women in business and in the professions.
2. To promote the interests of business and professional women
3. To bring about a spirit of cooperation among business and professional women.
4. To extend opportunities to business and professional women through education along lines of industrial, scientific and vocational activities.

BPW Federation Colors

The Federation colors of green and gold were officially selected at the 1927 National Convention. Green was chosen as being symbolic of victory, growth, activity and strength. Gold was symbolic of the sun, faith and fruitfulness.

The colors of the Commonwealth of Pennsylvania are blue and gold and these colors are sometimes used at Federation functions to represent Pennsylvania, as at National Conventions and when the emphasis is on identifying Pennsylvania among other states.

While representing the Federation as such, only green and gold are official.

BPW Legislative Platform

Preamble

EQUAL RIGHTS AMENDMENT:

“Equality of rights under the law shall not be denied or abridged by the United States or by any state on account of Sex.”

The Equal Rights Amendment, as authored by Alice Paul, shall stand first, foremost and above all other items which may appear on the Pennsylvania Federation's Platform until equal rights for women and men become guaranteed in the United States Constitution, because all statutory law derives therefrom. BPW/PA members will identify and lobby elected officials and candidates for public office who support policy and legislation advancing BPW/PA's Legislative Platform.

Platform

ECONOMIC EQUITY

Actively support pay equity, fair credit, pension reform, and protection of Social Security, Medicare and Medicaid. Support affirmative action and equal educational, training, and promotional opportunities. Increase the availability of affordable options for quality elder and dependent child care.

HEALTH

Actively support legislation that promotes ALL women's health issues and access to care. Promote research funding for all female health issues both physical and mental. Promote reproductive choice and full access to all services. Promote paid sick leave and expanded Family & Medical Leave. Promote the establishment of a permanent Office of Women's Health in PA.

CIVIL RIGHTS

Actively promote full funding of the Violence Against Women Act to combat domestic violence and the electronic and physical stalking of women. Support background checks for gun purchases that prevent domestic abusers from purchasing or keeping weapons. Actively promote full funding for protection and services for victims and survivors. Ensure equal funding for female and male participation in high school and college athletics. Eliminate all forms of sexual harassment and sex discrimination against women. Support female veterans' safety and equal treatment while in military service and in their return to civilian life. Bring ALL laws into conformity with Equal Rights Amendment of the Pennsylvania Constitution.



Calendar of Up-Coming Events



February 2019

Sun Mon Tue Wed Thu Fri Sat

					1	2
3	Chovy's	5	Deadline for the KEY	7	8	9
10	11	12	13		15	16
17	Winter board meeting	19	20	21	22	23
24	25	26	27	28		
<i>Foundation month / Heart Health Awareness Month / National Cancer Prevention Month</i>						



March 2019



Sun Mon Tue Wed Thu Fri Sat

					1	2
3	Chovy'	5	6	7	8	BPW/PA board mtg.
BPW/PA foundation	11	12	13	14	15	Judith's Jig
	18	19	20		22	23
Dist. One Board	25	26	27	28	29	30
31	<i>Women's History Month</i>					