



# The Valley Voice

*Celebrating 102  
Years of Women  
Helping Women  
with Passion and  
Purpose*

*BPW of Ligonier Valley*

*November 2021*

"Of the Pennsylvania Federation of Business and Professional Women's Clubs, Inc"

Kristin Poerschke, editor

## **Officers for 2021-2022**

Tara Hassler, President  
Maggie Hildebrand, Vice-  
President  
Tina Pifer, Treasurer  
Susan Jones,  
Recording Secretary  
Raven Cintron,  
Corresponding Sec'y  
Dawn Berkebile,  
Parliamentarian

## **Standing Committee Chairs:**

Finance – Betsy Shepler  
Foundation – Paula Maloney  
Issues Mgmt. – Maggie Hildebrand  
Legislation – Susan Patchin  
Membership – Rita Horrell  
Public Relations – Carol Wolford  
By-Laws – Brenda Sherbondy  
ID/YC – Kim Bellas

## **Special Appointee Chairs:**

Dinner: Kim Bellas & MaryAnn Riggs  
Newsletter: Kristin Poerschke  
SLN/BPW: Diana Neiderhiser  
LVBWP Scholarship: Kelly Hoover  
Historian – Sandy Leonard  
Scrapbook – Beth Caldwell & Tina Pifer  
LVBWP Scholarship Growth –  
Luxury Bash – Lisa Altimus & Janet  
Riordan & Maggie Hildebrand  
Web Site & FaceBook– Raven Cintron

*"Bee the Change: Empowered Women Empower Women"*

Dearest Members,

I just got back from a girl's weekend at Oglebay Resort in WV. I needed that SO bad. I highly recommend going there.

This month at the November regular meeting, we will be collecting donations for our local food pantry. You can bring any nonperishable items; however, we are asking specifically for flour and sugar if possible. Also, at the end of the month we will be getting together at the American Legion in Ligonier to package the soldier donations into boxes to be mailed. Date to be determined.

If you are ever curious about what's going on, please go to our "public" Facebook page. This is where all our information is. You do not need to have Facebook to view. Just simply type this address into your website search bar:

<https://www.facebook.com/BPWLV>

Speaking of Facebook, check out the new pink purse photos! If you do have a Facebook, PLEASE share that post. That would support our group greatly. We have about half the tickets left....share, share, share!

We received the Salvation Army Angel tags! There are names on these tags with ideas of Christmas presents. Simply take a tag or two, and purchase something off it. Wrap and return to Laurie Hough.

This month's meeting theme is Alice in Wonderland. You can wear a specific color or come in a full outfit. You know we like to have fun! It is also our member market. So come prepared to support our sisters!

Warmly,  
President Hassler

**Tuesday, November 23 5:45 pm Monthly dinner meeting at the Ligonier Ramada Inn**

**NO BOARD MEETING IN DECEMBER**

**Christmas Party is December 14 at 5:45; bring a \$15 gift**

**See you January 4th at 6:30pm for the 1<sup>st</sup> Board Meeting of 2022 at Carol & Dave's Restaurant**

To get us ready to shop at the November 23 Member Market, the Ramada will be whipping up a couple of good choices!

Main Meal - Vegetable Lasagna accompanied with tossed salad

Salad Choice - Southwestern Chicken Salad

Rolls & Butter

Dessert - Dirt (chocolatey pudding & cookie crunch deliciousness)

Dinner reservations are required by Tuesday, November 16, 2021. **Please bring exact change or a check written out to "BPW of Ligonier Valley" for \$14.00.**

~Kim & Mary Ann

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The PA State BPW Civil Rights Plank of the Legislative Platform:

**To encourage and promote diversity in our membership and in others in our communities and actively oppose all forms of institutional and individual racism.**

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### November Member Market –

We are pleased to have interest in the Member Market again, and so happy to have the following members participating at the November 23 meeting:

- Lisa Altimus – Rada Cutlery and doTerra Essential Oils
- Susan Patchin – Mary Kay Cosmetics
- Susan Jones – Hello, Diva Shoppe (women’s clothing)
- Sandy Leonard – Sandy Sews (handsewn creations)
- Lucille Zimmer – Jordan Essentials (skin and body care)
- Judy Hoffer – Embroidered items, rope bowls, cotton dish cloths
- Carol Wolford – Stained Glass
- New (rejoining!) member Sarah Kuchma – A children’s book, written by Sarah and her husband, Bill
- New member Allison Lunko – Olive Oil and Vinegar products
- Dawn Berkebile – Handcrafted Jewelry

We will have dinner as usual, followed by the meeting, then SHOPPING! And, remember to bring guests to shop – they can choose to come after dinner and the meeting – suggest 7:30 to 7:45 – and we will be sure to welcome them to the Market!

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You might consume up to 229 grams fat during the big meal. You might want to put on those stretchy pants before heading to Thanksgiving dinner (as if you needed a warning!) That's about three to four times the amount of fat you should eat in a day. And while this is probably not news to those of us who go for second or third helpings of the big meal, the entire Thanksgiving dinner could total over 3,000 calories. Now, who's up for tossing around the ol' pigskin after dinner?

~ Good Housekeeping magazine

## NOVEMBER BIRTHDAYS!

Nov 1	Glenda	Dickson
Nov 9	Kim	Wing
Nov 15	Donna	Christopher
Nov 16	Beth	Caldwell
Nov 22	Raven	Cintron



Ina Mae Smithley, public relations co-chair of BPW Club welcomes guest speaker, Cathy Caccia, member of Greensburg BPW and bird watching aficionado. Both women dress the part in Halloween themed attire as they welcome new member Allison Lunko.

### December Meeting –

As usually happens, we are moving our December meeting/party to the second Tuesday of December – it will be held on **December 14** at the usual time and place of 5:45 PM at the Ramada. We will have dinner as usual, then move into the emptier area of the meeting room where we will have an interesting game to distribute the grab bag gifts. Everyone who is interested in participating should bring a WRAPPED gift with a value of \$15.00. Those who don't wish to participate in the gift exchange are invited to come and stay also, as the distribution game can get very entertaining!! And, we would certainly welcome guests at this meeting also – be sure to remind them to bring a gift, if they wish. (We LOVE guests!)

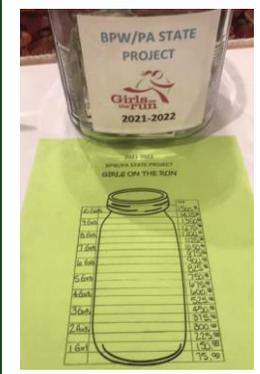
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### January Meeting Preview –

Our seasoned members know that we don't plan a program for the January meeting, as SOMETIMES there is bad weather in Ligonier (!), and we must change our meeting plans. Our fun January activity consists of our Regifting Auction. For those who have never heard of such a thing – all members are invited to bring an item (or multiple items!) UNWRAPPED to the meeting. It can be a gift you received that just doesn't suit, an item you purchased that you brought home and didn't like, or even a dozen cookies or fudge you bake and would like to donate. However, all items must be new and unused (probably goes without saying for the food items!). Each item will be on display with a bag in front of it, and we will sell raffle tickets at 3 for \$2.00 to raise a few dollars for the club, and hopefully, help your unwanted item find a new home! The raffle will be held after the dinner and meeting on our regular meeting night of January 25, 2022. (We will again welcome guests at this meeting! And any meeting!)

The PA Federation of Business and Professional Women's Clubs are supporting "Girls on the Run", this year's project chosen by BPW/PA President Tiffanie Burger.

The after school program, a part of UPMC Magee-Womens Hospital is for girls in 3rd to 5th grade and also 6th through 8th. Meeting in small teams, trained volunteer coaches inspire girls to build confidence and other life skills through dynamic interactive lessons and physical activity. The girls meet twice a week for 16 weeks, building social, emotional and physical skills that encourage healthy habits for life. At the end of each summer program girls participate for fun in a non-competitive 5K Run. The program welcomes girls from 9 counties including Westmoreland.



## ID/YC

Submitted by Kim Bellas, IC/YC chair

If you took the Individual Development Program within the last year (I know several of you have!), you are eligible for the speak off at the 2022 Spring District 3 meeting in April. The District winner then has a chance to compete at the State Level Competition! To prepare for the District Level speak off, respond to one of three questions based on our state theme: "Be the Change You Wish to See in the World" and present it in 5 minutes. Questions are:

1. In what way or ways has BPW helped or enabled you to "Be the Change You Wish to See in the World"?
2. How have you helped, encouraged or inspired someone else to embrace change in their life?
3. "Be the Change You Wish to See in the World". What does it mean to you and why is it an important philosophy to embrace?

If you are a member in good standing, between the ages of 21 and 35, have been employed in business or a profession with a minimum of one year of full-time work experience, understand and support the BPW/PA mission, vision and legislative platform, you are eligible as a Young Careerist to also compete in the District level speak off. To enter, prepare a 4 minute speech from a topic also based on our state theme (similar to questions for the Individual Development speak off).

Would love to see participation from our club at the Spring District meeting! Show off your stuff!

Additional information on the Individual Development Program:

The BPW Foundation Individual Development Program is a professional development workshop that contains 15 modules (lessons). It is a trademark program and the facilitators are trained and approved to provide the IDP course. So, if you are looking for a career change, improve your career or looking for help to improve your confidence in speaking, this program is for you!

Objectives of the IDP are to develop leadership skills, improve your skills in communication, networking, negotiating, interviewing and dealing with the media, heighten awareness of the issues people face in achieving their goals and to develop strategies for personal and professional advancement.

Topics covered in the course include: Developing confidence; Stepping into Leadership; Interpersonal and Transferrable Workplace; Parliamentary Procedure skills; Building media relationships; Brand setting goals; Business etiquette; Creating & Presenting Oral Presentations; Grassroots Advocacy; Networking; Virtual Teams; Interviewing Skills; BPW Overview and Understanding Negotiations.

The IDP course is interactive and uses multiple tools including the DISC Behavioral Worksheet; Multiple Intelligence Survey and BANTA (Best Alternative to a Negotiated Agreement). Members who complete the course can train as facilitators and/or choose to participate at a District Level speak off. The District winner can then compete at the State Level Competition. This level includes a five-minute prepared speech, a two-minute impromptu speech and an interview with judges.



## Theme and our Member Market

Tuesday, November 23rd, 2021



This month come on down the rabbit hole with us and explore your curiouser side! There are several versions of the Alice stories out there now, so whether you like the original Disney, the Tim Burton or the book illustrations the best, we welcome you!!!

You can go full on costumes or just character colors (pink and purple for Cheshire, Blue and white for Alice you get the idea) but we hope to see you there!!



We are having our member market after the regular meeting as well so please invite non-members to come either for dinner and shopping OR just to shop after all the business is done!



*"But I don't want to go among mad people," Alice remarked.*

*"Oh, you can't help that," said the Cat: "we're all mad here. I'm mad. You're mad."*

We are collecting sugar and flour for the food pantry (or any non-perishables) at November's meeting.



Thanks to contributors Tara Hassler, Maggie Hildebrand, Raven Cintron, Carol Wolford, and Kim Bellas.



Our BPW Club recognized Business Women's Week Oct. 17-23 with a display to promote the "Girls on the Run" project outside Abigail's Coffeehouse, provided by Tina Pifer, treasurer of LVBWP, Susan Jones, recording secretary and Tara Hassler, president. The afterschool program inspires girls to build confidence and other life skills through dynamic interactive lessons and physical activity and is this year's BPWPA President's project.

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The LVBWP hosted the fall District 3 meeting held at Malabar Inn, Crabtree on Oct. 16. Ligonier member and District Director Laurie Hough presided at the luncheon meeting. Other LVBWP members who attended were District Treasurer Maggie Hildebrand, club president Tara Hassler, Janet Riordan, Charlene Shank, Brenda Sherbondy, Jessica Rafferty, Paula Maloney, Tina Pifer, Ina Mae Smithley, Raven Cintron, Susan Jones and Kim Bellas.