

"BUZZ IN THE BURG" - GPBPW NEWSLETTER

GREATER PITTSBURGH BUSINESS AND PROFESSIONAL WOMEN

December 2020

2020 – 2021
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A 2020 HOLIDAY MESSAGE



2020 has been a difficult year for us all with the pandemic turning our lives upside down in isolation and with the emotional and economic impact it has created. The unprecedented election chaos, the George Floyd murder and subsequent protests, civil unrest, and social injustice, have all affected our spirits. So, ladies, do not let this holiday season stress you out even more. Although we try to be everything for everybody, make sure you allow time for yourself.

Remember to do things that you enjoy. Do not over-schedule yourself and be sure to allow enough time to relax and recover after taking care of work and everyone else. This is not the year to go into debt trying to buy expensive gifts. Show your love in other ways. Reflect on aspects of your life that give you joy; go for a long walk, listen to your favorite music, chat with an old friend, or read a new book. All of us need some time to recharge our batteries. Be mindful and focus on the present rather than dwelling on the past or things that you have no control over. 2020 is almost over, be thankful for what you have and what you can give, not necessarily what you want to give. If 2020 has taught us anything, it has taught us about the sanctity of life, our resilience, our faith, and what really matters. Enjoy the holidays and look forward to a happier New Year!

News from our Legislative Chair, Bonnie DiCarlo:

Joe Biden and Kamala Harris are the President Elect and Vice President Elect. How proud are we that we elected the first woman, the first Black woman, the first Indian American woman to be just one breath away from being President of the United States of America!

Here in Allegheny County, we elected an unprecedented number of women to the PA House of Representatives.

Incumbents Sara Innamorato (21st Dist.), Lori Mizgorski (30th Dist.), Summer Lee (34th Dist.), Natalia Mihalek (40th Dist.), Valerie Gaydos (44th Dist.), and Anita Kulik (45th Dist.).

Emily Kinkead (20th Dist.), Jessica Benham (36th Dist.), and Carrie DelRosso (33rd Dist.) will be going to Harrisburg for their first term. Congratulations!

Our women who ran state-wide were not successful. Thank you, Heather Heidelbaugh, a candidate for Attorney General, and Nina Ahmad, a candidate for Auditor General.

One local disappointment: Pam Iovino was not elected to her second term. We thank Pam for her service, both in the military and in the PA Senate.

"GPBPW thanks all the women who ran to make our community, our Commonwealth, and our country a more free and equitable space on earth. Let us always advocate for those who do not have a voice or have not yet found how to use their voice. We all strive to make this "a more perfect union."

Biographical Notes of an Outstanding Woman

Mae Jemison

African American Doctor, Engineer and NASA Astronaut



Mae Carol Jemison was born on October 14, 1956 in Decatur Alabama, but grew up in Chicago, Illinois. Inspired by Lieutenant Uhura on the Star Trek TV show, Jemison was determined to become a NASA astronaut. She attended Stanford University graduating with degrees in Chemical Engineering (B.S.) and African and African American Studies (B.A.) in 1977. After graduating from Stanford she attended Cornell Medical School and received her M.D. degree in 1981. Jemison applied to the astronaut program at NASA in 1987 and was accepted. She became the first African

American in space on September 12, 1992 on the Space Shuttle Endeavor. After six years as an astronaut at NASA, she started The Jemison Group, a consulting firm fostering science, technology, and social change in 1993. She became the Andrew D. White Professor-at-Large at Cornell University in 1999. Jemison is now leading the 100 Year Starship project through the United States Defense Advanced Research Projects Agency (DARPA). This project seeks to make human space travel to another star possible within 100 years.

Reference: Chicago – Alexander, Kerri Lee. “Mae Jemison.” National Women’s History Museum. 2019. www.womenshistory.org/education-resources/biographies/mae-jemison.

Submitted by Shirley Duffey

GPBPW Dream Team

Georgia Bauman – Virginia Beck

Maurita Bryant

Honorable Pauline Calabrese

Norma Caquatto – Lynette Dalton

Bonnie DiCarlo – Shirley Duffy

Renee DeMichiei Farrow

JoAnn Renk Forrester – Linda Getts

Audrey Johnson – Paula Kelleman

Randi Koenig – Sabrina Korbel

Karen Kutzer – Jessica Lynch

Honorable Mary McGinley

Lois Mufuka Martin

Alice Paylor-Dais

Constance Portis – Diane Powell

Diane Richard – Judith Ruskowski

Mary Joanne Shaw – Emily Skopov

Erica Upshaw-Givner – Lisa Valanti

Audra Walker

Honorable Chelsa Wagner

Stephanie Walsh – Tauffai Wilkes

Christine Williams

(Executive Board Members are Highlighted)

Tired of Turkey? Try this Delicious Island Seafood Chowder...by Kelli Ro

Here is a delicious seafood chowder that will warm your insides on a brisk evening. Paired with a piece of corn bread...Yea Mon!!



Ingredients:

1lb. Whitefish or Cod diced large	2 celery stalks, diced
1lb. Peeled deveined shrimp	1tbs tomato paste
1 can corn, drained	1 large onion
2 cans coconut milk, plus 1 can of water of seafood stock	4 cloves garlic, minced
1 red bell pepper, diced	1tsp. thyme
3 medium potatoes, peeled and diced	1.5 tsp Paprikas
Optional – 1 fresh scotch bonnet (very hot pepper)	Salt to taste

Steps:

Heat oil in a pot, sauté onion and garlic until translucent. Add the diced potatoes and celery. Cook for about 8 minutes. Add in your tomato paste then your seasoning and salt and pepper. Cook an additional 2 minutes. Add in your coconut milk, (optional) scotch bonnet and red bell pepper and bring to a rolling boil and cook until the potatoes are ALMOST cooked through. When the potatoes are about 80% cooked add in the whitefish and shrimp. Cook for about 8-10 minutes until the fish is flaky and the shrimp is pink.

Optional: For those who like kale, julienne some fresh kale in a dish. When the hot chowder is poured into the bowl it will cook the kale just perfectly!

Submitted by Diane Richard
Bon Appetite island style!

President Maurita Bryant's theme; "Make Equity a Reality, not a Dream"

Connie Portis, chair of our Speaker's Bureau, was able to get retired Pittsburgh Police Officer, and active Democratic committee woman, Brenda Tate, to be the speaker for our November meeting. Ms. Tate spoke candidly about the past and present strides women in the Pittsburgh area continue to make despite blatant inequality. Our members were enlightened and energized by her conversation about recognizing our Sheros, getting involved with the political process, and making our voices heard.

GPBPW is committed to keeping abreast of the political process, encouraging, and supporting women to run for office, and for empowering women in our community.

US Women's Highlights

December 1, 1955	Rosa Parks refuses to give up her seat on a bus to a white person; her arrest sparks the modern civil rights movement in the US
December 5, 1935	Mary McLeod Bethune creates the National Council of Negro Women
December 7, 1941	Capt. Annie Fox receives the first Purple Heart awarded to a woman for her service while under attack at Pearl Harbor
December 10, 1869	Wyoming is the first territory to give women the right to vote
December 10, 1938	Pearl S. Buck receives the Nobel Prize for Literature for <i>The Good Earth</i>
December 13, 1993	Susan A. Maxman becomes first woman president of the American Institute of Architects in its 135 year history
December 14, 1961	President's Commission on the Status of Women is established to examine discrimination against women and ways to eliminate it
December 14, 1985	Wilma Mankiller is sworn in as principal chief of the Cherokee Nation of Oklahoma - the first woman in modern history to lead a major Native American tribe
December 17, 1993	Judith Rodin is named president of Univ. of Pennsylvania, the first woman to head an Ivy League institution
December 28, 1967	Muriel Siebert becomes the first woman to own a seat on the N.Y. Stock Exchange

Learn more about GPBPW from our Committee Chairs

Scholarship:	Norma Caquatto, Chair	normpghpa@hotmail.com
Legislation:	Bonnie DiCarlo, Chair	bonnie255@aol.com
Membership:	JoAnn Forrester, Chair	selfimagebz@aol.com
Speaker's Bureau:	Constance Portis, Chair	caportis@gmail.com
Public Relations - Young Careerist:	Diane Richard, Chair	divediva53@yahoo.com
Fundraising:	Judy Ruskowski, Chair	JARKCR@aol.com
Issues Management - CEDAW:	M.J. Shaw, Chair	shaw2333@comcast.net

Due to the COVID 19 pandemic and our need for social distancing, GPBPW has discontinued in-person meetings at BRAVO until further notice. Our club meetings will continue via ZOOM the first Tuesday of each month from 6:30-8:00p.m.

ZOOM invites for our meetings will be sent out by President Bryant.



GPBPW Members Support Twilight Wish



Ten Reasons to Join GPBPW:

Educational Benefits – **M**entoring – **P**olitical Advocacy – **O**pportunity – **W**omen Helping Women
Equality for Women – **R**eform – **I**mpact – **N**etworking – **G**uidance



GPBPW dues are \$35.00 per year. Enclose a check or money order made out to GPBPW with your membership application

Please Print Clearly and return to GPBPW - P.O. Box 4620 - Pittsburgh, PA 15206

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIPCODE _____

OCCUPATION _____ TITLE _____

RETIRED _____ SELF-EMPLOYED _____ STUDENT _____ OTHER _____

EMAIL ADDRESS _____

TELEPHONE (H) _____ (W) _____ (C) _____

SIGNATURE _____ DATE _____



GPBPW is accepting applications for our 2021 Scholarship awards. Contact the Scholarship Chair, Norma Caquatto, for an application, or download one from our Facebook page or our new website.

Thanks to the hard work and dedication of our Public Relations Chair, Diane Richard, GPBPW has launched a new website, www.gpbpw.org