

"BUZZ IN THE BURG" - GPBPW NEWSLETTER

GREATER PITTSBURGH BUSINESS AND PROFESSIONAL WOMEN

September 2021



2021 – 2022 EXECUTIVE BOARD

President
Maurita Bryant

Immediate Past President
Audra Walker

Vice President
Bonnie DiCarlo

Treasurer
Christine Williams

Recording Secretary
Norma Caquatto

Corresponding Secretary
Randi Koenig

New Position
Financial Secretary
Judy Ruszkowski

Parliamentarian
Alice Paylor-Dais

Historian
Paula Kellerman



Autumn Almost Upon Us!

Autumn will begin on Wednesday, September 22nd and end on Tuesday, December 21, 2021. Autumn is the third season of the year, coming after summer and before winter, and coinciding with the dropping of leaves from the trees as they go into a winter rest, which is why it's also called Fall.

GPBPW Member, MJ Shaw ending her summer vacationing in Italy



MJ, (on the left), Penny, and brother-in-law, Jerry



Penny and MJ in Milan

At least some of us got to go on an international vacation trip. MJ enjoyed a two-week August vacation touring Italy with her family. Pictured on the left, they are standing on a bridge in Chiaggio, one of the Venetian islands. As our new membership chair, I'm sure MJ is talking about BPW in Italy.

Welcome to our five New GPBPW Members!

Megan Grabowski, Income Maintenance Caseworker, PA Dept. of Human Services
Amanda Green-Hawkins, Esq., United Steelworkers, Assistant Chief Counsel
Dr. Nancy Hines, Penn Hills High School Superintendent
Florence L. Johnson, Retired Deputy Sheriff
Jill Smallwood, Owner/Operator, J Koko Trucking Company & River View Airbnb

Save the Date: Tuesday, October 5, 2021

GPBPW Webinar 6:30 – 8:00pm

“Meet the (6) Women Candidates Running for Common Pleas Court in Allegheny County”

Chelsa Wagner - Sabrina Korbel - Wrenna Watson - Lisa Middleman - Nikola Henry-Taylor -Tiffany Sizemore

(Names listed by total number of votes in the Primary)

Eventbrite Registration and additional information will be forthcoming

Bonnie DiCarlo, Legislative Chair

Congratulations to 2021-2022 State and Local Elected Officers

2021-2022 BPW/PA Board of Directors

Tiffanie E. Burger – President
Melissa Wieand – President-Elect
Michelle Holler – Vice-President
Sarah Kitchen – Recording Secretary
Roxanne Pease – Treasurer
Glenda Auker – Corresponding Secretary
Karen Schmeich – Parliamentarian



District 3

Laurie Hough – District Director
Angela Apple – Assistant Director
Karen Schmeich – Recording Secretary
Jackie Elliott – Corresponding Secretary
Maggie Hildebrand – Treasurer
Marilyn Tallant - Parliamentarian

Local Presidents in District 3

| | |
|--------------------|------------------|
| Greater Pittsburgh | Maurita Bryant |
| Greensburg | Nancy Schaler |
| Latrobe | Deborah Bowman |
| Ligonier Valley | Tara Hassler |
| McKeesport | Bernadette Koval |
| Scottdale | Michelle Teague |

Women History Highlights for September

- September 1, 1939** (Birthday) Lily Tomlin, beginning in the 1960s, a major force in American comedy on television (“Laugh-In,”) Broadway, and in the movies
- September 10, 1890** (Birthday) Rose Norwood, powerful speaker and labor organizer from Kiev, Russia, organized the Boston Women’s Trade Union (WTUL), led strikes, organized laundry workers, and served on the advisory board of the NAACP (Died 1980)
- September 12, 1910** Alice Stebbins Wells, a former social worker, becomes the first woman police officer with arrest powers in the U.S. (Los Angeles, CA) August 9, 1995
- September 14, 1964** Helen Keller receives the Presidential Medal of Freedom along with 4 other women: Dr. Lena Edwards, Lynn Fontaine, Dr. Helen Taussig, and Leontyne Price August 12, 1972
- September 14, 1975** Elizabeth Ann Seton is canonized and becomes the first American-born saint, founded the first U.S. Order of the Sisters of Charity of St. Joseph
- September 20, 1973** Billie Jean King defeats Bobby “No-Broad-Can-Beat-Me” Riggs in the battle of the sexes tennis match
- September 25, 1981** Sandra Day O’Connor is sworn in as the first woman U.S. Supreme Court Justice
- September 26, 1971** Judith A. Resnick is the second U.S. woman in space, traveling on the first flight of the space shuttle Discovery
- September 26, 1973** Capt. Lorraine Potter, an American Baptist minister, becomes the first woman U.S. Air Force chaplain
- September 29, 1988** Stacy Allison becomes first American woman to reach the summit of Mt. Everest

September is Self-Care Month

Here are (42) Self Care Habits to Track

| PHYSICAL | EMOTIONAL | MENTAL | SOCIAL | HEALTH | ROUTINES |
|--|---|---|--|--|--|
| Sleep Hydration Exercise/Movement Being Outdoors Physical Touch Stretching/Yoga Deep Breathing | Stress Level Happiness Level Gratitude Journaling Me-Time Hobby Laughter | Reading Self-Discovery Digital Detox Set Goals Meditation Try Something New Affirmations Apologies | Time with Friends Time with Family Time with Self Date Night Real Acts of Kindness Social Media Sports | Vitamins/Supplements No Sugar No Caffeine Medication Proper Foods Health Check-Ups Hygiene | Morning/Evening Wake Daily Routines Skin Care Meal Planning Chores/Declutter Finances/Budget Shopping |

Submitted by Diane Richard

Upcoming Event

BLACK WOMEN FOR POSITIVE CHANGE - MOMS DEMAND ACTION/EVERYTOWN - SQUIRREL HILL STANDS AGAINST GUN VIOLENCE - CEASEFIREPA

STAND AGAINST TEEN GUN VIOLENCE

DATE: OCTOBER 14, 2021 • TIME: 6PM-7:30PM

GUN VIOLENCE CONTINUES TO SURGE IN PITTSBURGH AND TEENS ARE IN THE CROSSHAIRS. "ONE THIRD OF THE CITY'S 41 HOMICIDE VICTIMS ARE TEENS." WHAT ARE THE DRIVING FACTORS BEHIND THE RECENT SHOOTING SURGE? HOW ARE TEENS GAINING SUCH EASY ACCESS TO WEAPONS AND WHAT CAN BE DONE TO STEM THE VIOLENCE?

PANELISTS INCLUDE:

SALA UDIN | FORMER PITTSBURGH CITY COUNCILMAN, AND SCHOOL BOARD MEMBER

LAVONNIE BICKERSTAFF | ASSISTANT POLICE CHIEF, CITY OF PITTSBURGH

TINA FORD | FOUNDER OF MOTHERS OF MURDERED SONS (MOMS)

ALISON SHIH | EVERYTOWN LEGAL COUNSEL, NORTH EAST

SCAN THE QR CODE WITH YOUR PHONE TO REGISTER
OR USE THE REGISTRATION LINK IN THE POST

THIS EVENT IS BEING HELD IN SUPPORT OF BLACK WOMEN FOR POSITIVE CHANGE
MONTH OF FAMILIES, OPPORTUNITIES AND NON-VIOLENCE

Submitted by Diane Powell

Demonstrate Your Civic Pride: Become an Elections Poll Worker in Allegheny County

Did you know that you can support your community members by serving as an Elections Poll Worker in Allegheny County? Each year, the Allegheny County Elections Division schedules thousands of poll workers to serve in 1,323 precincts. Poll workers receive between \$150 and \$175 for working on Election Day, with an additional \$20 paid training. Know that the efforts you put into this long, fulfilling day (approximately 15 hours) provides your friends and neighbors with the right and privilege of voting. Additional information can be found at [Poll Worker Information](#)

To apply to become a poll worker, please complete the survey at [Poll Worker Survey-General Election](#). You will be redirected to the Allegheny County Support Center site where you will need to log in or create an account. Once logged in, select the "Request Service" tile, and then choose "Election Poll Worker" to provide your responses if you're not automatically directed to that page. Please fill out the information completely. Watch your e-mail, texts and, possibly, a telephone call, for more information including training options and your assignment.

Connie Portis
Poll Staffing
(412) 400-8809

Employment Opportunity: Thursday, September 9, 2021, OSA Global Security representatives will be at The Everyday Café, located at 532 N. Homewood Avenue, from 12noon-3:00pm to meet with residents of the East End, who are interested in employment. OSA has full and part time positions available for immediate start dates. Positions are coming to the Homewood North community in the latter part of September 2021. Interested parties can stop in or contact Marian Dombrowski at 412-310-4320 or paoffice@osaglobalsecurity.net for more information.

"Happy September Birthday: JoAnn and Maurita"

GPBPW COMMITTEE CHAIRS (Please note new committee chairs)

Scholarship:

Norma Caquatto, Chair

normpghpa@hotmail.com

Legislation:

Bonnie DiCarlo, Chair

bonnie255@aol.com

Membership/CEDAW:

M.J. Shaw, Chair

shaw2333@comcast.net

Speaker's Bureau:

Constance Portis, Chair

caportis@gmail.com

Public Relations/Young Careerist

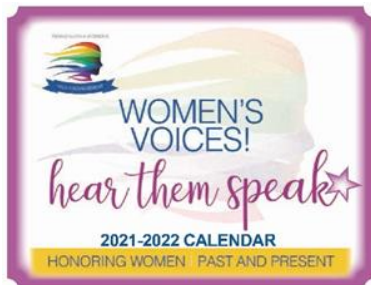
Diane Richard, Chair

divediva53@yahoo.com

Fundraising:

JoAnn Forrester, Chair

selfimagebz@aol.com



In support of PAWHOA, GPBPW Purchased (30) calendars to be mailed to non-profit and educational organizations to help celebrate women past and present. Recipients included: Women's Law Project, Strong Women Strong Girls Pittsburgh, National Council of Jewish Women, Dress for Success Pittsburgh, YWCA, Gwen's Girls, Pennsylvania Women Work, Black Women's Policy Agenda, The Midwife Center, Women and Girls Foundation of Southwestern PA, Highland Park Community Club, Girl Scouts of Western PA, Chatham University, Penn Hills School District, UPMC, State Representative Dan Frankel, McKeesport BPW, Pittsburgh Bureau of Police, BPW District 3 Director



- 10 Reasons to Join GPBPW**
- E**mpowerment
 - M**entoring
 - P**olitical Advocacy
 - O**pportunity
 - W**omen Helping Women
 - E**quality for Women
 - R**eform
 - I**mpact
 - N**etworking
 - G**uidance

Greater Pittsburgh Business and Professional Women

<https://www.gbbpw.org>

The October 5th meeting will be via ZOOM

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

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 _____