



News & Views

October 2020



A MESSAGE FROM YOUR PRESIDENT

Fall is a season of change, reflection



Upcoming Events

- **October 11:** Personal & Professional Development Workshop, 7:30-4, YWCA Westmoreland County.
- **October 12:** District 3 BPW Board Meeting, 6 pm, Banquets Unlimited, North Huntingdon
- **October 15:** Latrobe BPW Dinner Meeting, Women's National Business Women's Week, 6pm, Second Floor, Rizzo's Malabar Inn, Crabtree.
- **October 18:** Ohio/Pennsylvania 41st annual Ecumenical, 3 pm, Zoom, hosted by BPW/OH. *More information on Page 6.
- **November 5:** Latrobe BPW Board Meeting, 6 pm, Location TBD.

October is upon us. Daylight is getting shorter. The nights are getting longer.

The weather is cool, the leaves are changing. I have been busy swapping out my summer wardrobe for warmer garb. Flannel shirts are my favorite this time of year. Hoodies and bonfires are a great way to welcome the arrival of fall. I also highly recommend taking a long drive through the mountains to see the leaves. The colors are so brilliant and vibrant! Seeing the magnificent canvas that God has created for us is a miracle.

The leaves remind us that things change. We have experienced some changes within our club, and I think we have done a phenomenal job in adapting with the changes. We have had to change meeting venues and we have had a change to our executive board. Due to unforeseen circum-

stances, Tracy Rocco, resigned from her position as vice-president. I thank Tracy for all that she has done and will continue do for our club. I would like to welcome Tracy Grace as our new Vice-President. Tracy was the chairwoman for ID/YC, and Teresa Whitacre is now the chairwoman for ID/YC. Please welcome both ladies to their new positions when you see them.

October is breast cancer awareness month. Don't forget to schedule your mammograms. I got mine! This month we are also celebrating National Business Women's Week. You are all in for some great surprises!!

Reflection...Autumn is a great time for reflection. When I take a drive through the mountains to see the beauty of change, I reflect about my own life and experiences. I remember



those who have passed and how their lives have touched mine. I think about how I can be better, as a woman, as mother, as a friend. I think about the changes that I can make in my own life to simply do better, to be better. With life, eventually comes death, and what we do in between is paramount to how other's will reflect upon your legacy. How do you want to be remembered? How did you make an impact on other's in your life? I will leave you with this quote by Angie Wetland-Crosby, "Believe in your fall. It's paving a new way for your climb."



NEWSLETTER DEADLINE

Deadline for newsletter is Friday, Nov. 6.

Please send committee reports, community events, articles, kudoes and advertisements to amysuefauth@gmail.com before that date.

-- Thank you.

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October 2020

FROM THE CORRESPONDING SECRETARY

PLEASE!! NOTE

Please let your Corresponding Secretary, or any Board members, know of any members who are in need of some love!! This includes members who are celebrating life events, having surgery, have lost a loved one, or just need some love. You can email me at baldwin15@comcast, text or call me on 724-244-8248. Let's share our love with all our members!

- Barbara Baldwin



Latrobe to celebrate National Business Women's Week on Oct. 15

Latrobe Business and Professional Women plan to commemorate National Business Women's Week at the monthly meeting on Thursday, October 15th at 6pm at Rizzo's Malabar Inn. Members and guests will enjoy networking, dinner, and a presentation by featured guest speakers Lisa and Ashley Frederick, proprietors of Unity Printing, a Women-Owned Business, located in Latrobe.

National Business Women's Week is a nationally recognized week, occurring October 18th-24th this year. It is a week designated to honor the contributions of working women and the employers who support them and their families.

Lisa Frederick is the second generation and President of Unity Printing, a full service commercial printing company that has been in business since 1979. Lisa began working with her father, James Ernette, Over 25 years ago after she graduated from St. Vincent College. Lisa and her husband Joe purchased the business from her father in 2014, then led Unity Printing through the rigorous Women's Business Enterprise National Council (WBENC) certification in 2014. In 2016, Lisa led Unity Printing through five different acquisitions adding screen printing, embroidery, signage, and trophies/awards to Unity Printing's in-house

printing capabilities. Lisa resides in Latrobe and enjoys serving on the Economic Growth Connection and Valley School of Ligonier boards.

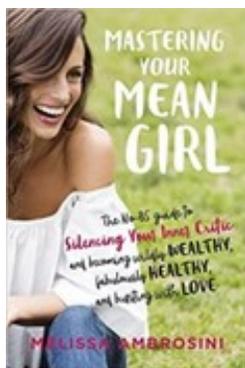
Ashley Frederick is the third generation of Unity Printing. Although Ashley only graduated from Stetson University in 2016, she has been a part of the Unity Printing team since 2013. While majoring in Family Business at Stetson University, with a double minor in English and Management, Ashley was chosen to work with family business professors from around the globe on a Family Business Research Project. After her time at Stetson, Ashley joined Unity Printing full-time. Currently, Ashley serves as the sales manager and focuses on developing relationships through the Women's Business Enterprise National Council (WBENC), promoting Unity Printing's women-owned business certification. Ashley currently resides in Latrobe. She enjoys serving on several non-profit boards across Westmoreland and Allegheny counties.

Guests are welcome to attend Latrobe BPW's celebratory meeting in honor of National Business Women's Week on October 15th. For reservations, please email latrobebpwmembership@gmail.com or visit www.latrobebpw.org for more information.

BE(e) A BETTER YOU



This year, Latrobe BPW President Deb Bowman's theme is "Be A Better You." To go along with her theme, we will be offering a monthly book suggestion. Here's October's recommendation.



Book Title: "Mastering Your Mean Girl" by Melissa Ambrosini

Summary: Ready to live your dream life? You know that sneaky voice inside your head telling you that you're not good enough, smart enough, pretty enough, whatever enough? That's your Mean Girl. And she's doing her best to keep you stuck in Fear Town, too scared to go after the life you always imagined.

But enough's enough! Melissa Ambrosini has made a life beyond her wildest dreams, all by mastering her Mean Girl, busting through limiting beliefs and karate-chopping through the fears that held her hostage for years. And now she wants to help you remember not only what you are capable of, but how amazing you truly are!

In this inspiring, upbeat guide, Melissa provides a practical plan for creating your own version of a (great) life – one that's wildly wealthy, fabulously healthy and bursting with love. Designed to propel you out of stuck-ness and into action, this is a must read if you're ready to let go of your Mean Girl and start living the life of your dreams.

Credit: Taken from book jacket.

Available in paperback, Kindle and audio versions.

If you have a book that helped you be better, please recommend it. Send a write up to Debbie Franco at debira_@hotmail.com or Amy Fauth at amysuefauth@gmail.com for the newsletter.

October 2020

BPW ROUND-UP



Dinner Committee

Come celebrate National Business Women's Week with Latrobe BPW at our monthly dinner meeting on Oct.15 and 6 pm at Rizzo's Malabar Inn. National Business Women's Week is a nationally recognized week honoring the contribution of working women and their employers.

1 – Stuffed Chicken Breast, Mashed Potatoes, Gravy and Green Beans

OR

2 — Italian Combination Platter (Spaggett, Gnocchi, Lasagna, Meat/Cheese Ravioli, and a Meatball

The cost is \$25 per meal cash/check at the door or \$27 by credit card when you register. No credit card payments will be taken at the door. Reservations for this meeting are due by end of the day on Sunday, Sept. 13, 2020. Use the online ordering system at: <https://forms.gle/jDXqjBEi9XPypQyY9>

Networking, raffles, guest speakers and women business owners Lisa and Ashley Frederick of Unity Printing...and MORE! As always, there will be a cash bar and 50/50. Rizzo's will be following all COVID-19 CDC guidelines. For questions or more information, you can e-mail the dinner committee at latrobebpwdinner@gmail.com.

REMINDERS

We require an accurate dinner count, so in order to do this, it is imperative that the reservations are received by the RSVP date. Cancellations must be made to (latrobebpwdinner@gmail.com) prior to 5 days before the meeting date.

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

Bylaws, Policy & Procedures Committee

There will be a vote at the October 15th dinner meeting. Your Latrobe Bylaws, Policies and Procedures have again undergone a review and many changes are proposed. Some amendments are simple housekeeping or formatting changes, but others are new due to changes in operation and/or duties. Copies of the Bylaws, Policies & Procedures with the amendments have been distributed to all members via email. All proposed amendments / changes are in red print. Please take a moment to review these documents and come prepared to discuss and vote on them on October 15th.

A huge thank you is extended to the members of the BP&P Committee for

their input and attention to detail: Stephanie Ankeny, Paula Maloney, Mary Ann Urban, Suzanne Mahady, Leigh Taylor and Hannah Hamilton.

Thank you to the Latrobe BPW Board for your patience at our meetings as we combed through the many changes.

- Marsha St. Pierre, Chair - Bylaws, Policy & Procedures Committee



Goodwill/Special Projects



October 22nd
Fabric Pumpkin
Class Make One/
Donate One
to local Senior 6-8pm
at Eclectique \$18 reserve
your spot at 724-879-4977

**NOVEMBER 12TH
CANDY CANE WREATH**
MAKE ONE/ DONATE ONE TO LOCAL
SENIOR 6-8PM AT ECLECTIQUE \$18
•RESERVE YOUR SPOT•
•AT 724-879-4977•

October 2020

Membership



WELCOME TO THE HIVE!

THESE NEW MEMBERS HAVE THEIR BPW WINGS!

- ◆ *Philomena Hanson* - sponsored by Erica Stouffer
- ◆ *Tracey Rhoades* - sponsored by Jean Calabrace
- ◆ *Kathy Deuel* - sponsored by Angela Apple
- ◆ *Jillian Bowman* - sponsored by Deb Bowman

Don't forget...sponsor 3 new members and earn a free dinner. Sponsor 5 new members and earn a free membership renewal!

MEMBER BUSINESS DIRECTORY



SUPPORTING LOCAL BUSINESS

MEMBER DIRECTORY

Latrobe BPW is excited to partner with our member businesses to promote your products and services to our membership. Your partici-

pation will let BPW members know about your business services and reach new customers. To participate, you must be a current BPW member. Please click the link and complete the form.

<https://forms.gle/HonWjChdQmdsMt7K7>

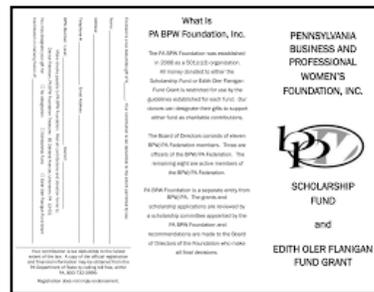
Angela Apple, Membership Committee Chair
aapple@wpw.net ~ 724-787-8718

Foundation/Scholarship Committee

Reminder: the Foundation scholarship deadline is Nov. 1, 2020. Application is located under the Foundation/Scholarship section of the state's website (www.bpwpa.org). If you or anyone you know is entering school, in school or continuing their education, please forward it. You don't have to be a BPW member, just a PA resident for at least 2 years. It's \$2,500, awarded in the spring from the state level of BPW. Completed applications are to be submitted via postal mail in one package to the Foundation Vice Chair and received by November 1, 2020. See all details on the state's website.

FOUNDATION SCHOLARSHIP/ EDITH OLER GRANT

Over the years, the BPW Foundation provided over \$6.4 million in scholarships. The scholarships are for \$2,500. Applications for the BPWPA scholarships can be found at www.bpwpa.org. The deadline is November 1 for the Spring term. The following criteria must be met to be eligible for the scholarship: 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.



The Edith Oler Flanigan Fund Grant application

can be found in the member login section of www.bpwpa.org. It 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. There is no deadline for the grant.



Goodwill and Special Projects Committee Chair Lorie Planinsek visited Barnes Place today in Latrobe to deliver our Halloween signs that were crafted by Latrobe BPW members earlier this month at Eclectique in Latrobe. This project helped to support our BPW/PA State Project, Twilight Wishes, with spreading kindness and cheer to Seniors.



Keep us, oh 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 pretense and meet each other face to face,
without self-pity and without prejudice.

May we never be hasty in judgement and always generous.
Let us take time for all things; and to grow calm, serene, gentle.

THE COLLECT

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 forget not to be kind!



**Business and
Professional
Women/OH**

*You are cordially invited
to attend The Ohio-Pennsylvania
41st Annual Ecumenical*

Sponsored by BPW/OH

Sunday, October 18, 2020 ~ 3:00 p.m. on Zoom

Theme:

*“She is clothed with strength and dignity and
she laughs without fear of the future”.*

Proverbs 31:25

Keynote: Rev. Karen M. Cook

Registration on Eventbrite:

<https://www.eventbrite.com/e/41st-annual-ecumenical-service-tickets-119955850177>

Questions: Contact Liz at 740-294-1353 **RSVP By: October 12, 2020**

Help kick off National Business Women’s Week



Latrobe BPW members supporting the Ligonier club.



Our Dinner Committee at the September dinner.



Happy Birthday!

- | | | | |
|------------|----------------------|------------|-----------------|
| October 6 | Judy Schafer | October 23 | Leah Adams |
| October 10 | Deneen Krowicki | October 24 | Angela Apple |
| | Linda Powers | October 28 | Lauren Gelsdorf |
| | Valerie Varchetti | October 29 | Kathy Deuel |
| October 16 | Kathleen Hendrickson | October 30 | Amy Fauth |
| October 22 | Leigh Taylor | | |

Member Networking

Did you know you can advertise your business, charity or event in the newsletter for FREE?

Well, Latrobe BPW members can. Advertise for one month, six months or yearround.

Contact Amy Fauth for more information at amysuefauth@gmail.com



I Found a New Home!



PIC•COLLAGE

Amy Fauth ~ Your Home Girl at Integrity Plus Realty

724-420-5676 x127 724-875-3714 (cell)

amysuefauth@gmail.com

Member Networking



Michelle Teague A Teague of Your Own

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Are you a client of Petite Feet Pet Care or Doolittle's Pet Services?

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business for as long as you're
a client at the other!

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offer a discount to our perspective
clients. How does it work? It's
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If you are a client of Doolittle's, you will
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Pet Care on all services, each and every
time! The same goes for Petite Feet
clients - they will receive a 5% discount
for life at Doolittle's!



Women of Worth Retreat November 6th-8th

Laurelville Conference Center

841 Laurelville Conference Center
Mt. Pleasant, Pa 15666

Guest Speakers

Faerie Grace
Pastor Elba Ramos
Cheryl Talmadge

Stories of Hope

Overcoming Grief & Loss
Making your pain your purpose
Faith, Depression, & Anxiety
Finding your perfect in your imperfections
Business growth for entrepreneurs.
"Purpose, Calling & Clarity."
(Breakout Sessions, Worship, & Prayer)

To Purchase Retreat Tickets, Save Your Slot & More...

Visit the Women of Worth FB Page or Contact Faerie Grace
@ speakingwithatwist@gmail.com or (724) 689-9501