



Business and
Professional
Women/PA

GREATER CONSHOHOCKEN BPW

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Conshohocken Calling.....

The Official Newsletter of the Greater Conshohocken Business & Professional Women's Organization

When: Monday, December 13, 2021

6:00 pm - Networking

6:30 pm – Dinner

7:30 pm – Paddle Raffle; Silent Auction

Where: The Phil's Tavern, 931 Butler Pike, Blue Bell

Cost: \$41.00 (Multiple entrée choices – **choose one entree:** Filet mignon; ½ Roasted Chicken; Homemade Crab Cakes (2); Baked Salmon/herb butter; Baked Flounder/herb butter; Pork Chops (2 bone-in) BBQ, Cajun, or Plain.) Entrees served with baked potato, broccoli, dinner salad, soda or iced tea. Cost includes dessert, coffee and gratuity. **For reservations, email dmaj0320@gmail.com**

Program: *Holiday Celebration* – Paddle Raffle; Silent Auction

(Significant Others, Friends and Family are all welcome to attend!)



Don't forget to bring your gift donations and your quarters for the PADDLE RAFFLE! If you would like to donate a basket for the silent auction, please contact President Donna.



HALF YEAR DUES FOR NEW MEMBERS STARTING DECEMBER 1ST

Any new member joining GC BPW from December 1st to March 31st pays half year dues (\$19.50). Now's the time to spread the word about Greater Conshohocken BPW to your friends, co-workers and family members and ask them to join!

BRING IN THE MOST, NEW MEMBERS, GET A FREE MEMBERSHIP FOR YOURSELF!

A free 2022-2023 membership will be awarded to the member who brings in the most, new members this BPW year (through June 2022). If you need additional hard copy brochures which contain membership applications, please contact President Donna.



PRESIDENT'S MESSAGE

Hi Ladies:

I'm so sorry I missed our November meeting. Hope all of you had a great Thanksgiving. Mine was wonderful. No better feeling than spending time with my family. Laughter and love all around.

So glad the updated By-Laws were approved. One accomplishment down. Since one of the amendments was for the remote type meetings, we are good for the Zoom meetings for January and February. So glad we don't have to venture out in the cold. We can be nice and cozy in our houses. Hopefully we will be able to see more of us those nights via Zoom.

I'm so looking forward to our Holiday party. The laughter and fun are something I look forward to each year. Can't wait to see what goodies the paddle raffle will bring. Make sure you bring your quarters and good cheer.

Don't forget if you need gift ideas, we have our Raffle tickets. For \$10.00 you can get those teachers and co-workers gifts, and those little gifts for family. The Lake Placid house looks amazing for a get-away. Our proceeds will be going to our Scholarship funds for Mont. Co. Community College Keys Program and Plymouth Whitemarsh High School senior.

Looking forward to participating with the Girls on the Run team at the December 5th 5K. Then a few of us will be heading to Bingo that afternoon with our BPW sisters from Central Montgomery County at Maggiano's. If anyone is interested in attending, please let me know.

Hope you have a great month and see you in a few weeks. Hope all of you can make it. Looking forward to seeing all of you at our December meeting.

Donna



www.bpwpa.org

BPW NEWS



GC BPW TO HOSTESS MEMBER BAKE SALE

Greater Conshohocken BPW will be holding a bake sale again this year for its members. There will be cookies, breads, and jams for sale. Order forms will be emailed to our members. **Goodies will be available for pick-up at our December meeting, or at other times if prearranged with President Donna.** Proceeds will benefit our local projects.



NATIONAL COOKIE DAY – DECEMBER 4TH

www.holidayscalendar.com/event/national-cookie-day/

Those of you who have an undying love of cookies might want to mark December 4th on your calendar. That's because this is National Cookie Day.

While the origin of National Cookie Day is currently unknown, the history of the cookie is a well-documented fact. Cookies were invented during the 7th century in Persia. They then spread throughout Europe thanks to the Muslim conquest of Spain, until they became one of the most prevalent snack foods by the 15th century. In the 17th century is made its way across the Atlantic into the Americas via the Dutch settlers.

Today, there are literally thousands of different cookie recipes that crowd cookbooks of the last two centuries. Which can make choosing a cookie a very daunting task indeed. **I guess that is just how the cookie crumbles though!**



LAKE PLACID VACATION TICKET

Need gifts for those frazzled, over-worked friends, family and co-workers? Are you going crazy on what to get them for the holidays that they would truly enjoy? What about treating yourself to a long-awaited vacation? GC BPW has just the stocking stuffer for you!



GC BPW has tickets for a **5-day, 4-night stay** at a 4 bed, 2.5 bath vacation home in the hamlet of Jay, NY! Great for groups & families! Kid friendly. In addition, the winner will receive a \$100 gift certificate to a local spa.

Tickets are \$10 each and **only 250 tickets will be sold!** Proceeds benefit our GCBPW scholarships. Each member will be given 5 tickets to sell. For more tickets and information, contact Treasurer Bernadette at Bernm99@gmail.com.



GC BPW SUPPORTS COLONIAL NEIGHBORHOOD COUNCIL (CNC)

CNC was started in 1967 to help families in Conshohocken, Plymouth and Whitemarsh. CNC has a thrift shop, serves Meals on Wheels, has a food cupboard and provides emergency aid to families in Conshohocken, Plymouth, Bridgeport, Whitemarsh and Lafayette Hill.

Every year, GC BPW donates to CNC for the holidays. In past years, we have supported 2-3 families with \$100.00 each. This year, we will donate \$200 to CNC. **Thank you, members for again supporting this worthy organization and the families they serve.**



LAUREL HILL MANSION HOLIDAY TOURS – 1st 3 DECEMBER WEEKENDS

Laurel Hill Mansion, an historic Fairmount Park home, will again be open for holiday tours the first three weekends in December from 10 am to 4 pm according to our **GC BPW member, Barbara Frankl, who is President of the Women of Greater Philadelphia, the stewards of the mansion.** Recommended donations are \$5.00 per person at the door. PLEASE NOTE: You will need to wear a mask to enter the house. **If interested in going on a tour, please contact Mary.**



LOCAL ROSIE PRESENTED WITH BPW PA PUBLIC SERVANT AWARD

The 2021 BPW/PA Public Servant Award was presented in person to Mae Krier at her home on October 27th by GC BPW President Donna Jones and Past State President Mary Weeks. GC BPW was proud to nominate Mae Krier for this year's State Award. **The press release for the presentation was published on November 29th in the Doylestown Intelligencer.**

An original Rosie the Riveter, Mae throughout her entire life has epitomized the iconic "We can do it!" poster. Mae, at 96 years young, continues to travel and advocate for her Rosies. When asked about her next project, Mae stated that she would like to see a Rosie the Riveter statue in Arlington Cemetery. People keep telling Mae how difficult a task that will be, but if anyone can get it done, it's Mae!



GC BPW TROOP CARE PACKAGES

As a result of the generosity of our members, friends and family, our troop care packages were a whopping success! We were able to put together 36 care packages comprised of individual bags of oral products, bath products, writing material, socks and toe warmers, edible treats, batteries, tissues and wipes, books, plus a grab box of playing cards, puzzle books, USB cords, etc. Plus, we were able to include holiday cards with hand written notes!

Shout-outs go to the following for their contributions: Friends of the William Jeanes Library; Mont. Co. Community College Marketing and Veterans Departments; Michael D. Levy, DDM; Nase Family Dental; Candidates at our October Candidates Forum; BPW/PA members who contributed holiday cards and care package items; and Santander Bank. A special thanks to President Donna and Mary for pulling this all together.

President Donna is working with the VFW to provide the packages to a local serviceman and his troops, who are being deployed. The VFW is also helping to distribute all of our extra items to the area homeless veterans. Stay tuned for more photos!



CENTRAL MONTGOMERY COUNTY BPW BINGO FUNDRAISER - DECEMBER 5,

2021

Celebrate the holiday season with CMC BPW for their Bingo Fundraiser on December 5th from 1 to 4 pm at Maggiano's. Proceeds will benefit their scholarships and area agencies. Cost is \$50 per ticket and includes a four-course meal with 10 rounds of Bingo. Bring your lucky dauber and extra money for some amazing raffles. Vaccination and masks are required.

RSVP to CMCBPW@gmail.com. Tickets must be paid for in advance.



BPW DISTRICT 10 HOLIDAY WINE FUNDRAISER – Through December 22nd

This Holiday Season, BPW District 10 has teamed up with OneHope Wine to create a unique opportunity to fundraise for Girls on the Run, Southeastern Suburban PA!

With OneHope wine, your purchase goes so much further than the bottle itself! 10% of your purchase will benefit our chosen charity. The fundraiser will run from 10/24 -12/22/21, so consider taking care of all your wine needs through this fundraiser! Scan the QR code in the picture above to shop and help BPW District 10 reach their donation goal!



INTERNATIONAL VOLUNTEER DAY (IVD) – DECEMBER 5, 2021

www.ifrc.org/international-volunteer-day-2021

International Volunteer Day takes place every year on 5 December. It's an opportunity to celebrate and thank people around the world for their voluntary service. For **The International Federation of Red Cross and Red Crescent Societies (IFRC)** it's about celebrating their 14 million volunteers engaging in local humanitarian action for global good.

Because where/whenever there is a crisis, there is a Red Cross/Crescent volunteer ready to support those affected. Their commitment never wavers; their compassion has no limits. Therefore, for **IVD 2021, the IFRC theme is #unstoppable**. IFRC is the world's largest humanitarian network and supports local Red Cross and Red Crescent action in more than 192 countries, bringing together almost 14 million volunteers for the good of humanity.

Thank you to all of the Conshohocken BPW members, for your hard work and dedication to BPW and to all of your volunteer commitments!



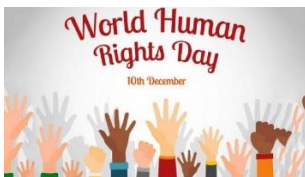
NATIONAL PEARL HARBOR REMEMBRANCE DAY – DECEMBER 7TH

www.en.wikipedia.org/wiki/National_Pearl_Harbor_Remembrance_Day

National Pearl Harbor Remembrance Day is observed annually in the U.S. on December 7, to remember and honor the 2,403 Americans who were killed in the Japanese surprise attack on Pearl Harbor in Hawaii on December 7, 1941, which led to the U.S. declaring war on Japan the next day and thus entering World War II.

In 1994, Congress designated December 7 of each year as National Pearl Harbor Remembrance Day. The joint resolution was signed by President Bill Clinton on August 23, 1994 and on November 29, Clinton issued the first proclamation.

On Pearl Harbor Day, the American flag should be flown at half-staff until sunset to honor those who died as a result of the attack on U.S. military forces in Hawaii.



HUMAN RIGHTS DAY – DECEMBER 10TH

www.un.org/en/observances/human-rights-day

Human Rights Day is observed every year on 10 December - the day the United Nations General Assembly adopted, in 1948, the Universal Declaration of Human Rights (UDHR). The UDHR is a milestone document that proclaims the inalienable rights which everyone is entitled to as a human being - regardless of race, color, religion, sex, language, political or other opinion, national or social origin, property, birth or other status. Available in more than 500 languages, it is the most translated document in the world.

The 2021 Human Rights Day theme is EQUALITY - Reducing inequalities, advancing human rights and relates to article art. 1 of the UDHR – “All human beings are born free and equal in dignity and rights”. The principles of equality and non-discrimination are at the heart of human rights.



BILL OF RIGHTS DAY – DECEMBER 15TH

www.nationaltoday.com/bill-rights-day/

The Bill of Rights Day is observed on December 15 in the U.S. It's an important day to celebrate America's Constitution and the framework of society that ascribes rights and freedoms to society. Bill of Rights Day commemorates the ratification of the first 10 amendments to the U.S. Constitution, with the National Archives documenting its many celebrations of the day. The Bill was introduced by James Madison, who later became the fourth President. Now, The Bill of Rights is displayed in The Rotunda of the National Archives Building in Washington, D.C., as a reminder to all Americans of their constitutional freedoms.



NATIONAL WREATHS ACROSS AMERICA DAY - DECEMBER 18, 2021

In many homes, there is an empty seat for one who is serving or one who made the ultimate sacrifice for our country. There is no better time to express our appreciation than during the hustle and bustle of the holiday season.

Each December on National Wreaths Across America Day, our mission to Remember, Honor and Teach is carried out by coordinating wreath-laying ceremonies at Arlington National Cemetery, as well as at more than 2,500 additional locations in all 50 U.S. states, at sea and abroad. For more information, go to www.wreathscrossamerica.org.



HOMELESS PERSONS' MEMORIAL DAY (HPMD) – DECEMBER 21st

The National Coalition for the Homeless, the National Consumer Advisory Board and the National Health Care for the Homeless Council encourage communities to host public events on or near December 21 remembering your neighbors who have died homeless in the past year. National HPMD takes place each year on the longest night of the year, the winter solstice (December 21st). **2020 marked the 30th Annual HPMD.** While we remember those we have lost this year, we cannot let this be the start of another 30 years of growing homelessness.

PENNSYLVANIA HOMELESSNESS STATISTICS – www.usich.gov/homelessness-statistics/pa

As of January 2020, PA had an estimated **13,375** experiencing homelessness on any given day, as reported by Continuums of Care to HUD. Of that Total, **1,550** were family households, **977** were Veterans, **716** were unaccompanied young adults (aged 18-24), and **1,772** were individuals experiencing chronic homelessness.

Public school data reported to the U.S. Dept. of Education during the 2018-2019 school year shows that an estimated **31,822** students experienced homelessness over the course of the year. Of that total, **526** students were unsheltered, **7,281** were in shelters, **2,428** were in hotels/motels, and **21,587** were doubled up.



THE MARY E. WALKER HOUSE (MWH) TRANSITIONAL RESIDENCE

The Mary E. Walker House is a 30-bed transitional residence for women Veterans who have found themselves in difficult life situations and without a home. Many of these women suffer from military sexual trauma; at present approximately 60% of the residents have this diagnosis. The Walker House and its staff strive to provide a comfortable, safe, and secure life-setting, while fostering respect, responsibility, and recovery. The women are treated as out-patients by the Coatesville VA Medical Center staff, located on-site in our facility. With a full commitment from the female Veteran, the Walker House has provided a path to a more secure and successful re-entry to the community for hundreds of Veterans since its opening in 2005.



FEMALE VETERANS AND HOMELESSNESS

www.veteransoutreachministries.org/patriotism/female-veterans-and-homelessness/

Below is an excerpt from the article by Lishamarie Hunter referenced above.

Women comprise the fastest-growing segment of the homeless Veteran population. In the 2017 Annual Homeless Assessment Report to Congress, HUD estimated that just over 40,000 veterans were homeless on a single night in January of that year. Of those, about 9% were women, out of a population of more than 2 million female Veterans.

From 2016 to 2017, the number of homeless female Vets increased by 7%, compared with 1% for their male counterparts. As the unemployment number rise due to the pandemic the homelessness is only growing, and more veterans being affected. That figure, according to the center, is projected to rise by about 9% to nearly 40,000 by 2025.

Many homeless female veterans were victims of military sexual trauma and feel resentment toward the military and VA. As a result, many do not identify themselves as being veterans and they tend to stay away from the organizations wishing to help them. According to the VA's National Center for PTSD, about 1 in 4 women and 1 in 100 men say that they experienced sexual trauma or assault while in the military.

Homeless female veterans don't fit the stereotype of a homeless person living on the streets. Female homeless veterans often have children and tend to stay with family or friends temporarily (couch surfing). Some reasons for the underreporting of female veterans and lack of assistance for their situation are reported in the article.

The first step in eliminating the homelessness is to acknowledging the need for assistance. The local Vet Centers, VFW and American Legions can provide names and numbers of programs locally. Local homeless assistance is available for veterans through your nearest HUD office. **No Veteran regardless of their gender should be homeless.**



PHILADELPHIA WOMEN VETERANS CENTER (WVC)

To address the growing and unique needs of Women Veterans, the VMC created the WVC in 2014. The WVC is a specialized program designed ease military women's transition to civilian life. Located across the street from VMC HQ, all VMC services are offered at the WVC. The WVC is located at 259 N. Lawrence Street, Philadelphia, PA 19106.

As the only facility of its kind in the Region, community based, client centered innovation is the heart of our WVC program. We're proud to offer comprehensive resources for Women Veterans and their families in a trauma-informed space, tailored to the unique needs of military women. The WVC features a clothing closet, open computer lab, lending library, children's play area and a full calendar of wellness and fellowship events. All of our activities, resources and events are free for military women and their children. For more information, go to www.vmcenter.org/women-veterans-center/.

www.nationaltoday.com/computer-science-education-week/

Computer Science Education Week, or CSEd Week, the largest learning event in history, aims to get K-12 students interested in computer coding. The week of December 6-12 was chosen in honor of Grace Hopper's birthday. She was born on December 9, 1906, and is known as the pioneer of computer programming (see below).

During the 2nd week in December, students are encouraged to take part in an "Hour of Code", during which, students are literally expected to code for an hour. Along with coding, CSEd Week highlights the importance of computer science. Computer science is an important subject because it teaches problem-solving and analytical skills, and is an essential skill in the modern job market. The day hopes to improve computer literacy among all.



GRACE MURRAY HOPPER - DECEMBER 9, 1906 – JANUARY 1, 1992

www.en.wikipedia.org/wiki/Grace_Hopper

Grace Brewster Murray Hopper was an American computer scientist and U.S. Navy Rear Admiral. One of the first programmers of the Harvard Mark I computer, she was a pioneer of computer programming who invented one of the first linkers. Hopper was the first to devise the theory of machine-independent programming languages, and the FLOW-MATIC programming language she created using this theory was later extended to create COBOL, an early high-level programming language still in use today.

Prior to joining the Navy, Hopper earned a Ph.D. in mathematics from Yale University and was a professor of mathematics at Vassar College. Hopper attempted to enlist in the Navy during World War II but was rejected because she was 34 years old. She instead joined the Navy Reserves.

In 1966, she retired from the Naval Reserve, but in 1967 the Navy recalled her to active duty. She retired from the Navy in 1986 and found work as a consultant for DEC, sharing her computing experiences.

During her lifetime, she received many honorary degrees and awards. The U.S. Navy destroyer USS Hopper (DDG-70) was named for her, as was the Cray XE6 "Hopper" supercomputer. On November 22, 2016, she was posthumously awarded the Presidential Medal of Freedom by President Obama.



DECEMBER: A MONTH OF MULTICULTURAL HOLIDAY CELEBRATIONS

Few months present as many multicultural celebrations as December does!
Whatever the holiday you observe, from our home to yours, may you have a joyous celebration of the season!



HAPPY NEW YEAR! www.history.com/topics/holidays/new-years

Civilizations around the world have been celebrating the start of each new year for at least four millennia. Today, most New Year's festivities begin on December 31st (New Year's Eve), the last day of the Gregorian calendar, and continue into the early hours of January 1st.

So, if you plan on attending a party and/or watching fireworks displays, **PLEASE STAY ALIVE...DON'T DRINK AND DRIVE!**



NATIONAL DRUNK & DRUGGED DRIVING PREVENTION MONTH

Each December, we go out for fun, parties and drinks with family and friends. But we ask you to stop and think for a second about being responsible. Since the holiday season has a higher accident rate than others on average, it is important to echo the message of consciousness of being in a proper state behind the wheel. **According to the National Safety Council, over 40,000 people died in alcohol-related traffic accidents last year.** So, this year, stay safe during the holidays.



HAPPY DECEMBER BIRTHDAY TO....

Danielle Wolfrom – December 8

Marie Sweeney – December 13

Susan Parsons Knab – December 28

DATES TO REMEMBER

12/07 Pearl Harbor Day

12/13 Holiday Party

12/18 National Wreaths Across America Day

12/21 First Day of Winter

12/25 Christmas Day

12/26 Kwanzaa

12/31 New Year's Eve

JOHN G. BLUMBERG

ATTORNEY

BLUMBERG & RATH
25 EAST BUTLER AVENUE
AMBLER, PA 19002

(215) 628-8823
FAX (215) 628-8824
jblumberg@blumberg-rath.com



Janet E DeTuro

Assistant Vice President
Branch Manager
Conshohocken

Mail Code: 20-560-CB1
612 Fayette Street
Conshohocken, PA 19428
Tel: 610-238-0390
Fax: 610-238-0392 e-mail: jdeturo@santander.us



Barbara Frankl
Women for Greater Philadelphia/Laurel Hill Mansion
Vice President- Music Chairwoman
home-215-643-7923
cell- 215-816-2795
email - bfrankl433@comcast.net
website- www.laurelhillmansion.org



Greater Conshohocken BPW



Mary Weeks
Past State President

700 Columbia Avenue
Lansdale, PA 19446-3310
Phone: 215 855 7680
durellfish@comcast.net

Greater Conshohocken BPW



Donna M. Jones
President

33 Corson Road
Conshohocken, PA 19428
Phone: 610-216-2180
dma10320@gmail.com

BMT
BRYN MAWR TRUST

Jane M Rowe
Assistant Vice President
Service Manager
Conshohocken Branch
NMLS# 980717

528 Fayette Street
Conshohocken, PA 19428
www.bmt.com

jrowe@bmtc.com
610.684.2500 office
610.234.3802 fax

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www.coveragenow.com



Catania
CONCRETE

Jason Catania

phone: 484.368.7478
email: CataniaJason@gmail.com
web: cataniaconcrete.com