



Business and
Professional
Women/PA

GREATER CONSHOHOCKEN BPW

www.facebook.com/Greater-Conshohocken-Business-and-Professional-Women-204641136404715/

P.O. Box 744, Blue Bell, PA 19422-9998

Conshohocken Calling.....

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

When: Monday, June 28, 2021

6:00 pm - Networking

6:30 pm - Dinner

7:00 pm – Installation of Officers

7:30 pm – Planning Meeting

**Where: Bertucci's Italian Restaurant, 500 W. Germantown Pike, Plymouth Meeting, PA
(at Plymouth Meeting Mall)**

**Program: Planning Meeting and Installation of 2021-2022 Officers by
Melissa Wieand, BPW/PA President Elect**

2021-2022 Greater Conshohocken BPW Officers

President – Donna Jones

Corresponding Secretary – Mary Lynn Gulette

Vice President – Rose Marie Berkezhuk

Parliamentarian – Mary Weeks

Recording Secretary – Barbara Frankl

Treasurer – Bernadette Mulvey



BPW/PA PRESIDENT-ELECT - MELISSA WIEAND

Melissa (Missy) holds a B.S. in Psychology from Stroudsburg University. Ms. Wieand brings 29+ years of management experience, customer relations, fiscal responsibility and loyalty. Missy served the U.S. Postal Service in various capacities. Starting her career as a Postal Clerk and retiring as a Post Master, she has displayed the ability to be detail and goal oriented and is committed to maintaining an outstanding work ethic.

As a 19-year member of Quakertown BPW, Missy has held offices at the local and district levels, including LO President (twice), District 11 Director, and numerous committee chairs. She is very excited to continue serving BPW as President Elect in the coming year.

Oh yeah...just a few fun facts: Missy is a diehard dog lover (she would have a farm full if she could); she really, really enjoys reality TV, she LOVES listening to Baseball on the radio and has never met a piece of chocolate she didn't like!



PRESIDENT'S MESSAGE

Hi Everyone:

This has been such an amazing year. We have come a long way and have so much further we can go.

Saturday, several of our members attended the BPW/PA State Convention via zoom. Hopefully all the new members who attended were able to walk away learning more about our great organization.

To say that Greater Conshohocken stepped up and really showed what we can offer is an understatement. We earned the following awards: Issues Management for our submission on Facebook and how we used it to engage our members and non-members with our contests and postings, Legislative Award for our work with veterans, Public Relations for our use of Facebook, Membership Award, Foundation Award for our work with veterans and Mae Krier, Mae Krier was awarded the Public Servant Award. Bronze Foundation award for our donation. District XI won the most coveted award: Eleanor Briner which each year is awarded to the District that has participated the most in support of BPW. Congratulations to all of the District XI locals on achieving this great honor. Welcome home Eleanor. Thank you ladies of Greater Conshohocken for all that you do and have done. Thank you Mary Weeks for pushing me to get myself in gear and our wonderful accomplishments.

Our June meeting will finally be in person at Bertucci's. It's been over a year since we've able to see each other face to face. We will be planning our 2021/2022 year and the Installation of our officers.

Please bring your ideas so we can make sure that we are all engaged in our activities.

Hope you all can make it.

Donna



PRESIDENT DONNA'S JUNE FITNESS CHALLENGE AND FUNDRAISER- MILES FOR MIGRAINE

President Donna's goal to walk 25 or more miles each month is continuing into June. In June, Donna will be walking for Miles for Migraine in honor of National Migraine and Headache Awareness Month (see below in this newsletter for more information).

Members get your mileage tracker on and start moving! Based on the miles you walk, make a pledge to Donna's charity of the month or one of your own. When you reach your goal miles, we would love to congratulate you on achieving your goal! For more details or questions, contact Donna.



IT'S TIME TO RENEW YOUR MEMBERSHIP FOR THE 2021-2022 BPW YEAR

Just a reminder that our BPW year runs from July 1 to June 30, and your 2021-22 dues are payable now. If you have not already paid your annual \$39.00 dues (\$19 for students), please complete the attached form and remit your form and check payable to Greater Conshohocken BPW and bring it to the June Dinner Meeting or mail them to our PO Box 744, Blue Bell, PA 19422. Thank you to those members who have already renewed! **Also, while you are renewing your BPW membership, why not ask a friend or family member to join?**



Business and
Professional
Women/PA

BPW NEWS

BPW/PA 98TH STATE CONVENTION – JUNE 12, 2021

The 101st BPW/PA Convention was called to order at 9:11 am by President, Marisa Harmon. After the COLLECT, Pledge of Allegiance, Welcome and Response, 9 First timers and 10 Long-term members were recognized, followed by introduction of Officers. The Public Servant Award was accepted by Cass Forkin, Chief Visionary Officer, Twilight Wish on behalf of recipient, Mae Krier. (Mae was our GC BPW nominee). An update on the State Project, Twilight Wish was presented by Mary Weeks and a response and thank-you were given by Cass Forkin.

After procedural actions were finished, nominations for officers were completed and candidate presentations were given. Since there was only one candidate per office, the Recording Secretary cast the ballot. The Treasurer's Statement was given and the proposed budget was adopted. At 10:30 am a Memorial Service was held and included two GC BPW members, Louise Hepburn and Joni McCormick.

Proposed bylaws amendments were adopted, followed by various awards and adoption of the BPW PA Legislative Platform. Under unfinished business, an update on the NFBPWC was provided. Under new business, 2 resolutions for Past State Presidents who died this year and a courtesy resolution were adopted. Two advocacy resolutions, repealing forced arbitration and our GC BPW resolution on Congressional term limits were adopted after much discussion.

The Young Careerist winner (Emily Dillon, District 12) and Individual Development winner (Alexis Werner, Central Montgomery County, D. 11) were then announced. And as President Donna mentioned in her message, our D. 11 won the coveted Eleanor Briner Award. This year there were no Woman of the Year or Employer of the Year winners. After presentations to the outgoing and incoming presidents, the convention was adjourned at 1:20 pm. **Congratulations to President Marisa on a successful 2020-2021 year and Convention!**

The Post-Convention Board Meeting began at 1:45 pm, with incoming President, Tiffanie Berger, presiding. **Her State Theme is "Be the Change you Wish to See in the World" and her State Project is Girls on the Run.** For the coming year, GC BPW President Donna Jones will serve as BPW/PA PAC Treasurer, and Mary Weeks will be on the Board as a Past State President. Mary will also serve on the District 12 Tribute to Women Award Committee for a 3-year term.



Please join us in congratulating and offering well wishes on a successful term to 2021-2022 Incoming BPW/PA President Tiffanie Burger!

On Sunday, June 13th, District 4 celebrated our incoming BPW/PA President with a beautiful celebration filled with family, friends and fellowship. What an amazing day for our BPW sisters to join together from all over the state and show support and love to our new leader, Tiffanie Berger.

AWARDS WON BY GREATER CONSHOHOCKEN BPW AT STATE CONVENTION

ISSUES MANAGEMENT – CATEGORY 6 – Favorite Local Organization program, project or event. (Our monthly Facebook contests).

MEMBERSHIP – Plus 5 Member – Donna Jones for bringing in 5 new members

LEGISLATION – Category 7 -: Most legislatively active Local Organization

PUBLIC RELATIONS -Category 3 – Best local organization PR effort using non-traditional media

FOUNDATION CONTRIBUTION - Silver (S) = LO or District total contribution of \$100 - \$249

FOUNDATION CONTEST – Category 2: Empowered Workforce - Women Veterans

RESOLUTION – Constitutional Amendment for U.S. Congressional Term Limits (ADOPTED)

PUBLIC SERVANT AWARD – Mae Krier



AWARD WON BY DISTRICT 11 - ELEANOR BRINER AWARD

The highest honor presented by BPW/PA to a District is the Eleanor Briner Award. This is conferred upon the district that, in the opinion of the BPW/PA Executive Committee, "does the most to advance our Federation objectives."

The award is given in memory of Eleanor Briner who was serving BPW/PA as District Coordinator at the time of her death in March 1964. **Eleanor was a charter member of the Welsh Valley Local Organization and Past District Director of District 11.** To win this award, a district must have full cooperation of its members, Local Organizations, and officers.



BPW /PA SUMMER BOARD MEETING – AUGUST 13-14, 2021

The BPW/PA Summer Board of Directors' Meeting will be held on August 13 and 14th at the Radisson Hotel Harrisburg, 1150 Camp Hill Bypass, Camp Hill, PA 17011. The room cost is \$109. More registration and information will follow.

JUNE IS **PTSD AWARENESS** MONTH

STEP UP for PTSD Awareness

Virtual Walk | June 2021

REGISTER FOR THE WALK



Complete **27 minutes** of exercise at any time during the month of June in recognition of PTSD Awareness Day on June 27th.

Show your support by following these easy steps:

1. Register for the walk: <https://bit.ly/3h8uDCu>
2. Download the printable *Step Up for PTSD Awareness Virtual Walk* bib
3. Pin on your bib and get moving
4. Take a photo of yourself doing a physical activity, such as walking, running, biking, rolling, or swimming
5. Post your photo on social media and tag the National Center for PTSD



[@stepupforptsd](https://www.instagram.com/stepupforptsd)



[@VAPTSD](https://www.facebook.com/VAPTSD)



[@VA_PTSD_Info](https://twitter.com/VA_PTSD_Info)

Download Race Bib and Poster

[Download and print](#) your bib, and get moving.

Share the details and raise awareness with the [STEP UP Virtual Walk poster](#).

Download Social Media Images

Use STEP UP images on your social media posts or profile.

[- Download for Facebook](#)

[- Download for Instagram](#)

[- Download for Twitter](#)





A PROCLAMATION ON FLAG DAY AND NATIONAL FLAG WEEK, 2021

JUNE 11, 2021

In the midst of a revolution, less than a year after declaring our independence, the Congress consecrated what would become an enduring emblem of American unity by adopting a national flag on June 14, 1777.

In the 244 years since, the United States has grown and changed across the generations — and our flag has changed in turn. The blue field of stars has been enlarged as our Union has gained in size and strength. The 13 stripes, symbolizing the 13 original States, have held as constant as the bedrock values upon which our Nation was first conceived — the very same values we still cherish, and still reach for, today.

Since adoption of the Stars and Stripes, Americans — and people around the world — have continuously looked to our flag as a symbol of unity and liberty. Our flag has sailed around the globe, and journeyed to the Moon and, now, to Mars. It has flown on fields of battle, and marks the resting places of those who have given what President Lincoln called “the last full measure of devotion” for our country. Its prominence at civic landmarks and seats of public authority communicates the promise of democracy — that under this flag, the rule of law is supreme and the people reign. As we continue the sacred work of building a more perfect Union together, let our flag serve as a reminder to us, and to the world, that America stands for and strives for the promise of freedom, justice, and equality for all.

To commemorate the adoption of our flag, the Congress, by joint resolution approved August 3, 1949, as amended (63 Stat. 492), designated June 14 of each year as “Flag Day” and requested that the President issue an annual proclamation calling for its observance and for the display of the flag of the United States on all Federal Government buildings. The Congress also requested, by joint resolution approved June 9, 1966, as amended (80 Stat. 194), that the President issue annually a proclamation designating the week in which June 14 occurs as “National Flag Week” and calling upon all citizens of the United States to display the flag during that week.

NOW, THEREFORE, I, JOSEPH R. BIDEN JR., President of the United States of America, do hereby proclaim June 14, 2021, as Flag Day, and the week starting June 13, 2021, as National Flag Week. I direct the appropriate officials to display the flag on all Federal Government buildings during this week, and I urge all Americans to observe Flag Day and National Flag Week by displaying the flag. I encourage the people of the United States to observe with pride and all due ceremony those days from Flag Day through Independence Day, set aside by the Congress (89 Stat. 211), as a time to honor the American spirit, to celebrate our history and the foundational values we strive to uphold, and to publicly recite the Pledge of Allegiance to the Flag of the United States of America.



ALZHEIMER ASSOCIATION OFFERING 5 TIPS FOR BRAIN HEALTH

The pandemic has taken a toll and caused much anxiety and stress on our systems, to say the least. **June is Alzheimer's and Brain Awareness Month** and the Alzheimer's Assoc. is offering tips and asking people to remember the importance of brain health as we get adjusted to what 2021 might bring. The association says the month was created in 2014 in order to encourage a "global conversation about the brain and Alzheimer's disease and other dementia."

"The impact this past year of COVID-19 on our country and our communities has been overwhelming," said Kate Rooper, President/CEO, Alzheimer's Assoc. National Capital Area Chapter. "Chronic stress, like that experienced during the pandemic, can impact memory, mood and anxiety. It's important for people to know there are steps we can take to lessen the stress and anxiety we might be feeling. Now more than ever, we encourage everyone to make brain health a priority.

In dealing with the uncertainty, stress, and anxiety, the Alzheimer's Assoc. is providing five tips to consider for people to promote brain health and "restore their mental well-being."

1. Recommitting yourself to brain-health basics - This includes diet which plays a huge role in our cognitive function, the association says. Brain health can be improved and the risk of cognitive decline can be avoided with a healthier lifestyle adjustment and habits, including: exercising regularly, having a heart-healthy diet, getting proper sleep, and staying socially and mentally active.

2. Return to your "normal" at your own pace - Some people are anxious to return to what was a "normal life" before the pandemic. According to a recent survey, the Alzheimer Assoc. reports that nearly half of adults, or 49%, have reported feeling uncomfortable with going back to in-person activities following the pandemic. The association is recommending small steps for those affected people and to be open and honest with people in your social circles.

3. Assisting and helping others - Helping others has been known to alleviate stress and anxiety. The Alzheimer Association reports that a study found adults over the age of 50 who volunteer for around two hours are at a "substantially reduced risk of dying" and have an "improved sense of well-being." People can help by donating to causes they care about, running errands, or volunteering elsewhere.

4. Disconnecting and unplugging - Because technology has dominated our lives more recently during the pandemic, the Alzheimer Association is recommending people disconnect. Technology has caused many Americans to be fatigued with excessive stimulation and experts say setting limits on screen time can help people as well as avoiding screen time before bed.

5. Control stress before it can control you - Prolonged and repeated stress can cause damage to the brain and the Alzheimer Association is recommending people to teach their brain to respond in healthy ways. The association is recommending techniques like meditation, exercise, music, or returning to a favorite activity missed during the pandemic.

Click here for more information from the Alzheimer's Association, or call 800.272.3900.



NATIONAL MIGRAINE AND HEADACHE AWARENESS MONTH

[Migraine and Headache Awareness Month - PlushCare](#) ; [About Migraine - Miles For Migraine](#)

June is National Migraine and Headache Awareness Month (MHAM). This month focuses on disease awareness related to migraines, cluster headaches, and full headaches by raising public knowledge and addressing stigma surrounding migraines and headaches. The Coalition for Headache and Migraine Patients (CHAMP) organizes Migraine and Headache Awareness Month each year. CHAMP is made up of organizations communicating a unified message about headaches and migraine diseases.

Typically, migraines are the most severe form of headaches since they cause more physical symptoms. Headaches may be mild to moderate pain, while migraines are moderate to severe pain in addition to other unpleasant bodily symptoms.

About 36 million people in the US have migraine. It affects men and women of all ages and across every socio-economic (educational and income) group. About 4 out of every 100 people have some form of daily headache, with migraine accounting for the largest part of that.

Migraine is more common in women than in men. About 18% of women have migraine compared to 6% of men. Worldwide, migraine is the 2nd leading cause of disabled days in men and women.

There are episodic (occasional) and chronic (15 or more days per month) migraines. Migraines may be accompanied by an aura (such as seeing flashing lights, tingling sensations, or seeing geometric shapes). These symptoms are often referred to as prodrome, which is a period in which symptoms warn of impending arrival of the migraine.

Some prodrome symptoms include Hyperactivity; Hypoactivity; Depression; Cravings for particular foods; Repetitive yawning; Fatigue and/or Neck stiffness or pain. Auras and prodrome symptoms are specific to migraines only and they are your body's way of notifying you that a migraine is near and to prepare yourself.

The theme for Migraine and Headache Awareness Month 2021 is "A New Era of Care." This theme is based on innovative new treatment options for headache and migraine management. Some new innovative treatment options and approaches to treat migraines and headaches include:

- > New prescription medications: Anti-CGRP medications; Anti-CGRP receptor monoclonal antibody medications; and Ditans and Gepant medications (next generation triptans)
- > Neuromodulators – handheld units for acute and preventative treatment that alter signaling in the brain and nerves: GammaCore; sTMSMini; Cefaly
- > Photobiomodulation – noninvasive light therapy which reduces inflammation and pain associated with migraine headaches

Getting involved with National Migraine and Headache Awareness Month is easy. Activities are planned throughout the month of June, including races, webinars, and training sessions. A full list of activities is located on the MHAM and Miles for Migraine websites.



JUNETEENTH DAY – JUNE 19, 2021

The freedom of African Americans from slavery in the U.S. in 1865 is celebrated on the holiday Juneteenth on June 19. Juneteenth is made up of the words ‘June’ and ‘nineteenth,’ and it is on this day that Major General Gordon Granger arrived in Texas more than 155 years ago to inform slaves that slavery had been abolished.

The 2021 Juneteenth Philly Events

Juneteenth Philly, producer of the Philadelphia Juneteenth Parade and Festival, is excited to announce a series of events for the Juneteenth holiday. They will host a series of events at 52nd Street and Haverford Avenue in West Philadelphia. For more information, go to [Schedule - Philadelphia Juneteenth Parade & Festival \(juneteenthphilly.org\)](https://www.juneteenthphilly.org).



FATHER'S DAY – JUNE 20, 2021

www.parade.com

Father's Day falls on the third Sunday in June; this year on Sunday, June 20, 2021. Father's Day began in 1910, two years after the first official celebration of Mother's Day in the U.S. The holiday began thanks to a woman named Sonora Smart Dodd, who had been raised with her siblings by her widower father, Civil War veteran William Jackson Smart. Inspired by how her father rose to the challenge of parenting alone, Sonora Smart Dodd thought there should be a special day to recognize dads as well as moms, according to History.com.

"Any man can be a father, but it takes someone special to be a dad." —Anne Geddes

Happy Father's Day to all the men in our lives!



SUMMER SOLSTICE – JUNE 20, 2021

This year, the summer solstice happens on **Sunday, June 20, at 11:32 P.M. EDT**. This date marks the official beginning of summer in the Northern Hemisphere, occurring when Earth arrives at the point in its orbit where the North Pole is at its maximum tilt (about 23.5 degrees) toward the Sun, resulting in the longest day and shortest night of the calendar year. (By longest "day," we mean the longest period of sunlight hours.) On the day of the June solstice, the Northern Hemisphere receives sunlight at the most direct angle of the year.

Notice how the Sun appears highest in the sky at the solstice; its rays strike Earth at a more direct angle, causing the efficient warming we call summer. Because the Sun is highest in the sky on this day, you'll notice that your shadow is the shortest that it will be all year.

JUST A REMINDER: UV radiation from the sun is the main cause of skin cancer. With the increasing length of sunshine now each day, DON'T FORGET TO WEAR YOUR SUNSCREEN!

AROUND TOWN: LOCAL BPW AND COMMUNITY NEWS



JUNE 2021 WILLIAM JEANES LIBRARY EVENTS



Friends of the William Jeanes Memorial Library will host a **BOOK DONATION DAY** on **Saturday, June 19 from 10am to 1pm**. New / "Like-New" books will be accepted and preferred are publication dates 2017 and later. **PLEASE NOTE: MASKS ARE REQUIRED** on library grounds.



HAPPY SUMMER BIRTHDAYS TO....

Janet DeTuro– June 6
Teresa Parris - June 21
Orion Garcia – July 1
Robin Lewis – July 9
Nancy Mortimer O’Brien – July 9
Jean Smith – July 26



DATES TO REMEMBER

JUNE is National PTSD Awareness Month, Alzheimer’s and Brain Awareness Month, Migraine and Headache Awareness Month

06/14 Flag Day
06/19 Juneteenth Day
06/20 Father’s Day
06/20 Summer Solstice
06/28 Conshohocken BPW monthly dinner meeting
07/04 Independence Day
07/15 Eleanor Knoke forms due to President Donna

Eleanor Knoke Award

The Eleanor C. Knoke Memorial Award was established in 1973 by the Welsh Valley BPW in memory of Eleanor Knoke, who was District XI Director from 1966-1968 and twice President of Welsh Valley BPW.

The award is in the form of a plaque and is given annually to the outstanding Local Organization in District XI, which, in the opinion of the District Committee, does the most to advance our Federation objectives by supporting state and district projects; equalizing and increasing membership; attending State and District meetings; and demonstrating outstanding leadership in the local club and community.

The following guidelines will be considered in judging this award. In reviewing the Official Visit Reports, the District Committee will be seeking answers to the following questions:

- Is the local organization following the Federation focus issues when planning programs for the year? Has the local organization included such programs as National Business Women's Week, Individual Development and/or, Young Careerist?
- Are BPW objectives reflected?
- Is leadership being developed in the local organization?
- Are new members being recruited? Was the previous year's membership equalized? Did membership total reflect growth in the local organization?
- Does the local organization enhance the community? Does the community know the local organization exists?
- Does local organization contribute to State and National Funds?

A questionnaire is completed by the participating Local Organization's President and covers July 1, 2020 to June 30, 2021. Deadline for submitting entries is August 15th or District Summer Board (whichever is later.) The Eleanor Knoke Award is presented at the Fall District Meeting.

Your President needs your help! While she can compile the information on Conshohocken BPW's participatory and financial support of National, State and District projects/programs, attendance and leadership at National/State/District meetings, and membership figures, **she needs the total number of hours from all members regarding their community participation. PLEASE COMPLETE THE ATTACHED ELEANOR KNOKE HOURS FORM AND SEND IT TO PRESIDENT DONNA BY JULY 15TH, OR BRING IT TO THE JUNE DINNER MEETING. THANK YOU!** Our Conshohocken BPW entry needs to be submitted by August 15th or the District Summer Board Meeting.

ELEANOR KNOKE HOURS

NAME _____

Religious (identify)

| | HOURS |
|------------------------|-------|
| Committees | _____ |
| Sunday School Teacher | _____ |
| Youth Activities | _____ |
| Choir | _____ |
| Other – Please specify | _____ |

Hospital/Nursing Home (identify)

| | |
|------------------------|-------|
| Meals on Wheels | _____ |
| Hospice | _____ |
| Volunteer Work | _____ |
| Visiting the Elderly | _____ |
| Other – Please Specify | _____ |

Political (identify)

| | |
|------------------------|-------|
| Campaign | _____ |
| Phone Bank | _____ |
| Election Day | _____ |
| Other – Please Specify | _____ |

Community Organizations (identify)

| | |
|--------------------------------|-------|
| Education/School | _____ |
| Service Clubs – Please Specify | _____ |
| Food Pantry | _____ |
| Habitat for Humanity | _____ |
| American Heart Association | _____ |
| Relay For Life | _____ |
| Susan G. Koman for the Cure | _____ |
| Other – Please Specify | _____ |

BPW Activities

| | |
|---------------------------------------|-------|
| Local Committee Activities | _____ |
| Attend Board Meetings | _____ |
| Chair an Office and/or Committee | _____ |
| Participate in the LO projects | _____ |
| District Activities – List Activity | _____ |
| Attend District Meetings | _____ |
| Chair as an Officer and/or Committee | _____ |
| State Convention/ National Conference | _____ |

TOTAL _____

Invoice Date: 4/1/2021
Due Date: By 5/31/2021



**GREATER CONSHOHOCKEN BPW
ANNUAL MEMBERSHIP DUES INVOICE**

| | | |
|---|------------------------------------|---------|
| 1 | Member of Local 6/1/2021-5/31/2022 | \$39.00 |
| | | |
| | | |
| | | |
| | | |
| | | |
| | TOTAL DUE: | \$39.00 |

Please make check payable to: Greater Conshohocken BPW

Mail to: Greater Conshohocken BPW
P.O. Box 744
Blue Bell, PA 19422-9998

Thank you for your prompt attention to this invoice.

Donna Jones
President – Greater Conshohocken BPW

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



Robin Georgann Lewis
Regional Leader

Primerica
150 E State St
1st Flr
Doylestown, PA 18901

215 643 2225 Phone
215 603 4015 Mobile
robin.lewis@primerica.com



Greater Conshohocken BPW

Mary Weeks
Past State President

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



ROBIN LEWIS
SALES BROKER
PRIMERICA/ROB/OCMAIL/PRM
CELL: (215) 603-4015



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



Greater Conshohocken BPW

Donna M. Jones
President

33 Corson Road
Conshohocken, PA 19428
Phone: 610-216-2180
dmaj0320@gmail.com



Steph Weidemoyer
Sr. petPro

No Recalls
All Natural Pet Products

pawTree
Independent petPro

www.pawTree.com//cinniemini



Complete Insurance Service Since 1910

Dana J. Vesey

Employee Benefits Specialist

Custom Health Insurance Solutions for
Businesses with 2 to 50 Employees

© 215-572-0789

☎ 610-367-2544, ext. 621 ☎ 610-473-8302

✉ dvesey@coveragenow.com

www.coveragenow.com



Jason Catania

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