

# BEACON POINTS

**OUR MISSION STATEMENT: To achieve equity for all women in the workplace through advocacy, education and information**



JULY 2020 Volume 21 #1

BPW related websites:

[www.greensburgbpw](http://www.greensburgbpw) (under construction)

[www.bpwpad3.org](http://www.bpwpad3.org)

[www.bpwpa.org](http://www.bpwpa.org)

*Share this with a friend Like us on Face book*

President Nancy will have an agenda for the meeting. Some of the items she would like to cover are: the 90<sup>th</sup> Anniversary Celebration with McKeesport BPW, programs for the upcoming year and plans for our meetings. President Nancy is still seeking one or two members to fill vacancies.

We are resuming our regular scheduled meetings at Kings Family Restaurant on Route 30, Greensburg, PA. At 5:30 P.M. in September. We have the “back room” reserved. Currently, Kings policy is that all customers must wear a mask upon entering the restaurant. As we have the back room reserved and it is only our group back there we are not restricted as to number sitting at the long table. There are booths in the room that we can use if anyone would prefer more distance than the long table provides.

For our first meeting, in September, please RSVP to Cathy Caccia (email [ccaccia@comcast.net](mailto:ccaccia@comcast.net)) if you will be attending the meeting. This will create a standing reservation list.

After September, if you are not on the standing reservation list, you will need to let Cathy Caccia know that you will be attending the meeting that month. Please, feel free to invite a friend, acquaintance or co-worker to a meeting.

We may also have additional Zoom meetings as necessary.

## This Month's Meeting:



Our meeting on August 12, 2020, will be a picnic at the home of Marilyn Tallant. Please arrive between 5:30 and 6:00 PM.

**Please, RSVP to Marilyn (by calling or texting her at 724-787-5131) if you are attending, so that she can plan on the logistics for seating everyone.**

Unfortunately, due to concerns over Covid 19 we will be unable to share everyone's delicious covered dishes. It is requested that everyone BYOM (Bring Your Own Meal) this year.

However, do not fret, Marilyn did mention that she will be providing her famous Blueberry Stuff.



Looking forward to seeing you all at the picnic!

## In the Beacon:

This year our interviewees for “In the Beacon” will respond to questions based on our theme for this year. To introduce this year’s theme is some information from our BPW/PA president.



BPW/PA President - Marisa Harmon

Marisa is a member of the Uniontown Local in District 12. She has previously served as a BPW/PA officer in the capacity of Treasurer and Corresponding Secretary.

In her local, Marisa currently holds the position of Treasurer. She has held the offices of president, treasurer, corresponding secretary, and parliamentarian, as well as various committee chairs. Marisa represented her local three times as Young Careerist, advancing twice to the state competition. In 2013, she was awarded Woman of the Year.

At the district level, Marisa has served as the District Director, Assistant Director, Treasurer, and Corresponding Secretary. She also held various committee chair positions and helped with fundraising for the Barbara J. Myers-Ciccione Memorial Scholarship.

Marisa is currently employed with WVU Medicine at J.W. Ruby Memorial Hospital in Morgantown, WV, where she is a registered nurse on the Surgical Oncology unit. Presently, she is enrolled in the Master's of Nursing - Family Nurse Practitioner program at Wheeling University. She graduated with a Bachelor's of Science in Nursing from West Virginia University after completing her Associate's Degree in Nursing at Westmoreland County Community College. Marisa is also a

graduate of Saint Vincent College, where she obtained a Bachelor's of Science in Computing and Information Sciences with a concentration in Software Engineering.

When not looking for her next scholarly pursuit, Marisa likes to read, cook, and bake, with her coworkers generally reaping the benefits of her baking hobby.

This year's official state theme is **“Let Your Dreams Take Flight”**. President Marisa feels that BPW/PA is a great tool to help each of our dreams prosper, by offering networking opportunities, giving us skills we need to succeed, and providing a support system for each other. Our State Project is Twilight Wish, a program that grants wishes to senior citizens. Marisa can't wait for each of us to learn more about this special organization and to help raise funds for it.

The other members of the BPW/PA Executive Committee are:

President Elect, Tiffanie Burger, a member of the Juniata County BPW in District 4.

Vice President, Melissa Weiland, a member of the Quakertown BPW in District 11.

Recording Secretary, Glenda Auker,,is also a member of the Juniata County BPW in District 4.

Treasurer, Roxanne Pease, a member of the Indiana BPW in District 2.

Corresponding Secretary, Ginny Shultz, a member of the Washington BPW in District 12.

Parliamentarian, R. Maureen (Mo) Myers, a member of the Washington BPA in District 12.

*(the above information was lifted from the BPW/PA website)*

Our new District 3 Director is Laurie Hough from the Ligonier Valley BPW. I had asked Laurie to give us a few words regarding what she would like to see District 3 accomplish this year.

Thank you for asking me for a few words on what I would like to see happen this year in District 3 as Director!

Dream Big - Be All You Can Be is the District 3 theme for this new year.

When asked to serve, don't say "I can't - instead say "Where am I needed?"

It has been said "Ideals are like stars. You will not succeed in touching them, but like the seafarer, you choose them as your guides and following them, you will reach your destiny."

Each of us in District 3 are unique women who belong to our local and state federation. Each one with her own talents, abilities and needs. What do you have to offer?

I challenge everyone to encourage and stimulate new or seasoned members with enthusiasm, interest and devotion.

Each of us approaches the challenge differently. Active participation in BPW will result in one's potential responsibility and leadership. Share ideas with others.

You have the power to turn dreams into reality.

BPW means endless friendship with support from women who began this journey by looking at the past, living in the present, while planning for the future.

My hope is that we will influence the lives of many women by hosting BPW/PA's new Personal and Professional Development Workshop (PPDW) in October. We are working on planning the event. More details will be announced as we see what happens In our world around us.

Remember,  
"You are never too old to set another goal or dream a new dream" ————— C.S. Lewis

Laurie Hough  
District 3 Director

The other members of District 3 Executive Committee are:

Assistant Director, Angela Apple, a member of the Greater Latrobe BPW.

Treasurer, Maggie Hildebrand, a member of the Ligonier Valley BPW.

Recording Secretary, Marsha St. Pierre, a member of the Greater Latrobe BPW.

Corresponding Secretary, Jackie Elliott, a member of the Greater Latrobe BPW.

And not least

Parliamentarian, Marilyn Tallant, our own Ms. Roberts, from our own Greensburg BPW.

**Congratulations to our new BPW/PA and District 3 Executive Committees. We wish you a very successful year.**

**Live by the Collect:**

It has been said that many people "read but do not understand." How long has it been since you read and understood our Collect?

It might be wise and helpful to us to analyze some of the words in our Collect.

"Let us be large in thought, in word, in deed."

In other words, life is too short – to be little!

"- - - be done with fault finding."

It is so easy to be a critic, so hard to be a doer.

"- - - put away all pretense."

In this one-world of ours, honesty is as necessary as in the horse and buggy days, but as rare as uranium.

"- - - never be hasty in judgment."

How often have we found that our first impressions were wrong, and it is not easy to say, "I am sorry."

"- - - make us to grow calm, serene, gentle."

These qualities are needed in our professions and our home; let us never forget that we are woman.

“Teach us to put into action our better impulses.”

How often we have thought “I must send a card or a note to someone,” and have forgotten to do it. Good thoughts are fine, but good deeds are more rewarding.

“- - in the big things of life, we are at one.”

We are all seeking success in our business of profession, happiness in our hearts and fulfillment of our dreams.

“And may we strive to touch and to know the great, common human heart of us all and, O Lord God, let us forget not to be kind.”

This statement said in many ways, can be found in any and all religions, creeds and philosophies.

***THE WORDS OF OUR COLLECT ARE A WONDERFUL WAY OF LIFE, SO LET US LIVE THEM.***

## 19th Amendment: Women Vote



With this stamp, the Postal Service commemorates the centennial of the ratification of the 19th Amendment to the

U.S. Constitution, which guarantees women the right to vote. Inspired by historic photographs, the stamp features a stylized illustration of suffragists marching in a parade or other public demonstration. The clothes they wear and the banners they bear display the official colors of the National Woman’s Party — purple, white and gold. Art director Ethel Kessler designed the stamp with original art by Nancy Stahl.

These forever stamps will be issued on August 22, 2020.

You can preorder your supply of these commemorative stamps at the Postal store:

<https://store.usps.com/shopstamps>

## Coronacoaster:



You’re feeling ok, cautious but ok with all the corona virus talk and restrictions. You’re not too worried. Then the next minute you’re stressed, anxious and wondering if you should go out to the store, when are you going to see your family and friends.

Then you decide yes it’s ok, things are slowly getting to be somewhat normal. Not the normal we had in 2019 but the “new normal.”

But then public gatherings indoors are reduced back to 25 and outdoors to 250. Things you had planned on are cancelled or changed.

You're wondering once again is it safe to go to the store, work or church. Doing the things you like and want to do becomes more of a hassle. When you leave the house it's now: keys, money, face mask and hand sanitizer.

After a while, no matter who you are it can start to take a toll.

It seems that the powers that be cannot make up their collective minds and you feel like you're living your life on the Jack Rabbit at Kennywood.

Well, maybe like on the rickety wooden coaster at Idlewild.

You are not alone. They have a name for this. It is called the "Coronacoaster."

The initial announcements of the virus, the lockdowns, the gradual reopening, the going back to restrictions, are all like the valleys, peaks and straight a ways of a roller coaster.

Some of us enjoy the thrill of the roller coaster and some of us not so much.

And no matter who you are sometimes all you can do is hold on tight, shut your eyes, scream and when you get off, kiss the ground and say never again.

So, hang on and pray that this ride ends soon.

## Get out and enjoy the sun!



*(sunrise over the beach,  
Corolla Island, June 27, 2020)*

There are health benefits to being in the sun. When your skin is exposed to sunlight without sunscreen, the skin tissue naturally makes vitamin D. Did you know? Vitamin D is an essential nutrient to keep your bones healthy and prevent osteoporosis.

Enjoy sunlight all year long. It encourages outdoor human activity such as gardening, golfing, and exercising. This will improve health and enhance your immune system. Did you know? Sunlight stimulates your brain to release serotonin that improves your mood and minimizes the winter blues.

Wear sunscreen if you will be in the sun for a prolonged period of time. It's sunburn that is harmful to the skin. Did you know? All you need to do is sit outside in the sunlight for as little as 15 minutes a day.

Enjoy sunlight safely all year long for a healthier and happier you. ☀️

Nancy Shaler DC MS

How to get more Vitamin D from the sun(2019).  
Retrieved from  
<https://www.medicalnewstoday.com/articles/326167>

Benefits of Moderate Sun Exposure (2017).  
Retrieved from  
<https://www.health.harvard.edu/diseases-and-conditions/benefits-of-moderate-sun-exposure>

What are the Benefits Of Sunlight ( 2019).  
Retrieved from  
<https://www.healthline.com/health/depression/benefits-sunlight>

**Convention 2020:**

Was held via Zoom this year. As soon as our convention information is placed on the website, the District 3 contest winners will be listed in the Beacon Points.

BPW/PA Website:

Our BPW/PA website has had a makeover.

Please take time and go to the website and see all the changes, read about our State Officers, read the Key and don't forget to check out your listing in the membership directory for accuracy.

Once you go to the site, you will need to log on. You will see a blue person icon on the right below the blue bar with words on it. This is where you now go to log on.

Remember your login is your email address you used for BPW and your password you set up. You can also change your password here and view your profile.

Check out (<https://bpwpa.wildapricot.org>)

**Birthdays:**

Birthdays for June, July and August:

- Nancy Shaler            June 14
- Pat McKim                July 24
- Anita Gunkle            July 26



Dates to remember:



July 1, 2020	* <b>Deadline for the September Issue of <i>THE KEY</i></b>
August 7-8, 2020	<ul style="list-style-type: none"> <li>• <b>BPW/PA Summer Board Meeting, Penn Stater Conference Center Hotel,</b></li> <li>• <b>215 Innovation Blvd., State College, PA 16803</b></li> <li>• <b>PA BPW Foundation Meeting</b></li> <li>• <b>EPW/PA Meeting</b></li> <li>• <b>Now a Zoom meeting.</b></li> </ul>
August 26, 2020	<ul style="list-style-type: none"> <li>• <b>Woman's Equality Day-100<sup>th</sup> Anniversary of Women's Right to Vote, the 19<sup>th</sup> Amendment to the U.S. Constitution</b></li> </ul>
October	<ul style="list-style-type: none"> <li>• <b>Breast Cancer Awareness Month</b></li> </ul>
October 1, 2020	<ul style="list-style-type: none"> <li>• <b>Deadline for December issue of the Key</b></li> </ul>
October 18-24, 2020	<ul style="list-style-type: none"> <li>• <b>National Business Women's Week (NBWW)</b></li> </ul>
	<ul style="list-style-type: none"> <li>• <b>BPW/PA &amp; BPW/OHIO Ecumenical Event</b></li> </ul>

November 1, 2020	<ul style="list-style-type: none"> <li>• <b>Deadline for PA BPW Foundation Scholarship applications for Spring Semester</b></li> </ul>
November 3, 2020	<ul style="list-style-type: none"> <li>• <b>Election Day-Go Vote</b></li> </ul>
November 11, 2020	<ul style="list-style-type: none"> <li>• <b>PA Conference for Women, Online To register visit website: <a href="http://paconferenceforwomen.org">paconferenceforwomen.org</a></b></li> </ul>
November 15, 2020	<ul style="list-style-type: none"> <li>• <b>Deadline for LO copies of Budget to District Finance Chair</b></li> </ul>
December 2020	<ul style="list-style-type: none"> <li>• <b>Happy Holidays</b></li> </ul>
December 9, 2020	<ul style="list-style-type: none"> <li>• <b>Greensburg BPW Holiday Celebration, Rodney's North Huntingdon</b></li> </ul>



*Here's to seeing all our BPW  
Friends, Soon!*