



The Valley Voice

*Celebrating 102
Years of Women
Helping Women
with Passion and
Purpose*

BPW of Ligonier Valley

March 2024

"Of the Pennsylvania Federation of Business and Professional Women's Clubs, Inc"

Kristin Poerschke, editor

Officers for 2023-2024

Dawn Berkebile, President
Amy Beitel, Vice-President
Brooke Sowers, Treasurer
Penny Struhala, Recording Sec'y
Laurie Hough, Corresponding Sec'y
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Parliamentarians

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Legislation Rita Horrell, Janet Riordan
Membership Maggie Hildebrand.
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PPD/YC Allison Lunko, Billie White

Special Appointee Chairs:

Dinner Kim Bellas, Tina Pifer
Newsletter Kristin Poerschke, Kim Bellas
LV BPW Scholarship Penny Struhala
SLN/BPW Scholarship Diana Neiderhiser, Judy Hoffer
Historian Sandy Leonard
Website Tara Hassler, Raven Cintron
Scrapbook Beth Caldwell, Tina Pifer
BPW of LV Growth Kim Bellas
Luxury Bash Lisa Altimus, Janet Riordan, Ina Smithley

Dear Members,

Where is this BPW year going? I feel like it is flying by. As we enter into the end of the year keep in mind we are always looking for committee chairs. If there is an area that interests you and you would like to chair or co-chair that committee please let me know. Also, consider attending State convention, even if it is just on Saturday. The amount of information gained is immeasurable, and it is a great time.

I look forward to seeing the great things this organization is doing, continue over the next couple of months.

President Dawn

Carrot trivia!

In 2020 the US had a total yield of approximately 3.4 billion pounds of CARROTS.

Carrots are high in beta-carotene, Vitamins C and K, potassium, and dietary fiber.

If you haven't bought your ticket for the May raffle, be in touch with Charlene Shank. As of last Friday she only had 137 left of 500 tickets.

778 SCRATCH-OFF FRENZY TICKET 609
 BENEFITS: BUSINESS AND PROFESSIONAL WOMEN OF LIGONIER VALLEY SCHOLARSHIPS AND OTHER CHARITABLE FUNDS

WINNER WILL RECEIVE	\$3.00 Scratch-Off Tickets (100)
ONE ROLL OF EACH!	\$5.00 Scratch-Off Tickets (60)
	\$10.00 Scratch-Off Tickets (60)
	\$20.00 Scratch-Off Tickets (30)
PLUS! -	\$500.00 CASH

WINNING NUMBER TAKEN FROM THE PA DAILY EVENING 7:00 PM DRAWING ON MOTHER'S DAY, MAY 12, 2024

ONLY 500 TICKETS WILL BE SOLD
 !!! Donation - Only \$10.00 !!!

THANK YOU FOR YOUR CONTINUED SUPPORT OF BPW!

Cindy
 Evening bonus number does not qualify.
 If the event 2 numbers match, the winner will be the first one pulled.
 License # 544
 Not Responsible for Typographical Errors. Must be 18 or older to purchase ticket.
 All unsold tickets become the property of BPW of Ligonier Valley.
 For Information, call Charlene Shank (724) 689-3268 or Lisa Altimus (908) 307-5075

Thursday, April 4 ~ 5:45 pm monthly dinner meeting at the Ligonier Country Club
Tuesday, April 16 ~ 6:30 pm monthly board meeting at Carol and Dave's Restaurant

The menu choices for the **April 4, 2024** dinner meeting (at 5:45pm) at the **Ligonier Country Club** are:

Main Entree: Tilapia over Rice with Balsamic Glaze & Vegetable of the Day

Salad Option: Raspberry Salad with Grilled Chicken with Raspberry Vinaigrette Dressing

Chef's Choice Soup with crackers for all

Bread & Dessert for all

Please respond with your dinner choice no later than Thursday, March 28, 2024 to lvbpwdinner@gmail.com.

Reminders ...

*Wear **green** or **orange** in honor of **National Carrot Day!**

*Either meal option is **\$25** (checks preferred made payable to BPW of Ligonier Valley or exact change, please)

*Members with April birthdays get their meals paid for by our Club!

MARCH BIRTHDAYS

March 2 Laurie Hough
 March 10 Yvette Tobias
 March 17 Joy Klohonatz
 March 23 Paula Maloney
 March 27 Sandy Leonard
 March 28 Donna Tidwell

APRIL BIRTHDAYS

April 3 Denise Thiel
 April 5 April Cintron

Thanks to contributors: Kim Bellas and Dawn Berkebile

www.ligoniervalleybpw.com

The Member of the Year Committee consisting of Kim Bellas, Beth Caldwell and Tina Pifer is now accepting nominations for Member of the Year! Completed forms must be returned to a member of the Committee by the May membership meeting. Please see the Member of the Year Recognition form elsewhere in the newsletter for more details!

SCAM ALERT

Watch out! Scammers target everyone.




Recognize scammers. They may:

- **PRETEND** to be from an agency or organization you know.
- Say there's a **PROBLEM** or promise a prize.
- **PRESSURE** you to act immediately.
- Tell you to **PAY** in a specific way.



Do not give scammers money or personal information – Ignore them!

How to avoid a scam:

- **Remain calm.** Talk to someone you trust.
- **Hang up or ignore** the message. **DO NOT** click on links or attachments.
- **Protect your money.** Criminals will insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash.
- **Protect your personal information.** Be skeptical of a contact you didn't initiate.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit ssa.gov/scam for more information. Please also share with your friends and family.

Social Security Administration
 Publication No. 95-10997 | January 2024 (February 2023 edition may be used) | Produced at U.S. taxpayer expense





CONVENTION MANUAL ADS /
MEMORIALS / WELL WISHES

BPW STATE
CONVENTION

SUBMISSIONS DUE 5/1/2024

Business Card (3.5" w x 2" h) Black and white	\$10.00
Quarter page (3.5" w x 4.88" h) Black and white	\$25.00
Half page (7.5" w x 4.88" h) Black and white	\$50.00
Full page (7.5" w x 10" h) Black and white	\$75.00
	COLOR \$75.00
	COLOR \$100.00

These same prices will apply for all Convention Ads. In addition, a Patron Line, limited to 24 characters, will be \$5.00.

For all memorials, ads or patron lines, files should be to scale and at least 300 dpi. The following formats will be acceptable: PDF, EPS, Tiff, Jpeg, PNG

All submissions can be emailed to Marisa Harmon @ marisaharmon@hotmail.com
 When emailing the submission please include what size ad it should be
 Payments should be mailed to Marisa @ PO Box 1474, Uniontown, PA, 15401

NATIONAL CARROT Day

Celebrate with us on April 4!

Wear orange or green.

Dawn Szalay, owner of Song of Sixpence and Quacked Glass Studio, will talk with us about the benefits of gardening!



PURPLE CARROTS!!!

The Ligonier Country Club has graciously extended an invitation to our members who would like to participate in their Fall Fest event on Saturday, September 14, 2024. This is similar to our member market or vendor fair where members sell their wares, products or services. Their fall fest is open to the general public. If interested, you are asked to please contact Michael Sherid at the Ligonier Country Club (724-238-7620/ext 6).

MEMBERSHIP TIP #38

Potential for networking is often a reason given by women for joining BPW, especially young women. Ask your new members what this means to them. Is it networking for personal growth & opportunities or for promoting their business? The next 5 tips will focus on networking ideas.

www.bpwpa.org



Hello Ladies - We have been selling Rada for several years to raise funds for BPW.

Please check out their website and place your orders online. Lisa has provided a link to take you directly to Rada and BPW's account. Let me know if you have any questions.

<https://radafundraising.com?rfsn=1905264.8b275>

Thanks, The Finance Committee

*Rada makes wonderful
Bridal Shower gifts!*

Want to join the fun?

Save the dates for 2024 State convention:

The 104th Annual State Convention : June 6 - June 8, 2024
Best Western Premier The Central Hotel & Conference Center, 800 East Park Drive, Harrisburg,



On March 14th we held an Unhappy Hour event at Carol and Dave's prior to our regular meeting. This event was held across the state at locals to help spread the word and reduce the gender wage gap.



Women earn 16% less than men on average. Women earn just 84 cents for every dollar a man makes. Women of color are among the lowest-paid workers in rural areas, with rural Black and Hispanic women making just 56 cents for every dollar that rural white, non-Hispanic men make.



Convention Swag Bag items needed!

If you, your local and/or District would like to donate items to be placed in our 2024 Convention Swag bags; please bring those items to our BPWPA Winter Board Meeting in March.

If you have items to donate but are unable to get them to us at Board meeting, please notify Lynlee Richmond at lynleesue@yahoo.com to make other arrangements.

Next time you use any navigation software like Google maps, you can thank Dr. Gladys West. She is known for her contributions to mathematical modeling of the shape of the Earth, and her work on the development of satellite geodesy models, that were later incorporated into the Global Positioning System (GPS). West was inducted into the United States Air Force Hall of Fame in 2018.



PA Federation of Business & Professional Women's Clubs, Inc
2024 ANNUAL STATE CONVENTION REGISTRATION FORM
 June 6-9, 2024 Best Western Premier, 800 E. Park Drive, Harrisburg, PA 17111

Name _____ Date Joined _____ (MM/YYYY)

Address _____

Phone: _____ E-mail _____

L.O. _____ District _____

_____	State Officer	_____	YC Contestant	_____	25 Yr. Member
_____	State Chair/Committee	_____	PPD Contestant	_____	50 Yr. Member
_____	Past State President	_____	LO President	_____	50+ Yr. Member
_____	District Director	_____	Incoming LO President	_____	First Timer
_____	Incoming District Director	_____	Incoming District Treasurer.	_____	Guest
_____	Incoming LO Treasurer	_____	Member		

Note: only those in attendance at the convention will receive a certificate for 25, 50 and 50+ years

Registration may be completed online at www.bpwpa.org

Advance Registration (post marked on or before March 31, 2024)

Full Time: \$75 One Day: \$65 (circle one Friday Saturday) \$ _____

Regular Registration (post marked after March 31, 2024, and before May 15, 2024)

Full Time: \$85 One Day: \$75 (circle one Friday Saturday) \$ _____

On Site Registration (Friday Night Event and Saturday Banquet not guaranteed)

Full Time: \$95 One Day: \$85 (circle one Friday Saturday) \$ _____

Friday Lunch: Picnic Buffet (garden salad, potato salad, BBQ chicken breast, hot dogs
 Hamburgers, baked beans, baked macaroni and cheese, cookies/brownies, coffee and tea) **\$31** \$ _____

Friday Night Event – BPW/PA Foundation will announce information on the Friday Night Event
 later.

Saturday Lunch Picnic Buffet (garden salad, potato salad, BBQ chicken breast, hot dogs
 Hamburgers, baked beans, baked macaroni and cheese, cookies/brownies, coffee and tea) **\$31** \$ _____

Saturday Night Banquet (Check entrée choice): \$44 \$ _____

All entrees are served with complementing potato, vegetable, rolls, coffee and tea.

_____ **Marinated London Broil** with Peppercorn Glaze

_____ **Stuffed Chicken Breast**

_____ **New England Baked Haddock**

Total enclosed \$ _____

Special Dietary Requests

Registration is not complete until payment is received: the method of payment can be done either using a credit card via our website (bpwpa.org) or by making your check payable to BPWPA and mailing it along with this registration form to: **Lois Hall, 65 Yellowwood Drive, Downingtown, PA 19335, Convention Registration Co-Chair**, by the above-mentioned due dates. **No email reservations will be accepted.** All tickets will be distributed at the time of registration check-in at the convention.

Refund Policy for Convention Pre-Registration/payment: There will be a **\$10 service fee** for processing refunds. A written refund request should state the pre-registrant's name, address, L.O. and District and to whom the check should be made payable. No request will be honored if such request is postmarked after **May 7, 2024 (30 days prior to the opening session)**. In the event of a death or hospitalization of the member or in the member's immediate family after the 30-day limit, the registration fee will be refunded after verification and approval by the BPW/PA President and/or the State Finance Chair.

Best Western Premier 800 E. Park Drive Harrisburg, PA 17111

HOTEL ACCOMMODATIONS: Each attendee makes their own hotel reservations. The room rate is \$154.95 for single/double occupancy, plus applicable state, and local taxes per night. Breakfast is included for 4 people in a room, with hotel room reservation. A block of rooms has been reserved for BPW/PA. Please reference the "BPW/PA State Convention" when making your hotel reservations to receive the group rate. Please call the hotel directly at **1-717-561-2800**, to make your room reservations. **(Please note that Refrigerators are included in all rooms.)** The above room rate is guaranteed until **12:00pm, on Thursday, May 9, 2024**. Reservations can be cancelled up to **72 hours** prior to check-in without penalty.



Business and Professional Women of Pennsylvania District 3

"To achieve equity for all women in the workplace through advocacy, education and information."

Official Call to Spring District Meeting

To: District 3 Officers
District 3 Chairs
Past District Directors
Local Organization Presidents
Local Organization Members

By Invitation: State Officers
State District Directors
State Board Members

Date: Saturday, April 6, 2024

Location: Doubletree by Hilton,
Monroeville Convention Center

Time: Registration 11:00 am
Lunch Served 11:30 am
Business Meeting 12:15 pm

Hostess: Greater Pittsburgh

Mail Reservations to: Maurita Bryant
7107 Kedron Street
Pittsburgh, PA 15208

Cost: \$35.00 per person (includes \$3.00 registration fee)
Final deadline is Wednesday, March 27, 2024 - Please use the attached Reservation Form
Make checks payable to: **Greater Pittsburgh BPW**

All Committee Chairs please email a copy of your report to Deborah Bowman dbowmanlbpw@gmail.com by March 25, 2024.

Please note: All Locals are requested to bring a \$30 themed basket for the basket auction. Please inform Cathy Caccia ccaccia@comcast.net the name of your basket. A sincere thank you is in order from all of District 3 to the Locals for their basket donations. **GPBPW is asking members attending to help support our charitable cause, Angel's Place, by bringing an item for a child under the age of five (diapers, wipes, clothing items, baby toiletries, etc. There will be a special prize drawing for those who bring a donation.**

Remember, all District 3 members in good standing, in attendance, have voting privileges. We hope to see every Local in District 3 well represented.



Deborah Bowman
Corresponding Secretary
518 Kenmore Ave.
Greensburg, PA 15601
dbowmanlbpw@gmail.com
(C) 724.875.4948

BPW of Ligonier Valley Member of the Year Recognition

Forms must be received by a member of the committee (Kim Bellas is the chair) no later than the May membership meeting, which is Thursday May 2. . The Member of the Year will be revealed at the June Membership Meeting, and will be awarded a check for the cost of her dues at the time of renewal. In order to recognize other members, winners may not receive the award in consecutive years.

The 3-member committee would vote on the winner of the award. Consideration should be given to the number of votes for a nominee, however the 3-member committee will compile the information submitted and then choose the Member of the Year. Nominees are required to be a member by July 1, of the previous year.

MEMBER OF THE YEAR RECOGNITION

Member's name that you place in nomination _____

Offices held during the year. _____

Committees on which the nominee served during the year:

Describe fully the contribution the nominee has made to elevate the standards, promote interest, develop cooperation and extend opportunities among the members of the BPW of Ligonier Valley.

BPW/PA Convention Vendors Needed

BPW PA

VENDOR Show!

Friends:
 We are starting to gather information on vendors for State Convention. If you have a business, or have a friend who has a business that would like to participate in this year's convention, please return one of the forms to the ladies listed on the vendor form. We will contact you as soon as it is sent.



Members of Ligonier Valley BPW showed up to support sister club Latrobe BPW at their annual Spring Tea. Ligonier's tables were Dr. Seuss themed with members at one table wearing Thing 1 shirts and members at the other wearing Thing 2. The event is always well attended and a great time was had by all. Our members worked hard on the theme decorations and are already planning for next years' event.

- Kitchen**
 Dish drying racks
Dinnerware sets (plates, bowls)
 Silverware sets
 Drinking cups/glasses
 Food items: any canned food, other non-perishables, etc.*
 Glass baking dishes
 Kitchen utensils (spatulas, etc.)
Kitchen/dish towels
Kitchen wash cloths
Paper towels
Lidded 13-gallon trash cans
Pots & saucepans
Skillets
Colanders
Hand-held can opener
Small appliances: electric can openers, coffee makers, toasters, mixers, blenders, microwaves, crock-pots, air fryers, etc.
 Zip-lock bags: sandwich, quart, 1 gallon, 2 gallon, & 2.5 gallon

*Food items we especially need include: single-serving, shelf-stable items; juice boxes; and condiments

- Bathroom**
 Bathroom rugs
 Anti-slip bathtub mats
 Shower curtains and rings
 Shower caddy baskets
Bath towels
Wash cloths
Toilet paper
Toilet plungers
Toilet brushes
 Hairdryers
Small unlined trash can
 Not needed at this time: Shampoo, conditioner, body wash, bar soap, travel-size toiletries, adult toothpaste, and menstrual hygiene products.

- Bedroom**
Pillows
 Bath Robes (Women's - all sizes)
Bed-in-a-bag sets (twin & full)
 Blankets - cotton (twin & full)
 Comforters (twin & full)
 Sheet sets (full)
 Alarm Clocks
Sport's bras - sizes 1X and larger
Pajamas - women's summer or winter weight (all sizes, especially 2X and larger)
Pajamas - men's summer and winter weight (all sizes)
Underwear - men's (all sizes)

- Baby & Child Items**
 Baby monitors
 Pajamas: Children's - sizes 10+
Socks: teen boy
Underwear: teen boy
Car seats
 Collapsible umbrella strollers

- Miscellaneous**
 Air Mattresses w/pump-full/twin
Planners/calendars
Brooms & dust pans
 Small stick or handheld vacuums
Mops & buckets
 Collapsible/pop-up hampers
Duffel bags
 Extension cords
Gasoline cards (Sunoco)
Gift cards (Giant Eagle, Walmart, Shop 'N Save & Target)
 Square Sterilite Laundry basket:
Tool kits
TracFones & cards



UPDATE!
 Due to scheduling conflicts at the Capitol, the new date for the Equal Pay Rally is now 3/26!

NEW
SAVE THE DATE
EQUAL WORK.
EQUAL PAY.

EQUAL PAY DAY RALLY
 TUESDAY
 MARCH 26, 2024 (1-2 PM)
 STATE CAPITOL BUILDING
 HARRISBURG
 MORE DETAILS TO FOLLOW

≠

NEW DATE FOR EQUAL PAY RALLY ~ MARCH 26

Our Club is collecting for the Blackburn Center all year. You may bring your donations to any meeting.