



The Valley Voice

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

BPW of Ligonier Valley

February 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
Kathryn Gerhart/Ina Smithley,
Parliamentarians

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Foundation Janet Riordan
Issues Management Amy Beitel, Annie Urban
Legislation Rita Horrell, Janet Riordan
Membership Maggie Hildebrand.
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Bylaws Michelle Krebs, Rachel Roehrig
PPD/YC Allison Lunko, Billie White

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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,

Wow, how is it March already? This BPW year is flying by! I would love to see a large group at Carol and Dave's on the 14th for the Unhappy Hour Event! This event is being held by locals all across the state, to bring awareness to the wage gap that still exists between men and women! Even if you can't join us for the dinner meeting at Ligonier Camp and Conference Center, join us for Unhappy Hour from 5-6. I would also love to see more guests at both events that evening. We have had incredible meals at the Ligonier Camp and Conference Center, March is your last chance to check them out before we move back to the Country Club. Hope to see many of you there!

President Dawn



Save the Date!!

Announcing the upcoming:
BPW/PA Legislative Platform Forum
Presented by District 10
Sponsored by the BPW/PA Legislation Committee

Topic: Equal Rights Amendment-update



Speaker: Nancy Werner

**Date: Thursday, March 21, 2024,
7:00 P.M.-8:00 P.M. via Zoom**

Stay tuned for additional information!

If you have any questions please email Carole Turk, District 10 Legislation Chair at caroleturk@comcast.net

FEBRUARY

BIRTHDAYS

February 4	Morgan	Matson
February 10	Tara	Hassler
February 24	Kristin	Poerschke
February 25	Randy	Breitsman
February 22	Judy	Maher

How can it be March already????

Thursday, March 7 ~ 5:45 pm monthly dinner meeting at the Ligonier Camp & Conf Center
Tuesday, March 19 ~ 6:30 pm monthly board meeting at Carol and Dave's Restaurant

Reminder that the next BPW of Ligonier Valley member dinner meeting will be on Thursday, **March 14, 2024 at 6:15pm** at the **Ligonier Camp & Conference Center**. We are meeting at Carol & Dave's at 5pm to kick off "unhappy hour" prior to dinner (details of this event are in the upcoming March newsletter).

Buffet Menu selections:

Boursin Chicken Breast ~ Pesto Steak Bites

Creamy Garlic Mashed Potatoes ~ Baked Zucchini

Salad ~ Bread ~ Dessert

*Please RSVP if attending and eating or attending and not eating by Wednesday, March 6, 2024 (lvbpwdinner@gmail.com).

*Buffet costs \$20 (checks preferred made payable to BPW of Ligonier Valley or exact cash, please). If you are attending the unhappy hour event at Carol & Dave's, I will be collecting dinner money there! If you are not attending happy hour before dinner, I will collect your money at Ligonier Camp & Conference Center.

+++++

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

Thanks to contributors: Dawn Berkebile, Kim Bellas, Carol Wolford, Laurie Hough, Beth Caldwell, and Janet Riordan



Business and Professional Women of Ligonier Valley President, Dawn Berkebile, welcomes motivational speaker Faerie Grace.

Grace spoke about becoming fearless and unapologetically you. She speaks with humor and transparency. Faerie, a dreamer by genetic and biological makeup, balances her free spirit with research. Using science and history, along with real life stories of those who inspire. Faerie will look you straight in the eye and tell you, "You are no different than them. You just have to DO! And Do it in your style!"



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	COLOR \$75.00
Full page (7.5" w x 10" h) Black and white	\$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!

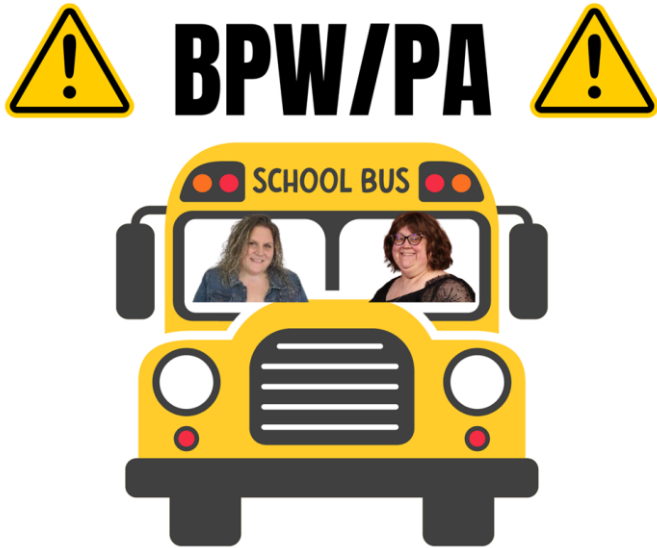
Wear orange or green.

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



I would like to thank everyone for their well wishes right now. Shoulder pain is like no other I've experienced. On a brighter note my amazing students told me they like my left hand writing better than my right! ☺☹

President Dawn



CONVENTION UPDATES

Final Stop: Harrisburg



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).

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,

Equal Pay Day

March 14, 2024

This date represents how far into the year women must work to earn the same amount that men earned in the previous year.

BPW Mission

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

What can BPW do for you?
Scan for more information



Please join us on March 14
From 5-6 pm!

WOMEN EARN 77¢ FOR EVERY DOLLAR PAID TO MEN

Order The Equalizer



Business and Professional Women of Pennsylvania

UN
HAPPY
HOUR



Supporting Equal Pay Day

Help spread the word to reduce gender wage gap. Stand strong with working women on Equal Pay Day, March 14, 2024.

Together we can bring awareness to the gender wage gap and make strides to achieve equality in the workplace for all women.

<https://www.bpwpa.wildapricot.org>



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.

Business and Professional Women invites BPW members and the public to gather **March 14 at 5-6 p.m.** for an "UN" Happy Hour event at **Carol and Dave's Roadhouse restaurant**. "This event draws attention to the ongoing wage gap in which working women earn an average of 77 cents for every dollar paid to men. This is even lower for minorities," explains Carol Wolford, BPWLW Publications chair. This date, Equal Pay Day, represents how far into the current year women must work to earn the same amount of money that men earned in the previous year. Everyone is encouraged to **WEAR RED** to symbolize how far in the red the wage gap remains and to bring awareness of pay equality for women and minorities.

YIKES... Women lose over \$400,000 over the course of a 40-year career compared to men. What would that buy you?

A new house! Or 14 new cars! Or 571,428 Hershey bars on Amazon! Or \$673,000 if invested for 30 years at 1.75%.

Come to the Un-happy Hour!

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

February = FOUNDATION MONTH!



PENNSYLVANIA BUSINESS
AND PROFESSIONAL
WOMEN FOUNDATION

February is.... PA BPW Foundation Month

The PA BPW Foundation is a non-profit organization committed to making a positive impact on communities and supporting the members of BPW/PA. Since the establishment in 2008, the Foundation has been dedicated to giving back and fostering growth.

What does the PA BPW Foundation do?

- Scholarship funds to enable deserving women to acquire the education necessary for careers.
- Giving financial support to schools, colleges and other qualified institutions for the training and education of women for careers.
- Furthering the improvement or development of the capabilities of individual women by means of lectures, seminars and other forms of instruction.
- Providing financial support, in the manner of a grant, to deserving women who have experienced a disaster in either their business, or personal, lives, in order for such women to regain their abilities to pursue their business goals, or regain control of their personal lives.
- Sponsoring meetings and conferences of those interested in the study of the role of women in business and the professions.
- **All PA BPW Foundation information / applications / scripts can be found on the BPA/PA Website.**

*Scholarship
Applications due
May 1st*

Have questions about the PA BPW Foundation?

Contact: **Nancy Werner @**

nancy.werner73@gmail.com

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.

June 6 - 9, 2024 | HARRISBURG, PA



PA BPW FOUNDATION PRESENTS

Back to 80's

PADDLE RAFFLE AND TICKET AUCTION

FRIDAY, JUNE 7, 2024
6:30 DINNER; 7:30 PADDLE RAFFLE AND TICKET AUCTION

\$50 PER PERSON (INCLUDES BUFFET DINNER, \$5 DONATION TO PA BPW FOUNDATION AND 2 PADDLES) OR

\$20 PER PERSON (INCLUDES \$5 DONATION TO PA BPW FOUNDATION AND 2 PADDLES)

PRIZE AWARDED FOR THE BEST COSTUME

New items needed throughout the year for Blackburn Center's clients/shelter residents.

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 unlidded 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

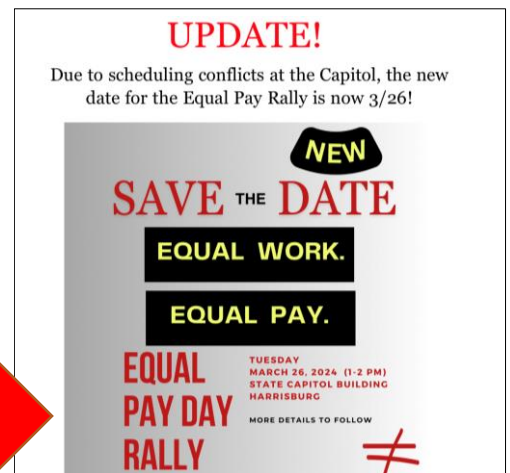
Air Mattresses w/pump-full/twin
Planners/calendars
Brooms & dust pans
Small stick or handheld vacuums
Mops & buckets
Collapsible/pop-up hampers
Duffel bags
Extension cords
Gasoline cards (Sunoco)
Gift cards (Giant Eagle, Walmart, Shop 'N Save & Target)
Square Sterilite Laundry basket:
Tool kits
TracFones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



MEMBERSHIP TIP #32

What does a "welcoming environment" feel like? Our perceptions of what is happening around us affect our thinking and our thinking taps into our feelings. The key is to help everyone feel included...in the conversations, in the decisions being made, and in the activities.
(Welcoming Environment Tip #4 of 5)

www.bpwpa.org



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 (11-2 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.