

BEACON POINTS

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



FEBRUARY Volume 21 #5

BPW related websites:

www.greensburgbpw.com

www.greensburgbpw.org

www.bpwpad3.org

www.bpwpa.org

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For our future meetings, please RSVP to Cathy Caccia (email ccaccia@comcast.net) if you will be attending the meeting. This will create a standing reservation list.

We may also have additional Zoom meetings, as necessary.

This Month's Meeting:



Our meeting will be February 10, 2021 via Zoom, at 6 PM. President Nancy will be sending out the invitation to join the meeting and the Zoom link.

Our speaker for the meeting will be from the Blackburn Center and will speak on Elder Abuse in Westmoreland County.

We wish we were all meeting in person, however, due to the Covid 19 issue it is understood that at the present time, Zoom is the best way for us all to connect.

At this month's meeting we will also be discussing our plans for future meetings as to meeting in person and where. Do we want to stay at King's or are we adventurous and want to try a new venue?

February is also Heart Health Month, Valentine's Day, BPW Foundation Month and Black History Month.

Twilight Wish-Duty Cards:

At our September meeting, we received a supply of their Dining Unexpected Thank You - Duty Cards. These cards are to be used when you are out enjoying a meal and wish to pay for a senior's meal.

Has anyone used them to honor a senior? We would like to hear your story and remember to get your receipt for the meal and let us know so that we can calculate our contributions to Twilight Wish.

In the Beacon:

In each month's Beacon we will feature some of our Local, District and State Members who, in keeping with our state theme, have left their dreams take flight.

This month we are featuring how one of our member's dreams took flight with her business.

Choice One Staffing Group, Inc. is owned by Susan Reimer, a BPW member of Greensburg and Julie Scarponte and was founded in 2003. The company's first office was located in Zelienople, PA.

In 2017 the Choice One Staffing Group moved its headquarters to Cranberry Twp., PA. The company's purpose is to supply temporary,

temporary to hire and direct hire employees (considered to be their contingent workforce) to meet the needs of their area clients in the fields of light industrial, clerical, and technical fields.

Choice One is proud of their footprint in Westmoreland, Beaver, Butler and Allegheny Counties of Pennsylvania. The Company has grown over the past 17 years and now provides staffing to not only employers in Pennsylvania but also 5 additional states, including Ohio, Illinois, Texas, Florida, and Arizona.

Though not able to quantify the absolute number of contingent employees over the past, the Company is proud to say that in 2020, 55% of their contingent workforce were women and that 100% of their in-house employees are women.

The Choice One Staffing Group, Inc. became Women Business Enterprise National Council (WBENC) certified in 2017. WBENC Certification validates that a business is at least 51 percent owned, controlled, operated, and managed by a woman or women

Choice One Staffing Group, Inc. has been awarded several recognitions such as being named “Company of the Year” by the local Chamber of Commerce, one of the “Largest Staffing Services” in the Pittsburgh area, named 3 times to the “100 Fastest Growing Companies in Pittsburgh” list, named to the list of the “Largest Employers in Butler County”, “50 Best Places to work”, and to the “Inc. 5000” list.

Last March, when COVID 19 started, Choice One Staffing Group had to temporarily close its physical office but continued to work remotely for 2 months. In the meantime, Choice One Staffing became remarkably busy with companies that supplied essential products such as food products to grocery stores. May 2020 brought a return to the office. Though they have remained closed to the public they, like most everyone else have gone virtual and has been conducting interviews and placements via phone and online.

Susan and Julie look forward to having the office open again to their employee and clients.

Thank you, Susan, and Julie for letting us, get to know your business better.

Last Month’s Meeting:

Last month’s meeting did not include a program from an outside speaker however, we used the meeting to catch-up on what was happening with our members and our Local.

February is Heart Health Month:

During February we often think of Valentine’s Day and exchange candy in the shape of hearts and in heart shaped boxes and send out cute heart shaped cards to those we love and care about.

February is also American Heart Health Awareness Month. During this month, the importance of heart health is high-lighted, and we are all encouraged to undertake healthy habits to reduce the risk of heart disease.

According to the Centers for Disease and Control and Prevention, heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States, with one person dying every 35 seconds in the U.S. from cardiovascular disease.

Lately, all we hear about is Covid, Covid Covid. Heart disease is one of those underlying, co-morbidity issues, that greatly complicates one’s recovery from the virus.

According to some recent research, during the pandemic visits to Primary Care Doctors are down as much as 60% due to either the offices being closed or patient fears of catching COVID-19. The experts say that If you have heart and cardiovascular issues it is important that you see your medical care team and work with them.

Almost all doctor’s offices now offer tele-visits, where you meet with your physician by telephone, face time or zoom. Though it maybe not as good as an in person meeting with your doctor, as it is difficult for them and their staff to personally take your vitals, it is better than ignoring your health.

We have all been in that situation, where we do meet with our doctor and they give us “the

Lecture”. You know it. You need to eat better and exercise more. It can be an unpleasant and upsetting conversation, especially during COVID-19 when so many things are still closed almost a year later.

But what can we do?

Shopping for healthier food choices and cooking your meals at home is one way to improve your heart health. Many of our BPW members have solved their grocery shopping issues by using curbside pickup. Almost all stores have added these services.

How does it work? You order online or in some cases via phone, pay online, pick a time for pickup. Some stores will deliver.

Some cautionary tails from our members are to make sure you know how to order and the quantities you are ordering. For instance, if you order 5 bananas or 5 apples you may be ordering 5 bunches of bananas or 5 three-pound bags of apples.

Another, draw back to ordering online and curbside pickup, is that someone else is picking out your produce and you may get wilted greens etc.... But these are obstacles that can be overcome.

Now that you got groceries, you need a recipe to use up that 5 bunches of bananas you ordered, here is a heart healthy banana nut muffin recipe from Nancy Shaler, DC.

Banana Nut Bran Muffins

Step 1: Combine (dry flour mixture)

1 cup flour
1 Tsb Baking soda
¼ cup sugar
½ tsp. cinnamon
½ tsp. nutmeg

Combine the above ingredient (dry flour mixture) and set aside.

Step 2: Cereal Mixture

2 cup bran flakes
1/3 cup milk (fat free, 2% or skim)
1 cup very ripe bananas

1 tsp. vanilla extract
Hand mix the above ingredients and set the Cereal Mixture aside.

Step 3: Egg White Mixture

2 egg whites

beat with a mixture until egg whites are foamy. Then add cereal mixture and beat well.

Add ½ cup of chopped walnuts if desired

Add flour dry mixture and mix by hand

Spray muffin tins. Pour mixture into muffin tins and bake at 375 degree for 20 minutes. Makes 12 muffins. 5 grams of fiber per muffin.

Now that we got the healthier food choices covered what about the “more exercise” part of “the Lecture”. It is usually recommended that we should aim for 150 minutes per week of moderate-intensity activity per week. This activity can be anything from walking, golfing, bike riding etc.

But it is February in Southwestern PA, just how are we to do this?

Like everything else, exercise has gone viral. No, you cannot just sit and watch everyone else exercise, you can find online exercise classes to do from the comfort of your living room while you wait for the perfect weather for walking, golfing, and gardening.

So, thanks to the internet, I guess we have no more excuses.

February is Black History Month:

According to History.com Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976,

every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.

Karen Schmiech, has provided us with a synopsis of two remarkably interesting women of color, thank you Karen.

MAGGIE LENA WALKER

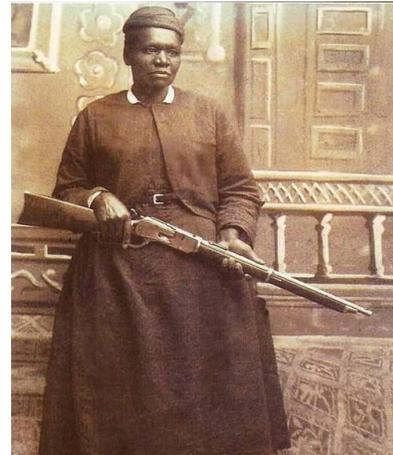


Maggie Lena Walker, the daughter of a former slave and cook, was the first woman to charter a bank in the United States in 1902. The bank offered loans and mortgages to black residents of Richmond, Virginia who were otherwise denied service by white-owned banks.

A year later she started a department store allowing black customers to shop with dignity: To enter through the main doors instead of a side entrance, to try on clothing before buying, and to eat at lunch counters. Her store displayed clothing on brown-skinned mannequins and hired exclusively black women to work as clerks.

Later the same year, Walker utilized her newspaper to urge Richmond residents to boycott the city's segregated streetcar system. The boycott was so effective the company operating the street cars declared bankruptcy two months later.

MARY FIELDS



She drank whiskey, swore often, and smoked handmade cigars. She wore pants under her skirt and a gun under her apron. At six feet tall and two hundred pounds, Mary Fields was an intimidating woman.

Mary lived in Montana, in a town called Cascade. She was a special member of the community there. All schools would close on her birthday, and though women were not allowed entry into saloons, she was given special permission by the mayor to come in anytime and to any saloon she liked.

But Mary was not from Montana. She was born into enslavement in Tennessee sometime in the early 1830s and lived enslaved for more than thirty years until slavery was abolished. As a free woman, life led her first to Florida to work for a family and then Ohio when part of the family moved.

When Mary was 52, her close friend who lived in Montana became ill with pneumonia. Upon hearing the news, Mary dropped everything and came to nurse her friend back to health. Her friend soon recovered, and Mary decided to stay in Montana settling in Cascade.

Her beginning in Cascade was not smooth. To make ends meet, she first tried her hand at the restaurant business. She opened a restaurant, but she was not much of a chef. And she was also too generous, never refusing to serve a customer who

could not pay. So, the restaurant failed within a year.

But then in 1895, when in her sixties, Mary, or as “Stagecoach Mary” as she was sometimes called because she never missed a day of work, became the second woman and first African American to work as a mail carrier in the U.S. She got the job because she was the fastest applicant to hitch six horses.

Eventually she retired to a life of running a laundry business. And babysitting all the kids in town. And going to baseball games. And being friends with much of the townsfolk.

This was Mary Fields. A rebel, a legend.

Live by the Collect:

In case you missed it-Live by the Collect was featured in a recent weekly issue of the BPW Buzz.

Thank you, Marilyn Tallant, for always being willing to share your wise advice and words of wisdom with us.

She has in the past several issues given us the meaning of the words in the collect for us to live by, but when asked for some sage advice for this month, she did not hesitate to provide the following.

ABUNDANT LIVING

PRAY:

IT IS THE GREATEST POWER ON EARTH.

LOVE:

IT IS A GOD GIVEN PRIVILEGE.

READ:

IT IS THE FOUNTAIN OF WISDOM.

THINK:

IT IS THE SOURCE OF POWER.

BE FRIENDLY:

IT IS THE ROAD TO HAPPINESS.

GIVE:

IT IS TOO SHORT A DAY TO BE SELFISH.

PLAY:

IT IS A SECRET OF PERPETUAL YOUTH.

LAUGH:

IT IS THE MUSIC OF THE SOUL.

WORK:

IT IS THE PRICE OF SUCCESS.

SAVE:

IT IS THE SECRET OF SECURITY.

Thank you to Marilyn Tallant for sharing advise on how to have an abundant life.

Birthdays:

Karen Schmiech	12/13
Jane Noel	1/8
Romaine Truxell	1/14
Kate Frame	2/22



Happy Birthday Ladies!

Dates to remember:



March 12-13	Mid Winter Board Meeting Via Zoom
April 15	Contest Entries due to District Chairs
April 30	Histories due to State Historian
May 1	Contest Entries due to State Chairs
June 10-13	BPW/PA State Convention

Happy Valentine's Day