

BEACON POINTS

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



January 2024 Volume 24 #1

BPW related websites:

www.greensburgbpw.com

www.greensburgbpw.org

www.bpwpad3.org

www.bpwpa.org

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We wish everyone a Very Happy, Healthy and Prosperous 2024.

This Month's Meeting:

This month we will be meeting at Hoss's Restaurant on Wednesday, January 10th. Mary Catherine Motchar has made the arrangements with Hoss's for our 5:30 arrival.

This month we will be discussing our BPW/PA state Project Keystone Human Services.

See everyone next week!

We are resuming our regular scheduled meetings at Hoss's Steak and Seafood Restaurant on Route 119, Greensburg, PA. At 5:30 P.M. in January 2024.

We look forward to seeing you all at the meetings.

Past Events:

At our December meeting, we met at Rodney's Restaurant in Irwin for our annual Holiday Event. There were eleven of our members in attendance.

Upcoming Programs and Events:

Our upcoming programs are as follows:

February 2024- Nancy Shaler has made arrangements for a dental student, from WCCC to come to our meeting and discuss the importance of dental health as it relates to heart health.

February 2024-BPW/PA District 3 Bingo benefiting the State Project held at the YWCA Westmoreland facility.

In the Beacon:

In each month's Beacon we will feature some of our Local, District and State Members who are a

Beacon for BPW. Or sometimes it may just be a thought to focus on.



BPW/PA President, Michelle Holler

Michelle has been a member of the Juniata County local which is part of District IV since 2010. She has served as Recording Secretary, 1st and 2nd Vice President and President for her local. She has served her district as Assistant District Director and District Director. Michelle received that coveted honor of being selected for Woman of the Year in 2019. Currently in her local Michelle is the chair of the Ways and Means Committee as well as the co-chair of the Social Media pages and Parliamentarian.

Michelle has worked for Aetna/CVS for the past twenty-three years. Currently she is a project manager. While she graduated from Shippensburg University with a B.S.Ed. in communication arts which certifies her to teach secondary English, literature, and speech courses, she chose to remain in the corporate world for her career.

Michelle resides in Mifflintown with her husband of thirteen years, Travis, and their two cats, Ellie, and Buddy. She is a member of the Aldersgate United Methodist church where a member of the mission committee, and leadership development committee.

In her spare time, she enjoys spending time with family and friends, traveling, being crafty and creative, and writing of any kind.



Michelle's theme for this BPW Year is "Grow through what you go through." This is not just a slogan but sound advice. We all go through challenging times and events in our life that function as catalysts for change. If we do not grow through these events and move forward, then they tend to make us stagnant and to remain stuck in place.



A new year marks the beginning of a new phase of our lives. Many are inspired to improve our lives, change, or rid ourselves of a bad habit when the old year fades away and the new one begins or when we have some life changing event.

Each year, many of us make plans to improve our lot in life-a.k.a. the New Year's Resolution.

No one really knows the where and when of how the New Year's Resolution began. However, there is recorded evidence that the act of making a New Year's Resolution is at least four thousand years old as recorded by the Babylonians.

They believed that what one did on the first day of the year had a profound effect on their lives for the rest of the year. This is where such things as eating pork and sauerkraut on New Year's Day or opening the door to let the old year out and the new year in came from. Who knows?

According to Glenn Miller, M.D. in his article titled *Why We Make New Year's Resolutions and Why We Should*, written in 2011 ***“Psychologically, the start of a new calendar year creates changes in our mind set.”***

No matter what the ideas you have for a brand-new year for yourself, remember life is about creating or recreating yourself.

New Year's Resolutions are hard to keep. When you set a resolution and begin to follow through, you trigger a powerful “neuro-hormone” in the brain called dopamine. Dopamine helps control the reward and pleasure centers of the brain. At first this neuro-hormone is high but eventually drops. Meaning your reward and pleasure centers of your brain does not recognize as much reward and pleasure from the new behavior.

According to Dennis Buttmer, M.Ed CEAP, RYT, a facilitator at the Thomas F. Chapman Family Cancer Wellness at Piedmont (an integrated health care facility in Georgia), “One of the biggest obstacles to success is self-criticism.” You start to doubt yourself or you no longer believe you can make the change.

Per Buttmer, you have more success in keeping those New Year's Resolutions if you:

- 1- Seek support from others. Everyone needs cheerleaders.
- 2- Create a reward system for yourself.
- 3- Have compassion for yourself. No one is perfect. Instead of beating yourself up, take a deep breath and try again.

Number 3 might just be the most important part of being successful.

Summing this all up, don't sweat the small stuff, keep plugging on and remember ***to grow through what you go through.***



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|-------------------|------|
| Juliann Kuczynski | 1/8 |
| Jane Noel | 1/8 |
| Romaine Truxel | 1/14 |
| Sharon Bartolotta | 1/29 |

Dates to Remember

Jan 15, 2024 – BPWPA Candidate Deadline
District Budgets to State Chair

Feb 1, 2024- Deadline for April Key

February 15, 2024- Deadline for District 11 & 12
Bylaws to State Chair
Deadline for proposed BPW/PA
Bylaw changes to State Chair

March 1-2, 2024, Mid-Winter BOD meeting
Graduate State College

March 12, 2024-Equal Payday Rally

March 14, 2024-Equal Payday

April 15, 2024 – Contest Entries to District Chairs
PA/BPW Foundation donations due

April 16, 2024 – District Histories to State Chair

May 1, 2024- District contests to State chairs

June 6-8, 2024- 104th Convention Harrisburg, PA

Significant Days in January

January 1-New Year's Day and Z Day where those whose last name begins with Z gets to go first.

January 3- National Chocolate Covered Cherry Day

January 5-Twelfth Night, the English folk custom marking the end of Christmas Merry Making.

January 6-National Bean Day

January 8-Elvis Presley's Birthday

January 10-Houseplant Appreciation Day

January 14-Dress up your Pet Day

January 16-Martin Luther King Day(observed)

January 17-Ben Franklin's Birthday

January 20-Penguin Day-Go Pens.

January 22-the Lunar New Year and Answer your Cat's Questions Day(why they think they have all the answers)

January 29-National Puzzle Day.

