

Business and Professional Women



*October 2019 Newsletter
Bedford Pennsylvania*

**October Meeting:
Tuesday October 8, 2019
Bedford Elks Country Club
Dining Room**

**Networking: 6:00 pm
Dinner 6:30 pm
Cost \$12.00 per person**

*Official Visit by District Director
Catherine Collins, BPW PA 2019
Woman of the Year*

*October Speaker: Sharon
McNamara, Your Safe Haven*

**All members must call to make
dinner Reservations: Call Jeannie
Plummer, (814) 623-5510 by noon
Monday Oct 7, 2019.**

Visit BPW PA Website for the latest
updates on events, info on upcoming
events and the latest Newsletters
from the State and other district and
local clubs:

<https://bpwpa.wildapricot.org>

Like us on Facebook! Visit the
Bedford Business and Professional
Women's Face book page and invite
others to Like our page

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A message from our President, Joan LaSalle

Autumn has arrived, and it is time for the annual Fall Foliage Festival in Bedford. During the festival, we hold one of our two major fundraisers. Thank you to Rita Bush for continuing to head this fund raiser, and to Jeannie Plummer and Nancy Mellott for joining Rita in leading the volunteers during this year's fall foliage. Tell your family and friends to stop by and get some of our gobs and support our scholarship fund.

Anyone else get melancholy in Autumn? I get sort of sad and empty feeling as plants begin to wither and leaves change color and fall from the trees. I could just as easily think about the beauty of the fall colors and beauty of the seasons. It is all a choice of my perspective. "Whatever you focus upon, increases.... When you focus on the things you need, you'll find those needs increasing.... A grateful perspective brings happiness and abundance into a person's life." That quote is from my favorite author, Andy Andrews.

Andy shares timeless wisdom in his writing, and while he is a Christian, he does not consider himself a Christian author. His books reflect his faith, but more importantly he says his books are "created around principles that work for everyone and they work every time." You can find audio clips, list of Andy's books and other information about Andy at andyandrews.com.

I had the opportunity to hear Andy speak several years ago, and, well, he is Awesome! Zig Ziglar said "Andy Andrews is the BEST speaker I have ever seen." On the days I find myself slipping or slumping and need some inspiration, Andy Andrews is one of my favorite spirit boosters.

So, if you are in a position what is bringing you down, as if you can choose a better perspective-- It just might change how you and those around you feel.

*Blessings,
Joan LaSalle*



October Birthdays

Sharon Houck – October 6
Christina Bollman – October 7
Faith Zembower – October 16
Deb Baughman - October 18

WE STILL NEED MORE HELP at our Fall Foliage booth!!!

If you can help, call Nancy Mellott, 814-494-1356. Working in the booth is fun and easy. We share the work so that some persons restock, some bag the purchases, and some take money and give change. And most of us see at least one friend that we haven't seen for a long time. Profits go to our scholarship fund.

National Business Women's Week is October 21-27, 2019 – Proclamation will be read at the Bedford County Commissioner's meeting on October 22, 2019. All members are encouraged to join us at the courthouse for the reading, photo to follow. Meet in Commissioners Board Room, Room 101 of the courthouse by 9:55 am.

If you have not read the Key – the official newsletter of BPW PA, you can find it at the BPW PA website: <https://bpwpa.wildapricot.org> , along with information on upcoming BPW PA events, pictures from events, and information such as bylaws and contest information. All members have access to this site. If you need help with your account, contact Joan LaSalle.

YEARBOOK Information – Joan LaSalle will have a current yearbook so you can update your information for the 2019-2020 yearbook. Yearbooks will contain contact information for all members who are current on dues as of the October meeting. This information is Name, address, workplace/job, telephone number(s), email address, and date joined BPW.

If you know of an occasion for BPW to send a card, please contact our Corresponding Secretary, Nancy Mellott. Phone: 814-623-5407 (home), Email: randmell@pa.net

Send newsletter information to Joan LaSalle jasalle929@gmail.com

District News/ Upcoming Events/ Opportunities

Fall District 5 Meeting and Cresson 60th Anniversary Celebration

Hosted By Cresson BPW, Colleen Krug, President

Date: Saturday October 19, 2019

Location: Cresson American Legion Post 238, Patriot Room
222 Ashcroft Avenue, Cresson, PA 16630

Cost: 21.00 (Includes \$1 registration, Continental Breakfast, & Lunch)

Schedule: 8:30-9:20 am Registration & Breakfast
8:30-9:20 am Executive Meeting (If needed)
9:30 am Business Meeting
Noon – 1:00 pm Lunch
1:00 - ? Business Meeting

Reservations must be postmarked by October 3, 2019. If you want to go, please email Joan LaSalle ASAP. Jlasalle929@gmail.com

Happening In Our Community

Bedford Fall Foliage Festival October 5-6, and October 12-13

Chamber Events:

**Oct 3, 7:45 am: First Thursday Networking Breakfast –at Springhouse Estates,
Cost \$20/person**

**Oct 4, 7:30 am- 9am: Government It's Your Business; Game commission will speak
about local deer population, CWD and other issues , cost is \$25.00 /person**

Oct 5, 6, 7, 8 1:00-4:00 pm Escape Room at the Historic Russell House.

Two escape room experiences will be available during Fall Foliage Festival weekends at the historic Russell House, located on the Squares in downtown Bedford (across Juliana Street from the courthouse.) One room will feature history about the 1816 building and its owners over the years; the other is an Irish-themed experience around an old "treasure" chest.

Cost \$20 for adults (13 and over), \$10 for 12 and under
(children 3 and under free.)

Recommended group size: 4-8 people per 45-minute session.

Proceeds benefit the educational programs of the Bedford County Chamber Foundation.