

# 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

Inside: Pg 2, Birthdays, Lo Club news,  
Pg3 District/State News/Community Events

*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](http://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](mailto:randmell@pa.net)

Send newsletter information to Joan LaSalle [jasalle929@gmail.com](mailto:jasalle929@gmail.com)

## **District News/ Upcoming Events/ Opportunities**

### **Fall District 5 Meeting and Cresson 60<sup>th</sup> 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.