

Business and Professional Women

*Bedford, Pennsylvania
January 2020 Newsletter*

January Meeting: Bedford Elks

Tuesday January 14, 2020

Dinner Buffet available

6:00-6:45 pm

Cost \$12.00 per person

Speaker will start at 6:50 pm

January Speaker:

*Jill Swiontek, Staff Attorney
Your Safe Haven*

**All members call to make meal
Reservations: Call Jeannie
Plummer (814) 623-5510 by noon
Monday January 13, 2020.**

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: Local Club news, birthdays, pg. 2; Justice Belles, pg. 3; Upcoming Events, pg. 4

A Message from our President Joan LaSalle

Happy New Year. Did you take time to reflect on 2019 - What was good, what was not so good? It occurred to me that in the past couple years I had not set any goals for self-improvement. Admittedly, I used to be a chronic goal setter, in part because my employer forced me to set professional and personal goals every year. So, I decided to set one SMART professional goal and one personal goal for this year. Smart goals are **S**pecific, **M**easurable, **A**chievable, **R**elevant, **T**ime Bound. Mine is to improve my Time Management, something that has slipped since becoming self-employed and working from home. Hopefully I will become more organized and have less stress. More info:

<https://www.mindtools.com/pages/article/smart-goals.htm>. As a personal goal, I want to be kinder, more or less just be the person my dog thinks I am.

Looking back, I see that Bedford BPW had many reasons to celebrate in 2019. We helped many children and women with outreach projects, awarded 3 scholarships, each in the amount of \$2500 each to one non traditional and 2 high school seniors, have members active in the newly formed Justice Belles, and have the latest new County Commissioner and the latest Athena Award winner as members in our club. To finish our calendar year, we had a wonderful Christmas party and collected \$287.76 in donations of gift cards and cash to donate to Your Safe Haven.

So, what's on tap for 2020? It is the 100th anniversary of the 19th Amendment and the 100th BPW/PA State Convention. We can celebrate both! Consider joining the BPW float committee, supporting Justice Belles, and attending the 100th BPW/PA State Convention which will be held June 11-14 nearby in York. (You do not have to attend the full time). More information can be found inside this newsletter.

Joan LaSalle



January Birthdays

Peggy Nave January 10

Michelle Meehan January 23

Melinda Feaster January 26

Norma Baker January 27

Bedford Club News



Long time member Nancy Fowler passed on December 11, 2019 after a brief illness. Nancy was a member of Bedford BPW since 1987, she served as recording secretary and was "Woman of the Year" in 2012. Several club members attended her funeral. Her full obituary can be found online:

<https://www.bedfordgazette.com/obituaries/nancy-ann-fowler>

Congratulations to Deb Baughman our newest Bedford County Commissioner.



Commissioners sworn in by Judge Ling at ceremony on December 30, 2019



Deb and her family



Deb and husband John with her certificate



Congratulations to Faith Zembower who is now a licensed real estate agent at CB SKS Realty, LLC. Faith is also Executive Director at Health by Choice Education & Research.

Check out Faith's New Facebook page: Faith A. Zembower at CB SKS Realty, LLC

Volunteers and Sponsors needed for our Spring Fundraiser that will be held on April 26th at the Bedford Legion to benefit our Scholarship fund and Outreach Project. Sponsor letter and more information will be available at January meeting. If you can help, please contact Joan LaSalle,

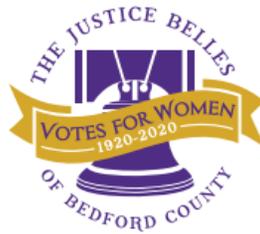
If you have news or information for the newsletter, please call/send to Joan LaSalle jasalle929@gmail.com, 814-285-6610

If you know of an occasion BPW should send a card, please notify our acting Corresponding Secretary, Jeannie Plummer (814) 623-5510.

Justice Belles Update from Deb Baughman

The Justice Belles of Bedford County is a group of dedicated community leaders made up of women from Bedford County's organizations including BPW. The steering committee includes Deb Baughman, Ella McElwee and Rita Bush. The committee is working to raise \$12,000 through sponsorships and tax-deductible donations. These funds will be used for significant commemoration events during 2020, including nominations and the selection of Bedford County women, both past and present, who have paved the way as leaders and moved the ball forward for women. A painting will be commissioned to memorialize selectees and will be hung in the Bedford County Courthouse. The steering committee needs immediate funds to cover expenses for events and many volunteers to work on events and projects. We are asking the members of BPW to support this exciting year-long celebration. Donations can be made online at www.cfalleghenies.org where you can find "Justice Belles of Bedford County" in the drop-down menu. Checks made payable to "Community Foundation for the Alleghenies" may also be given to a member of the steering committee.

We have also started a Facebook page- Justice Belles of Bedford County. Please like, follow, share, and invite others to join. We must get the word out!



By an act of Congress, the Women's Suffrage Centennial Commission was established to ensure observance of the centennial of the passage and ratification of the 19th amendment to the Constitution of the United States, giving women the right to vote. The Justice Belles of Bedford County, a local non-partisan organization, was formed to recognize this momentous milestone.

Be part of the 2020 celebration throughout the year! Watch for details.

- Free film series
- "Let Freedom Ring" Festival
- School and community educational activities
- Tribute to the women of Bedford County
- Bedford County Historical Society events
- Participation in county parades

Tax-deductible donations are being accepted through the Community Foundation for the Alleghenies at www.cfalleghenies.org. Find "Justice Belles of Bedford County" in the drop-down menu.

For more information about the project or to become involved with one of the planning committees, contact Deb Baughman at 814-635-7284 or e-mail JusticeBelles2020@gmail.com

Bedford BPW member Ella McElwee is heading the float committee, and BPW will be putting a float in some local parades. If you are interested in helping, or have ideas for the float, please contact Ella. We will need some creative ideas and lots of help!

Upcoming BPW Events:

February 1, 2020: MATH Counts, Penn State Altoona, PA. Volunteers needed for registration, proctoring, scoring. It is a fun morning and (optional) early afternoon of fellowship with other district BPW member and exciting math competition. If you are interested in volunteering, contact Joan LaSalle or email Linda Derman: lad408@gmail.com

March 13-14, 2020 BPW/PA Winter Board Meeting – Penn Stater State College, PA

April 25, 2020: District Meeting, Martinsburg Host Club

April 26, 2020: Bedford Spring Fundraiser; Bedford American Legion

June 11-14, 2020: BPW PA State Convention, Wyndham Garden, York, PA

THANK YOU Faith Zembower for putting together another Wonderful Christmas Party. The food was great and Phil McCaulley was exceptional entertainment. Thank you to all members who attended and who donated gift cards and money for Your Safe Haven.

Upcoming Community Events:

March 13, 2020: United Way's Annual March Into Comedy will be held Friday March 13, 2020 at the Elks Country Club. Tickets are \$40 and include 2 comedy acts and buffet dinner. Also available – silent auction, rep tickets and 50-50 drawing. Contact Katie Fink for tickets Katie@uwaybedfordpa.org

January 16, 2020: Chamber After Hours - LIFeSTYLE Next Door, located at 110 East Pitt Street, Bedford PA will host after hours on Thursday January 16, 2020 from 5:00-7:00 pm. Admission is \$6 for Chamber Members, \$16 for not yet members. For reservations contact Amy Barkman 814-623-2233

Ever hear people say they hope for Peace for Christmas or they hope for peace in the New Year? Heard (at Church): If you want Peace, remember that Forgiveness is the currency with which you can buy Peace.