



TriBeam

The Quarterly Newsletter of District 3 of BPW

Fall 2023

MARK YOUR CALENDARS

October 2023

2nd: Fall D3 Meeting ,

15th: Ecumenical Event

16th-20th: National Business Women's Week

19th: PA Conference of Women

November 2023

1st: Deadline for PA/BPW Foundation Scholarship applications for Spring

7th: ELECTION DAY— GET OUT & VOTE!

14th: Deadline for LO copies of Budget to District Finance Chair

23rd: Thanksgiving

December 2023

Happy Holidays!



From Your Director...

In life, as in sports, taking risks and seizing opportunities are key to achieving success and feeling fulfilled. Wayne Gretzky, one of the greatest ice hockey players of all time, once said, "You miss 100% of the shots you don't take." This simple yet profound statement holds universal truths that extend far beyond the hockey rink.

Taking shots, whether in hockey or life, involves an inherent risk. It means stepping out of our comfort zones and confronting uncertainty. It's a reminder that growth and progress often require us to overcome fear and apprehension. By embracing risk, we open ourselves up to a world of possibilities, learning experiences, and personal growth.

Every shot we take is not guaranteed to hit its mark. In fact, many shots may miss entirely. However, each miss is an opportunity to learn, adapt, and improve. Failure, rather than being a setback, becomes a stepping stone toward success. It teaches us resilience, perseverance, and the importance of continuous improvement.

Regret often stems from opportunities not seized, dreams left unfulfilled, and goals left unchased. The quote reminds us that not taking a shot, whether due to fear of failure or complacency, guarantees one thing: regret. Regret for what could have been. Regret for the chances we let slip through our fingers. Embracing the philosophy behind Gretzky's words empowers us to live with fewer regrets, knowing that we gave it our all.

Initiative is a quality that sets successful individuals apart. It's the ability to see an opportunity and take the first step toward it. "You miss 100% of the shots you don't take" is a rallying cry for those who wish to be proactive and make a difference.

Gretzky's quote serves as a timeless reminder that life rewards those who take action. It urges us to step onto the playing field, ready to take our shots, regardless of the outcome. By embracing risk, learning from failure, and seizing opportunities, we position ourselves for success, personal growth, and a life with fewer regrets. The same is true for BPW. You've taken the first step to empowering yourself when you became a member of your local. Are you embracing the benefits of membership? Your level of participation in BPW has a direct impact on the fulfillment you feel. Your local as well as the district and state offer many opportunities to be involved. Attend meetings regularly, including district and state events. Join committees, step into leadership roles. You will never give more to the organization than you receive in return.

So, the next time you are faced with an opportunity to participate, remember these words and ask yourself: Are you willing to take the shot? After all, you miss 100% of the shots you don't take.

Angela

2023-2024 District 3 Officers/Chairs

Director: Angela Apple
aapple@wpa.net

Assistant Director: Janet Riordan
janetriordan437@gmail.com

Treasurer: Jean Calabrace
spclc@comcast.net

Recording Secretary:
Barbara Baldwin
baldwin15@comcast.net

Corresponding Secretary:
Deborah Bowman
dbowmanlpw@gmail.com

Parliamentarian:
Marilyn J. Tallant
tallantmj@aol.com

Issues Management:
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Bylaws: Nancy Shaler
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Finance: Cathy Caccia
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Historian: MaryAnne Hallett
mah2853@verizon.net

ID/YC: Jackie Elliott
jelliott1077@gmail.com

Legislation: Kathryn Gerhart
kljgerhart@gmail.com

Membership: Alice Brasili
alice.brasili@adelphoi.org

Public Relations: Melissa
Colosimo macfit@comcast.net

MathCounts: Tara Marhefka-
Steiner tmarhefka@comcast.net

Nominations: Laurie Hough
laurielough@gmail.com

TriBeam Editor/Reporter to Key:
Teresa Trich
teresatrach@gmail.com

Directory: Karen Laskie
mickey9040@msn.com

Facebook/Website: Melissa
Colosimo macfit@comcast.net

**WOTY/BOTY/NMOTY/New Mem-
ber:** Theresa Rusbosin
tsr913@comcast.net

District 3 Locals>>>

Greater Pittsburgh
Bonnie DiCarlo, President
Bonnie255@aol.com

Greensburg
Pat McKim, President
pmmckim@consolidated.net

Latrobe
Tracy Grace, President
tljfhill@gmail.com

Ligonier Valley
Dawn Berkebile, President
dawnchem329@outlook.com

McKeesport
Bernie Koval, President
bernie69@comcast.net

Scottdale
Angie Marhefka, President
amarhefka@hotmail.com



FILL'ER UP

WIN \$500 CASH \$500 GAS*

Winning number taken from the first PA Pick-3
7:00 PM lottery number drawn on

FRIDAY, NOVEMBER 24, 2023

Not responsible for typographical errors. All unsold tickets become the property of BPW/District 3. Contributions or gifts to BPW District 3 are not deductible as charitable contributions for Federal Income Tax purposes. BPW District 3 reserves the right to substitute gift cards of equal value. Winner should contact seller to claim prize. Winner to receive \$500 cash and *\$500 in gas gift cards. Void after 30 days. License #497

4 numbers per ticket
Thank you!

NO. 000 NO. 000 NO. 000 NO. 000

250 Tickets
Donation: \$10.00

Greater Pittsburgh

Greater Pittsburgh BPW installed new officers:

Bonnie DiCarlo, President
Jill Smallwood, Vice President
Maurita Bryant, Treasurer
Jennifer Jackson, Recording Secretary
Shirley Duffy, Corresponding Secretary

We had our 2023-24 Planning Meeting and the year looks like:

- * Annual Vendor Bash is Dec. 2
- * Scholarship luncheon will be held in May
- * GPPBW will host the District 3 Spring Meeting on Saturday, April 6
- * Many members volunteered for various standing committees
 - * We plan speakers for each meeting
 - * We will continue to attract new members
- * We intend to participate in District and State activities

Greensburg

Our August Picnic meeting was held at the home of Marilyn Tallant. Greensburg plans to award scholarships to incoming college freshmen and/or continuing untraditional students. One of our recipients this past May was Camille K. who is a student member and she was also a recipient of a BPW state scholarship.

Greensburg has used a Holiday Candy sale as an annual fundraiser for a number of years and will continue to do so this year.

Latrobe

Our local kicked off the club year by once again by participating in the Latrobe 4th of July parade. We had 12 members walking the route handing out candy, imprinted pens and a QR code business card. Our entry was behind the Miss 4th of July Queen and her court, which we sponsored a \$1000 scholarship and provided \$500 towards the crowns and sashes for. Thank you to our friend Chuck and his big red truck for displaying our banners and carrying our bucket fillers down the street.

We hosted a committee fair during our August meeting to acclimate our members to the different committees and what they do for our organization. We welcomed new faces on our board this year and our executive leadership team remains the same with all agreeing to a second term. A representative from the Alzheimer Association came as our guest speaker and left as a member. We compiled a team and participated in their Walk to End Alzheimer fundraiser at Twin Lakes Park on Saturday, September 16th.



Latrobe 4th of July Parade Vice President Lorie Planinsek and Parliamentarian Theresa Rusbosin

We welcomed Chelsea Walker from the Westmoreland Conservation District as our guest speaker at our September meeting. Our Goodwill and Special Projects committee will educate us on our state project and let us know of the fundraising plans to support this organization.

Planning is well under way for National Business Women's Week in October. The committee has secured a guest speaker, promotional items and sold placemat ads to our women owned business members.

We will be distributing the placemats to local restaurants for use during the third week of October.

And lastly –

SAVE THE DATE:

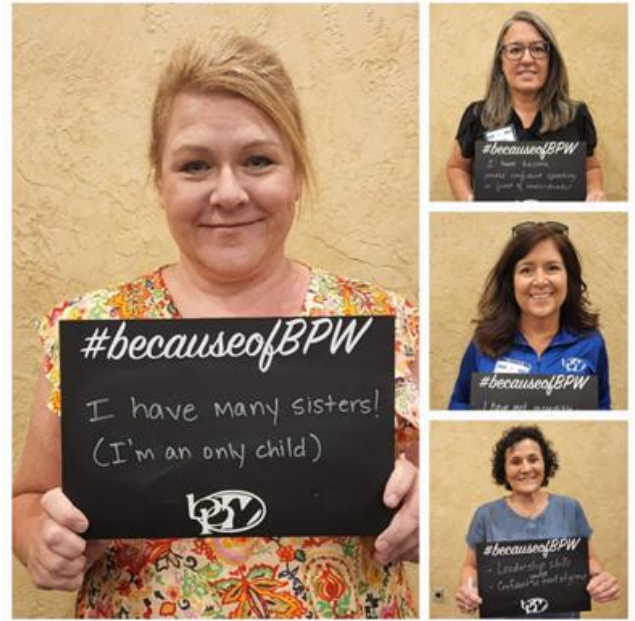
Latrobe BPW's Annual Vendor Show

Thursday, November 16th 6pm-8:30

Latrobe American Legion Post 515

1811 Ligonier St

Latrobe PA 15650



#becauseofBPW Campaign – August 2023 Meeting

Public Relations Chair – Angela Apple

Corresponding Secretary – Dawn Hughes

Member – Alice Brasili

Parliamentarian – Theresa Rusbosin.

McKeesport

McKeesport held a New Member Mixer on Thursday September 14th, and we look forward to seeing how many of the amazing women will join.



We are also looking forward to hosting the D3 Fall Meeting on October 2nd!



A note from the District 3 Public Relations Chair, Melissa Colosimo

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GOOD DAY AND HAPPY FALL

MELISSA COLOSIMO PR CHAIR OF DISTRICT 3 - IS GOING TO BE WORKING ON A MARKETING CAMPAIGN TO GET MORE MEMBERS/FOLLOWER TO OUR PAGES AND WILL BE USING THE HASHTAG #BECAUSEOFBPW

MELISSA ASKS THAT ANY EMAILS THAT COME TO HER THAT TO PLEASE RESPOND TO THE EMAILS THAT SHE SENDS - SHE NEEDS PARTICIPATION FROM EACH LOCAL IN ORDER TO GET THE WORD OUT ABOUT THIS GREAT BUSINESS AND PROFESSIONAL WOMEN'S GROUP

THE EMAIL WILL BE COMING FROM
MACFIT@COMCAST.NET

IN THE MEANTIME, IF YOU HAVE ANY QUESTIONS - MELISSA CAN ALWAYS BE REACHED AT MACFIT@COMCAST.NET AND 412-760-5516 - MELISSA DOES TEXT

SHE IS GOING TO BE WORKING ON A INSTAGRAM PAGE TOO - THANK YOU SO MUCH FOR ALL THAT YOU ALL DO AND REMEMBER -#BECAUSEOFBPW.....

PERSONAL & PROFESSIONAL DEVELOPMENT WORKSHOP



SUNDAY

November 5, 2023

Register by October 27, 2023

Time

8:30 AM-3:00 PM



..... YWCA WESTMORELAND
GREENSBURG, PA



www.bpwpadistrict3.org

WOMAN OF THE YEAR, NEW MEMBER OF THE YEAR And EMPLOYER OF THE YEAR

By now you have held your first local meeting of the year. Did you see many of your members return to the 1st meeting eager and anxious to do all things BPW?

Start now to look around your meeting and see who is there to mentor, volunteer, step up to leadership and consider her for the Woman of the Year.

As you bring on new members are they looking to learn more about BPW and your local activities? Are they already asking what can I do? This might be the one to consider as your New Member of the Year.

Lastly, is there an employer in your area that has many women in leadership, provides opportunities for those women to advance, and offers a good work life balance with fair and equitable pay for all employees? Then this might be your submission for Employer of the Year.

Please start now thinking about the one to submit in each category. Attached are the forms to complete for each category entry. You will be required to **MAIL 4 copies** to me at **727 Cat Curve Lane Latrobe Pa 15650**. All material is to be typed, double spaced on 8 ½" x 11" paper. **REMEMBER** your local winner in each category must be postmarked by **January 31, 2024**.

Let's Plant, Grow, Bloom,

Theresa Rusbosin
Committee chair



EMPLOYER OF THE YEAR CITATION

Each entry must include:

1. Name and address of the Employer or Firm;
2. Nature of business;
3. Number of women employed now;
4. Number of women hired during the last calendar year;
5. Number of women advanced to more important positions during the last calendar year;
6. Names of women promoted to key positions during the last calendar year;
7. Brief job description of women promoted;
8. If a woman has been given special recognition by the employer, give the name and address of woman and state what recognition she has received (other than promotion).

Each Local Organization may submit entries. All material is to be typed, double spaced on 8-1/2" x 11" paper. Four (4) copies are to be submitted to BPW/PA President and one (1) copy is to be sent to the respective District Director. Entries must be postmarked to the BPW/PA President no later than March 1.

NEW MEMBER OF THE YEAR CITATION

(District 3 recognition only)

The New Member of the Year award recognizes contributions to their local from a member who promotes the mission of BPW with no more than 2 full years of membership.

NAME:

ADDRESS:

MEMBERSHIP JOIN DATE:

Office or chair positions held:

Name & location of employer and nature of the business:

EDUCATION:

NAME OF OTHER CLUBS/ASSOCIATIONS which nominee is affiliated

Essay: Describe fully the contributions the nominee has made toward her local BPW using the below six (6) criteria:

- 1) Active in supporting local goals & projects**
- 2) Regular attendance at monthly meetings**
- 3) Invites guests to meetings**
- 4) Has brought in new members (how many) to the local organization**
- 5) Participation as an officer, chair or committee position held in the local**
- 6) Why are you nominating this person for the award?**

Nominations are to be 8 ½" x 11" paper, typed & double spaced


Sent to the District Chair by January 31, 2024

WOMAN OF THE YEAR CITATION

Each entry must include:

1. Name and address of the nominee;
2. Name of the Local Organization to which she belongs;
3. Number of years a member of BPW;
4. Federation offices held -- Local Organization, District, BPW/PA and BPW/USA;
5. Employment:
 - Name and location of employer;
 - Nature of business or profession;
 - Title or type of job performed;
6. Education;
7. Names of other clubs or associations with which nominee is affiliated;
8. State and describe fully the contribution the nominee has made to the advancement of the objectives of BPW: To elevate standards, promote interest, develop cooperation, extend opportunities among all business and professional women.

Each Local Organization may submit entries. All material is to be typed on 8-1/2" x 11" paper, double spaced. Four (4) copies are to be submitted to the BPW/PA President. One (1) copy is sent to the District Director. Entries must be postmarked to the BPW/PA President no later than March 1.



LATROBE BPW VENDOR EVENT

November 16, 2023

6:00pm to 8:30pm

Latrobe American Legion

Open to the public at 6:30pm - no charge

Member Vendors - \$10.00 per table

Nonmembers - \$15.00 per table

Setup - 5:00pm

- No duplicate businesses- cash & carry
- Vendors can have a door prize drawing
- A network table will be provided for member **non-sale** business

Contact: Jean Calabrace

spcrlc@comcast.net

724-787-0897



2023-2024 DATES TO REMEMBER

October, 2023	* Breast Cancer Awareness Month
October 1, 2023	* Deadline for the December Issue of <i>THE KEY</i>
October 16-20, 2023	* National Business Women's Week
October 15, 2023	* BPW Ecumenical Event, Washington Country Club. 599 Country Club Road, Washington,, PA 15301
October 19, 2023	*PA Conference for Women - In Person
November 1, 2023	* Deadline for PA/BPW Foundation Scholarship applications for Spring Semester
November 7, 2023	* Election Day - GET OUT AND VOTE!
November 14, 2023	* Deadline for LO copies of Budget to District Finance Chair
December, 2023	* Happy Holidays!
January 15, 2024	* Deadline for BPW/PA Candidate Application to State Nomination Chair, Melissa (Missy) Wieand
	* Deadline for one copy of LO Budget and District Budget from District Finance Chair to BPW/PA Finance Chair, Mary Jane Rowles
	* Deadline for any proposed changes to the BPW/PA Bylaws to BPW/PA Bylaws Chair, Catherine Caccia
February, 2024	* Foundation Month * Heart Awareness Month * National Cancer Prevention Month
February 1, 2024	* Deadline for April Issue of <i>The Key</i>
February 15, 2024	* Deadline for Los in Districts 11 and 12 to submit Bylaws to State Bylaws Chair, Cathy Caccia
March, 2024	* Women in History Month
March 1-2, 2024	* BPW/PA Summer Board Meeting, Graduate State College, 125 South Atherton Street, State College, PA 16801
	* PA/BPW Foundation Meeting
	* EPW/PA Meeting
March 12, 2024	* Equal Pay Rally in Harrisburg
March 14, 2024	* Equal Pay Day
April 15, 2024	* LO Contest entries are due to District Chairs for the following: Issues Management, Legislation, Membership and Public Relations.
April 16, 2024	* District Historians must send their LO and District Histories to BPW/PA Historian, Sandra Bowery no earlier than April 16 and no later than April 30, 2024.
April 30, 2024	* All donations to PA/BPW Foundation must be received by PA/BPW Foundation Treasurer. Due April 30, 2024
May 1, 2024	*BPW/PA District Entries to BPW/PA Chairs are due (and postmarked) for the following: * Issues Management - Donna Jones * Legislation - Virginia (Ginny) Bailey * Public Relations - Rebecca Boyd * Foundation Chair - Nancy J. Werner
May 1, 2024	*All Materials/Photos for the District Personal & Professional Development And Young Careerist representatives are due to BPW/PA PPD Chair, Michelle Teague, and BPW/PA YC Chair, McKala Ehrenzeller.
May 1, 2024	*Deadline for PA BPW Foundation Scholarship applications for Fall Semester,
May 1, 2024	* Reports from District Directors, Standing and Special Committee Chairs are due to the Convention Manual Editor, Marisa Harmon
May 15, 2024	* All BPW/PA Chairs with contests must send a copy of their categories and winners to Issues Management Chair, Donna Jones, for the contest winner booklets and Tiffanie Burger for printing of the certificates for presentation at Convention.
	* All remaining BPW/PA Standing and Special Committee Chairs are asked to send a summary of the district participation to BPW/PA Vice President for the Eleanor Briner Award.
June 6-9, 2024	* BPW/PA 104th Annual State Convention, Best Western Premier The Central Hotel and Conference Center 800 East Park Dr. Harrisburg, PA 17111



District 3 Facebook site:

@BPWPADistrict3

Website bpwpadistrict3.org

