



Business and
Professional
Women/PA

GREATER CONSHOHOCKEN BPW

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Conshohocken Calling.....

The Official Newsletter of the Greater Conshohocken Business & Professional Women's Organization

UPCOMING EVENT

GREATER CONSHOHOCKEN BPW 75TH BIRTHDAY LUNCHEON
SATURDAY, MARCH 23RD NOON TO 3PM



Come and celebrate Greater Conshohocken BPW's 75th birthday! There will be lots of fun, food and friendship, so join us at Phil's Tavern in Blue Bell. To date, **State Representative Greg Scott and Mayor Aronson** will be presenting us with proclamations at the luncheon and a **Montgomery County Commissioner proclamation is in process!** We are also honored to have Conshohocken **First Lady Sarah Aronson**, President, Destination Conshohocken coming to the event. And our **BPW/PA President, Michelle Holler and President Elect, Jennifer Van Ingen** will be joining us as well. Don't miss it!



Remember to bring your used books to the luncheon in honor of National Library Week!



PRESIDENT'S MESSAGE

Hi Everyone:

What a great meeting we had the other night. Denise Chresos from District 2 Indiana Local was our guest speaker and told us all about her work with the Big Balloon Builds. What a great event. It was so interesting to hear the different ideas people had for the builds and how they worked together to provide such amazing displays. The fact that the balloons are safe for our environment was a definite segway into our recycle, reuse, repurpose theme for this year. It was also important to note that the builds are also for specific charities such as Ronald McDonald House, United Way, etc. I was so happy to donate a gallon zip lock bag of can tabs for the April build for Ronald McDonald House. Hope you win Denise. We also had several new members at the zoom meeting and a few perspective members. It was great to see some new faces.

We are working diligently to get ready for our March 23, 2024 75th Birthday Luncheon at Phil's Tavern. If you haven't responded yet, please let me know. It should be a fun time. We have great guest speakers, and members of BPW/PA from other locals and the Executive Committee. Hope you can make it.

February was a busy month, attending meetings at other clubs (via zoom). I also was privileged to attend the Book Club held by Carole Turk of District 10. The book that was discussed was written by Cynthia Culbreath about her cousin titled: *The Olympian Leap: The Life and Legacy of Josh Culbreath*. Met Cynthia at her book signing at Barnes and Noble and she agreed to be our May Guest Speaker. Mary, Ginny and I attended the State Winter Board Meeting at Penn State, which is always filled with catching up with great friends, finding out what is going on around the state and sharing lots of information.

Hope to see you at our 75th Birthday Luncheon. Stay safe and warm.

Donna



INVEST IN YOURSELF BY INVESTING IN BPW

Our organization's year runs from July 1st to June 30th, so any new member joining GC BPW from December 1st to March 31st pays half year dues (\$19.50). Interested? Go to conshohockenbpw@gmail.com.

Can't attend meetings? No problem! We will keep you up to date with what's happening in our GC BPW monthly newsletter and on our Facebook page. Get involved today!

FEBRUARY 26TH GC BPW ZOOM MEETING: BIG BALLOON EVENTS
DENISE CHRESOS, OWNER, FLOWER AND BALLOON GALLERY, INDIANA, PA



For more spectacular photos, visit <https://www.bigballoonbuild.com/>

What is the Big Balloon Build™? We make a difference to the world through larger-than-life experiences called Balloon Worlds. Working alongside charities, communities, businesses and local leaders, our aim is to inspire, empower, and support positive change.

Making a difference in the Community: The Big Balloon Build™ is focused on a local charitable cause, whose mission is to promote the health and wellbeing of children, whether they are underprivileged or have a disability. The Big Balloon Build will give them an experience of a magical immersive wonderland out of balloons and also raises awareness of the cause.

Sustainability: We are proud members of the Pro-Environment Balloon Alliance and are committed to responsible sourcing and sustainable practices. We do not use helium, plastic or foil balloons at our Builds. We only use Prima Balloons which are industry leaders in sustainability, Animal Conservation and support for Children's Charities. All balloons are recycled after a Big Balloon Build.

UPCOMING BIG BALLOON EVENTS:

- **April 25-28, 2024 Northern Indiana Event Center in Elkhart. Benefits the Ronald McDonald House Charities® of Michiana. NOTE: Denise is collecting can tabs to donate to the Ronald McDonald House, and President Donna already gave a bag full to BPW/PA VP Sarah to give to Denise!**



- **July 18-22, 2024 Cultural Center for the Arts, Canton, Ohio. Benefits ArtsinStark**
- **November 21-24 Indiana, PA. Denise will host this Big Balloon Build immediately after the "It's a Wonderful Life Festival" and parade. Benefits United Way of Indiana County. Congratulations Denise on your efforts to bring a Big Balloon Build to Pennsylvania!**



GC BPW JANUARY AND FEBRUARY RECYCLING

In January, members collected eyeglasses and donated them to the Lion's Club International Recycle for Sight Program drop-off at St. Philip Neri Church in Lafayette Hill.



In February, 30 ink cartridges and a printer/keyboard were recycled at Best Buy and Staples. **We will continue to recycle ink cartridges, so if you have any to donate, bring them to a meeting.**



UPCOMING GC BPW RECYCLING PROJECT IN MARCH IS USED BOOKS....



BPW EVENT UPDATES



BPW/PA LEGISLATIVE FORUM - COMBATING DOMESTIC VIOLENCE (DV)

TUESDAY, FEBRUARY 6, 2024 VIA ZOOM

Rachel Haynes Pinsker, ESQ, delivered an inspiring and informative presentation on Combating DV during the Legislative Platform Forum on Thursday, February 6th. Donna and Mary attended the Forum. State Legislation Committee member, Carole Turk and past Legislation Chair, Lilly Gioia, have written a Policy Resolution to be presented at Convention urging Governor Shapiro to create an Office for Domestic Violence, and empowering its Director to implement a state-based data system and mandates for first responders to follow.

A Forum recording is available at the BPW/PA YouTube Channel: If you advance past the first 15 minutes, you will be at the exact spot where Rachel's presentation and slide show starts.

<https://www.youtube.com/watch?v=wNdBaEmS81Y>. [Click here](#) for more content from the presentation! **Speaking of BPW/PA YouTube...**

BPW/PA LAUNCHES YOUTUBE CHANNEL

As we continue through this year, we are bringing exciting workshops and courses for you to develop and grow. We know with everyone's busy schedules; attendance isn't always possible. **Worry no more! BPW/PA has launched a YouTube Channel.** If you have ideas on other workshops or presentations, please reach out to President Michelle Holler at holleratchelle@gmail.com.

NEXT BPW/PA LEGISLATIVE FORUM ON MARCH 21ST – ERA UPDATE VIA ZOOM: 7PM



Announcing the upcoming:
BPW/PA Legislative Platform Forum
Celebrating Women's History Month
Topic: Equal Rights Amendment-update

Speaker: Nancy Werner, ERA activist, ERA Coalition
Member, BPW/PA Past State President 1995-96



During the May 2023 Legislative Platform Forum on the Equal Rights Amendment Nancy Werner presented both the most current legal challenges and outcomes with the U.S. judicial system at that time, as well as the U.S. Congressional vote that occurred in late April. Following up a year later she will entertain the latest strategies from the ERA Coalition. Plans and ideas are still very active across our country. Forum attendees will also have the unique opportunity to travel with Nancy Werner and Denice Robinson, (both BPWPA PSPs) as they attended the memorable events on July 21-23, 2023 at the First Presbyterian Church and the Wesleyan Chapel in Seneca Falls, New York for the Centennial Celebration Days of Alice Paul's delivery of the Equal Rights Amendment.

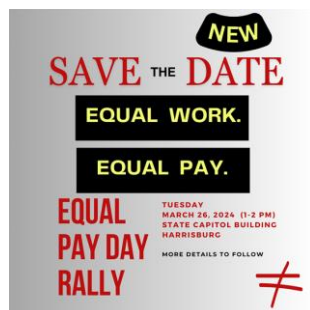
Date: Thursday, March 21, 2024, 7:00-8:00 P.M. via Zoom

Register online via the BPW/PA Website
<https://bpwpa.wildapricot.org/event-5639578>

Presented by District 10

Sponsored by the BPW/PA Legislation Committee

If you have any questions please email Carole Turk, District 10 Legislation Chair at caroleturk@comcast.net



EQUAL PAY DAY RALLY- MARCH 26TH, HARRISBURG

****UPDATES****

President Michelle will be our Mistress of Ceremonies and we have very enthusiastic confirmations from the following speakers (in no particular order):

Rep. Jason Dawkins, HB 1500

Rep. MaryLouise Isaacson, HB 356

Amal Bass, Women's Law Project, HB 98

Rep. Donna Bullock, HB 98

Rep. Jennifer O'Mara, HB 98

Someone from AAUW/PA to be named later

Also, if planning to attend please send an email to Ginny at Muffygin@aol.com so we have an idea how many are planning to attend and how many signs to get.



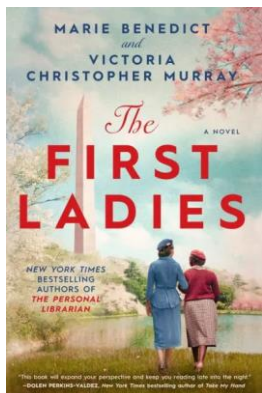
CMC BPW FEBRUARY 15TH ZOOM MEETING

On Feb. 15th, Central Montgomery County BPW President Mo Gillen and members, Dianna Thornton enhancingyourfinances.com and Mercedes Petrellis cimontheweb.com, presented relevant financial information on black women ceiling smashers in the financial world, tips for budgeting, and advice on investing. President Donna and Ginny attended the meeting.



BPW/PA BOOK CLUB—THE OLYMPIAN LEAP: THE LIFE AND LEGACY OF JOSH CULBREATH – FEB. 22ND

In honor of Black History Month, the featured book was *The Olympian Leap: The Life and Legacy of Josh Culbreath* by Cynthia Culbreath, CMC BPW member. On the phone was Diane Bolette from Hawaii, who knew Josh since age 8. Cynthia stated in a follow-up email, “It was my pleasure to answer questions for everyone to learn more about this legendary figure from our shared hometown of Norristown and to engage with fellow sisters in exploring his achievements and contributions.” The participants also brainstormed on how Norristown could recognize Josh Culbreath for his many achievements. President Donna and Mary joined in on the discussion and Donna attended Cynthia’s book signing at Barnes and Noble, Plymouth Meeting on Saturday, February 24th (see photo above).



BPW/PA MARCH 28TH BOOK CLUB – THE FIRST LADIES

This is a historical fiction story of two different, yet equally formidable, passionate, and committed women, Eleanor Roosevelt and Mary McLeod Bethune, and the way in which their singular friendship helped form the foundation for the modern civil rights movement. **Not to be missed for Women’s History Month!**

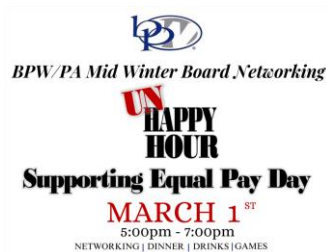


BPW/PA MID-WINTER BOARD MEETING EVENTS

www.youtube.com/watch?v=UkCwfnoHuYs

Join us as we take you behind the scenes of the Mid-Winter Board Meeting hosted by the dynamic ladies of BPW/PA. From insightful discussions on empowering women to the camaraderie built during the Unhappy Hour event, this video captures the essence of a weekend filled with inspiration, networking, and shared experiences. Don't miss out on the highlights, empowering moments, and the spirit of unity that defines the BPW/PA community.

[#Becasueofbpw](#) [#BPW](#) [#EmpowerWomen](#) [#MidWinterBoard](#)



BPW/PA NETWORKING/UNHAPPY HOUR – MARCH 1, 2024

The members enjoyed the dinner and chance to get to know one another better with “Guess your word” and “2 truths and a lie”! Our thanks to President-Elect Van Ingen and VP Sarah Kitchen for putting together this event!



BPW/PA MID-WINTER BOARD MEETING – MARCH 2, 2024

GC BPW President Donna, Mary and Ginny attended the meeting, which was called to order at 8:40 am by President Holler. Preliminary business was completed, a quorum was declared and three first-timers were recognized. Reports were distributed prior to the meeting; only additional info was reported. “Growing Your Membership in a Noisy World” was presented by Stephanie Desaulniers. PA BPW Foundation and NFBPWC Conference provided updates. Vice President Sarah Kitchen then provided information on how to “Spring Into Wellness”.

Unfinished business included a Restructuring/Reorg Committee Update, Member Directory Updates, State Project Workgroup Suggested Updates (adopted), and 2023 Convention Report.

Under New Business, Executive Committee (EC) Action Items were considered and adopted. These included changing the mileage reimbursement for Board Members to Board Meetings and Convention to a \$100/member stipend; that the Post-Convention Board, EC, planning and finance/budget meetings for mileage reimbursements be discontinued (Zoom meetings now); that only 2 KEY issues be distributed (Fall and Spring); that Convention sites will now be “within the central region of PA”.

An update on Equal Pay Day (March 26, 2024) was given and President Elect Van Ingen then introduced her 2024-2025 Board of Directors. District 10 provided their promotion of the 104th BPW/PA Annual Convention and the raffle winners were chosen; proceeds went to the State Project, Keystone Services. After announcements, the meeting was adjourned.



BPW/PA AREA LOCAL EVENTS

CENTRAL MONTGOMERY COUNTY BPW UNHAPPY HOUR – MARCH 14, 2024

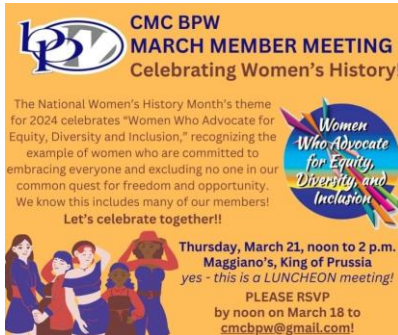


Raise a glass with us!
Ticket includes snacks
and a signature mocktail!

Wallace
Dry Goods
1 W. Lancaster Ave
Ardmore

cmcbpw@gmail.com

CENTRAL MONTGOMERY COUNTY BPW MARCH MEETING – MARCH 21, 2024



GREAT JOB SOUDERTON-TELFORD BPW!

Souderton-Telford Business and Professional Women Hold Successful Coat Drive



(Credit: Souderton-Telford Business & Professional Women)

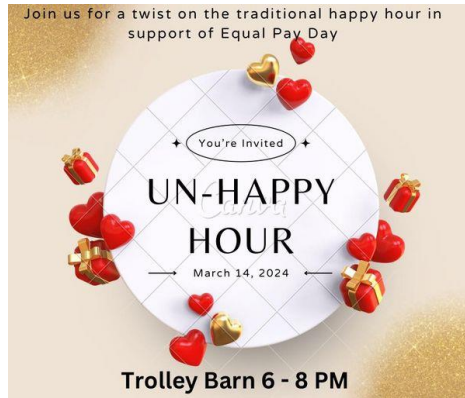
The Reporter Staff • Tue, Feb 06, 2024, 8:55 AM

The Souderton-Telford Business and Professional Women (BPW) recently teamed up with local non-profit Angels Sharing the Warmth to host its first annual coat drive.

From Jan. 2 to Jan. 21, the organization collected coats from four different drop off locations in the Souderton area, with community members showing up on a daily basis to donate bags of coats, gloves, hats, and gloves. In the end, over 50 bags were donated with over 500 coats for women, men, and children, said a Souderton-Telford BPW press release.

"Thanks to everyone who supported this endeavor local

QUAKERTOWN BPW UNHAPPY HOUR – MARCH 14, 2024



UPPER PERKIOMEN BPW UNHAPPY HOUR – MARCH 20, 2024



*Upper Perkiomen BPW Networking
UnHappy Hour and Business Card
Exchange*

Supporting Equal Pay Day

Sponsored by Shelby Leight - Keller Williams Realty Group

MARCH 20TH

4:30pm - 6:30pm

NETWORKING | APPETIZERS | DRINKS

Are you ready to elevate your network and make meaningful business connections? Join us for a Networking Happy Hour where professionals from various industries gather to exchange ideas, experiences, and, of course, business cards!

Carriage House Restaurant
745 Gravel Pike, PA-29
East Greenville, PA 18041

RSVP by going to the link below
<https://forms.gle/dBbmNY2ws1TH7EFv5>

UPPER PERKIOMEN BPW APRIL LOTTERY TICKETS



**LOTTERY
TICKET
CALENDARS**

YOU HAVE 2 CHANCES TO
WIN EACH DAY IN APRIL

TICKETS AVAILABLE NOW!

Each ticket has two different
numbers that will be checked
against the PA 7:00 PM lottery
drawing.

MESSAGE US TODAY
FOR YOUR TICKETS
TO WIN!

APRIL	MARCH	2024	2023	2022	2021	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000	1999	1998	1997	1996	1995	1994	1993	1992	1991	1990	1989	1988	1987	1986	1985	1984	1983	1982	1981	1980	1979	1978	1977	1976	1975	1974	1973	1972	1971	1970	1969	1968	1967	1966	1965	1964	1963	1962	1961	1960	1959	1958	1957	1956	1955	1954	1953	1952	1951	1950	1949	1948	1947	1946	1945	1944	1943	1942	1941	1940	1939	1938	1937	1936	1935	1934	1933	1932	1931	1930	1929	1928	1927	1926	1925	1924	1923	1922	1921	1920	1919	1918	1917	1916	1915	1914	1913	1912	1911	1910	1909	1908	1907	1906	1905	1904	1903	1902	1901	1900	1899	1898	1897	1896	1895	1894	1893	1892	1891	1890	1889	1888	1887	1886	1885	1884	1883	1882	1881	1880	1879	1878	1877	1876	1875	1874	1873	1872	1871	1870	1869	1868	1867	1866	1865	1864	1863	1862	1861	1860	1859	1858	1857	1856	1855	1854	1853	1852	1851	1850	1849	1848	1847	1846	1845	1844	1843	1842	1841	1840	1839	1838	1837	1836	1835	1834	1833	1832	1831	1830	1829	1828	1827	1826	1825	1824	1823	1822	1821	1820	1819	1818	1817	1816	1815	1814	1813	1812	1811	1810	1809	1808	1807	1806	1805	1804	1803	1802	1801	1800	1799	1798	1797	1796	1795	1794	1793	1792	1791	1790	1789	1788	1787	1786	1785	1784	1783	1782	1781	1780	1779	1778	1777	1776	1775	1774	1773	1772	1771	1770	1769	1768	1767	1766	1765	1764	1763	1762	1761	1760	1759	1758	1757	1756	1755	1754	1753	1752	1751	1750	1749	1748	1747	1746	1745	1744	1743	1742	1741	1740	1739	1738	1737	1736	1735	1734	1733	1732	1731	1730	1729	1728	1727	1726	1725	1724	1723	1722	1721	1720	1719	1718	1717	1716	1715	1714	1713	1712	1711	1710	1709	1708	1707	1706	1705	1704	1703	1702	1701	1700	1699	1698	1697	1696	1695	1694	1693	1692	1691	1690	1689	1688	1687	1686	1685	1684	1683	1682	1681	1680	1679	1678	1677	1676	1675	1674	1673	1672	1671	1670	1669	1668	1667	1666	1665	1664	1663	1662	1661	1660	1659	1658	1657	1656	1655	1654	1653	1652	1651	1650	1649	1648	1647	1646	1645	1644	1643	1642	1641	1640	1639	1638	1637	1636	1635	1634	1633	1632	1631	1630	1629	1628	1627	1626	1625	1624	1623	1622	1621	1620	1619	1618	1617	1616	1615	1614	1613	1612	1611	1610	1609	1608	1607	1606	1605	1604	1603	1602	1601	1600	1599	1598	1597	1596	1595	1594	1593	1592	1591	1590	1589	1588	1587	1586	1585	1584	1583	1582	1581	1580	1579	1578	1577	1576	1575	1574	1573	1572	1571	1570	1569	1568	1567	1566	1565	1564	1563	1562	1561	1560	1559	1558	1557	1556	1555	1554	1553	1552	1551	1550	1549	1548	1547	1546	1545	1544	1543	1542	1541	1540	1539	1538	1537	1536	1535	1534	1533	1532	1531	1530	1529	1528	1527	1526	1525	1524	1523	1522	1521	1520	1519	1518	1517	1516	1515	1514	1513	1512	1511	1510	1509	1508	1507	1506	1505	1504	1503	1502	1501	1500	1499	1498	1497	1496	1495	1494	1493	1492	1491	1490	1489	1488	1487	1486	1485	1484	1483	1482	1481	1480	1479	1478	1477	1476	1475	1474	1473	1472	1471	1470	1469	1468	1467	1466	1465	1464	1463	1462	1461	1460	1459	1458	1457	1456	1455	1454	1453	1452	1451	1450	1449	1448	1447	1446	1445	1444	1443	1442	1441	1440	1439	1438	1437	1436	1435	1434	1433	1432	1431	1430	1429	1428	1427	1426	1425	1424	1423	1422	1421	1420	1419	1418	1417	1416	1415	1414	1413	1412	1411	1410	1409	1408	1407	1406	1405	1404	1403	1402	1401	1400	1399	1398	1397	1396	1395	1394	1393	1392	1391	1390	1389	1388	1387	1386	1385	1384	1383	1382	1381	1380	1379	1378	1377	1376	1375	1374	1373	1372	1371	1370	1369	1368	1367	1366	1365	1364	1363	1362	1361	1360	1359	1358	1357	1356	1355	1354	1353	1352	1351	1350	1349	1348	1347	1346	1345	1344	1343	1342	1341	1340	1339	1338	1337	1336	1335	1334	1333	1332	1331	1330	1329	1328	1327	1326	1325	1324	1323	1322	1321	1320	1319	1318	1317	1316	1315	1314	1313	1312	1311	1310	1309	1308	1307	1306	1305	1304	1303	1302	1301	1300	1299	1298	1297	1296	1295	1294	1293	1292	1291	1290	1289	1288	1287	1286	1285	1284	1283	1282	1281	1280	1279	1278	1277	1276	1275	1274	1273	1272	1271	1270	1269	1268	1267	1266	1265	1264	1263	1262	1261	1260	1259	1258	1257	1256	1255	1254	1253	1252	1251	1250	1249	1248	1247	1246	1245	1244	1243	1242	1241	1240	1239	1238	1237	1236	1235	1234	1233	1232	1231	1230	1229	1228	1227	1226	1225	1224	1223	1222	1221	1220	1219	1218	1217	1216	1215	1214	1213	1212	1211	1210	1209	1208	1207	1206	1205	1204	1203	1202	1201	1200	1199	1198	1197	1196	1195	1194	1193	1192	1191	1190	1189	1188	1187	1186	1185	1184	1183	1182	1181	1180	1179	1178	1177	1176	1175	1174	1173	1172	1171	1170	1169	1168	1167	1166	1165	1164	1163	1162	1161	1160	1159	1158	1157	1156	1155	1154	1153	1152	1151	1150	1149	1148	1147	1146	1145	1144	1143	1142	1141	1140	1139	1138	1137	1136	1135	1134	1133	1132	1131	1130	1129	1128	1127	1126	1125	1124	1123	1122	1121	1120	1119	1118	1117	1116	1115	1114	1113	1112	1111	1110	1109	1108	1107	1106	1105	1104	1103	1102	1101	1100	1099	1098	1097	1096	1095	1094	1093	1092	1091	1090	1089	1088	1087	1086	1085	1084	1083	1082	1081	1080	1079	1078	1077	1076	1075	1074	1073	1072	1071	1070	1069	1068	1067	1066	1065	1064	1063	1062	1061	1060	1059	1058	1057	1056	1055	1054	1053	1052	1051	1050	1049	1048	1047	1046	1045	1044	1043	1042	1041	1040	1039	1038	1037	1036	1035	1034	1033	1032	1031	1030	1029	1028	102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BPW/PA 2024 STATE CONVENTION - June 6 - 9, 2024



Hop on the Bus to the Best Western Premier, The Central Hotel and Conference Center, 800 East Park Drive, Harrisburg!

Advanced registration discount ends March 31, 2024

*Updated documents, forms, and announcements will be posted below in anticipation of the 2024 Convention. You can also find these updates on our website in the Members Only section or click:

CONVENTION 2024 INFO, FORMS, FLYERS! CLICK HERE

[Convention Registration Form](#) (click here)

BPW/PA CONVENTION VENDORS NEEDED



The BPW member vendor cost for a 6-foot table is \$50. Vendor setup starts Thursday from 4-7 pm and sales are Friday 7am-6pm and Saturday 7am – 4 pm. If interested complete one form below and send to one of the Chairs:

Glenda Auker (gauker1@comcast.net) and Ro Colantuono (rocol@juno.com)

[BPWPA State Convention Vendor Registration_Ro.pdf](#)

[BPWPA State Convention Vendor Registration_Glenda.pdf](#)



CONVENTION SWAG BAG ITEMS NEEDED!

If you would like to donate items to be placed in our 2024 Convention Swag bags; please notify President Donna.

COMMUNITY NEWS

Montco launches new commission supporting women and girls



Just in time for Women's History Month, Montgomery County is proud to launch a new commission focused on the concerns and needs of girls and individuals who identify as women.

The Montgomery County Commission for Women is committed to representing the interests of women of all races, ages, ethnic and social backgrounds, religious convictions, sexual orientation, gender identity, disability/ability, and social circumstances.

Its members will also advocate for the lives and well-being of women by building strong collaborations, sharing available resources, and educating and empowering women and girls throughout our County. Interested in being part of these efforts? Apply today! All applications must be received by March 28.

[Learn more](#)



[Register](#)

Charting a path to success for women of all backgrounds

In honor of this year's theme of National Women's History Month 2024, "Women Who Advocate for Equity, Diversity, and Inclusion," join us on Wednesday, March 20 at 12 p.m. for a virtual session exploring integral components needed to provide real opportunities for health and wellness, success, and achievement to all girls and women.

Our presenter for this session will be Dr. Candace Robertson-James, an associate professor, director of the Bachelor and Master of Public Health Programs, and chair of the Department of Urban Public Health and Nutrition at LaSalle University.

LAUREL HOUSE NEEDS PAJAMAS, SLIPPERS, PANTS, SHIRTS, SHEETS!



NEW Pajamas: Adults (S/M/L/XL)

NEW Slippers: Women's sizes 7/8, 9/10

NEW Long-sleeved pants and long-sleeve shirts:

- Adults (S/M/L/XL)



NEW Twin-Sized Sheets (Neutral Colors)


NEW Blankets

NEW Pack & Play Sheets*

*please, no standard crib mattress sheets

THE CONSHOHOCKEN CAB REVS UP!


For more information: <https://www.conshohockenpa.org/living.../conshohocken-cab>
Live tracking: <https://buswhere.com/conshohocken/routes/conshohocken>



WHAT IS THE CONSHOHOCKEN CAB?

The Conshohocken Cab, a partnership between GVF and TransNet, is a 14-passenger shuttle that will stop at 20 locations in a continuous loop in and around Conshohocken Borough.

The Cab will provide easy access to dining, large residential complexes, shopping, and the SEPTA train station for access to the regional rail network. The Conshohocken Cab is ADA-compliant, equipped with a bike rack and WiFi.



STOP LOCATIONS

1. SEPTA Train Station	11. Giant
2. The Birch	12. Plymouth Park
3. Residence Inn	Apartments
4. Lumina	13. Plymouth Gardens
5. Riverwalk	14. Eighth and Fayette
6. Pepperoncini	15. Fourth and Fayette
7. Bar Sera	16. Marshall Lee Towers
8. Bar Lucca	17. First and Fayette
9. The Courts at Spring Mill Station	18. Sora West Plaza
10. Sherry Hill Apartments	19. Guppy's Good Times
	20. Madison West Elm



REAL-TIME TRACKING

APP: BusWhere for Shuttles
Code: Conshohocken
WEBSITE: buswhere.com/conshohocken



www.conshohockencab.org



HOURS OF OPERATION

Wednesday-Saturday
11:00 am – 11:00 pm

Sunday
9:00 am – 3:00 pm

www.conshohockencab.org



FARE INFORMATION

EXACT CHANGE OR CREDIT/DEBIT CARD

- \$2.00 per ride or 10 Ride Punch Card available on the shuttle for \$10.00 with a transaction fee for card purchases.
- Minors are free if they are accompanied by an adult.
- Minors must pay the \$2.00 fee if they are NOT accompanied by an adult.
- Free for senior citizens (65+) with a SEPTA pass - available at Rep. Greg Scott's office.

www.conshohockencab.org

TALES OF WEST CONSHY WITH JACK COLL – MARCH 9TH 1-3 PM

West Conshohocken's
Sesquicentennial Celebration

Tales of West Conshy
with Jack Coll

Saturday March 9th 1-3pm
at Philadelphia Marriott West

Learn about our Borough's past 150 years from local historian Jack Coll. Enjoy a slide show and hear stories about the people and events that shaped West Conshohocken.

This event is free for anyone to attend, please share with your friends.

CONSHOHOCKEN FREE LIBRARY: UNTOLD STORY OF THE JUSTICE BELL - MARCH 11TH 6PM



Preview the documentary [here](#).

Here is the link to register <https://forms.gle/rzBgRcoA4Uz9mwwj9>.

VICTIM SERVICES: THE 5 PRACTICES OF HIGHLY RESILIENT PEOPLE – MARCH 15, 2024



VICTIM SERVICES OF MONTGOMERY COUNTY
PRESENTS

The 5 Practices of Highly Resilient People:
Why some flourish when others fold

Join us for an afternoon focused on enhancing your resilience, mental health, and wellbeing, in honor of Women's History Month, March 15th, 2024, 12 noon – 2 pm at Community Partners, 2506 N. Broad St., Colmar, PA 18915 with Dr. Taryn Marie Stejskal

Registration \$60 (Lunch & Certificates for 2 training hours included) registration deadline is March 11th

Please register at www.victimservicescenter.org

Interpreters available for the Deaf and Hard of Hearing Community
Zoom available link will be sent the day before the event



DR. TARYN MARIE STEJSKAL

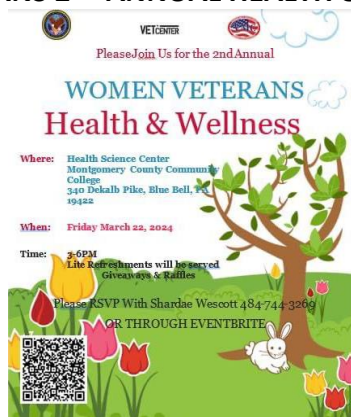
ST. PATRICK'S DAY EVENTS IN CONSHOHOCKEN



ST. PATRICK'S 5K & PARADE – MARCH 16TH

Conshohocken will be hosting the Montgomery County Saint Patrick's Day 5K and Parade on Saturday, March 16th from 11 am to 3 pm. This year's Grand Marshal will be Sean Cullen and the theme is "Irish Hearts in America."

VET CENTER: WOMEN VETERANS 2ND ANNUAL HEALTH & WELLNESS – MARCH 22, 2024



CONSHOHOCKEN EASTER EGG HUNT – MARCH 30TH AT THE COMMUNITY CENTER AT THE FEL



MARCH OBSERVANCES

INTERNATIONAL WOMEN'S DAY (IWD) – MARCH 8 #InspireInclusion

NATIONAL WOMEN'S HISTORY MONTH

The National Women's History Month's theme for 2024 celebrates "Women Who Advocate for Equity, Diversity and Inclusion."

NATIONAL RED ACROSS AMERICA DAY – MARCH 2ND

NATIONAL CONSUMER PROTECTION WEEK

NATIONAL IRISH AMERICAN HERITAGE MONTH

COLORECTAL CANCER AWARENESS MONTH

AMERICAN RED CROSS MONTH

BLOOD CLOT AWARENESS MONTH

NATIONAL KIDNEY MONTH

NATIONAL MULTIPLE SCLEROSIS (MS) AWARENESS MONTH®

NATIONAL ENDOMETRIOSIS AWARENESS MONTH

NATIONAL NUTRITION MONTH



HAPPY MARCH BIRTHDAY TO..
Donna Jones - March 20



WELCOME TO OUR NEWEST MEMBERS!

- **NANCY MATT, REALTOR, ASSOCIATE BROKER, KELLER WILLIAMS REAL ESTATE**
- **MARY ANNE SYLVESTER, PHILADELPHIA-BASED LIFE COACH, BE YOUR BEST LIFE & HEALTH COACHING**



OUR DEEPEST SYMPATHY TO TERESA BROWNE-PARRIS ON THE PASSING OF HER BELOVED SISTER, ANDY MILLS-TYSON.



OUR SINCERE CONDOLENCES TO OUR VICE PRESIDENT RO KUNASZUK AND HER MOM, ROSE MARIE BERKEZCHUK AND AUNT JANET DETURO ON THE PASSING OF JAY KUNASZUK, RO'S HUSBAND. JAY WAS THE KIND MAN THAT HELPED US AT THE TK CLUB FOR OUR MEETINGS. HE WAS ALWAYS THERE AND TOOK GREAT CARE OF US SETTING UP FOR THE MEETING AND MAKING SURE WE HAD WHATEVER WE NEEDED TO DRINK.