



Business and
Professional
Women/PA

GREATER CONSHOHOCKEN BPW

www.conshohockenbpw.org

<https://www.facebook.com/.../Conshohocken-BPW>

<https://twitter.com/ConshohockenBPW>

www.linkedin.com/groups/Conshohocken-BPW

GREATER Conshohocken Calling.

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

When: Monday, September 23, 2019
6:00 – 8:00 pm – Networking session

Where: Conshohocken Brewing Company, 739 East Elm Street, Conshohocken, PA 19428

Menu: Appetizers
Non-alcoholic beverages
Cash Bar

Cost: \$10.00

Program: *DROP A CARD – DROP A CAN MEET AND GREET*

WHAT TO BRING TO THE MEETING:

- Loose coins (supports our BPW and community projects)
- Business cards, brochures, your business information
- Food donations for Colonial Neighborhood Council
- New bras (any size) and socks for Laurel House



PRESIDENT'S MESSAGE

Hi Everyone:

Hope you all had a wonderful summer.

Our 2019-2020 year is starting off with a Meet and Greet at the Conshohocken Brewing Company. As we discussed in June we want to try and get out of our comfort zone and do different types of meetings and activities. This is the first one in that direction.

Also during the Meet and Greet we will be collecting Canned Goods for the Colonial Neighborhood Council. The cost of the event is \$10.00. Anyone who drops their card in the jar, will have their business cards run in our newsletter throughout the year. We will also have a few drawings from the jar for wine from One Hope.

Hopefully our members can participate in this event. It is a great opportunity to network and meet other members of the community. Don't forget to bring a friend. Our goal is to create new contacts and with luck some new members. Bring any information about your companies to share with those in attendance.

We have invited Mayor Yaniv Aronson to come and give us an update on some of the changes in Conshohocken and future plans.

Vicki Lightcap from the Upper Perkiomen BPW will be in attendance to provide information on:

The **Pennsylvania Marsy's Law Crime Victims Rights Amendment** is on the [ballot](#) in [Pennsylvania](#) as a [legislatively referred constitutional amendment](#) on [November 5, 2019](#).

A **"yes"** vote supports this measure to add specific rights of crime victims, together known as a [Marsy's Law](#), to the [Pennsylvania Constitution](#).

A **"no"** vote opposes this measure to add specific rights of crime victims, together known as a [Marsy's Law](#), to the [Pennsylvania Constitution](#).

To see more information on Marsy's Law, please go to:
[ballotpedia.org/Pennsylvania_Marsy%27s_Law_Crime_Victims_Rights_Amendment_\(2019\)](http://ballotpedia.org/Pennsylvania_Marsy%27s_Law_Crime_Victims_Rights_Amendment_(2019))

We hope to have more of these events and become more involved in our communities. If you have any ideas on activities in which we can participate, please share.

Let's work together to get back on track and really utilize our networking and community involvement ideas.

Please go out to our Facebook page: <https://www.facebook.com/.../Conshohocken-BPW> and **Like it**. If there is ever an event or activity or information you would like us to share, please let us know. We have shared a number of activities for Jessica DeLuise and Eat Your Way to Wellness and would love to share whatever events you have coming up that you think we could help you get the word out.

Hope to see all of you at the Meet and Greet on Monday, September 23, 2019. Don't forget please try and bring a friend.

Respectfully, President Donna

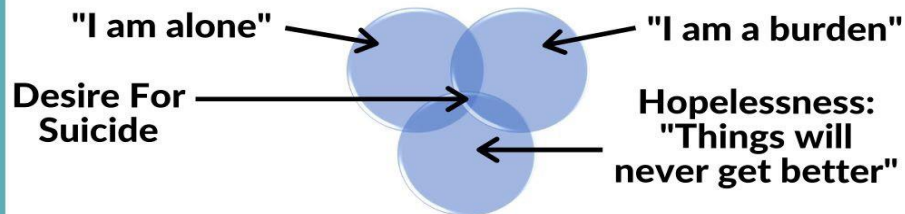


WOMEN-EMPOWERMENT

"A woman is the full circle. Within her is the power to create, nurture and transform." — Diane Mariechild

SEPTEMBER IS SUICIDE PREVENTION MONTH

- We lose **over 800,000 people per year** to suicide
- It is the **leading** cause of death for **men under 50**
- It is the **10th** biggest cause of death worldwide
- Two of the **leading factors** that contribute to suicide is **isolation** and feeling like a **burden**.



- Speaking up when suicidal isn't "attention seeking"
- Having mental health issues **doesn't make you "weak"**
- This month - check in on those around you and listen without judgement.

#SupportSavesLives #StopTheStigma



@RealDepressionProject

September is Childhood Cancer Awareness Month

Childhood Cancer is the #1 disease killer of our children.

1 in every 330 children will develop cancer before the age of 19

1 out of every 5 children diagnosed with cancer will die.

In the U.S. 46 children are diagnosed with Cancer every single week

Cancer in childhood occurs regularly, randomly, and spares no ethnic group, socioeconomic class, or geography region.

On average, 12,500 children/adolescents in the U.S. are diagnosed with Cancer each year.

Together we can raise awareness and help in the fight. Please help by spreading the GOLD!



IN MEMORIAM

When I first joined the Conshohocken BPW, I met some really amazing women who had accomplished so much in their lives. Alma Jacobs was one of those women. She had 2 full careers. Was in her 80's and was still so active. She seemed to know everyone and everyone knew and respected Alma. She was so involved with the Republican party, Montgomery County Community College, Laurel Hill Mansion, Women for Greater Philadelphia and so many other areas. Alma was always so willing to help everyone. She shared her stories and her encouragement with all of us. Her smiling face will be so missed at our events and meetings.

Sadly we lost Alma in July 2019. She was 94 years old and up till the last year could run circles around so many of us.

May Alma rest in peace and forever be in our hearts.





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BPW NEWS

BPW/PA WEBSITE – FIRST TIME USE INSTRUCTIONS

1. Enter the following link into your browser <https://bpwpa.wildapricot.org/> then press enter (do not click on the search icon)
2. The log in box is in the lower left corner of the page. Enter your email address.
3. Since you don't have a password yet, click "forgot password" at the bottom which takes you to a reset password page. Enter your email address, and you will be sent a link via email where you will set up your password.
4. You will now use your email and newly created password to log in.
5. Please make sure to access the website and update your information to ensure that you receive the KEY and all other information such as the BPW Buzz publication