



TriBeam

The Quarterly Newsletter of District 3 of BPW

Winter 2024

MARK YOUR CALENDARS

February 2024

Foundation Month

Heart Awareness Month

National Cancer Prevention Month

23rd: D3 Bingo

March 2024

Women's History Month

1-2nd: BPW PA Winter Board Meeting

26th: Equal Pay Rally in Harrisburg

14th: Equal Pay Day

April 2024

6th: District 3 Spring Meeting

15th: LO Contest Entries Due to Chairs

16th: District Historians LO Due

30th: All donations due for PA/BPW
Foundation

From Your Director...

As winter graces us with its crystalline beauty, I find myself marveling at the intricate dance of snowflakes, each one a masterpiece in its own right. No two snowflakes are alike, and their uniqueness holds a powerful lesson for us all.

Just like snowflakes, each of us possesses a distinctive brilliance, a set of talents and qualities that make us extraordinary. I encourage you to consider the snowflake as a metaphor for our diverse membership within BPW/PA District 3. Just as a blanket of snow covers the world in a breathtaking display, our collective talents have the power to create something truly remarkable.

Have you ever wondered why no two snowflakes are identical? The answer lies in their individual journeys. Each snowflake takes a distinct path as it descends from the sky, encountering different atmospheric conditions along the way. In essence, it's the uniqueness of their experiences that shapes their one-of-a-kind formations. In the same vein, our life paths and experiences are as varied as the snowflakes themselves. We come from different backgrounds, face diverse challenges, and possess a kaleidoscope of talents. It's this diversity that enriches our organization and makes us stronger together.

So, my dear friends, I implore you to embrace your uniqueness. Be proud of the talents and qualities that make you who you are. Just like the snowflake that may appear broken yet remains undeniably beautiful, our individual journeys may have challenges, but they contribute to the tapestry of our collective strength.

If you ever doubt the impact of your unique talents, remember the awe-inspiring beauty that a multitude of distinct snowflakes creates when they come together. Your contributions, no matter how small or seemingly broken, are essential to our shared success.

As we navigate the journey of BPW/PA District 3, let's celebrate our differences, encourage individuality, and recognize that each member adds a special touch to the mosaic of our organization. Be different. Take your own path. If you're broken, it's okay. You are still beautiful!

May the spirit of the snowflake inspire you to shine brightly in your individuality and contribute to the collective beauty of BPW/PA District 3.

Wishing you a season filled with warmth, camaraderie, and the joy of embracing your unique brilliance.

Angela

Advice from a SNOWFLAKE

Keep Your Cool

Appreciate Small
Wonders

Let Your Plans
Crystallize

Take Time to Chill

Sparkle!

Celebrate Your
Uniqueness

It's OK to be
a Little Flaky!

-Ilana Shamir-

YourTrueNature.com



2023-2024 District 3 Officers/Chairs

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aapple@wpa.net

Assistant Director: Janet Riordan
janetriordan437@gmail.com

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spclc@comcast.net

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dbowmanlpw@gmail.com

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ice.brasili@adelphoi.org

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Colosimo macfit@comcast.net

MathCounts: Tara Marhefka-
Steiner tmarhefka@comcast.net

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ber:** Theresa Rusbosin
tsr913@comcast.net

District 3 Locals>>>

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Bonnie DiCarlo, President
Bonnie255@aol.com

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pmmckim@consolidated.net

Latrobe
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Ligonier Valley
Dawn Berkebile, President
dawnchem329@outlook.com

McKeesport
Bernie Koval, President
bernie69@comcast.net

Scottdale
Angie Marhefka, President
amarhefka@hotmail.com

CONTACT US



District 3

Greater Pittsburgh, Greensburg, Latrobe, Ligonier
Valley, McKeesport and Scottdale
bpwpadistrict3@gmail.com

Greater Pittsburgh

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

- * Scholarship luncheon will be held in May
- * GPBPW 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

Latrobe

Latrobe local wrapped up 2023 with our annual vendor show in November at the American Legion. The event was held on a Thursday evening and featured more than 30 artisans, bakers and direct to consumer entrepreneurs, which were primarily members of our local. It was well attended by BPW and the surrounding community.

In December, we hosted a smaller gathering of members for our regular meeting and white elephant gift exchange at Gianilli's II in Greensburg. This annual tradition of selecting and stealing packages always brings out the laughter and the grinchy side of our guests.

We kicked off 2024 with the return of our students of the month program and guest speaker series. Member, Merissa Esposito, used her expertise in cyber crime to educate us on the different scams and fraudulent ways cyber criminals can easily take advantage of the innocent and naïve.

Students who excel in music at Greater Latrobe and Derry schools spoke to us about their path that lead one to the trumpet and the other to singing in the choir. We're always blown away by the students academic success and community involvement, leaving us to wonder where do they find the time to do it all.

February will bring the return of our annual silent auction hosted by the Foundation and Legislation committee. Members generously items for bidding with proceeds donated to the BPW's State Foundation scholarships funds. The competitive bidding is always in good fun with a lot of last minute 'one upping' going on.

Plans are already underway for our March meeting. We will host a member from the Latrobe Historical society as our guest speaker. We're looking forward to learning about the local influential ladies, both past and present, as a part of Women's History month.



December Meeting - White Elephant Gift Exchange

Members: Barb Planinsek, Merissa Esposito, Joy Klohonatz

Laurie Corbet, Jane Nespoli, Ruthie Timlin and Lorie Planinsek



January Students of the Month

Left: Mikaela Shine, Derry Area School District

Right: Rachel Snyder, Greater Latrobe School

Our infamous Spring Tea will be held on Saturday, March 23rd at Live! Casino in Greensburg. With more than 150 raffle baskets, specials raffles, square boards, 50/50 and more, this event is known for its afternoon of fundraising and fellowship. During the festivities, we will present our Women and New Member of the Year awards. If you are interested in attending, please reach out to Lorie Planinsek at brennhandbag@gmail.com. Limited tickets are available.

McKeesport



In order to kick-off our 3rd Annual Giving Project, McKeesport BPW members delivered Christmas gifts to the Mon Valley Supports Coordination group.

The MVSC group manages services for people with Intellectual Disabilities and Autism in Allegheny County, some of whom have no family or live in poverty, and would otherwise receive little to nothing for Christmas. Each year, the MVSC group identifies people based on need and this year's recipients ranged in age from 8 to 84.

While The Giving Project is just one of our community activism events, it is by far the most rewarding!



The McKeesport Festival of Trees was held in December. Our entry is McKeesport Celebrates the World and it showcases Christmas traditions from other countries. We came in FIRST place in the Handmade Adult Category.

Nominations Report

The candidate nomination and consent to serve and conflict of interest forms, are the vehicle to use to nominate your qualified members to run for District Office. To be eligible as a candidate for the office of District Director and Assistant Director a member must be in good standing and be a past local organization president. For the offices of Recording Secretary and Treasurer the eligibility requirements are that the member is in good standing.

Good standing is having paid current local organization dues.

Any Local BPW member who is interested in becoming a District 3 officer should complete the candidate forms and send it to me no later than **March 1, 2024.**

All offices, Director, Assistant Director, Secretary and Treasurer are open.

If the person submitting for an office is the President of the local, then the Secretary should sign the form. Remember also that that candidate should be endorsed by the local at a regular meeting.

Please refer to the Bylaws, Article XI Duties of Officers, for additional guidelines as to what your duties would be for the offices. If you need further information, please feel free to contact me at:

724-875-6928 or email me at laurielhough@gmail.com

Return the completed and signed Candidate form to:

Laurie Hough
3555 State Route 130
Acme, PA 15610

Laurie Hough
District 3 Nominations Chair

**BUSINESS AND PROFESSIONAL WOMEN/DISTRICT 3
CANDIDATE FORM
(Please Print or Type)**

Name: _____

Address: _____

Phone Numbers:

Home _____ Work _____ Cell _____

Email Address: _____

Employer: _____

Position/Job Title: _____

Local Organization: _____

DISTRICT OFFICE FOR WHICH CANDIDATE IS A NOMINEE

Experience that would qualify candidate for office: _____

Local Organization offices held: _____

District offices held: _____

Membership in other organizations: _____

Candidate's Signature: _____ Date _____

(My signature above indicates my consent to serve if elected.)

(REQUIRED)

Local Organization Endorsement

Signed: _____

Title: _____

Date _____

BUSINESS AND PROFESSIONAL WOMEN DISTRICT 3**CONFLICT OF INTEREST STATEMENT**

I, the undersigned member of the Board of Directors of Business and Professional Women's Club's Inc. District 3, do hereby agree that in consenting to serve as an officer, elected or appointed, or as a standing or special committee chair, I will abstain from voting on any question (motion) in which I have a direct personal or pecuniary interest not common to others members of the Board of Directors (i.e. anything from which I would derive personal pecuniary profit).

(Signature)

(Name – Please Print)

(Local Organization)

(Position)

(Date)

65

40

13

41

BPW District 3 WINTER BLUES BINGO

FEBRUARY 24, 2024

**YWCA WESTMORELAND COUNTY
424 N. MAIN ST., GREENSBURG**

\$30* includes

- light lunch
- 20 regular games
- 3 specials
- 1 jackpot

G
56

**TICKETS CONTACT
JEAN CALABRACE**

SPCRLC@COMCAST.NET

B
6

www.bpwpadistrict3.org

***\$1 additional processing fee for electronic payments**



Committee Chairs Needed

District 3 Needs YOU!

Play a pivotal role in shaping District 3's success by becoming a Committee Chair! Your unique talents can contribute to making D3 the best it can be. Embrace this opportunity to lead and collaborate with fellow members in driving positive change.

Let your skills shine as you take on the responsibility of a Committee Chair. Together, we can elevate our district to new heights. Step up, share your expertise, and be a driving force in making a lasting impact.

Contact Janet Riordan for more information janetriordan437@gmail.com

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

LAST CALL!!!!

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

ISSUES MANAGEMENT REPORT TRI-BEAM January 21, 2024

Did your Local Organization celebrate National Business Women's Week (October 15-21, 2023)? Perhaps a window display, radio / newspaper promotion, posters, and so much more? I hope you documented, photographed, and prepared your entry for the Issues Management Contest....Category 2b for the Best Program, Project, or Event promoting National Business Women's Week by a Local Organization.

Planning a special event to promote awareness for Equal Pay Day? Take photos, write a newspaper article, post on Social Media, and submit for Category 3b for Best Program, Project, or Event for Equal Pay Day!

And don't forget – If your Local Organization is doing something special for our State Project – Keystone Human Services, you can enter the Issues Management Category 4b for the Best Program, Project, or Event supporting our State Project – Keystone Human Services by a Local Organization.

There are always so many great programs, projects, and events here in District 3! Don't forget that these entries most likely fit into other contest categories...Public Relations, Membership, and Legislation. Collaborate and share with your local organization counterparts.

A list of Issues Management Contest Categories may be found on the BPW/PA website (<https://bpwpa.wildapricot.org>). Don't forget to attach the Contest Entry form which can also be found on the BPW/PA website. Remember, too, that your programs, projects, and events can also be entered in appropriate categories for Public Relations, Legislation, Membership, etc.

The Issues Management Contest period is APRIL 1, 2023 THROUGH MARCH 31, 2024. I encourage you not to wait until the last minute to prepare them! **No email entries will be accepted for the Issues Management Contest. Entries must be submitted to me by April 15, 2024.** My goal is to have one entry in each category to send to our State Chair by the May 1, 2024 deadline.

Remember: We ***“Grow through what we go through” so “Plant. Grow. Bloom.”*** in 2023-2024!

If you have any questions, please feel free to contact me (karens129@comcast.net). Thanks for all you do for District 3 and BPW/PA!



Karen

Karen L. Schmiech
District 3 Issues Management Chair
129 Jefferson Avenue
Vandergrift, PA 15690
724 568-2326 (Home)
724 448-0789 (Cell)
[**karens129@comcast.net**](mailto:karens129@comcast.net)



The graphic features a yellow school bus with "SCHOOL BUS" written on its front. Two women are visible through the windshield. Above the bus are two yellow triangular warning signs with exclamation marks. Below the bus is a red banner with the text "CONVENTION UPDATES" in white, and a yellow banner with the text "Final Stop: Harrisburg" in black.

BPW/PA

SCHOOL BUS

CONVENTION UPDATES

Final Stop: Harrisburg

Hop on the Bus to
Harrisburg!

June 6 - 9, 2024

Updated documents, forms, and announcements will be posted on the BPW/PA website anticipation of the 2024 Convention. www.bpwpa.wildapricot.org

Don't forget to apply for the D3 First Timer Convention Stipend. Any member who has never attended Convention is eligible. Must register and attend both business sessions. Ask you local President for details and application.



TRIBUTE TO WOMEN AWARD

May the stars shine their light on a special woman by submitting her nomination for the District 12 Tribute to Women Award. This award will recognize that sister who best exemplifies the following criteria:

1. Represents the symbol of the organization – the Winged Nike.
2. Should symbolize leadership, wisdom, and strength in the face of opposition.
3. Champion for equality and the working woman and represent cooperation and harmony.
4. Someone who is dependable and generous of themselves.
5. Above all, the candidate represents friendship.
6. All nominees must be BPW/PA member in good standing.

Those looking to nominate a candidate for the award must submit a letter, no more than two typewritten pages, detailing why and how they feel their nominee best exemplifies the criteria.

The winner of the award will be presented with a necklace and a certificate at the State Convention. The winner will then become a member of the Tribute to Women Award selection committee and will remain there for a term of 3 years.

Submit nominations, postmarked on or before May 1, 2024 to:
Mary Weeks
700 Columbia Ave
Lansdale, PA 19446

Be a VOICE! Do YOU have what it takes? NOW is your chance!

WANTED: Strong, Interpersonal, Confident women to promote all women of BPW and our place in the working world! Do YOU want to promote women in the workforce? Do YOU want to be a voice and share your story? Do YOU want to promote growth and confidence in others? Do YOU want to be a leader for our younger/older generations of women? Here is your chance!

District 3 is looking for potential candidates for the Personal and Professional Development and Young Careerist Speak-Offs. These projects give you a voice to promote a distinct group of working women who are vital to developing diverse and skilled workplaces. Are you interested in competing in the BPW/PA PPD and YC speaking competition at the State Convention in June? Now is the time to prepare!

Personal and Professional Development Potential Candidate Prerequisites for competing at the district/state level include:

1. Open to All Members in Good Standing, preferred age 35 and over
2. You MUST have completed the PPDW (Personal and Professional Development Workshop) within the past three years.
3. You must have a prepared 5 minute speech on one of the following questions:
 - In what way or ways has BPW helped or enabled you to “Grow Through What You Go Through”?
 - How have you helped, encouraged or inspired someone else to grow through what they are going through?
 - “Grow Through What You Go Through.” What does it mean to you and why is it an important philosophy to embrace?
4. You must present this prepared speech to your club (prior to April 5, 2024) and be promoted to the District level.

Young Careerist Potential Candidate Prerequisites for competing at the district/state level include:

1. Open to Members in Good Standing Ages 21-35
2. Recommended to have completed (but not mandatory) the PPDW (Personal and Professional Development Workshop) within the past three years.
3. You must have a prepared 5 minute speech on one of the following questions:
 - What does the BPW/PA state theme, “Grow through what you go through” mean to you and how do you or have you implemented the theme in your life?
 - What does the BPW/PA state theme, “Grow through what you go through” mean to you and how do you or have you implemented the theme in your life?
 - How is the BPW/PA state theme “Grow through what you go through” relevant to women, specifically?
4. You must present this prepared speech to your club (prior to April 5, 2024) and be promoted to the District level

For more information and an official bibliography entry form to be presented at our Spring District Meeting Speak Off on April 6th, 2024, please contact D3 Chair **Jackie Elliott at 724-244-6230 or jelliott1077@gmail.com**.



2024 DATES TO REMEMBER

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 26, 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

