



# The KEY



Newsletter of Business & Professional Woman of Pennsylvania



## Grow Through what you Go Through

WINTER 2024

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### Upcoming Events

**Mid-Winter Board Meeting**  
March 1-2, 2024

### BPW/PA Officers

#### President

Michelle Holler

#### President Elect

Jennifer Van Ingen

#### Vice President

Sarah Kitchen

#### Treasurer

Jean Calabrace

#### Recording Secretary

Laurie Hough

#### Corresponding Secretary

Glenda Auker

#### Parliamentarian

Mary Weeks

Often, we find in January and February we suffer from a seasonal depression. The days are cold; they can seem long with the gray skies; we aren't out and visiting family or friends as much. I'm sharing with each of you a way to help combat the "Winter Blues".

In a world filled with stress, we should choose to spread joy and laughter. Laughter is a potent antidote to stress, pain, and conflict. It lightens our burdens, connects us to others, and keeps us grounded, focused, and alert.

Make it your goal to give yourself or someone else a moment to smile, laugh, find a bit of self-care advice, or mental health awareness breaks. Create a Let's Talk Positivity journal.

The benefits of this journal:

- **Stress Relief:** Let's Talk Positivity can reduce stress by 30% through laughter and joy. Laughter stimulates many organs, enhances the intake of oxygen-rich air, stimulates the heart, lungs, and muscles, and increases the endorphins released by the brain.
- **Mood Enhancement:** Let's Talk Positivity can help lessen stress, depression, anxiety, and may make you feel happier.
- **Boosts Creativity:** Let's Talk Positivity promotes creativity and enhances team bonding.
- **Increases Energy Levels:** Let's Talk Positivity (laughter) decreases stress hormones and increases immune cells and infection-fighting antibodies.
- **Promotes Bonding:** Let's Talk Positivity may evolve to facilitate bonding across large groups of people.
- **Enhances Employee Engagement:** Let's Talk Positivity breaks promote innovation and creativity. The more stressed we women are, the less likely we are to contribute creative ideas with confidence.

We all see enough negative things each day- in news, social media, and within our own space, so this is a journal to share words of encouragement, positive thoughts, and kindness. If you break into a smile, the goal was achieved!

Looking forward to seeing you soon at a BPW event!

Keep growing,

**President Michelle**



## PENNSYLVANIA BUSINESS AND PROFESSIONAL WOMEN'S FOUNDATION, INC.

### THE PA BPW FOUNDATION APPRECIATES YOU

We are halfway through our 2023-24 year. The PA BPW Foundation is here for you the members of BPW/PA. We are a board of eleven women from across the Federation. All are BPW members who have given years of dedication and service to the BPW/PA. Our PA BPW Foundation is a 501 (c) (3). May I introduce our Board-Laura Whetstone, Vice Chair; Theresa Rusbosin, Recording Secretary; Joyce Turner, Treasurer; Jean Towle, Finance Chair; Ginny Bailey, Cathy Collins, Paula Maloney, and from the BPW/PA Jennifer Van Ingen, Sarah Kitchen and Laurie Hough.

We have some important information to share with you. We are proud to announce that Angela Apple of District 3 received the Sharon A. Walsh Grant (S.T.E.A.M.) The Dr. Robert Ketterer Charter School of Latrobe, PA will be receiving her grant. (Sharon was a BPW PSP and endowed us with funds to support this giving.)

We work to provide scholarships to those individuals seeking higher levels of learning. There is a scholarship application on the [www.bpwpa.org](http://www.bpwpa.org) web site that can be downloaded and submitted. Please remember to read the criteria and submit the requested information with the application. Our next due day is May 1.

We are proud to announce that three scholarships recipients from the November 1 deadline. Each will receive \$2500 that will be forwarded to their respective higher education. All have been notified. They are:

~ Emerald Hope Shipley-Austera, Mount Aloysius College, Field of Study: Liberal Arts, Degree: A.A. Liberal Arts

~ Mireliz Kelye Bermudez, Messiah University, Field of Study: Education, Degree: Dual Certificate Early Childhood and Special Education

~ Kristyn Sarah Rivera, Fox Valley Technical College, Field of Study: Supply Chain, Certification in Logistics, Transportation and Distribution (CLTD)

We do offer a scholarship twice if the candidate meets all the requirements.

We also maintain the Edith Oler Flanigan Fund Grant which provides emergency funds for the following: catastrophic illness or accident; extended unemployment; a disaster or any other unusual financial loss. There is an application on the "member only" section of the [www.bpwpa.org](http://www.bpwpa.org) web site. There is never a deadline for a request.

We always keep the name anonymous.

But to maintain these two funds, we rely on two ways. Every year at the State Convention, the PA BPW Foundation will hold a special function for the Friday evening event. The second is the generosity of the local organizations and districts and mainly, you, the member. A donation form can be found on the [www.bpwpa.org](http://www.bpwpa.org) web site. We are most appreciative of all the funds that we have received over the years and hope that you will continue to support the PA BPW Foundation.

FEBRUARY will be Foundation Month. We are hoping that your LO will take some time to share our information with your members. We realized that we have been in existence since 2008 and some of our information needs to be reheard. Materials are all in one place on the [www.bpwpa.org](http://www.bpwpa.org)

Another item that I would like to mention. We do have a PA BPW Foundation Board Member application on the [www.bpwpa.org](http://www.bpwpa.org) “member only” section. If you would be interested in applying for a Board position, please read, complete and submit by March 15, 2024. This application would be sent to our VP Laura Whetstone.

Lastly, we will be holding a Friday Night Event on June 7th – the 80’s. We are giving you, the member a choice – 1. A delicious meal planned for \$50 which includes a \$5 donation to Foundation and 2 paddles **OR** 2. Purchase 2 paddles for \$20 and arrive at 7:30. Jean Towle, our Fund Raising Chair, will have our registration sheet available shortly. Please look for it and sign up **either** way.

Buffet –Americana Dinner Buffet (soup du jour, pot roast of beef, baked stuffed chicken breast, carved honey glazed ham, New England cod, seasonal fresh vegetables, red bliss mashed potatoes, apple pie, chocolate cake, cheesecake, coffee, decaf, herbal teas, iced tea.

Also, start searching your closet or your mom’s closet to get that 80’s look. We are having a contest for the best costume with the prize being provided by President Michelle.

But we wish to thank you in advance to our districts, LOs, or individuals who will prepare a basket or bring items for the Paddle Raffle/Ticket Auction. Again, Jean will be preparing a sheet so you might tell her what you are planning to bring. We, BPW members, are most creative when it comes to thinking, what can I donate? Hoping to see all of you at State Convention.

Thank you for supporting the PA BPW Foundation. We appreciate you.

**Nancy Werner, PA BPW Foundation Chair**

## THE TALE OF TWO FOUNDATIONS

Let me begin with the BPW Foundation (National). It was in 1956 when we were known as the National Federation of Business and Professional Women's Clubs, Inc. Our National President was Marguerite Rawalt, Esq. who established this foundation to provide research information, career development programs, scholarships to women who needed financial assistance and workshops for training opportunities. Over the years, this Foundation provided over \$6.4 million dollars in scholarships. It established the most extensive library of women's history materials in America. Pennsylvania was always a leader in providing funds to the National Foundation. We received accolades at every National Conference that I attended beginning in 1972. How did this happen? We had the largest membership in the nation and we did NOT have our very own Foundation. Our local organizations and members were most giving. We were able to send needed funds to our National Foundation and we did receive recognition while attending the Conference.

BUT it was at the August BPW/PA Board meeting of 2006 that it was discussed that maybe BPW/PA should establish their own Foundation. With the approval of the BPW/PA Board, R. Maureen Myers, Esq., Cathy Collins and Nancy Werner would begin work to establish a 501 c 3 foundation. The application and completed bylaws were sent to the IRS and approval was received. It was again under BPW/PA Board Action that the BPW/PA Educational Service Funds would be transferred to the newly organized PA BPW Foundation. The mission of providing scholarships and providing funds to members in need would also be followed. So now we have two Foundations.

There is one more component to this tale. In 2009, the BPWUSA was dissolved and the BPW Foundation became the new name for our National Foundation level. We quickly learned that the two foundations became somewhat confusing for everyone. Yes, I agree. But when we wrote the PA BPW Foundation bylaws, it was determined that the "PA BPW" would be the key component to differentiate the two names. Now fifteen years have passed. The PA BPW Foundation has continued the mission that we were established to provide. Since 2008 we have awarded \$217,460 in scholarships and the Edith Oler Flanigan Fund has awarded \$73,050 to our members in need. But back to BPW Foundation National. It had a new name and we were encouraged to promote the programs and projects as shared on the [www.bpwfoundation.org](http://www.bpwfoundation.org) web site. Our only National President was Grace B. Daniels (1958-1960) from Kingston of District 8. We honor her with a beautiful gold plated Nike statue that we present at every Convention to the LO that does the most to promote the programs and projects of the National Level. Now this is my job for this year of receiving your entries, presenting certificates and yes, presenting the Grace B. Daniels Award. The programs are listed as follows:

~ Category One – Successful Workplace – WOMENomics Forum, Employer Resources, and Successful Workplace Digest

~ Category 2-Empowered Workforce – Women Veterans, Young Careerist Project, and Women in the Green Economy.

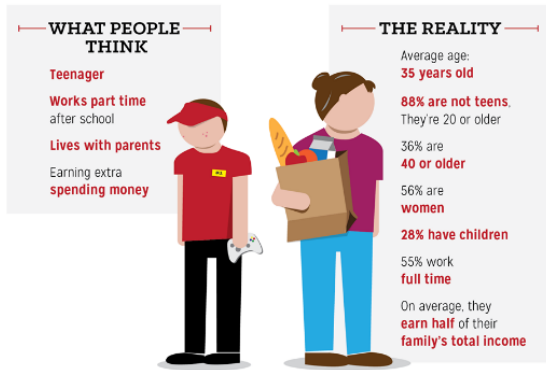
Yes, I have been trying to get more information on each category but none has been forthcoming. Give me a call if you would like to attempt any of them. There is still 3 full months. **The Contest Period is May 1, 2023 thru April 30, 2024. Due Date is May 1, 2024.**

**Nancy Werner, Foundation**  
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## Legislation Report

### WHO'S HELPED BY RAISING THE MINIMUM WAGE?



Note: Statistics describe civilian workers, ages 16+, that would be affected by an increase in the federal minimum wage to \$10.10 over three years, as explained in Raising the federal minimum wage to \$10.10 would give working families, and the overall economy, a much-needed boost. The median age of affected workers is 31 years old. Visit [epi.org/issues/minimum-wage](https://epi.org/issues/minimum-wage) for more details.

ECONOMIC POLICY INSTITUTE

### Join the Rally for Pay Equity and Raising the Minimum Wage in Pennsylvania

**Pennsylvania Capitol Rotunda  
Harrisburg, PA  
Tuesday, March 26, 2024  
1:00 – 2:00 pm**

The Legislation Committee is working with President Michelle to put together a program for our rally – excuse me, press conference. Apparently, rallies are kept outdoors due to chanting and yelling and when I told them we would be having speakers, it became a press conference.

We're looking to get speakers from the women's organization across the state such as AAUW/PA, the League of Women Voters of PA, the

Women's Law Project, and Raise the Wage to name a few. We also hope to get a few members from the House of Representatives to talk about the bills they've introduced to address the lack of equal pay or low minimum wage in Pennsylvania and maybe we can get Governor Shapiro to say a few words. President Michelle will act as the Mistress of Ceremonies.

Once we get the speakers set up, we will put the schedule in The Buzz and on the website. We hope you'll be able to join us for this event. Sorry for any confusion about the date - Due to a conflict in the events schedule for the State Capitol, we had to move the date to the following week.

Many thanks to Michele Fry, Carole Turk, Laura Whetstone and especially President Michelle Holler for their assistance and support.

Ginny  
2023/2034 BPW/PA Legislation Chair

# Personal & Professional Development

Are you interested in competing in the BPW/PA PPD speaking competition at the State Convention in June? There are a few pre-requisites for competing at the state level:

1. You must have completed the PPDW (Personal and Professional Development Workshop) within the past three years.
2. You must prepare a 5 minute speech on one of the following questions:
  - a. In what way or ways has BPW helped or enabled you to “Grow Through What You Go Through”?
  - b. How have you helped, encouraged or inspired someone else to grow through what they are going through?
  - c. "Grow Through What You Go Through." What does it mean to you and why is it an important philosophy to embrace?
3. You must have given your prepared speech to your club and moved on to your District's competition.
4. You must have given your prepared speech to your District and won the District's competition.
5. You must complete a PPD Biographical Information Form and submitted it to the PPD State Chair.

With the new PPDW, participants complete seven core building blocks: Discovering Your Authentic Self, Have a Plan...Work Your Plan, Developing Strong Interpersonal Skills, Creating and Delivering Effective Presentations, It's Not What You Know...It's Who You Know, Interviewing and Negotiating Skills, and Etiquette and Propriety. Workshops are interactive and are usually completed over one day. Looking to attend a Personal and Professional Development Workshop? Contact your District Director to find out when your District is hosting one.

Michelle Teague  
BPW/PA PPD Chair

## “Happy People, Happy Members”



Happy people focus their time on what truly matters – personal growth, positive relationships, meaningful work, self-care, and the pursuit of their passions.” (Blog posted by Tina Fey, Dec. 2023)

In this New Year, I encourage you to reflect on your Local Club’s habits. Are there areas where the officers and members could better invest their time and the Local’s resources? Sometimes we do things just because they have always been done that way. Purposeful actions and mindful moments can lead to happier days ahead.

The membership contest period is April 1, 2023, through March 31, 2024. Please contact our Membership Team if you have any questions about the Membership Contests. Descriptions of the 7 contests can be found in the member section on the BPW/PA website and in the Local President’s & Treasurer’s Manuals.

Dr. Donna Mettler  
BPW/PA Membership Chair

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### Dr. Donna L. Mettler, BPW/PA Membership Chair

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#### **AREA 3- DISTRICTS 10 & 11**

Becky Shoulberg  
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#### **AREA 4- DISTRICTS 6, 8, 9**

Amanda Collier  
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### Winter KEY Member Spotlights

For the Winter edition of the KEY our state membership chair, Donna Mettler, asked all District Directors to send in their choices for Member Spotlights from within their own locals/district. She received three deserving spotlight members from across the state. In the following pages, you will find these shining star members who are continuing to grow this BPW year. If you know a member who deserves the spotlight, please let your district director know. Maybe your choice for a Member Spotlight will be found in the Spring edition of the KEY.





## **MAGGIE HILDEBRAND**

### **LIGONIER VALLEY LOCAL, DISTRICT 3**

Just mention the name Maggie and everyone in BPW/PA knows whom you are speaking of. Maggie has been a member of the Ligonier Valley Local since 2003 and has served as President twice along with Vice President and Treasurer. She was named Ligonier Valley's Woman of the Year and District 3 Woman of the Year in 2006. Maggie was also named Ligonier Valley's Member of the Year in 2012 and again in 2022. Maggie is the "glue" that holds our Local together.

Maggie has been Finance, Membership and Dinner Committee Chairs. She also assists with any fundraisers that the Ligonier Local may sponsor, especially our Luxury Bash. She completed the Individual Development Program and participated in the BPW/PA Speaking competition in 2014.

Along with her duties in the Ligonier Local she has also served as District 3 Treasurer twice. At the BPW/PA State Level Maggie has been Recording Secretary from 2011 to 2013 and BPW/PA Treasurer from 2015-2017. She has also served on the BPW/PA Finance Committee. Maggie also received recognition as the 2016 Tribute to Women awardee.

Maggie is always the first one at our Local meetings and makes certain that everything is in place for the membership. She symbolizes leadership, wisdom, organization and strength in the face of opposition. Maggie is very dependable and reliable in everything she is responsible for in BPW. She is very generous of her time. She motivates the membership to attend the District, State and Convention meetings. "What can I do?" or "How can I help?" are the words most often heard from Maggie.

Maggie promotes BPW wherever she goes. She is a member of St. James Lutheran Church and sings in their choir. She is the Fellowship Committee Chair and serves on the Music and Worship Committees at St. James.

Maggie is married and has two adult children and three grandchildren. She is a graduate of Grove City College. Maggie is the owner of Input Services, a computer bookkeeping business and along with her husband is the owner and secretary/treasurer of Output Sales Corporation, a Manufacturer's Representative Agency.

Maggie Hildebrand is a true Business and Professional Women's Club member. As you can see, she has been active in all aspects of BPW in the Local, District and State levels. Ligonier Valley BPW is very fortunate to have Maggie as a loyal member!





**RITA BUSH**  
**BEDFORD LOCAL, DISTRICT 5**

Rita Bush joined Bedford Business and Professional Women's Club in 1987. She was, and still is, highly active in the Club, holding several offices at the Local and District levels, including Assistant District Director and Local President (twice). Rita is a faithful District Meeting and State Convention attendee. She has applied her 45 years of banking experience to working for our Local and District by serving as Finance Committee Member and Chair for decades. Rita was awarded our Woman of the Year twice and won the Athena Award in 2010.

Rita has chaired our largest fundraiser, our Fall Foliage booth, since 1992. The festival is the first two weekends in October and spans several blocks in downtown Bedford. Festival goers look for us and our gobs every year. To date we have made a profit of \$174,000 for our scholarship fund from Fall Foliage sales. Along with leading the fundraiser, Rita has invited and encouraged other members to bring non-members to help at the booth. She talks to customers about BPW and hands out club information, resulting in new members.

Over the years, Rita has brought great leadership and ideas for fundraising and for membership growth to our club. She is a mentor and source of information for members. Her positive and enthusiastic energy are a source of encouragement for us all. She has brought, on average, two new members per year to our club by asking women who serve on boards or volunteer with her to come and check us out.

In addition to BPW, Rita served on several committees for the Bedford County Chamber Board for 6 years, Homewood at Springhouse Estates Board for 12 years, and is now the secretary of the Bedford Senior Center Board. She started working at the Hartley National Bank in July 1962 after high school graduation. Rita had intentions of working at the bank, saving her money and attending nurses' training, but she liked working in banking and stayed there for 45 years. After retiring from banking in 2007, Rita activated her realtor license and worked as an agent at Howard Hannah Realty for 10 years.

Rita and John have spent winters in Port Charlotte, Florida for the past 12 years. In her spare time, you might find Rita on the tennis court, golf course or pickleball court. She loves spending time with her family, wonderful friends and 7 grandchildren.



## MAUREEN DONOVAN

### TAMAQUA LOCAL, DISTRICT 9

Maureen Donovan has been President of Tamaqua Local for 4 years and is currently Assistant Director of District 9.

Maureen is employed by the Lehigh Carbon Community College and works at the Schuylkill Campus in Tamaqua in the Leadership and Workforce Development Office. She is described as the “go to person” for the college.

She has facilitated a Carbon County Leadership Training Program. She is involved in many community activities including being on the Board of Directors at Saint Luke's Hospital at the Miners Campus in Coaldale.

Maureen has brought in numerous women as program speakers for their meetings and has successfully encouraged many to join.

Maureen humbly insists it is the entire club working together, encouraging all women, that has resulted in attracting new, very active members to Tamaqua Local.

**KEY Editor's note:** As of the writing of this KEY, it has come to my attention that Maureen will be receiving the 2024 Shamrock Award at the 75th Annual St. Patrick's Day Banquet on March 17th in Summit Hill. To read more about Maureen and this award, please visit the following news article online: <https://www.tnonline.com/20240220/tamaqua-woman-to-receive-shamrock-award-on-march-17/>

## **A Message from our BPW/PA President-Elect**

Dear Members of the Business and Professional Women of Pennsylvania,

I hope this message finds you in good health and high spirits. As we find ourselves at the midpoint of the BPW year, I wanted to take a moment to express my heartfelt gratitude to each and every one of you for your dedication, hard work, and unwavering commitment to the mission of the BPW. Your passion for promoting equality in the workplace, advocating for women's rights, and fostering professional growth has not gone unnoticed. The impact of your collective efforts is not only felt within our organization but resonates throughout the broader community. Your resilience and determination in the face of challenges inspire us all.

As we embark on the second half of the BPW year, I wish you continued success in all your endeavors. May your initiatives flourish, and may your voices be heard even louder. Together, let us strive to create an inclusive and empowering environment for women in the business and professional world. Remember that each one of you plays a vital role in shaping the future, not just for BPW but for women across Pennsylvania. Your accomplishments, both big and small, contribute to the greater narrative of progress and change.

In the spirit of collaboration and mutual support, let us celebrate our achievements thus far and look forward to the opportunities that the second half of the year holds. May it be filled with new milestones, meaningful connections, and positive transformations. Thank you for being the driving force behind the success of the Business and Professional Women of Pennsylvania. Your dedication is truly commendable, and I am grateful to stand alongside such an exceptional group of individuals.

Wishing you all continued success, fulfillment, and joy in the remainder of the BPW year.

Love Through BPW,

Jennifer Van Ingen  
BPW/PA President Elect





## **A Note from our BPW/PA Webmaster**



# Thank you!

WE HAVE BROKE A RECORD # OF  
NEWSLETTERS ON WEBSITE!

G R E A T   J O B   L O C A L S   O N  
S U B M I T T I N G   U P D A T E D  
N E W S L E T T E R S !

K E E P   T H E   C O N T E N T   C O M I N G !

## CONTEST - Fun & Prizes!

### KEY Contest

*Grow Through what you Go Through*



In each edition of the KEY this year we are holding a contest. We want you to read the KEY from the first page to the last, so we are giving you a reason to read it and have fun at the same time!

The Fall KEY edition's contest was a bit tricky, but CONGRATULATIONS go to our winner:

**JAN REISINGER**, Juniata County Local, District 4

### WINTER KEY CONTEST

Please look for the following regular items within this KEY edition:

A *sunflower*, an *owl*, and the *Keystone Human Services Logo*



**AND** for this winter edition - one additional image has been added, however, I am not telling you what that image is! You must answer the question below and then think of what that image might be and find it. The **Winter Question** is: Why is February a special month of the year?

*[Your Hint: The image is a living creature that could represent this answer.]*

To win: list the page number and location on that page of each of the 3 regular listed items **AND** give the answer to the Winter Question, along with what the image is that represents and the page number it is located on. Please send your answers, along with your name, your local and your district, to me at: **bpwkey@gmail.com** You must give all the answers, as listed above, to win! Deadline to submit answers for the WINTER edition will be **March 15th**.

The winner will be announced in the BUZZ. Prizes will be mailed if unable to receive in person.

**Note:** If more than one person sends the correct answers, each person will be placed into a drawing to determine the winner. Will it be you? Don't forget there are technically 6 answers total for the Winter contest!



## 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 Giannilli'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 Klohonz, 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 23<sup>rd</sup> 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](mailto:brennhandbag@gmail.com). Limited tickets are available.

## MCKEESPORT

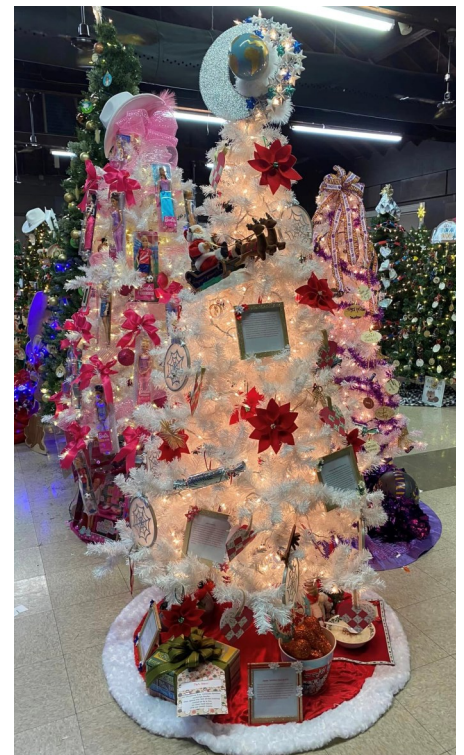


In order to kick-off our 3rd Annual Giving Project, McKeesport BPW members delivered Christmas gifts to the Mon Valley Supports Coordination group.

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.



**CLEARFIELD**

We are so proud of our member, and Past District 4 Director, Michele Fannin! Michele was honored in the Fall to be awarded the Clearfield Chamber of Commerce Distinguished Citizen Award! This was a great part of National Business Women's Week for our local club. Congratulations Michele!

**JUNIATA COUNTY**

Juniata County local has had a busy Fall/Winter and we are growing as we go into Spring. We supported our local community over the holidays with a few projects. Our members helped ring the bell for the local Salvation Army, we collected food items for a Thanksgiving meal to help local families in need, and we had fun at our Annual Christmas Party/Meeting in December.



Left: A local member's car, overflowing with food donations from our meal collections for families in need.




Members and guests who made it to our Annual Christmas Party/Meeting in December. It was a great time for all in attendance!

We missed a meeting in January due to winter weather. However, we are looking forward to our February meeting where we will be collecting boxes for our "Boxes of Love" project. We have been doing this project for almost ten years now. Our local members create a 'care package' for a woman or child, containing basic needs, such as a toiletries, small necessities, small games/toys, etc. These boxes are donated to our local women's shelter. The boxes are given to a woman and/or her children when they leave an abusive situation and seek help from The Abuse Network. Many times these women find themselves starting over with nothing and this gives them just a small bit of hope and something to call their own.



We have continued to have fundraisers to raise monies toward the state project, Keystone Human Services, as well as, our scholarships and community outreach programs. We recently had a Mary Kay fundraiser and are finishing up the selling of tickets for a Lottery Calendar raffle for March 2024. Each calendar is \$10.00 for 4 numbers for the PA Lottery evening pick 3. Some tickets remain...if interested, contact one of our members ASAP! We also continue to have our ongoing RADA Cutlery fundraiser. If interested in ordering from that, please go to: <https://radafundraising.com/?rfsn=5833538.a605b8a> to place your order.

A few tickets are still available - if interested, please let one of our local members know.

**Juniata County Business and Professional Women**  
  
 License # 302

MARCH 2024						
SUN	MON	TUE	WED	THUR	FRI	SAT
					1	2
					\$20	\$20
3	4	5	6	7	8	9
\$50	\$20	\$20	\$20	\$20	\$20	\$20
10	11	12	13	14	15	16
\$50	\$20	\$100	\$20	\$20	\$20	\$20
17	18	19	20	21	22	23
\$100	\$20	\$20	\$20	\$20	\$20	\$20
24	25	26	27	28	29	30
\$50	\$20	\$20	\$20	\$20	\$100	\$20
31						
\$100						

**DONATION \$10.00 PER TICKET**  
 • Winning numbers will be the 3 digit PA Lotto numbr  
 drawn at 7:00 pm (Can win multiple times!)  
 • Proceeds to Scholarships and Community Outrea

Finally, we have teamed up with a few other locally owned businesses to host our local Chamber of Commerce’s After-Hours Event in March. Our theme is an “UNhappy Hour Event” and we are excited to be planning a fun evening that will raise awareness of the Equal Pay issues women face. This event will be taking place on March 13th, just one day after Equal Pay Day on the 12th. We are looking forward to networking with businesses in our community, raising awareness of women’s issues, and meeting potential new members to our local club.

**UN**  
**HAPPY**  
**HOUR**

**District 5 News** - Director Joan LaSalle announces arrangements for a keynote speaker planned for Spring District Meeting **Saturday, April 20, 2024.**

Hostess: Tyrone BPW

Local Tyrone President: Linda Derman, lad408@gmail.com

Place: Warriors Mark Grange, Warriors Mark, PA 16877

Speaker: Ms. Rosa Davis, CEO of POWER (Pennsylvania Organization for Women in Early Recovery). Ms. Davis worked as a probation officer for juveniles and a youth advocate in the foster care system before becoming executive director of POWER in 1992. The organization was established to provide residential treatment for women recovering from addiction. POWER serves more than 1,000 women a year. Davis, a graduate of Leadership Pittsburgh XVII, is a member and past president of Soroptimist International of Pittsburgh and is president of the Pennsylvania Halfway House Association. She is a member of University of Pittsburgh's School of Social Work Executive Council; CLEAR Steering Committee; Greater Pittsburgh Nonprofit Partnership's Public Policy Committee; and Allegheny County's Block Grant Advisory Board.



**DISTRICT 6**

During our Fall District 6 Meeting in October, Director Priscilla Walrath welcomed BPW/PA President Elect Jennifer Van Ingen and Past State President Missy Wieand. Dr. Donna Mettler, BPW/PA Membership Chair, involved the members in a “Grow Your Membership” fun activity. We had a productive meeting, a delicious lunch, and a successful silent auction at Fry’s Turkey Ranch, Cogan Station. Wellsboro BPW hosted.

During November, District 6 hosted a Personal & Professional Development Workshop (PPDW) at the United Methodist Church in Wellsboro. Eleven Wellsboro BPW members plus Past State President, Missy Wieand, completed this workshop that was expertly facilitated by Sheryl Nieremberg.

We are looking forward to Spring District 6 Meeting on April 13, 2024, at Fry’s Turkey Ranch. Jersey Shore BPW is hosting.



Photo at Left: District 6 Director, Priscilla Walrath (R) welcomes BPW/PA President Elect Jennifer Van Ingen to Fall District Meeting.

**JERSEY SHORE**

In September and October, Jersey Shore members were busy with fundraisers needed for our spring projects and the Girl of the Month dinner in May. Jody Jolin spearheaded a sale of 5-foot diameter umbrellas in the school colors of orange and black and featuring the Jersey Shore Bulldog logo. The sale made over \$300 for the club. Deb Leonard coordinated our annual sale of Mr. Sticky buns at the Wildcat Winter Craft Show on November 18<sup>th</sup>. This sale sold out and raised over \$400.

The October meeting was held at Welker’s Funeral Home. We learned how to make pressed flowers on velvet. President Barb Schmouder provided all the supplies and the instruction for this crafty event.

In November, we met at the Jersey Shore Borough Town Hall, with a presentation by Deborah Russo, a local author who talked about how she came to write her novel, “A Beauty Unbroken”. She shared some of the “behind the scenes” work that the modern author must do to get a book published and the marketing that helps people discover her work.

In December, we enjoyed each other’s company and did a cookie exchange at President Barb Schmouder’s house. It was a wonderful evening of food and fellowship. Jersey Shore BPW hopes your year has gotten off to a promising start.



Photo: Holiday party at President Barb Schmouder’s home.

## WELLSBORO

The BIG news from Wellsboro BPW is an historical increase in new members this year. We began the year with 28 members, 3 of them new members. Currently Wellsboro BPW has 49 members, including 23 new members. How did we accomplish this in our small town in rural PA? In October, Wellsboro BPW held a highly successful membership open house. The event, planned by President Susan Graver, featured a panel of local female leaders with a Q&A format on leadership and women in business. In addition to the panel discussion and short business meeting, we enjoyed an hors d'oeuvres buffet, created by a local woman restaurant owner, and wine & yogurt tastings provided by local women business owners. In addition to the women on the panel, we were pleased to welcome 21 guests. Many have asked us how we are so successful in attracting new members. It is a combination of many things, but at the top of the list are personal contacts before, during and after our successful open house.

During the month of November, we recognized and honored female veterans. Our November meeting speakers were female military, one of whom founded "In the Fight Outdoors, Inc.," a non-profit that provides group-based, outdoor healing activities for veterans and first responders with PTSD and other service-related issues. On November 5<sup>th</sup>, we sponsored a special concert by Wellsboro Women's Chorus, "For Love of God & Country." We provided volunteers and served as emcees for the concert. President Susan Graver created a basketful of patriotic gifts including her hand crocheted red, white, and blue throw, wine, chocolate, and other gifts to raffle at this event as well as during our October membership open house. The basket was won by Wellsboro member Jean Cummings, who generously donated it to a needy, female veteran.



[Above: President Susan Graver (L) introduced guest veterans & speakers Staff Sergeant Select Sunshine Conyer, USAF/In Fight Outdoors, Inc. and Senior Chief Petty Officer Maria L. Nobles, USN Retired]



In December, we had our largest fundraiser of the year, a booth at Dickens of a Christmas, a town-wide

festival. We raised \$829 for our projects. Instead of a regular meeting, we had fun at a holiday party at the Wellsboro Steak House. Dawn Bowser planned enjoyable activities that had us laughing as we enjoyed a great meal and fellowship. Our holiday collection of \$300 was given to the Tioga County Homeless Initiative. Also in December, 14 of us had a great time making snowman ornaments during a craft night organized by Donna Mettler.

[Left: Susan Graver (L) & Dawn Bowser (R) at Dickens of a Christmas Sales Booth]

A. Moore, who has earned worldwide recognition as the first featured milliner of the Kentucky Derby. Although her millinery studio and primary residence are in NYC, she spends considerable time in Wellsboro where she has many friends and family. We were excited to try on many of her beautiful hand-crafted hats. Plus...she joined BPW the night of our meeting!

[Right: Christine A. Moore, milliner for the Kentucky Derby and new Wellsboro BPW member]





District 10 is continuing preparations for the 2024 Annual Convention. Many members have volunteered to be on committees, are gathering items for the “Goodie” bags, will be making decorations for the Saturday banquet, and are excited to be working with President Michelle and her team.

During our District meeting, held on Saturday, October 21<sup>st</sup>, District 10 was pleased to have President Michelle as our official visitor, as well as President Elect, Jennifer Van Ingen, and Area Three Membership Committee member, Becky Shoulberg. We all sported our sunflower scarves that will be prominent at convention.



We had an outstanding speaker for this meeting, David J. Kunicki, Director of Services for Keystone Human Services (photo below of David.) David presented a wonderful slide show highlighting many of the services provided by this organization.



Following a visit to the Harrisburg convention site, Director Donna Weinstein shared lots of photos of the hotel and convention center with the members during the District meeting. President Michelle shared the convention budget with us at the end of December and the District 10 Executive Committee met in early January to review it. We also “zoomed” with President Michelle and her team on January 17<sup>th</sup> to iron out some details and solidify assignments.

District 10 is working very hard to ensure that the 2024 BPW/PA Convention is a huge success and we encourage all BPW members to join us in Harrisburg June 6 – 8, 2024.

## CHESTMONT

### Chesmont BPW Celebrates NBWW

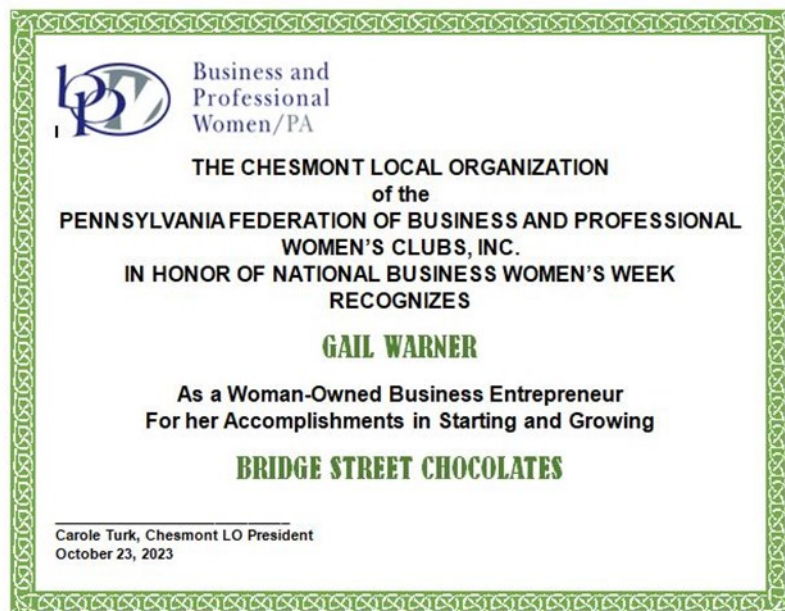
In celebration of National Business Women's Week, and in keeping with our goal of supporting local businesses, Chesmont BPW hosted an event to honor Gail Warner, Chocolatier Extraordinaire and local Phoenixville Business Owner of Bridge Street Chocolates. The gala was held at Bistro on Bridge, a local Phoenixville restaurant. Chesmont BPW President, Carole opened the celebration with a brief history of National Business Women's Week, and an introduction to Honoree, Gail Warner. Gail shared highlights of her journey from her dream of opening a chocolates shop to the reality of opening and running Bridge Street Chocolates starting in December 2010. Following her presentation, Chesmont Corresponding Secretary, Donna presented a National Business Women's Week Certificate to Honoree, Gail Warner.

A "chocolate trivia quiz" game with prizes from Bridge Street Chocolates (what else!) concluded the celebration on a very sweet note.

[Photo Right: Honoree Gail Warner (front row, 3<sup>rd</sup> from left) surrounded by event participants.]



[Photo Below: Chesmont Corresponding Secretary, Donna Weinstein and President, Carole Turk presenting NBWW Certificate to Honoree Gail Warner]







Personalized Cake (below) and Favors (left): Boxes with chocolates from Bridge Street Chocolates, and themed bookmarks made by Chesmont Member, Helen Burnley





### Chesmont BPW's December Holiday Outing

In keeping with our goal of supporting local businesses, Chesmont BPW's Holiday celebration included a matinee show "The Holiday Channel Christmas Movie Wonderthon" at the Forge Theater, followed by dinner at the Valley Forge Trattoria Restaurant. Located in downtown Phoenixville, the Forge Theater consistently delivers on its stated mission: "to enrich and entertain our community by providing a superior theatre experience". We thoroughly enjoyed the performance of "The Holiday Channel Christmas Movie Wonderthon" a lively and hilarious mash-up parody of multiple holiday rom-com movies.



Program (left) and stage view of Forge Theater's "The Holiday Channel Christmas Movie Wonderthon" cast.



Dinner at Valley Forge Trattoria, one of our favorite, go-to spots for special occasions.





**DELAWARE COUNTY**

Delaware County BPW had a wonderful Christmas Party despite a last-minute change of the dinner, members were surprised when Santa and Mrs. Claus came bearing gifts for our members. Mrs. Claus had an uncanny resemblance to Delaware County BPW President Patty Snyder. Donations were given by club members and other family members to a local charity. The donations were given to Pathways PA. Pathways PA offers a safety net for women in a variety of residential programs and services that help families, children and teens stabilize their lives, attempting to end poverty, homelessness and abuse. Delaware County BPW has had a long and generous history of support of Pathways PA. Seen here are Delaware County members at the Christmas party as well as Pathways PA representatives Ebony Perkins and Kaye B. Washington. Donations of 35 new coats, 15 hats, 12 pairs of gloves, lots of pajamas and socks were given to Pathways PA that evening. #becauseofBPW we met Santa and Mrs. Claus!





To start off the New Year Delaware County BPW had a wonderful meeting with presenter Fran Kaib. She taught the benefits of Tai Chi Chih for relaxation, mindfulness and balance among other things that are gained from this practice of moving meditation. Members in attendance had a great time sharing this new experience. Seen here are Delaware County member Carol Dougherty (left) who is a long Tai Chi Chih student, Delaware County BPW President Patty Snyder and Fran Kaib Tai Chi Chih instructor.



Delaware County BPW in honor of Foundation month will be hearing from Past State President and Chair of the PA BPW Foundation Board, Nancy Werner. Although members of Delaware County BPW recognize the importance of PA BPW Foundation, newer members are unaware of all the wonderful opportunities the Foundation presents for students, educators, and BPW/PA members. Our February meeting on Foundation will be held via Zoom on February 21, 2024 at 6:30 P.M. Any BPW/PA members interested in attending please contact Delaware County BPW President Patty Snyder at [pattysnyder108@gmail.com](mailto:pattysnyder108@gmail.com).

Convention excitement is growing.... Delaware County BPW is looking forward to being a part of District 10's hosting of President Michelle's BPW/PA Convention in June. This will be the 104th BPW/PA State Convention which will be taking place in Harrisburg PA. We look forward to seeing you there!



## GREATER DOWNINGTOWN

In October Greater Downingtown BPW members enjoyed learning about the Community Warehouse Project from our guest speaker Glenda Brion. Community Warehouse Project's mission is to provide household goods and furnishings to Chester County families and individuals in need – at no charge. Members also enjoyed visiting with our district sisters at the Fall Meeting.



Our holiday meeting was held on December 13<sup>th</sup> which included a trivia game, 50/50 raffle and prizes. Donations were collected in support of Wonderfully Me and United Way of Chester County's Feminine Hygiene Donation Drive for Chester





## DISTRICT 10



At left, GDBPW Treasurer Keny Holman, Pres. Lorraine Tindaro and VP Fran Farrell

Vice President Fran Farrell dropped off our local's donations. Pictured at right are (L-R): Angela White, Founder and Ex. Dir. of Wonderfully Me, Fran Farrell and Edwina Johnson, Community Impact Assistant from United Way.



Greater Downingtown and Chesmont members honored veterans by attending the service and laying wreaths on veterans' graves at the Hopewell United Methodist Church Cemetery.



Our local members are looking forward to supporting District 10 in hosting the 104<sup>th</sup> Convention for President Michelle. Registration is now available. We hope to see you there.



## CENTRAL MONTGOMERY COUNTY

CMC has been mixing it up this year – some in-person meetings, some virtual meetings, some other events. After our awesome September dinner meeting (see the summer Key), we got active out in the community!

During the first part of October, we participated in “Bosco's Friends Helping Friends” program, raising money to support veterans in our community. We raised more than \$400 and were able to provide lunch for those attending our local Vet Center's Fall Fest, with plenty in the bank for future events!

October 19 – We gathered at the Montgomery County Norristown Public Library for a project led by our Integrate for Good friends, creating sleeping mats for people experiencing homelessness in our community. Note the display behind our group – this is where we regularly promote National Business Women's Week! Thanks to Karen DeAngelo (front row, far left), for hosting, and to Bev Weinberg (back row, second from the right) for teaching us some new skills!

October 21 – We were delighted to host the D11 Fall Meeting!



October 25 – CMC BPW served as a sponsor for the Montgomery County Chamber of Commerce 2023 Women's Symposium. CMC BPW members can attend Chamber events at no charge based on our organizational membership. We're also really great about attending the events of our member's organizations.

November 16 – At our Fall virtual meeting, member Jessica Libor took us through an interactive talk on personal branding. *What color are you – and*

*why?*

December 3 – Our annual Bingo Fundraiser in December was terrific! It gets better every year! We had thousands of dollars in donated raffle prizes and raised nearly \$5,000 that will support our named scholarship at Montgomery County Community College as well as several agencies serving women and families in our region.

There's a lot more that we've been doing that doesn't fit here – please follow us on Facebook to see it all!  
[www.facebook.com/groups/CentralMontgomeryCountyBPW](https://www.facebook.com/groups/CentralMontgomeryCountyBPW)

Coming up next:

February 15 – At our Winter virtual meeting, we'll have two members discussing financial wellness journeys.

February 22 – The BPW/PA Book Club Meeting will feature our member Cynthia Culbreath and her book, The Olympian Leap!

Learn all about us at our website, [www.centralmontgomerycountybpw.org](http://www.centralmontgomerycountybpw.org).



## GREATER CONSHOHOCKEN

This BPW year, GC BPW's programs/projects are focusing on women and the green economy. Every month, we are supporting specific projects to Reduce, Reuse and/or Recycle in our communities and at our meetings.

Our October guest speaker was Lynn Williams, Victim's Services Center. When rape victims report an assault and evidence is gathered, their clothing is often taken as evidence. Thanks to our members and District XI sisters, we were able to provide several bags of sweats, sweatshirts, socks and underwear to be distributed to area hospitals to be used for the victims.



Above: GCBPW members-  
D. 11 Meeting

Right: Members and  
Lynn Williams,  
Victims Services  
Center



GC BPW members also went green in October at one of four area shredding events. On Saturday, October 28<sup>th</sup>, Donna and Mary recycled paper and ran into Mayor Aronson, PA State Rep. Daley and Council Member Ward 4, Barton!



In November, GC BPW had two inspirational speakers at our meeting: Kristine Fallows, Angels Sharing the Warmth and Marie Loonstyn, Lisa's Army. Angels Sharing The Warmth has provided food, clothing and necessities to thousands over the past five years. GC BPW collected winter coats, hats, etc. and donated them to Kristine and Stacey at the meeting.

[Right: Stacey and Kristine  
with donations ]



Lisa's Army supplies personalized Comfort Care Packages to individuals battling any type of cancer. GC BPW provided a monetary donation to Lisa's Army.



Then on November 30<sup>th</sup>, President Donna and Mary gathered up their unused holiday cards and attended the VFW Post 1074 holiday card signing for the troops and senior veterans. Mayor Aronson and Walt Hartnett, President, Post 1074 stopped by to chat, as well as Gayle Gaumer, who is an ambassador for “Pin-Ups for Vets”.



Gayle Gaumer, Mary, Donna, Walt Hartnett, Mayor Aronson

Lots of food and fun for all at our December Holiday Party! Members and guests brought their hidden treasures for the silent auction and paddle raffle, and cookies were available for our annual bake sale. GC BPW also supported two area food banks with monetary donations, as well as food donations for The Missionary Sisters of Charity in Norristown.

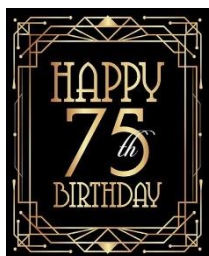


Paddle raffle



Mary & raffle gift Christmas Party Members and Guests

In addition to recycling and regifting items for the holiday party, information was provided on where collection bins were located to recycle those broken holiday lights. In January for Glaucoma Awareness Month, GC BPW members will be recycling their unneeded eyeglasses.



**SAVE THE DATE!** THIS YEAR'S BIG GC BPW EVENT IS OUR 75<sup>TH</sup> BIRTHDAY LUNCHEON ON MARCH 23, 2024. To help celebrate our birthday and raise funds for our State Project, President Donna will be walking 75 miles from 12/31/23 to 3/15/24 for Keystone Human Services, Intellectual Disability Services.

**QUAKERTOWN****Quakertown BPW Has Been Busy**

When we last shared our news, we had just held an “ice cream” gathering with the middle and high school students at “The Drop” located at the Masonic Temple in Quakertown. We plan to repeat this social event come the spring.

Sheryl Nierenberg, our motivational speaker, District XI Director and member was our September speaker. Co-President Linda Moskal is pictured below with Sheryl.



We held our first meeting of the year on September 27 at a new location- John’s Plain & Fancy Diner, Route 309, Quakertown. We had Sheryl Nierenberg, our member and District XI Director, present an enlightening topic on Small Group Communications. A very important aspect when we have potential new members visiting us. Our greetings showcase what we, as BPW members, present to those who do know anything about our organization and us as members. No sooner did we complete September than we zoomed into October.

National Business Women’s Week was here and we attended our District XI Fall Meeting on October 21. Quakertown BPW was awarded the Eleanor Knoke Award for being the outstanding local organization in the district for 2022-23. We were most proud of receiving this recognition.

[Photo at Right: Quakertown Members –Gail Jancsics, Toni Rubic, Linda Moskal, Jeanne Schlicher, Sheryl Nierenberg, Ellen Miron, Nancy Werner and Linda Lokay are proudly sharing the Eleanor Knoke Award.]



We signed on to be in the Annual Quakertown Halloween Parade scheduled for October 22. We were busy making signs and contacting women owned businesses in and around Quakertown. Melissa Wieand and Toni Rubic, our chairs, had a banner made that read, “Quakertown Business and Professional Women’s Club Salutes Women Owned Businesses.” It was a fabulous turnout of members and fellow business owners as the crowds really cheered us on as we walked by. Maybe it was all the candy we were giving the children? But we all agreed that was a BPW weekend to remember.



We were most fortunate to have Dave Kinicki, Director of the Disability Services of the Keystone Human Services, come and speak to us. His program was most informative and we learned about all the five areas that their services cover. As our state project, we were most proud to present him with a \$1500 check as a donation. We also asked if there might be a KHS agency in the nearby area. He shared that the Lehigh Valley has an office and facilities. They are also renovating two of their buildings. We asked that our funds be used there.



[Photo at Left: Dave Kunicki, Keystone Human Services, is presented a check of \$1500 from our Co-Presidents, Jeanne Schlicher and Linda Moskal.]

November 15 was another exciting meeting as Gates, our Tails of Valor dog, was brought to our meeting by her breeder and handler, Gretchen Deutsch. Remember our State Project of last year? We were able to present a check of \$31,000 to the Tails of Valor in Coopersburg, PA. We were told that a puppy would be named Gates after our member, the late Margaret Jacoby Gates of Curwinstown BPW. She was enlisted from 1943 to 1946 as a first Lieutenant in the Army Nurse Corp European Theatre of Operations: England, France and D-Day. Well Gates is now 5 months old and he was an excellent guest who followed every command. We heard from Gretchen as to the skills Gates must master before she chooses her special Veteran.

[Photo at Right: Melissa Wieand, Immediate Past State President, Gretchen Deutsch, Gates's breeder and handler, Jeanne Schlicher and Linda Moskal, Co-Presidents, presenting Gates, our Tails of Valor dog, a check for \$500. (He just knows how to pose for the camera.)]





We also shared an evening with our longtime member, Judy Guise, who is relocating to Elizabethtown. She had given us many years of dedication none more than being our Quakertown LO President three times. She has also held State level positions. We took time to share our appreciation with a plaque presentation. (Spoiler alert - She will still be a member of BPW.)

Linda Moskal, Co-President, presents Judy Guise, with a plaque for her dedication to the Quakertown BPW.

Lastly, we got in the spirit of the Holidays with our Annual Holiday Gathering with Upper Perkiomen BPW. Ugly Sweaters were worn and they were all uglier than the other. Our District XI Director, Sheryl Nierenberg, has a love of playing Santa's elf and she did another outstanding cameo appearance. Good time was had by all. We have more to do as we come into 2024. But we have been busy!



[Photo at Left: Linda Moskal, Jeanne Schlicher, Vicki Lightcap and our very own elf, Sheryl Nierenberg having some photo fun.]

We had a fabulous Holiday gathering with our Upper Perkiomen BPW sisters.





**SOUDERTON-TELFORD**

For all those planning to attend the Souderton-Telford Locally Grown Showcase: Plans are moving forward for another great event. More information and the date will be in the future. Over 50 vendors were represented last year and over 600 people attended. It is our best fundraiser. Our poinsettia and Wawa coupon fundraisers were again successful.

For October Business Women's Week members attended a Cooking class at Chef Shelby's – The Cooking Studio. They enjoy a delicious meal, which they made.

Members also attended the District 11 Fall District meeting. Our October speaker was Amanda Vilar who outlined Empowering Parents. Alan Raisman, Director of Keystone Opportunity Center spoke at our November meeting on how they serve the community. We collect household and personal items each year to be distributed to the Center's clients.

Several members participated in the Souderton Holiday Parade.



The annual Holiday party was held at Beth Healy's lovely home. We wrapped gifts we bought for two families, exchanged gifts and ate our covered dishes as well as Beef Wellington made by Yuliya Gandy. Erika Jucewicz and Colleen Gular won 1<sup>st</sup> and 2<sup>nd</sup> prizes for best holiday outfit. We had a good time socializing with old friends and new. We have 5 new members who have jumped in to help on several committees.



# 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***

**\*NOTE:** Credit for this flyer goes to District 3, as it was found in their newsletter, and used here at the discretion of the KEY Editor.





**Hop on the Bus to Harrisburg!!**

**June 6 - 9, 2024**

**Best Western Premier  
800 E. Park Drive  
Harrisburg, PA 17111**

Updated documents, forms, and announcements are available on the BPW/PA website in the Members Only section. Convention Registration forms are also available on the next two pages.

PA Federation of Business & Professional Women's Clubs, Inc  
2024 ANNUAL STATE CONVENTION REGISTRATION FORM

**June 6-9, 2024**  
**Best Western Premier, 800 E. Park Drive, Harrisburg, PA 17111**

Name \_\_\_\_\_ Date Joined \_\_\_\_\_ (MM/YYYY)

Address \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail \_\_\_\_\_

L.O. \_\_\_\_\_ District \_\_\_\_\_

_____	State Officer	_____	YC Contestant	_____	25 Yr. Member
_____	State Chair/Committee	_____	PPD Contestant	_____	50 Yr. Member
_____	Past State President	_____	LO President	_____	50+ Yr. Member
_____	District Director	_____	Incoming LO President	_____	First Timer
_____	Incoming District Director	_____	Incoming District Treasurer.	_____	Guest
_____	Incoming LO Treasurer	_____	Member		

**Note: only those in attendance at the convention will receive a certificate for 25, 50 and 50+ years**

Registration may be completed online at [www.bpwpa.org](http://www.bpwpa.org)

**Advance Registration (post marked on or before March 31, 2024)**

Full Time: **\$75** One Day: **\$65** (circle one Friday Saturday) \$ \_\_\_\_\_

**Regular Registration (post marked after March 31, 2024, and before May 15, 2024)**

Full Time: **\$85** One Day: **\$75** (circle one Friday Saturday) \$ \_\_\_\_\_

**On Site Registration (Friday Night Event and Saturday Banquet not guaranteed)**

Full Time: **\$95** One Day: **\$85** (circle one Friday Saturday) \$ \_\_\_\_\_

**Friday Lunch: Picnic Buffet** (garden salad, potato salad, BBQ chicken breast, hot dogs Hamburgers, baked beans, baked macaroni and cheese, cookies/brownies, coffee and tea) **\$31** \$ \_\_\_\_\_

**Friday Night Event** – BPW/PA Foundation will announce information on the Friday Night Event later.

**Saturday Lunch Picnic Buffet** (garden salad, potato salad, BBQ chicken breast, hot dogs Hamburgers, baked beans, baked macaroni and cheese, cookies/brownies, coffee and tea) **\$31** \$ \_\_\_\_\_

**Saturday Night Banquet (Check entrée choice): \$44** \$ \_\_\_\_\_

All entrees are served with complementing potato, vegetable, rolls, coffee and tea.

\_\_\_\_\_ **Marinated London Broil** with Peppercorn Glaze

\_\_\_\_\_ **Stuffed Chicken Breast**

\_\_\_\_\_ **New England Baked Haddock**

**Total enclosed** \$ \_\_\_\_\_

**Special Dietary Requests** \_\_\_\_\_

**Registration is not complete until payment is received:** the method of payment can be done either using a credit card via our website (bpwpa.org) or by making your check payable to BPWPA and mailing it along with this registration form to: **Lois Hall, 65 Yellowwood Drive, Downingtown, PA 19335, Convention Registration Co-Chair**, by the above-mentioned due dates. **No email reservations will be accepted.** All tickets will be distributed at the time of registration check-in at the convention.

**Refund Policy for Convention Pre-Registration/payment:** There will be a **\$10 service fee** for processing refunds. A written refund request should state the pre-registrant's name, address, L.O. and District and to whom the check should be made payable. No request will be honored if such request is postmarked after **May 7, 2024 (30 days prior to the opening session)**. In the event of a death or hospitalization of the member or in the member's immediate family after the 30-day limit, the registration fee will be refunded after verification and approval by the BPW/PA President and/or the State Finance Chair.

PA Federation of Business & Professional Women's Clubs, Inc  
**2024 ANNUAL STATE CONVENTION REGISTRATION FORM**



*Grow Through What You Go Through*

June 6 – 9, 2024  
**Best Western Premier**  
**800 E. Park Drive**  
**Harrisburg, PA 17111**

**HOTEL ACCOMMODATIONS:**

Each attendee makes their own hotel reservations. The room rate is \$154.95 for single/double occupancy, plus applicable state, and local taxes per night. Breakfast is included for 4 people in a room, with hotel room reservation. A block of rooms has been reserved for BPW/PA. Please reference the “BPW/PA State Convention” when making your hotel reservations to receive the group rate. Please call the hotel directly at **1-717-561-2800**, to make your room reservations. **(Please note that Refrigerators are included in all rooms.)**

The above room rate is guaranteed until **12:00pm, on Thursday, May 9, 2024**. Reservations can be cancelled up to **72** hours prior to check-in without penalty.



## A Note from the KEY Editor

Just a note to say thank you for your patience while I worked on the KEY this month. It has been a busy month and the many aspects of my life (business, family, volunteer obligations, etc.) have pulled me in many different directions and time seems to have slipped by way too fast this month!

I thoroughly enjoy creating the KEY each season and reading all the reports I receive from the chairs and the district/local news. Its been fun serving the Federation in this capacity this year, as I enjoy being creative in this way. I look forward to continuing to serve the Federation the rest of this year.

I hope you will participate in the contest for this edition of the KEY. I will try to think of something spectacular to round out this year for the Spring edition, coming up in April. Don't forget the Spring KEY deadline date for submissions is April 1st. In addition, the Spring KEY will contain the officer candidate information and further convention details, so be on the lookout for that in mid-April!

Hope to see many of you at the Convention in June and thank you again for your continued patience.

Your BPW/PA KEY Editor,

*Tiffanie E. Burger*

