



BUSINESS AND PROFESSIONAL WOMEN'S CLUB MASONTOWN, PENNSYLVANIA

October 2023

*To achieve equity for all women in the workplace
through advocacy, education and information.*

THIS MONTH'S THEME

October 10, 2023

Invite a friend, bring a Guest

Meet and Greet 5:30 P.M.

DINNER AT 6:00 P.M.

GUEST SPEAKER:

Emma Harris "Mental Health & Me"

THIS YEAR'S THEME



THIS YEAR'S STATE PROJECT

*BPW PA STATE PROJECT:
Keystone Human Services*



Check out our new District 12 Website

<https://www.district12bpw.com>

Dates to Remember

October - Breast Cancer Awareness Month

1 - Deadline for December issue of Key

7 - District 12 Fall Meeting

Washington Country Club

10 - 5:30 p.m. Meet and Greet

6:00 p.m. BPW Meeting

15 - 9:00 a.m. Ecumenical

Washington Country Club

16 - 20 National Business Women's Week

November 7 - Election Day—Vote

7 - 6:00 p.m. BPW Meeting

December 12 - 6:00 p.m. BPW Meeting

January 9 - 6:00 p.m. BPW Meeting

June 6 thru 9 - BPW State Convention

800 E. Park Dr, Harrisburg, PA



Masontown BPW 2023-2024 Officers

President: Barbara Harmon

Vice President: Bobbi Dobler

Recording Secretary: Toni L'Hommedieu

Treasurer: Lori Bogozi

Corresponding Secretary: Linda Ramirez

Parliamentarian: Denice Robinson

**REMINDER: November's meeting
is on November 7th - Election Day**



**Remember to vote prior
to coming to the meeting.**



**We will have our favorite fundraiser forms,
Colebrook Chocolates, at the meeting. Be sure
to contact Sharlene Lehman if you need a
form, but will not be attending the meeting.**



BPW October 10th Meeting

5:30 p.m. Meet & Greet

6:00 p.m. Dinner Meeting

American Legion Post 423

1977 McClellandtown Road

Masontown, PA 15461

OCTOBER HOSTS

Chair: Denice Robinson

**Committee: Bobbi Dobler
and Rose Lehman**

MENU

**Salad, Stuffed Pork Chop, Mashed
Potatoes, Vegetable, Roll and Butter**

Chocolate Cream Pie

RSVP by calling Denice Robinson

At 724-557-5552

Or email: drobinson1966@gmail.com

Please RSVP by October 8, 2023



Reminder: We are having our annual "Meet and Greet Event" in October prior to our regularly scheduled meeting.

Reach out to former members or new, interested potential members and invite them come find out what the Masontown BPW is all about.

Who will you ask to join us?

Neighbors
Former BPW Scholarship Winners
Clients
New or Old Friends
Former students
Co-workers
Relatives
Business Owners
FORMER MEMBERS



Women's Equality Quiz



A little quiz before we vote in November. First person to reply by email and get them all right will wins a prize.

1. In what year did women in the United States win the right to vote?
a. 1776 b. 1848 c. 1920 d. 1946
 2. How many years did it take for women to win the right to vote in the United States?
a. 72 years b. 120 years c. 20 years d. 51 years
 3. What was the name given to the 19th Amendment to the Constitution which guaranteed women's right to vote in the United States.
a. Abigail Adams Amendment b. Sojourner Truth Amendment
c. Susan B. Anthony Amendment d. Gloria Steinem Amendment
 4. Women who worked for women's right to vote were called
a. radical b. immoral c. suffragist d. all of the above
 5. The term suffragist is derived from
a. one who suffers b. a voting tablet in ancient times
c. the Constitution d. the Bill of Rights
 6. How many other countries had already guaranteed women's right to vote before the campaign was won in the United States?
a. 6 b. 2 c. 1 d. 16
 7. What was the first country that granted women the right to vote?
a. Canada b. Germany c. New Zealand d. United Kingdom
-

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.
6. Looking to attend a Personal and Professional Development Workshop? BPW/PA District 3 is hosting one on Sunday, November 5th Contact your District Director to find out when your District is hosting one at the YWCA Westmoreland County in Greensburg. Workshop is 8:30 a.m. to 3:00 p.m. and the cost is \$30.00. (This includes a light breakfast, lunch and refreshments throughout the day.)

September's Guest Speaker was Lillian Bailey

By Dorothy Gruskowski



Lillian Bailey, sister of member Dorothy Gruskowski, was our speaker for September. Lillian presented a program on Dress A Girl Around the World. Dress a Girl is part of Hope 4 Women International, a faith-based organization who serves women and girls at risk and believes everyone is worthy of love and respect.

Dress A Girl Around the World delivers dresses and hope to girls in need and who are at risk around the world. In receiving "God's best dress," not only are the girls being gifted with what could be their first ever new dress, they are also receiving the organization's 4 Pillars of Hope: *Dignity, Health, Joy, and Love*.

How does the organization get dresses to distribute? Volunteers can donate fabric, cut out patterns, sew dresses, donate financially, or help in other ways. Since 2009, over 2 million dresses have been made/distributed. With an annual dress goal of 100,000, there is a lot of sewing going on. Dresses are given two pockets and a Dress a Girl label on the front. Cloth dolls are also made.

Lillian got involved with Dress a Girl when she saw an article in a church bulletin and joined the church's Dress a Girl Ministry in the fall of 2022. As 4-H member in her youth and an avid sewer who made most of her clothes during high school and college (but had not sewn for some time), she dusted off her sewing machine, joined the group of enthusiastic and encouraging women, and began cutting patterns and sewing dresses. She set a personal goal of one dress a week and at the time of her presentation, Lillian has made 47 dresses. Lillian shared several dresses and dolls that she has made. She's on track to meet her goal by the end of her first year.

Where do the dresses go? Dress A Girl has Ambassadors who collect the finished dresses and are the ones who receive requests for dresses. The dresses, each with a Dress A Girl label and pockets, are hand delivered by a missionary or someone who is returning to the area. Each dress is presented to the girl, put on her, she is told God loves her, and someone made this dress especially for her. The dresses have gone to the Congo, Uganda, Kyrgyzstan, Belize, USA, Israel, France, and Thailand to name a few. (Lillian's sister counted the countries listed on the website and totaled 97 countries---literally countries around the world.)



Lillian sharing some of the dresses and dolls she made.

We all know the joy of getting a new dress, but just imagine the joy of the girls who receive the dresses made by Dress A Girl Around the World. Lillian finished her presentation with "There's Hope 4 Women around the world."

For more information:

www.dressagirlaroundtheworld.com

and

www.h4wi.org



NATIONAL WORLD MENTAL HEALTH DAY | OCTOBER 10

Annually, World Mental Health Day on October 10th raises awareness and mobilizes efforts to support mental health.



Mental health is a hot topic. This is good news. It means the stigma for mental health issues is slowly going away. Mental health issues are finally getting the attention they deserve. Healthcare workers and individuals feel they can discuss mental health more openly. However, that doesn't mean there isn't still work to do.

As a whole, we often misunderstand mental health because it is hard to define. Additionally, mental health includes several areas. These areas involve one's social, emotional, and psychological well-being. Mental health affects thoughts, feelings, and actions. When we have positive mental health, we handle stress better, our productivity remains stable, and we realize our full potential.

When one has poor mental health, they are more likely to suffer from a mental health disorder. These disorders include the following diagnoses:

- Depression
- Generalized Anxiety Disorder (GAD)
- Panic disorder
- Phobias
- Social Anxiety Disorder (SAD)
- Obsessive-compulsive Disorder (OCD)
- Post-traumatic Stress Disorder (PTSD)

Of these mental health disorders, most people experience anxiety disorders. Statistics show that about 4% of the world's population has a form of anxiety disorder. In the United States, the percentage increases to just over 18% of the population.

Some people are at a higher risk of getting a mental health disorder. These include those with high-stress levels, those who have experienced trauma, and those who have few healthy relationships. However, family history plays a role in higher risk factors, too.

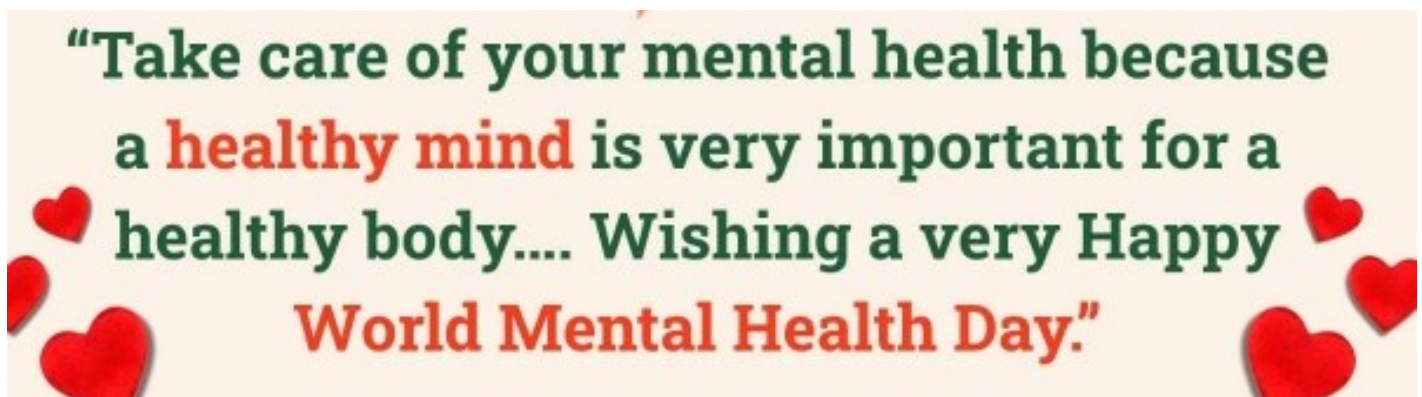
Thanks to increased awareness and increased funding for research, there are effective treatment options for most mental health disorders. Conventional treatment methods include medication, psychotherapy, and hospital and residential programs.

HOW TO OBSERVE MENTAL HEALTH DAY

The World Federation for Mental Health organizes World Mental Health Day. Each year, organizations host a variety of events to increase awareness about mental health issues. Events include educational seminars, free mental health screenings, walk-a-thons, marathons, conferences, mass media promotions, and public service announcements.

If you know someone who struggles with a mental health disorder, World Mental Health Day is a great way to reach out to them. While many people don't feel comfortable talking to others about their diagnosis, knowing they have someone to reach out to makes a real difference. You can also donate to an organization that advocates for mental health.

Share this day on social media with #WorldMentalHealthDay.



National Business Women's Week - October 16 - 20, 2023



On **October 18th**, the Masontown BPW will be **celebrating National Business Women's Week** by attending a **luncheon at the Ridge Runner Distillery** and **touring the Christian W. Klay Winery with a hayride and a wine tasting**. Christian W. Klay winery is a women owned business and was the first commercial winery to open in Fayette County in 1995.



Winery owner Sharon Klay and her husband John first developed an interest in winemaking while living in New York City in the 1970's. In 1986, the couple purchased a 215-acre farm in Chalk Hill, Pennsylvania that had 1,000 vines. The property now has over 14,000 vines. Join us on October 18th to learn more about Sharon's passion for wine making and taste some of their new creations.



National Business Women's Week Challenge

As a member of the Masontown BPW, every year we recognize women in business in the town of Masontown during National Business Women's Week. This year I would like to challenge all members to nominate someone in **their community**. There are many women owned businesses right in your own back yard.

Bring the name or names of as many women business owners that deserve to be recognized to the meeting on Tuesday. We are going to visit them before Oct 16th and give them a copy of the flyer on the next two pages to invite them to join the virtual seminars being held by BPW/PA to Celebrate National Women's Week giving everyone a chance to Reflect, Refresh, and Recharge.

You know someone that is deserving to be recognized? Let's reach out to them this year and show them that we know what they are doing and we APPRECIATE them!

If you are not able to come to the meeting, please email their names and the name of their business and the address so that we may still recognize them.

Thank you for all that you do to make Masontown BPW the great club that it is!



National Business Women's Week - October 16 - 20, 2023



BPW/PA

National Business Women's Week

REFLECT, REFRESH, RECHARGE

OCTOBER
16



KEYNOTE SPEAKER
VICKI LIGHTCAP
"STRESS THE WAY
YOUR MOMMA
DID"

OCTOBER
17



KEYNOTE SPEAKER
**FAERIE
GRACE**
THE POWERFUL
YOU

OCTOBER
18



KEYNOTE SPEAKER
**MICHELLE
TEAGUE**
THE SECRET TO HAVING
IT ALL - DELEGATION

Registration is now open for these virtual seminars.

Check out the BPW/PA Website to register.

<https://bpwpa.wildapricot.org/page-1838903>

*Please note each day has to be registered separately





**BUSINESS AND
PROFESSIONAL
WOMEN / PA**



PRESENTS...

NATIONAL BUSINESS WOMENS WEEK

Women Business Leaders: Reflect, Refresh, Recharge

Event Schedule October 15 - 19, 2023

October 15 | #becauseofbpw Video Release

October 16 7pm ZOOM | "Stress like your momma did, Vicki Lightcap

October 17 7pm ZOOM | The Powerful You, Faerie Grace

**October 18 7pm ZOOM | The Secret to Having It All -
Delegation, Michelle Teague**

**October 19 Special
NBWW Book Club | Book: Lean In, 7:00 pm**

**These events are sponsored by BPW/PA and are free to register. You do not have to be a BPW member to attend. You can register be going to the BPW/PA website events page:
<https://bpwpa.wildapricot.org/page-1838903>**

Murder Mystery Fundraiser - A Fun Time was had by All

On September 30th, the Members of Masontown helped with the Murder Mystery Fundraiser that was held at the Masontown American Legion for the Barbara J. Myers-Ciccone Scholarship Fund. Everyone that attended had a good time. There was plenty of food and drink, numerous casino games to play and over 24 auction baskets. We raised \$2125! Great job Masontown BPW!





Business and Professional Women/PA

You are cordially invited to attend
The 44th Ecumenical Event
(BPW/OHIO/PA)

Sunday, October 15, 2023

9:00 a.m. – 1:00 p.m.

Washington Country Club

599 Country Club Road, Washington, PA 15301
Phone 724-225-9245

Hosted by: BPW PA

Cost: \$40 (Checks payable to District 12 BPW)

Mail checks to: Bernadette Koval, 1 Trimont Lane, Apt. 720B, Pittsburgh, PA 15211

Email: bemie69@comcast.net

Phone: 412-315-7397



THEME: Women of the Bible: The three Mary's

Schedule: 9:00 – 9:30 Registration & Welcome
9:30 – 10:30 Ecumenical Service
10:30 – 11:30 Brunch Buffett
11:30 – 12:30 Entertainment/Final Remarks & Closing

Deadline to RSVP – October 10th

Registration form:

Name: _____

Address: _____

Email: _____

Phone: _____

Local/State: _____

BPW Title: _____

Special requests: _____

