



News & Views

JANUARY

JANUARY 2024

Upcoming Events

- **Jan. 11:** January Dinner RSVP Deadline
- **Jan. 16:** Spring Tea Meeting 5:30 pm Applebee's in Greensburg - 1/2 off appetizers
- **Jan. 18:** Monthly Dinner Meeting - 6 pm Giannilli's II
- **Feb. 8:** February Dinner RSVP Deadline
- **Feb. 15:** Monthly Dinner Meeting - 6 pm Giannilli's II
- **Feb. 24:** BPW District 3 Winter Blues Bingo

NEW YEAR, NEW HABITS

Among the traditions of ringing in the New Year are watching the ball drop, raising a toast, singing Auld Lang Syne and making resolutions.

I find that when I use the word "resolution", my anxiety level increases. Change is difficult and not always easy to embrace.

I know that I have a greater chance of sticking to a "resolution" when I refer to it as a "habit". I have been slowly incorporating changes that I want to make. Getting into the habit of doing something for a few days and then adding another change to it. I'm proud to say I'm doing well with keeping the dining room table free of clutter and using it as intended, for meals.

If you made any resolutions, I wish you the best of success with those new habits. They say it takes 28 days for a change to stick. Ask me in February how that dining room table is looking.



Happy New Year Ladies!



NEWSLETTER DEADLINE

Deadline for the next newsletter is Friday, February 2. Please send committee reports, community events, articles, kudos and advertisements to cpalm121@comcast.net OR latrobebpw@yahoo.com before that date.



Inside

Member
Spotlight
2

BPW
Round Up
3-4

BPW
News
5-9

Member
Networking
10-13

January 2024

Member Spotlight



Theresa Rusbosin, a dedicated member of Latrobe BPW for over two decades, shines in our member spotlight. Her journey with BPW has been marked by lasting friendships, community impact, and a passion for supporting women.

Theresa was drawn to BPW after being invited to a meeting, where she discovered a community of friendly and welcoming women. The camaraderie and the opportunity to work together for meaningful causes have kept her hooked ever since.

As a pharmacist, Theresa's career has been a blend of personal connections and professional commitment. Starting as a store/pharmacy manager, she built relationships with her customers, treating them like family. Now with Express Scripts/Cigna, she continues to connect with patients over the phone, striving to provide the same personalized care.

Theresa's downtime involves craft outings with friends. While she jokes about being "crafty," it's the joy of spending evenings with like-minded individuals that she truly values.

Surprising Fact: In college, Theresa chaired the MDA/Duquesne University Dance Marathon. The fundraising efforts were so successful that she flew to Las Vegas to present a check to Jerry Lewis during the annual telethon, an unforgettable experience broadcasted on national TV.

Hailing from Indiana, PA, Theresa is the eldest of four siblings. Married to Ed Rusbosin for 34 years, they reside on Cat Curve with their two cats, Pai and Cela, making life truly enjoyable.

Theresa encourages new members to attend meetings regularly, get involved, and say yes when opportunities arise. Attending district meetings and asking questions for better understanding are key to a fulfilling BPW experience.

Theresa Rusbosin's 21 years of membership exemplify the spirit of BPW—building friendships, making a collective impact, and supporting each other in both personal and professional pursuits. Life is good, indeed!

January 2024

BPW ROUND-UP



Dinner Committee

Membership

BPW Logo Wear

January Dinner Meeting:

Date: January 18, 2024

Event Location: Giannilli's II,
Route 30 West, Greensburg

Deadline for Reservations:
Thursday, January 11

PAYMENT OPTIONS:
Cash/Check/Credit \$25
Prepay via PayPal \$27 (link on
dinner reservation)

LINK TO RESERVE: <https://forms.gle/VdiV4Q8nXU2DV77Z8>

Please invite your friends, co-workers, and wonderful women that you meet to dinner.

Ask our membership team: Tina Grace and Maria Newill, for our "business" card and membership application to share with your guests.

NEW MEMBER INDUCTION will be held in May

BPW ONLINE STORE IS OPEN!

Show your BPW spirit with our new line of logo wear! You can shop 24/7/365 online through our member partner Unity Printing. Order your gear by the end of each month and it will be delivered to you at the following month's meeting! Check out the great items at: www.unityprinting.com/bpw



Quietly bid



Loudly give!!

Foundation/Legislation Annual Silent Auction

Don't forget to bring an item or two to donate and your \$\$\$CASH\$\$\$ to our February meeting!!

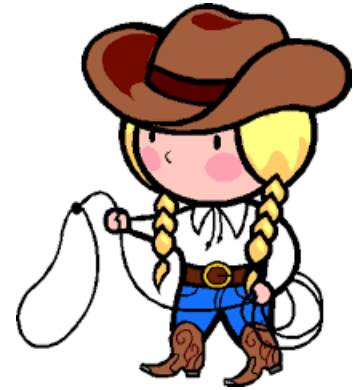


Foundation

The Edith Oler Flanagan Disaster Fund is available to any BPW/PA member who has suffered a financial hardship caused by any reason, such as uninsured medical expenses, fire loss, termination of employment, etc. The awards are based on financial need. www.bpwpa.org

January 2024

BPW ROUND-UP



Issues Management

Public Relations

JANUARY GUEST SPEAKER

Merissa Esposito

Recognizing and Preventing Financial Crimes

The Latrobe Business and Professional Women's Club (BPW) is thrilled to announce Merissa Esposito as the distinguished guest speaker for their upcoming meeting on January 18, 2024, at Giannilli's II. Ms. Esposito is an esteemed professional in the field of financial crimes, dedicating her career to educating communities on preventing financial



With a wealth of experience dating back to 2014, Merissa Esposito has held key prominent financial positions in several institutions, including S&T Bank, US Bank, PNC Bank, and Clearview Federal Credit Union. In 2021, she assumed the role of Anti Money Laundering Compliance Officer for the LIVE Casino and currently serves as the Vice President of Supporting Investigations for BNY Mellon.

Esposito's passion for educating the public on financial crimes aligns perfectly with Latrobe BPW's commitment to empowering individuals through knowledge. Her extensive background in the financial industry equips her with unique insights into the evolving landscape of financial crimes, enabling her to provide invaluable information on how to safeguard against scams.

in the field of financial crimes, dedicating her career to educating communities on preventing financial

experience dating back

positions in several institutions, including S&T Bank, US Bank, PNC Bank, and Clearview Federal Credit Union. In 2021, she assumed the role of Anti Money Laundering Compliance Officer for the LIVE Casino and currently serves as the Vice President of Supporting Investigations for BNY Mellon.

Important Social Media and Website Links!

Website: www.latrobebpw.org

Facebook: www.facebook.com/BPWLatrobe (Business Site)

www.facebook.com/groups/latrobebpw (Private Member Group—more informal; Business Owners can run ads and share info once weekly; Share Community Events)

Search for us on YouTube, Instagram and LinkedIn

ISO: Chairwomen and Committee members for the 2023-2024 year. Please email latrobebpw@yahoo.com if interested.

Editors Note:
Please send me content. Lots of articles make the newsletter more interesting!

Thank you ~Carol Palmer

Committee chairs: Send your round-up items in for the next newsletter's Round Up. Committee Reports are due by first Friday of each month. Send them to cpalm121@comcast.net OR latrobebpw@yahoo.com

January 2024

January Student of the Month



Rachel Snyder

Rachel Snyder is a senior at Greater Latrobe High School. An avid trumpet player, she performs in many of the school's music ensembles, including the marching band, wind ensemble, Jazz Cats, pep band, and pit orchestra. Additionally, she is a member of the Tri-M Music Honor Society, National Honor Society, National Art Honor Society, Spanish National Honor Society, and Environmental Club. Outside of school, Rachel plays in the Westmoreland Youth Symphony Orchestra and takes private trumpet lessons. She doesn't work, but has volunteer experience at Winnie Palmer Nature Reserve. When she has free time, she often spends it drawing, writing, and composing music. After graduating high school, Rachel intends to continue her education at Pitt, Oberlin, or University of Virginia. As of now, she envisions herself double majoring in biology and art. No matter which college she attends, or what she majors in, Rachel will continue practicing the trumpet and always keep music and art in her life.

Mikaela is the president of the Future Educators Association at Derry Area High School. She is also a member of Chick-fil-A Leadership Academy, Trojan Role Model, and Fellowship of Christian Athletes. Due to Mikaela's strong interest in music since elementary school, she is an active member of the concert choir, choir ensemble, jazz band, and concert band at her school. In addition, she successfully auditioned into the district and regional levels of Pennsylvania Music Educators Association (PMEA) two years in a row. Moreover, she has participated in tennis, track, cross country, and volleyball. She is also a member of Math Honor Society, Science Honor Society, and Spanish Honor Society. Lastly, she helps international graduate students regularly through parents' non-profit work. Mikaela is planning to pursue her bachelor's and master's in elementary education in order to be a passionate teacher who impacts future generations. She is unsure which college she is attending, but her top colleges are Penn State University, Michigan State University, and Boston College.



Mikaela Shine



SPRING TEA

SAVE THE DATE

Latrobe Business and Professional Women's Spring Tea

Saturday March 23rd

Doors open at 10:30am

LIVE! Casino

\$35
per person

Tables still available
Please contact Lorie Planinsek
or Deb Bowman to
host a table

January 2024

65

40

13

41

56

4

6

BPW District 3 WINTER BLUES BINGO

FEBRUARY 24, 2024

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

\$30* includes

- light lunch
- 30-10 regular games
- 3 specials
- 1 jackpot

**TICKETS CONTACT
ANGELA APPLE
AAPPLE@WPA.NET**

www.bpwpadistrict3.org

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

January 2024

BPW/PA State Updates

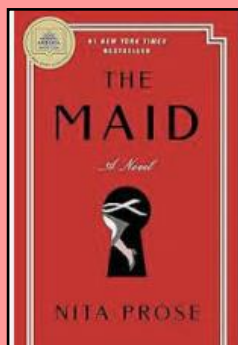
BPW PA Book Club

January 25

7 pm

The Maid

by Nita Prose



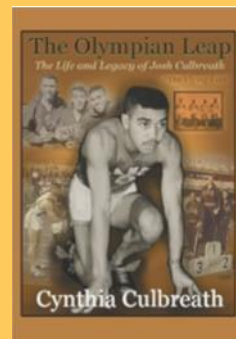
BPW PA Book Club

February 22

7 pm

The Olympian Leap:
The Life and Legacy
of Josh Culbreath

by Cynthia Culbreath



*** NOTE: Author is a BPW/PA Sister (CMC LO), and will join the Book Discussion!**

BPW/PA State Resources:

<http://www.bpwpa.org>

Watch for **THE BUZZ** emailed every
Monday morning.

Weekly e-blast of BPW/PA.

Missing the email?

Contact bpwpawebmaster@gmail.com

January 2024

LATROBE BPW

BPW/PA State Convention Grant Application

The purpose of the grant is to encourage members to attend State Convention, especially those who might be concerned by the expense.

This grant, in the amount of \$200, will be reimbursed to a member who attends State Convention in person for the FIRST time. The member MUST attend full time, including all meetings. The members will be reimbursed after State Convention, following submission of receipts for payment. The Grant will assist in covering accommodation and travel expenses. Members who have previously attended even a portion of State Convention do not qualify for this grant.

NAME: _____

DATE JOINED LATROBE BPW: _____

HAVE YOU EVER ATTENDED STATE CONVENTION: _____ YES _____ NO

Activities / Committees you have participated in since joining Latrobe BPW (brief description of what you did / do)

Please submit a 50 – 100 word essay on why you should be awarded the \$200 grant. Please attach your essay to your application.

APPLICANT CONTACT INFORMATION:

PHONE: _____

EMAIL: _____

Please mail your application to Dawn Hughes, Latrobe BPW Convention Grant Committee, 193 Stewart Road, Derry, PA 15627. Deadline for entries is our May Membership meeting, Thursday, May 16, 2023.

MEMBER NETWORKING — PLEASE SUPPORT OUR BPW BUSINESSES



3—Tracy Rhoades

15—Carrie Hamley

11—Laura Guskiewicz

23—Jillian Bowman

24—Nikki Cecchini

27—Kim Daniels



MOTIVATION WORKSHOPS

NOVEMBER 6TH 10AM-11AM
NOVEMBER 13TH 10AM-11AM
NOVEMBER 21ST 6PM-7:30PM

Nov. 6th ORGANIZE YOUR CASTLE

Get rid of the "stuff" you don't want in your life. Simple steps to come home to your dream castle!

Nov. 13th ORGANIZE YOUR GOALS

Secrets to getting out of feeling stuck and making your dream life happen!
Be Happy with your life!

Nov. 21st STRESS-LESS FOR THE HOLIDAYS

Tackle the 3 Biggest stressors of the holiday. Enjoy this holiday season and smile.

All Workshops are interactive and will have Q&A

YWCA Westmoreland
424 N Main St, Greensburg, PA 15601

\$10 a Workshop
RSVP Faerie Grace (724) 689-9501

This program is not sponsored or endorsed by the YWCA Westmoreland.



Green Goddess

Not Only Your favorite Candles. But The Earth's Too!

Mother & Daughter Owned

- UPCYCLED BEER/WINE/WHISKEY BOTTLES INTO HIGH-END CANDLES!
- FULL SPECTRUM CBD (IN-STORE ONLY)
- ECO-FRIENDLY PRODUCTS!

Jodie Edmiston

315 Depot St Latrobe PA, 15650
www.greengoddess.online

@greengoddess_candles

Green Goddess



AMY FAUTH
REALTOR®

724.875.3714 CELL
724.864.2121 OFFICE
RS328137

amy.fauth@cbrealty.com
amyfauth.cbintouch.com

7562 Route 30
North Huntingdon, PA 15642

COLDWELL BANKER | REALTY

Owned by a subsidiary of Realty Brokerage Group LLC.



UNITY PRINTING
5848 State Route 981 • Latrobe, PA 15650



FAMILY OWNED & OPERATED FOR OVER 40 YEARS!
Lisa, Joe (2nd Generation) and Ashley (3rd Generation) Frederick

DESIGN. PRINT. MAIL. PROMOTE.

- Online Ordering
- Graphic Design
- Five Color Plus Inline Coating
- Digital Printing
- Screen Printing & Embroidery
- Trophies & Plaques
- Engraving
- Glass Etching
- Signs & Banners
- Packaging & Shipping
- Bindery, Finishing & Mailing Services
- Climate Controlled Warehousing

724-537-5800
www.UnityPrinting.com
CustomerService@UnityPrinting.com



LIFELONG 5% DISCOUNT



Are you a client of Petite Feet Pet Care or Doolittle's Pet Services?

Receive a 5% discount at either business for as long as you're a client at the other!

Petite Feet Pet Care and Doolittle's Pet Services have teamed up to offer a discount to our perspective clients. How does it work? It's simple!

If you are a client of Doolittle's, you will receive a 5% discount at Petite Feet Pet Care on all services, each and every time! The same goes for Petite Feet clients - they will receive a 5% discount for life at Doolittle's!





AMANDA TROUT
724-837-3571
SMARTSTYLE
INSIDE GREENSBURG
WALMART

APPOINTMENT:
DATE: _____
TIME: _____

AMANDA TROUT
Hairstylist

CLEAN PORTABLE RESTROOMS
PORT-A-JOHN Celebrating Over 42 Years

- Special Event Units • Construction Units
- Standard • VIP • Handicapped
- Handwashing Sinks • Holding Tanks
- Septic Tank & Grease Trap Cleaning

Toll Free 800-310-0777
www.portajohnrentalco.com




Norwex
IMPROVING QUALITY OF LIFE™

Donna Massari
Independent Sales Consultant
CID: 3112305
724-689-7512
dmm751@gmail.com
www.donnamassari.norwex.biz




Cooperstown
EVENT CENTER

- Weddings
- Reunions
- Fundraisers
- Company Parties
- Anniversaries
- Graduation
- Holidays/Birthdays
- Outdoor Pavilion with bathrooms

Cooperstowneventslatrobe.com
beth@cooperstowneventslatrobe.com
Visit us on Facebook!

Event Center Manager
Beth Ridge
724-672-8818

Stacy L. Lemmon, CRNP
Community Medicine Inc.
Partners In Health - UPMC

Leverington Office Complex
3520 Route 130, Building One
Irwin, PA 15642
T 724-744-2043
F 724-744-3677
lemmons2@upmc.edu



IF ANYONE TELLS YOU
NOT TO BUY NEW MAKEUP...

Stop
talking to them.

YOU DON'T NEED THAT KIND OF
NEGATIVITY
in your life.

Lofie Planinsek-302-220-3710
SEINT



DENEEN KROWICKI
REALTOR®

(O) 724-838-3660
(C) 724-875-3211
DeneenKrowicki@TPRSold.com

*I'm here for all your home
buying and selling needs!*

BERKSHIRE HATHAWAY
HomeServices
The Preferred Realty

A member of franchise systems of BHHS Affiliates, LLC



Scents By Stacey

All Natural Soy Candles made with LOVE

Stacey Cunningham

Latrobe, PA 15650
724-309-1317

Staceycunningham74@gmail.com

Facebook Page:
Scents by Stacey

Fundraising Available
Visa, Mastercard, Discover
and American Express

Full list of
scents are on
Facebook Page
Scents by Stacey

Can be used as a
moisturizer,
soy is Kosher,
supports America
farmers,
keep wicks at 1/4 inch



Foster Homes Needed!



Be a foster parent!

Why choose Adelphoi?

- Reliable on-call support
- Excellent training
- Consistent support with low turnover of staff



Scan to learn more

Members Advertise FREE!
Emailatrobebpw@yahoo.com



Michelle Teague
A Teague Of Your Own

412.420.7975
info@ATeagueOfYourOwn.com
www.ATeagueOfYourOwn.com

Consultants helping you and your business grow from where you are to where you want to be.

Developing leadership, teamwork, and communication through training, coaching, and speaking.



Stay Inn Latrobe LLC

Why stay in a hotel when you can Stay Inn Latrobe!
Stayinnlatrobe.com



Beth Ridge

Owner
stayinnlatrobe@comcast.net
412-601-0706

*Latrobe's first and only
Vacation Rental
properties!*

905 Mission Road and
114 W. Tacoma Avenue
Latrobe, PA 15650

Fully equipped with all the amenities of home!

The Lucky Dog Biscuit Company, LLC
Creating Healthy & Tasty Treats for Lucky Dogs



Established 2017

Laura Guskiewicz, Owner
Greensburg, PA

(412)849-7524
theluckydogbiscuitcompany@gmail.com
facebook.com/Bakingfordogs

GREATER PITTSBURGH
Rehabilitation and Nursing Center
A CAREONE AFFILIATE

Bianca L. Fagan, RN

Director of Education and Development

890 Weatherwood Lane | Greensburg, PA 15601
p 724-837-8076 f 724-837-3152 c 724-953-7368
bfagan@care-one.com

care-one.com

SEPTIC TANK CLEANING

We're #1 in the #2 Business
Residential. Industrial. Commercial.



Septic Dye Testing • Well Flow & Bacteria Testing
Septic Tank & Grease Trap Cleaning
Portable Toilets For All Occasions

Latrobe PA

Blairsville

800-310-0777 Like us on Facebook 724-459-5675

www.hainansanitation.com

HAINAN SANITATION



Alice's Apples & Sweets will be taking a break from Vendor Shows this summer while I prepare for my daughter's wedding and enjoying our pool.

We are still available for special orders – anything from apples to cupcakes to a treats bouquet for that special dancer, swimmer, or graduate in your life. Customizable treats at a reasonable price. Contact me at 724-244-7246 or Alicesapples17@gmail.com

Thank you, Latrobe BPW members, as always for your support... you have all been incredible!



**NETWORK WITH
A HIGHER PURPOSE**
Transform Women's Lives

Gather. Learn. Nominate. Vote.

- ▶ Quarterly happy hour networking
- ▶ Fabulous vendor shopping
- ▶ Raising up to \$10,000 for a women's charity of your choice

Take action today!

InspiredWomen.com | 724.935.6100

Inspired Women
PAYING IT FORWARD