



News & Views

DECEMBER 2023

Upcoming Events

- **Dec. 14:** December Dinner RSVP Deadline
- **Dec. 21:** Monthly Dinner Meeting - 6 pm Giannilli's II — White Elephant



THE MAD RUSH of the holiday season is upon us. Do you feel like your “to do” list is pages long, filled with endless tasks of cleaning, decorating, shopping, party going and hosting? I recently attended a ‘meditation crafting session’ with my workmates. In addition to trusting the artistic process and creating a holiday themed mason jar, I learned a valuable lesson in self-care. *“You can not server others from an empty vessel”*

You need to take time for yourself to relax. Go for a walk, soak in the tub, read a book, get lost in a movie, spend a few hours laughing with a friend. Do whatever refreshes you and helps you to recharge your physical and mental well-being. Self-care is not selfish. Put it on the top, in the middle and at the bottom of your “to do” list. It’s ok to schedule some time just for you. You are worthy of a break from that endless list.

Take care of you, my friends!

Happy Holidays!



NEWSLETTER DEADLINE

Deadline for the next newsletter is Friday, January 5. Please send committee reports, community events, articles, kudos and advertisements to cpalm121@comcast.net OR latrobebpw@yahoo.com before that



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December 2023



Meet Barbara Planinsek, a dedicated member of Latrobe BPW for the past 7 years.

Barbara cherishes the camaraderie she's found in BPW, highlighting the warmth and friendliness of the women she's met. For her, the sense of community is priceless.

"Get involved," Barbara insists. Her advice to new members is to join a committee and actively seek ways to contribute. Involvement, she believes, is the key to a fulfilling experience within BPW.

Barbara is a retiree, having spent her professional years as a physical education teacher. Her commitment to education has left a lasting impact. As a retired teacher, Barbara appreciates the opportunity she had to shape young minds. The joy of witnessing growth and development in her students remains a cherished memory.

Barbara finds joy in family time, especially with her grandchildren. Beyond that, she indulges in activities like shopping and crafting. She's also an integral part of the ladies who quilt at Trinity Lutheran Church, showcasing her passion for both creativity and community.

Barbara was drawn to BPW by the reputation of its members and the promise of opportunities to give back to the community through volunteering. It was the perfect fit for someone with a heart for service.

A champion on and off the court, Barbara reveals a surprising detail about her past – she was part of the championship volleyball team for IUP, showcasing her prowess in sports.

Barbara Planinsek's journey with Latrobe BPW is not just about years of membership but a testament to the bonds formed, the joy of service, and the unexpected tales that make each member unique.

December 2023

BPW ROUND-UP



Dinner Committee

Membership

BPW Logo Wear

December Dinner Meeting:

Date: December 21, 2023

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

**Deadline for Reservations:
Thursday, December 14**

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.

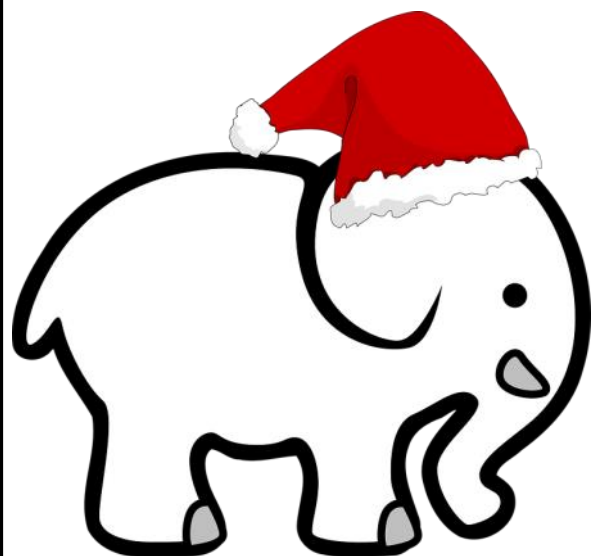
Ask our membership team: Tina Grace and Maria Newill, for our "business" card and membership application to share with your guests.

**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



WHITE ELEPHANT GIFT EXCHANGE



LET THE FUN BEGIN!

Alright ladies - last year's event was a huge hit! Let's knock it out of the park again this year.

Gift amount should be valued at \$15 - \$20.

DECEMBER 21, 2023

Participation is optional



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

December 2023

BPW ROUND-UP



Goodwill & Special Projects

Public Relations

Stockings Stuffers for Soldiers

Pens

Sketch Pad

Card Games

Small Puzzles

Colored Pencils

Word Search Books

Crossword Puzzle Books

Handmade Christmas Cards

Handwritten Christmas Cards

Being collected by Latrobe Police Dept. for veterans confined in the VA Hospital in Pittsburgh, PA.



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

Please review the above list of what we are collecting for the veterans. There will be a tote for your donations at each meeting through December. Last year we only asked for Christmas cards and again this year some of us will sign cards for those who donate them but don't have time to sign them. When signing, please spell out Latrobe Business and Professional Women because they may not know what BPW stands for.

There will be a sign-up sheet at this month's meeting for those who wish to donate a raffle basket (we need 2 per meeting) to benefit our state project. If you would like to donate a basket but won't be at the meeting, please contact Barb Planinsek or Tina Capatch.

December 2023

WOMAN OF THE YEAR

She contributes to elevate standards, promote interest, develop cooperation, and extend opportunities among all business and professional women.



NEW MEMBER OF THE YEAR

She has been a member for two years or less who has contributed to the Latrobe BPW in promoting the mission of the BPW and is active in supporting local goals and projects.

EMPLOYER OF THE YEAR

This employer, who does not need to be a member, has contributed most, in the opinion of the judges, to the employment, advancement and recognition of women.

NOMINATIONS ARE NOW OPEN!

Nominations are now open for Latrobe BPW Woman of the Year, New Member of the Year and Employer of the Year for 2023-2024.

Submissions are due **December 21st** to **BARBARA BALDWIN** (WOTY CHAIR).

Nomination forms are attached to this newsletter or can be downloaded from our website.

Email you nomination forms to Barbara at baldwin15@comcast.net

LOOK AROUND YOU! There are any number of members who fit these descriptions! Don't be daunted by the forms! The information is easily available .

**HONOR YOUR BPW SISTERS WITH ONE OF THESE AWARDS, OR
AN EMPLOYER YOU BELIEVE IS WORTHY OF RECOGNITION!**

December 2023

WOMAN OF THE YEAR

NEW MEMBER OF THE YEAR

EMPLOYER OF THE YEAR

NOMINATIONS ARE NOW OPEN!

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Submissions are due **December 21st** to **BARBARA BALDWIN** (WOTY CHAIR).

Nomination forms are attached to this newsletter or can be downloaded from our website.

Email you nomination forms to Barbara at baldwin15@comcast.net

Or Mail to : WOTY Chair, PO Box 545, Latrobe, PA 15650

Nominations are now open for Latrobe BPW Woman of the Year, New Member of the Year, and Employer of the Year for 2023-2024.

Below you will find the 3 nomination forms for each respective category as well as a list of new members who are eligible for New Member of the Year.

Submissions are due by Thursday, December 21st to Barbara Baldwin (Woman of the Year Chair). Nomination forms are also downloadable from our website:

<https://www.latrobebpw.org/awards2.html>

How do I submit a nomination?

Email (preferred): baldwin15@comcast.net

Mail: WOTY Chair

PO BOX 545

Latrobe, PA 15650

In Person: Turn in at December's monthly meeting on 12/22/2023

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**GUIDELINES FOR WOMAN OF THE YEAR**

This citation is awarded to a member who has contributed to elevate standards, promote interest, develop cooperation, and extend opportunities among all business and professional women.

**GUIDELINES FOR EMPLOYER OF THE YEAR**

This citation is awarded to the business firm or employer who has contributed most, in the opinion of the judges, to the employment, advancement and recognition of women.

**LATROBE BPW  
EMPLOYER OF THE YEAR 2023 – 2024**

Name of employer or firm:

Address:

Nature of employer:

Number of employees:

Number of women presently employed:

Number of women hired during the last calendar year:

Number of women advanced during the last calendar year:

Brief description of special recognition by employer to women:

Brief description of any other incentives for women:

**Essay:**

This citation is awarded to the business firm or employer who has contributed most, in the opinion of the judges, to the employment, advancement, and recognition of women. State and fully describe how this nominee has done this and promotes the mission of women in the workplace.

Nominations are to be on 8 1/2" by 11" paper, typed and double spaced.

Nominations may be electronically mailed to the club WOTY Award Chair **Barbara Baldwin** only at **baldwin15@comcast.net** or mailed to:

Latrobe BPW WOTY Award Chair – Barbara Baldwin  
PO Box 545  
Latrobe, PA 15650

**ENTRY DEADLINE IS THE THIRD THURSDAY OF DECEMBER (12/21/2023)**

### **New Member of the Year – Eligibility**

The new member of the year award recognizes contributions to the Latrobe local from a member who promotes the mission of BPW with no more than 2 full years of membership.

| <b><u>Member:</u></b> | <b><u>Join Date:</u></b> |
|-----------------------|--------------------------|
| Carrie Brant          | 12/22                    |
| Tina Capatch          | 9/22                     |
| Stacey Cunningham     | 10/22                    |
| Terri Dominick        | 3/23                     |
| Jodi Edmiston         | 12/22                    |
| Merissa Espisito      | 1/23                     |
| Lunette Fajt-Hamilton | 4/22                     |
| Tina Grace            | 6/22                     |
| Carrie Hamley         | 9/23                     |
| Amy Hood              | 2/23                     |
| Kerri Hummel          | 8/22                     |
| Santannia Kent        | 1/22                     |
| Stacy Lemmon          | 8/22                     |
| Elisabeth McNulty     | 9/23                     |
| KiKi Moschetti        | 2/23                     |
| Maria Newill          | 6/22                     |
| Kathy Noel            | 6/22                     |
| Jean Rosensteel       | 12/22                    |
| Melissa Rugh          | 12/22                    |
| Terri Snow            | 8/23                     |
| Tammy Woodward        | 1/23                     |
| Lorin Zimmerman       | 7/23                     |



December 2023

**LATROBE BPW  
NEW MEMBER OF THE YEAR 2023 – 2024**

The new member of the year award recognizes contributions to the Latrobe local from a member who promotes the mission of BPW with no more than 2 full years of membership.

Name:

Address:

Date of Local Induction (must be later than December 1, 2021) :

Office or chair positions held:

Name and location of employer:

Nature of business of employer:

Education:

Name of other clubs or associations with which nominee is affiliated:

Essay: Describe fully the contributions the nominee has made toward her local BPW organization using the below six (6) criteria:

1. Active in supporting local goals and projects
2. Regular attendance at monthly meetings
3. Invites guests to meetings
4. Has brought in new members (how many) to the local organization
5. Participation as an officer, chair or committee position held in the local
6. Why are you nominating this person for the award

Nominations are to be on 8 1/2" by 11" paper, typed and double spaced.

Nominations may be electronically mailed to the club WOTY Award Chair **Barbara Baldwin** only at [baldwin15@comcast.net](mailto:baldwin15@comcast.net) or mailed to:

Latrobe BPW WOTY Award Chair – Barbara Baldwin  
PO Box 545  
Latrobe, PA 15650

**ENTRY DEADLINE IS THE THIRD THURSDAY OF DECEMBER (12/21/2023)**

December 2023

**LATROBE BPW  
WOMAN OF THE YEAR 2023 – 2024**

Name:

Address:

Name of Local BPW Club to which she belongs:

Number of years a member of BPW:

Offices Held:

Name and location of employer:

Nature of business of employer:

Education:

A name of other clubs or associations with which nominee is affiliated:

**Essay:**

State and fully describe the contribution the nominee has made to the advancement of BPW – To elevate standards, promote interest, develop cooperation and extend opportunities among all business and professional women.

Nominations are to be on 8 1/2" by 11" paper, typed and double spaced.

Nominations may be electronically mailed to the club WOTY Award Chair **Barbara Baldwin** only at **[baldwin15@comcast.net](mailto:baldwin15@comcast.net)** or mailed to:

Latrobe BPW WOTY Award Chair – Barbara Baldwin  
PO Box 545  
Latrobe, PA 15650

**ENTRY DEADLINE IS THE THIRD THURSDAY OF DECEMBER (12/21/2023)**

December 2023

# BPW/PA State Updates

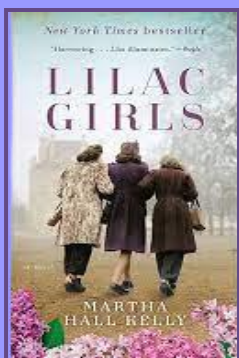
## BPW PA Book Club

December 28

7 pm

Lilac Girls

*by Martha Hall Kelly*



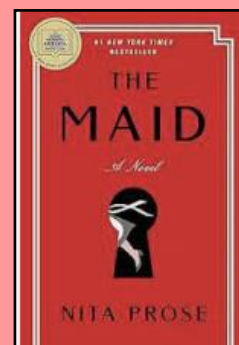
## BPW PA Book Club

January 25

7 pm

The Maid

*by Nita Prose*



## 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](mailto:bpwpawebmaster@gmail.com)

December 2023

# Bell Ringing





MEMBER NETWORKING — PLEASE SUPPORT OUR BPW BUSINESSES



5—Jean Rosensteel  
10—Karen Mowry

27—Laurie Corbett  
29—Nancy Bennet



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 sesason and smile.

All Workshops are interactive and will have Q&A

YWCA Westmoreland  
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Lorie Planinsek-302-220-3710

SEINT

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



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