



News & Views

OCTOBER 2023

National Business Women's Week

Upcoming Events

- **Oct. 11:** Spring Tea Planning Meeting - 6 pm
Thirty's Craft Pizza & Beer
- **Oct. 19:** Monthly Dinner Meeting - 6 pm
Giannilli's II
*Please wear **PINK** to this month's meeting to show your support
- **Nov. 2:** Board Meeting—6pm
- **Nov. 16:** Vendor Show

Well, October is upon us and it is time to celebrate women in business during National Women's Small Business Month and National Business Women's Week.

While the entire month of October is dedicated to the achievements of women-owned businesses and their positive impact on the economy, the third week of the month (10/15/23-10/21/23) recognizes the contributions of all working women.

The idea for National Business Women's Week was started by the Executive Secretary of the National Federation of Business and Professional Women's Club, Emma Dot Partridge, back in 1928. NBWW highlights women's achievement as leaders and mentors, recognizes the progress that women have made in the workforce, and is used as a platform to share information

and raise awareness of workplace policies and resources.

I'm excited to hear from our guest speaker, Taylor Raine Shawley, as she puts her personal and professional spin on this year's theme of *Reflect, Refresh, Recharge*. I hope that you will join me in welcoming her to our dinner on the 19th.



Until then, don't forget to *Do Good Things* by supporting the working women and women-owned businesses in our group and in our community. I know that I am personally blessed to work for a women-owned small business and for a national

company that supports, promotes, and encourages women to succeed at all levels of the organization.

"Behind every successful woman is a tribe of other successful women who have her back." – Anonymous.

-Tracy

NEWSLETTER DEADLINE

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



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October 2023



Michele Stoops



Meet Michele Stoops, our dynamic and enthusiastic member of the month! Michele, a seasoned travel agent with American Express Global Business Travel, has been an integral part of the Latrobe Business and Professional Women (BPW) for the past five years.

Michele's passion for her job as a travel agent shines through in everything she does. She revels in the opportunity to immerse herself in different cultures, learning about their customs, cuisines, and traditions. Her dedication to her career extends beyond the office, making her a true globetrotter at heart.

When asked what keeps her engaged and excited about being a member of Latrobe BPW, Michele doesn't hesitate. "Meeting new people," she exclaims with a warm smile. She joined our organization because, while working from home, she felt the need to socialize and expand her circle. Michele knows the importance of connection and community, and she's found that and more with Latrobe BPW.

Michele's advice to new members is both practical and heartfelt: "Join the dinner committee; you will learn people's names." It's a simple but effective way to break the ice, forge new friendships, and truly make the most of your BPW experience.

Outside of her busy career and her commitment to BPW, Michele knows how to have a good time. For fun and relaxation, she enjoys golfing, a sport that allows her to unwind in the great outdoors. Her love for travel extends beyond work; she takes every opportunity to explore new destinations and cherishes these adventures by scrapbooking her memories. But that's not all! Michele's hidden passion for classic cars might surprise you. She proudly owns a 1965 Mustang convertible, demonstrating her appreciation for timeless beauty and craftsmanship.

Michele Stoops embodies the spirit of Latrobe BPW—a dedicated professional who values connections, cherishes her adventures, and shares her wisdom with others. We're delighted to recognize Michele as our Member of the Month, and we look forward to many more years of her vibrant presence within our organization.

Congratulations, Michele!

October 2023

BPW ROUND-UP



Dinner Committee

Membership

BPW Logo Wear

October Dinner Meeting:

Date: October 19, 2023

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

**Deadline for Reservations:
Thursday, October 12**

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

LINK TO RESERVE: <https://forms.gle/Sg6EVFGo3b1v9sWY7>

REMINDERS

We require an accurate dinner count, so in order to do this, it is imperative that the reservations are received by the RSVP date. **Cancellations must be made to** latrobebpwdinner@gmail.com **prior to 6 days before the meeting date.**

Questions about Reservations?
latrobebpwdinner@gmail.com

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 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.

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



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 MICHELLE TEAGUE THE SECRET TO HAVING IT ALL - DELEGATION	OCTOBER 18	 KEYNOTE SPEAKER FAERIE GRACE THE POWERFUL YOU
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October 2023

BPW ROUND-UP



Issues Management

Foundation

OCTOBER GUEST SPEAKER:

Taylor Raine Shawley

“Worthy Within: Unleash Your Inner Potential and Achieve Your Dreams”

Taylor will guide attendees on a transformative journey to: Focus on Their Desires, Identify Blockages, Connect with Their Empowered Selves and Shift Inner Realities with Self-Love.



Taylor Raine Shawley is a distinguished entrepreneur, boudoir photographer, intimacy and connection coach, and somatic breathwork practitioner. For over five years, she has been passionately working with individuals to provide a safe and nurturing space for them to reconnect with and embrace their bodies, cultivate self-love, and express their stories through intimate portraits.

Taylor’s mission is to empower women to reconnect, reclaim, and celebrate their bodies through her expertise in

intimacy coaching and boudoir photography. With her guidance, countless individuals have experienced profound transformations in their self-confidence and self-worth.

Taylor Raine Shawley's unique blend of expertise and passion for empowering women is sure to leave a lasting impact.

Welcome Taylor!

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

Public Relations

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

October 2023

BPW ROUND-UP



Goodwill & Special Projects

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.



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.

October 2023

Calling all Members — Vendor Discount Deadline is fast approaching —
Get your spot before October 15 if you want to save \$5!

VENDOR RESERVATION FORM

LATROBE BPW
November 16, 2023
Latrobe American Legion
1811 Ligonier St.
Latrobe, PA 15650

-Please Print-

NAME

COMPANY

ADDRESS

TELEPHONE _____

EMAIL _____

Description of product(s) to be exhibited:

Cost per space (including 6' table) \$15.00 \$ _____

BPW Member Discount -\$ 5.00 \$ _____

_____ Local Organization

TOTAL ENCLOSED \$ _____

Please return a copy of the Vendor Reservation Form and your check made payable to LATROBE BPW to:

Latrobe BPW Vendor Event Chair
Jean Calabrace
2902 Ligonier St.
Latrobe, PA 15650
(724) 787-0897; email: spcrlc@comcast.net

DEADLINE: November 1, 2023

October 2023



**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 Secret to Having It All - Delegation, Michelle Teague

October 18 7pm ZOOM | The Powerful You, Faerie Grace

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>

October 2023

Latrobe BPW Members Serving as Keynote Speakers During BPW / PA National Business Women's Week



BPW/PA NATIONAL
BUSINESS WOMEN'S
WEEK KEYNOTE
SPEAKER



Faerie Grace

*Inspirational Speaker &
Author
Speaking with a Twist*



Faerie Grace has been an actress and model for companies such as Fisher Price, PNC Bank, Mawn and Jo-Ann Fabrics. She was previously a live TV co-host for Cornerstone Television, interviewing and giving motivational messages to viewers nationally and internationally. Faerie was also co-creator and co-host of "The Good Talk" YouTube series. A professional balloon twister, balloons decorator, as well as a professional face painter for 10 years Faerie has tailored her business to focus more on motivational and inspirational messages. She still uses the art of balloon twisting while speaking to her audiences. Faerie Grace LLC, had added books to the list when covid canceled all events 2020/2021. Faerie used the time to finally start her dream of writing while also cooking what felt like endless meals for her blended family of boys.

Faerie is an active member of Latrobe BPW, and Chamber member and Ambassador of Westmoreland Chamber of Commerce. Along with being a youth minister and Sunday school teacher at her church.

**OCTOBER 17, 2023
7:00PM
ZOOM**

"The Powerful YOU!"

Register today on the
BPW/PA Website

<https://bpwpa.wildapricot.org/event-5427663>



www.FaerieGrace.com



724-689-9501



Speakingwithatwist@gmail.com



Michelle Teague

With over 15 years of experience as a speaker, trainer, and coach, Michelle Teague has conducted training and spoken internationally and from one coast to the other in the USA. She has given hundreds of presentations on topics such as "You Can Have It All," "Communicating With Difficult People," and "Breaking Through Boundaries." Her accomplishments include speaking or presenting at various conferences and developing a leadership training program for new supervisors and managers.

As a DISC Certified Consultant, Michelle can help you and your team discover your preferred leadership and communication styles. In addition, Michelle is a leadership expert, licensed by the Maxwell Leadership Certified Team to bring proven leadership strategies and practices to your organization. She is also a Cialdini Certified Professional and Ethical Influence Practitioner certified by the Cialdini Institute.

Her volunteer work includes the American Cancer Society's Relay for Life, the YWCA, the Pittsburgh Chapter of the National Speakers' Association, and the Scottsdale Business and Professional Women's Club. The mother of two adult children, Michelle lives in Mount Pleasant, PA with her husband, Jim, and their dog Molly.



BPW/PA NATIONAL BUSINESS
WOMENS WEEK
KEYNOTE SPEAKER

**"THE SECRET TO HAVING
IT ALL - DELEGATION"**

OCTOBER 18, 2023

7:00PM ON ZOOM

REGISTER TODAY:

ON THE BPW/PA WEBSITE
[HTTPS://BPWPA.WILDAPRICOT.ORG/EVENT-5408250](https://bpwpa.wildapricot.org/event-5408250)

We have seen those people who have it all: fulfilling career, loving family, beautiful home, active social life, healthy body, fabulous wardrobe. Michelle explains how she discovered the secret to having it all. Hint - successful leaders use delegation, and so can you. In this interactive presentation, attendees will discuss why people don't delegate, what can and cannot be delegated, who you should delegate to, and how to delegate tasks.



<https://a-teague-of-your-own.newzenler.com/courses/leading-with-certainty>



<https://ateagueofyourown.com/>



<https://www.facebook.com/TeagueOfYourOwn>



CONGRATULATIONS!

Thank you ladies for representing Latrobe BPW!

NATIONAL BUSINESS WOMEN'S WEEK: Reflect, Refresh, Recharge

Registration is now open for these virtual seminars.

Check out the BPW/PA Website to register.

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



October 2023

MEMBER



Adi Lemmon was invited to be a board member for Aniridia North America. She attended the annual scientific meeting at the University of Virginia from 9/29-10/1 where scientists and researchers from around the globe presented their research.

Congratulations!

CONGRATULATIONS
to Tina Capatch on her recent wedding!



Thinking of You....

Jan Poole
Karen Mowry
Marsha St. Pierre



Latrobe Happenings

78th Annual Greater Latrobe - Laurel Valley Chamber of Commerce Dinner and Awards Celebration

Monday, October 23

Cocktails—5:30

Dinner—6:30

Fred Rogers Center—St. Vincent College

RSVP: www.gllv.org/23dinner

Individual Tickets: \$150

Check the website for more information:
www.gllv.org



2023 Art Gala

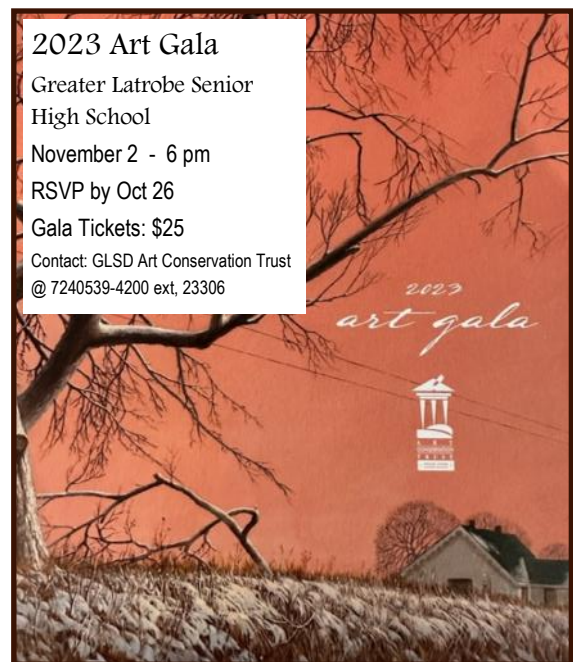
Greater Latrobe Senior High School

November 2 - 6 pm

RSVP by Oct 26

Gala Tickets: \$25

Contact: GLSD Art Conservation Trust
@ 7240539-4200 ext, 23306



October 2023

DISTRICT 3 NEWS:

Name _____
 Address: _____

 Phone _____
 Seller _____

BPW DISTRICT 3 FILL'ER UP—NOV. 24, 2023

NO. 000 NO. 000 NO. 000 NO. 000



FILL'ER UP
WIN \$500 CASH
WIN \$500 GAS*

Winning number taken from the first PA Pick-3
 7:00 PM lottery number drawn on
FRIDAY, NOVEMBER 24, 2023

Not responsible for typographical errors. All unsold tickets become the property of BPW/District 3. Contributions or gifts to BPW District 3 are not deductible as charitable contributions for Federal income tax purposes. BPW District 3 reserves the right to substitute gift cards of equal value. Winner should contact seller to claim prize. Winner to receive \$500 cash and \$500 in gas gift cards. Void after 30 days. License #497

4 numbers per ticket
 Thank you! **NO. 000 NO. 000 NO. 000 NO. 000** 250 Tickets
 Donation: \$10.00

**CONTACT ANGELA APPLE AAPPLE@WPA.NET
TO GET YOUR TICKET**

PERSONAL & PROFESSIONAL DEVELOPMENT WORKSHOP



SUNDAY
 November 5, 2023
 Register by October 27, 2023

Time
 8:30 AM-3:00 PM

←←←←←

•••• YWCA WESTMORELAND
 •••• GREENSBURG, PA



www.bpwpadistrict3.org



October 2023



BPW/PA District 3

Personal and Professional Development Workshop

Date: Sunday, November 5, 2023

Workshop Schedule:

- 7:30 - 8:30 AM Registration and Light Breakfast
- 8:30 - 12:00 PM Workshop Morning Session
- 12:00 - 12:45 PM Lunch Break
- 12:45 - 3:00 PM Workshop Afternoon Session

Location: YWCA Westmoreland County
 424 North Main Street
 Greensburg, PA 15601

Cost: \$30.00 Checks Payable to District 3 BPW; Please complete and submit attached registration.
*Cost includes workshop and all materials needed, completion certification and PPD Graduate Pin.
 District 3 will provide a light breakfast, lunch and refreshments throughout the day.*

What is the PPD Workshop?

The Personal and Professional Development Workshop (PPDW), formerly known as the Individual Development Program or IDP, contains seven core building blocks. The objectives of the program are to develop leadership skills, improve interpersonal communication, and heighten awareness of issues we face in our personal and professional growth.

Topics covered include: identifying strengths and opportunities for growth, developing strong interpersonal skills, creating and delivering effective presentations, setting goals, business etiquette, networking and interviewing skills.

The PPDW is interactive and includes discussions, worksheets and exercises. Members who complete the course can train as facilitators and/or choose to participate in a local-level speak-off that may advance them to a district level speak-off. The district winners can then compete in the competition at the State Convention, which includes a five-minute prepared speech, a two-minute impromptu speech and an interview with the judges.

Workshop Facilitators:

*Michelle Teague, BPW/PA State PPD Chair
 Nancy Shaler, D3 Member*

Questions:

*Contact - Jackie Elliott, District 3 PPD Chair
Phone - 724-244-6230
Email - jelliott1077@gmail.com*

"If you have knowledge, let others light their candles in it." – **Margaret Fuller**

October 2023



BPW/PA District 3

Personal and Professional Development Workshop

Sunday, November 5, 2023 * 7:30 am - 3:00 pm *** YWCA Westmoreland County**

[Please Print:]

Full Name: _____

Address: _____

Email: _____

Phone: _____

**This will be number used for any communication, especially in the event of inclement weather.*

BPW Local/District (if other than D3): _____

Have you completed the Individual Development or Personal and Professional Development Program in the Past? YES NO

****Registrations must be received no later than **Friday, October 27, 2023.***

Checks made payable to: District 3 BPW.

Please mail registration and \$30.00 check to:

**Jackie Elliott
127 Baby Paige Lane
Latrobe, PA 15650**



Greater Pittsburgh, Greensburg, Latrobe, Ligonia Valley, McKeesport, Scottsdale.

October 2023



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: bernie69@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 _____

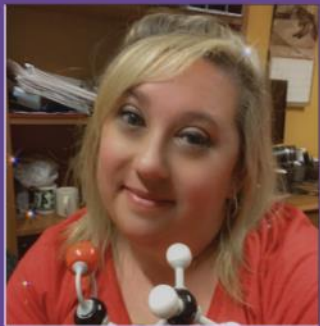
Special requests _____



October 2023

BPW/PA State Updates

BPW/PA BACK TO SCHOOL PHOTO CONTEST WINNERS



NICOLE PURNELL
D 3
LATROBE LOCAL



DANIELLE ZIMMERMAN
D4
JUNIATA COUNTY LOCAL



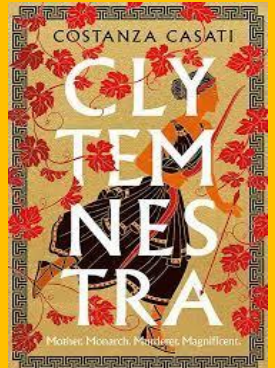
BPW PA Book Club

November 30

7 pm

Clytemnestra

by Costanza Casati



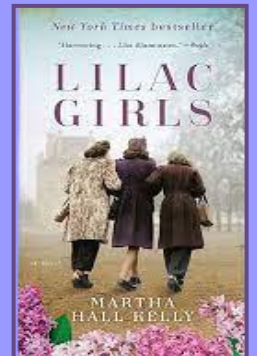
BPW PA Book Club

December 28

7 pm

Lilac Girls

by Martha Hall Kelly



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

October 2023

It's Official!

PROCLAMATION BY THE GOVERNOR

WHEREAS, Pennsylvania was founded on the tenets of fairness, inclusion, and tolerance, we must continue to pursue these ideals in an ever-changing global economy; and

WHEREAS, women in Pennsylvania, both past and present, have worked diligently and overcome tremendous obstacles yet have accepted each challenge with dignity, perseverance, skill, and a passion for success; and

WHEREAS, Pennsylvania is grateful for the innumerable contributions women have made to our economic and social fabric — these talented, driven individuals are our employers, our most productive and valuable employees, our government and community leaders, our beloved family members, and much more; and

WHEREAS, it is following the highest ideals of our Commonwealth and nation to continue striving for complete equality in business and the workplace—regardless of gender, race, religion, or identity — let us dedicate ourselves to this goal, so that future generations may have the doors of opportunity opened even wider for them.

THEREFORE, I, Josh Shapiro, Governor of the Commonwealth of Pennsylvania, do hereby proclaim October 16-20, 2023 to be

BUSINESS WOMEN'S WEEK

in recognition of the critical role women play in the development and success of our Commonwealth's business community; I encourage all citizens to recognize and celebrate the achievements of working women as they contribute daily to our economic, civic, and cultural livelihood.



GIVEN under my hand and the Seal of the Governor, at the City of Harrisburg, on this eighteenth day of September two thousand twenty-three, the year of the Commonwealth the two hundred forty-eighth.

Governor Josh Shapiro

MEMBER NETWORKING — PLEASE SUPPORT OUR BPW BUSINESSES



OCTOBER



- 7—Jackie Elliott
- 10—Deneen Krowicki
- 19—Mary Lou Myers
- 22—Terri Snow
- 22—Leigh Taylor
- 24—Angela Apple
- 30—Amy Fauth



Given By Inspirational Speaker Faerie Grace.

MONDAY MOTIVATION Workshops

OCTOBER 9
OCTOBER 16
OCTOBER 23

At the YWCA Westmoreland
424 North Main Street, Greensburg
10:00am-11:00am

OCTOBER 9TH ORGANIZE MY MIND
HOW TO BE HAPPIER, HAVE MORE PEACE AND JOY IN YOUR LIFE.

OCTOBER 16TH ORGANIZE MY DREAMS
10 SECRETS TO ACHIEVING YOUR DREAMS AND DAILY GOALS.

OCTOBER 23RD ORGANIZE MY CASTLE
SECRETS TO A BEAUTIFUL CASTLE YOU'LL LOVE TO COME HOME TO.

\$10 A CLASS
CALL OR TEXT TO RESERVE A TICKET 724-689-9501

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 Beth Ridge
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DATE: _____
TIME: _____

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more
information.
302-220-3710**

October 2023

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



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