



News & Views

Tea Time

APRIL 2023



Upcoming Events

- **April 17:** District 3 Spring Meeting. 6pm. Carsons Catering, Scottsdale.
- **April 20** - Monthly Dinner Meeting. 6pm. Giannilli's II.
- **May 4:** Board Meeting. 6pm. Trinity Lutheran Church. All welcome to attend.

Spring Tea was the place to be on April 1st!

I am always amazed by the creative talents of our table hosts. With the generous donations from our members, businesses, and community, we set a record number of raffle baskets and special raffles this year. I don't think that I can say thank you enough to Lorie Planinsek and her committee for the countless hours of hard work that went into pulling off this event.



Past President Deb Bowman shared *"The Story Behind the Teacup"* with us. *The last line truly captured the spirit of the day "our wish is that your teacups be full and run over with newfound knowledge, friendships, support and lots and lots of laughter."*

My hope is that the energy and vibe generated that day will carry us as a sisterhood through the days, months and events to come. *I am looking forward to seeing all of you again soon. Enjoy those blooming April flowers and don't forget to do good things.*

-Tracy



NEWSLETTER DEADLINE

Deadline for newsletter is Friday, May 5th. Please send committee reports, community events, articles, kudos and advertisements to npurnell1930@gmail.com before that date.



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April 2023



Member Spotlight

Dawn Hughes



APRIL Member Spotlight

Dawn Hughes is a mom and an advocate for families. She is a Parent/Child Advocate for Adelphi where she has the opportunity to work with families and their school aged children in Westmoreland County. She assists families with the IEP process and helps advocate on behalf of the child(ren). She directs parents to additional resources and supports as needed. She takes great pride in assisting parents and children to get what they need to support their education because every child has the right to a free and appropriate education.

Dawn is very passionate about adoption—domestic, international and through foster care. The journey to Motherhood for her was long, a little over 10 years of hoping, trying and dealing with fertility treatments that were undiagnosed. Because of the disappointments with fertility Dawn and her husband Jerry decided to travel to Moscow Russia to adopt their son, Aleksander. “We knew, based on other individuals’ stories, that once we brought him home, he would be ours. No one was coming to say they changed their mind.” The process took about 1 year from start to finish. There was lots of paperwork, three flights over and back, interviews with the court to adopt and more paperwork. “Although Aleks made us parents we both knew we wanted more children in our lives.” The expense of our first adoption left Dawn and Jerry wondering if they wanted to adopt again. They did get a call for another child in St. Petersburg Russia but did not move forward, due to the high expense. After four years with Aleks and learning about Fostering to Adopt (thanks

to Alice Brasili) they started our Foster Parent journey. “Mind you this road is not easy, in fact we almost stopped before even starting.” The couple attended a class, mandatory training for foster parents, that shared different forms of trauma. The one trauma that stuck out was sexual abuse. No names ever used but stories of some of the most horrible abuse. They walked away and took time to discuss what they felt they could or could not handle as adults/parents facing potential children and the individual trauma they come to with, because all kids come with trauma. They decided to move forward. This journey has lots of paperwork, clearances, home inspections, monthly visits and more but they were ready. “I believe in signs. Our next two boys arrived at ages 5 and 13 months, after being in care for 1 year on December 14. This day was very significant because it was the birthday of my Father, who had passed away a little more than a year prior. These boys were to be here with us.” When Trenton and Trevor were 7 and 3 the Hughes’s were able to adopt them. Their daughter came to the family about 4 months prior to the boys being adopted. Rya was 15 months, and was in care from 10 months of age. “We were able to adopt her on Valentine’s Day when she was 5 years old. All the children are amazing, healthy, smart and they challenge us as parents.

I support adoption and foster care because these two beautiful paths brought me to Motherhood!” The support from Dawn’s family and friends has always been positive. “I believe women and men should know there are many options to

becoming parents. Without my kids, I know my life would not be complete. Although mine and my husband’s struggles were hard and often disappointing during fertility treatments, we needed to go through this to have the amazing kids we have today. Never give up on what you want in life because you never know what your future can hold. My “amazing future” just happened to hold these four wonderful children, they were the children that I needed to complete my life!”

For fun, Dawn enjoys reading or watching a good movie. She also enjoys camping adventures with her family. They have been as far as Yellowstone, taking in many states and sites. The family has also been to Massachusetts and Maine. “When we camp, we have an opportunity to connect while playing cards or sitting around the campfire. The memories we have made as a family will stay with us a lifetime.”

April 2023

BPW ROUND-UP



Dinner Committee

April Dinner Meeting:

Date: April 20, 2023

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

Deadline for Reservations:
Thursday, April 13th

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

LINK TO RESERVE: <https://forms.gle/kRQh9qEYsN3huNpaA>

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 Nicole Purnell at npurnell930@gmail.com

Membership

Committee Spotlight: A new section of the newsletter each month will include a spotlight on one of the committees. This month, we are starting with Membership. In August, at the beginning of the new club year, you will be asked to join one or more committees. Look for a committee that interests you... and don't forget to ask questions!

STUDENT OF THE MONTH

The student the month committee coordinates with the Greater Latrobe and Derry Area School District guidance offices their student recommendations. The committee will contact the student regarding information necessary for the visit. Will work with the scholarship committee to review scholarship applications.

Committee members include: Chair, Stacy Lemmon, Tracy Grace, Debbie Franco, Donna Massari, Carol Palmer, Brianna Tomack, Paula Maloney, Erica Stouffer, Nikki Cecchini, Joelyn Auker-

man, Jessica Rafferty, Laurie Corbett, Marsha St. Pierre, and Mary Ann Urban

BPW ONLINE STORE IS OPEN!

Show your BPW spirit with our new line of logowear! 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 the following month's meeting! Check out the great items at www.unityprinting.com/bpw



May Day is Pay Day!

All membership dues are renewed in May, regardless of your original join date. The membership committee will be running a contest from now until May 31.

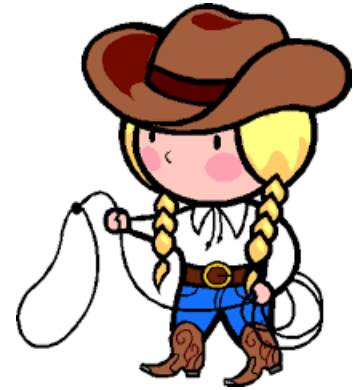
Everyone who renews from now until the end of May will be entered into a drawing. On June 1, a Facebook live will be posted with a randomly generated wheel of names revealing the winner of a \$50.00 gas card.

Keep inviting guests to attend meetings and to join our group. At the June meeting, we will announce the winner of a free meeting dinner to the woman who recruited the most new members in the 2022-2023 club year. There are several of you in the running... keep going ladies!

RENEW HERE: <https://forms.glerenewbpwmembership>

April 2023

BPW ROUND-UP



Issues Management

Public Relations

Foundation

April Guest Speaker:

Allison Nespoli, RN, BSN
Clinical Transplant Coordinator



From a young age I always wanted to be a nurse. I've always been the "people fixer" type of person. All I wanted to do was help & save people. That's exactly what I do now... I

help fix people and save them.

For over 10 years, I've been a transplant nurse. In that time, I have worked as a staff nurse for both pediatrics and adults. Half of my career I have worked as Transplant Coordinator to put patients on the transplant waiting list. The reward of seeing someone go from their worst to their best is indescribable.

I have devoted my entire career to saving lives and spreading the word on how important it is for everyone to DONATE LIFE!

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 You Tube, Instagram and LinkedIn

The PA BPW Foundation Scholarship available to individuals who are interested in furthering their education, are United States citizens, and have been a paid member of BPW/PA or have been a resident of PA for at least 2 years prior to application. The deadline for the Spring Career Advancement Scholarship is May 1. The maximum scholarship awarded is \$2500. The scholarship can be found on www.BPWPA.org or you contact Karen Mowry at karencmowry@hotmail.com or 724-516-8219.

Also don't forget the Edith Oler Flanagan Disaster Fund is available to any BPW/PA please 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.

Spring Tea Memories



April 2023

MEMBER



CONGRATULATIONS TO STACY LEMMON, CRNP ON ACCEPTING A NEW POSITION WITH UPMC. CHECK OUT HER NEW LOCATION IN OUR MEMBER ADVERTISING SECTION.

Thinking of You!

Get well to **Jean** (Jean the Money Machine) **Calabrace** on her recent surgery.



Speedy recovery wishes to **Melissa Colosimo**.

Feel better soon to **Hannah Hamilton** on her recent surgery.

Deepest Sympathy to **Jackie Elliott** and her family on the passing of her Father.

Prayers to **Marsha St. Pierre** as she recovers from surgery.

smile
Sparkle
shine

From your April Board Meeting:

Kale Salad (prepared by Barb Planinsek)

Kale, chopped (knead to make it tender)

Diced pear

Crumbled blue cheeses

Cranberries and Glazed Walnuts (or just glazed walnuts)

Brianna's creamy Balsamic Vinaigrette dressing (Walmart)



You can substitute apple for pear and blue cheese for cheddar for a little different taste.

Mix all together and enjoy. If there is extra it will still taste good the next day!

April 2023

April Student of the Month



Kyra White likes to participate in her school's Stage crew, which she is the sound engineer for, and is also a member of Mu Alpha Theta, National Honor Society, and National Art Honor Society. Her hobbies include reading, gardening, and art. Art is a passion of hers, she likes to participate in multiple different mediums, which includes, painting, wood working, and bal-

loon art. Her long term goal is to open up her own business, a small cafe. She took as many business classes as she could in highschool and is following up with a Bachelor's Degree in business management at Saint Vincent college. Kyra attends Greater Latrobe Area HS.

Nicole Harr works at the local movie theater where she's a manager. She plans to go to college and major in psychology. She then wants to get her master's and become a school counselor. She enjoys hanging with friends and family and she likes the outdoors. Nicole attends Derry Area HS.

**MEET OUR STUDENTS AT THE
APRIL DINNER MEETING**



April 2023

THROWBACKS

To Our Past Events

Here's what you missed!



March Dinner Meeting Candidals!



March 2023

LATROBE BPW STATE **BPW/PA CONVENTION GRANT**

Applications are available for the State Convention Grant of \$200 to be awarded to a Latrobe mem-



ber attending the BPW/PA State convention for the first time. The member that is awarded the grant will be reimbursed after the State Convention following submission of receipts for payment. The Grant will assist in covering travel expenses and accommodations. This year's convention is June 8-11, 2023 at Sheraton Bucks County Langhorne in Langhorne PA. Completed application and short essay 50-100 words needs to be submitted before May 18 2023 meeting.

Convention is a lot of fun and a great opportunity to meet other women from across the state, make new friends, to learn what is going on in other districts, and how the State gets the business done. If you are paid in full for convention, and a member in good standing you are able to vote and add to the discussion during the business portion. There are interesting speakers to break up the business portion of the meeting and representatives from Tails of Valor will be on hand to accept our state donation. Of course, there is shopping, with many area vendors and BPW members having their products available for purchase. Friday night Fundraiser for the BPW Foundation is another evening of fun and camaraderie. You don't want to miss out!

For additional questions about the applying, contact committee members, Theresa Rusbosin, Barbara Baldwin or Debbie Franco. (Application is attached to the newsletter.)

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 Theresa Rusbosin, Latrobe BPW Convention Grant Committee, 727 Cat Curve, Latrobe, PA 15650. Deadline for entries is our May Membership meeting, Thursday May 18, 2023.

April 2023

Spring Tea 2023



Kudos and Great Job to our Spring Tea Chairwoman, Lorie Planinsek on another well executed Spring Tea Fundraiser.

Special thanks to all committee members!



Express Employment - Employer of the Year



Stacy Lemmon - New Member of the Year

I just wanted to reach out to everyone and express my gratitude and appreciation for being selected as New Member of the Year. I am honored and was truly surprised to have been chosen. This group came to me in a time when I really needed an opportunity to learn and connect with other women. The support and open arms I have received has been overwhelming from the start. It is really something to be surrounded by a collective of caring, creative and strong women. As a Mom to a now young adult daughter, I have always wanted to teach her to be a strong woman...and to raise strong women. You all are a model of strong women.

Thank you again,

Stacy Lemmon



Barbara Baldwin - Woman of the Year

THANK YOU!

I am so grateful and happy that a simple Thank You doesn't seem enough!

To all my BPW sisters, thank you for your support. You have no idea how happy my heart is. It is my honor to work alongside you as we strive to achieve our goals.

As many of you did, I joined BPW looking for networking opportunities, but I found so much more. The fellowship that exists is rarely found. This group of women is like the family I didn't have! Thank you for being a ray of sunshine even on the darkest days!

I feel honored to have been guided by so many great women before me. I would like to extend special thanks to my friend Marsha, for introducing me to BPW and for nominating me for this award. So sorry you couldn't attend in person for me to hug!!! Special thanks also go to my husband, Charlie, for his continued support, and my sons and their families.

Sincerely, Barbara Baldwin

MEMBER NETWORKING—PLEASE SUPPORT OUR BPW BUSINESSES

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Celebrating 15 Years



H. Lowe, model

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APRIL BIRTHDAYS

April 20 - Lisa Frederick

April 22 - Angela Rose O'Brien

April 25 - Jean Calabrace and Dawn Hughes



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Strong Women vs Women of Strength

A strong woman works out every day to keep her body in shape ...
but a woman of strength kneels in prayer to keep her soul in shape...

A strong woman isn't afraid of anything ...
but a woman of strength shows courage in the midst of her fear...

A strong woman won't let anyone get the best of her ...
but a woman of strength gives the best of her to everyone...

A strong woman makes mistakes and avoids the same in the future...
a woman of strength realizes life's mistakes can also be God's blessings and capitalizes on them...

A strong woman walks sure footedly ...
but a woman of strength knows God will catch her when she falls...

A strong woman wears the look of confidence on her face ...
but a woman of strength wears grace...

A strong woman has faith that she is strong enough for the journey ...
but a woman of strength has faith that it is in the journey that she will become strong...

Copies of Poems read at Spring Tea



The Story Behind the Teacup

As women, we somewhat liken ourselves to a teacup. A teacup, although delicate in nature, can endure extreme temperatures. It accepts a multitude of flavors throughout its lifetime that are expected to bring enjoyment with every sip. On the exterior, it can be ornately elegant, whimsical, or just plain practical. A teacup will pass through many hands during its journey and may even be dropped or cracked along the way. Some may appreciate its beauty while others may not take notice at all. Its structure is strong, yet fragile. Its design and color make it unique. Its curves represent softness. The inner part of the cup represents our life. It is an open space that can be filled or left empty. We make the choice how high or often we will fill it and what flavors we may fill it with. We decide what we will add to make it sweeter; and we decide who we will share it with. The contents of the teacup represent the knowledge that will be poured into your life through this wonderful journey of education, friendship, and comradery that we will take together.

We choose this symbolic icon, to remind ourselves that as women, we too can endure extreme changes in our lives, our children's lives, our friend's lives, and business relationships. Like many varieties of teacups, we too can adapt our personalities from elegant, to whimsical even to practical; yet in our own complexity, and individuality, we will share warmth and compassion for one another.

Our wish is that your teacups be full; and run over with newfound knowledge, friendships, support, and lots and lots of laughter.

