



# News & Views

JANUARY 2023

## Happy New Year!



### Upcoming Events

- **January 12:** Dinner RSVP Deadline
- **January 19:** Regular Dinner Meeting. 6pm. Giannilli's II.
- **January 21:** District 3 PPD Workshop. 8am. YWCA - Greensburg
- **Feb. 2:** Board Meeting. 6pm. Trinity Lutheran Church. All welcome to attend.
- **Feb. 16:** Regular Dinner Meeting. Silent Auction. 6pm. Giannilli's II.

**H**appy New Year Ladies! It's time for that long standing tradition of making resolutions, setting goals, incorporating changes, and trying new things. I find that I'm more successful in keeping those resolutions if I refer to them as "habits".

Speaking of long standing traditions, January kicks off two of my BPW favorites, our Student of the Month program and the return of our Guest Speaker series. In February, the Foundation committee will hold their annual Silent Auction. March brings our Women's

History event and our infamous Spring Tea kick starts April on the 1st.

So let's make it a habit, a resolution, a goal to come together the 3rd Thursday of every month for an evening of sisterhood.

I look forward to seeing all of you in the New Year.



Until then, don't forget to Do Good Things!

- Tracy

## PERSONAL & PROFESSIONAL DEVELOPMENT WORKSHOP



**Register Today!**

 **SATURDAY**  
01/21/2023

 **Time**  
8:30 AM-3:00 PM

←←←←

**YWCA WESTMORELAND GREENSBURG** 



**NEWSLETTER DEADLINE**

Deadline for newsletter is Friday, February 3rd. Please send committee reports, community events, articles, kudos and advertisements to npurnell930@gmail.com before that date.

	<p>Member Spotlight</p> <p><i>Inside</i></p> <p>2</p>	<p>BPW Round Up</p> <p>3-5</p>	<p>BPW News</p> <p>6-8</p>	<p>Member Networking</p> <p>9-13</p>
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January 2023



## Tina Capatch



### JANUARY Member Spotlight

**Y**ou can see the smile on Tina Capatch's face and hear the warmth in her words but you can't see just how big her heart is. Tina is likely one of the most important people in the lives of those she cares for. Tina is a hospice care clinical liaison providing important information for patients in the Westmoreland County area nearing the end of life. She provides a resource to get the most help that someone can get without a charge to them during a time when they need it most. She works with hospitals, facilities and physicians to deliver the care needed, no matter where they call home.

Tina started her nursing career in OB/GYN. After her children, she wanted to change careers. A friend who was a hospice nurse asked her to ride along and see what happens and how she helped people in need. After the ride along, Tina decided that that was what I was meant to do. That was 30 years ago. "I fell in love with helping people that need the most help. You see, everyone knows what to say when a child is born... but most don't know how to express their feelings while someone is dying. I was able to help with my own family, now I help other families. That's my why!"

Tina has had the pleasure and the pain of working for a few different hospices. "In the past I was lucky enough to have a family at the first hospice I worked for. Due to circumstances in my life I moved to Greensburg and found once again what hospice should be... that's Suncrest. It's about the employees first, so they in turn take care of the patients. And the patient's needs come first!" says Tina noting she will retire from Suncrest!

Suncrest is based in Monroeville and provides care to patients in Allegheny, Washington, Fayette and Westmoreland counties and parts of Greene County. There is a live person if you need to reach someone in the evenings and on weekends. No push button answering machine.

Aside from the obvious challenges of hospice care, Tina finds that educating people on what hospice really is and what benefits are available is tough. One misconception about hospice care is that the care is only for the last days of life. The truth is that hospice patients can receive care for six months or longer, depending on the course of their illness. Patients benefit from personalized nursing care, medical

equipment and supplies related to their terminal illness. Family members receive emotional and spiritual support, ongoing education about disease process and changing care needs, assistance navigating community resources, and grief support after the death of their loved one.

Tina feels rewarded in assisting each person that needs hospice enabling the patient and family to live life to the fullest. While her employer recognizes employees for their work, she says "the best reward is know I'm helping someone in need."

Meet Tina at our next meeting!

Contact her for more information at [tcapatch@suncrestcare.com](mailto:tcapatch@suncrestcare.com) or visit Suncrest online at: [www.suncrestcare.com](http://www.suncrestcare.com)



January 2023

# Parliamentary News!



## Parliamentary Speaking!

heard although members do not have to speak if they do not want. Generally there is a time limit and the Chair will preside and implement any rules as needed.

## What is a motion and why do we have them?

A **Motion** is a proposal by a member of the group that describes an action or decision.

Some basic rules for using motions according to Robert's Rules of Order are:

- Positive (action) motions are permitted, not negative
- Only 1 person speaks at a time
- You cannot raise another motion until all other motions are settled -one motion discussed at a time
- All members have equal rights to be heard when discussing the motion

•The Chair puts the motion to a vote. Once everyone has had the opportunity to speak the Chair asks "Are you ready for the question?" The Chair restates the motion "the question or a motion has been made to..... those in favor state "Aye" those oppose state "no"

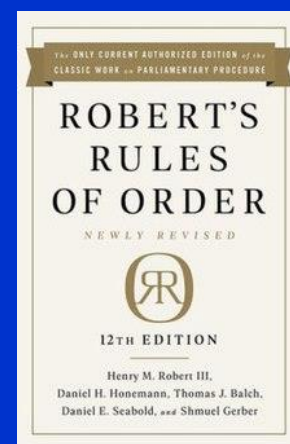
•The Chair announces the vote and what will happen with the motion.

•The chair counts the votes and the motion carries, "the 'Ayes" have it and the motion is adopted or the "Nays" have it and the motion did not pass.

This is the correct procedure for making a Main motion. In future issues we can discuss other actions that can occur with motions.

## Steps in Presenting a Motion

- A member obtains the floor and makes a motion
- Members stand, address the Chair, once recognized, they take the floor, "I move that....."
- Next another member seconds the motion, "I second the motion"
- The Chair states the motion "It has been moved and seconded that we.... Is there any discussion?"
- Members debate the motion. The Chair recognizes any member that wants to debate and express their opinions. All members have an equal right to be



## Whatdayaknow?

Does the chair have the authority to move a motion?

*Answer at the January meeting.*

--Theresa Rusbosin

Latrobe BPW Parliamentarian

January 2023

# BPW ROUND-UP



## Dinner Committee

## Membership

### January Dinner Meeting:

**Date:** January 19, 2023

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

**Deadline for Reservations:**  
Thursday, January 12th

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

**LINK TO RESERVE:**  
<https://forms.gle/tjADkVS4KXYQybap7>

### 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](mailto:latrobebpwdinner@gmail.com)) **prior to 6 days before the meeting date.**

**Questions about Reservations?**  
[latrobebpwdinner@gmail.com](mailto:latrobebpwdinner@gmail.com)

Important update for new members:

From December 2022 - April 30, 2023, new members will pay only \$23.00\* to join Latrobe BPW.  
\*\$25 credit/debit/paypal online



### 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](http://www.unityprinting.com/bpw)

*Kate Smith*  
*Jodie Edmiston*

COMMITTEE MEETING MONDAY, JANUARY 16, 5:30 P.M.  
RACER'S TAVERN  
ALL ARE WELCOME - EMAIL ALICE BRASILI TO BE ADDED TO THE RESERVATION

**WELCOME NEW MEMBERS**  
Latrobe BPW Membership Committee

*Stacey Cunningham* *Carrie Brant*

**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](mailto:npurnell930@gmail.com)

January 2023

# BPW ROUND-UP



## Issues Management



**JOIN US**  
 AT THE JANUARY 19TH MEETING  
 TO LEARN MORE ABOUT  
 THE GLSD ART CONSERVATION TRUST.

## PPDW and Young Careerist

### PPD/YC (Personal and Professional Development/Young Careerist) needs you!

We are looking for interested members who want to enhance their skills and confidence in themselves! We are looking for participants in workshops and meetings to showcase your style and show us why BPW is important to you.

The theme for 2023 is "Good things happen when we believe". What do you good things happened to you that believe we in BPW want to hear about? Let us hear your story.

Have you good things happen to you, but you aren't sure how to communicate them or talk about them? How would you present them to your organization? Join us on Saturday, January 21 at the Greensburg YWCA for Personal and Professional Development workshop. Learn skills such as identifying opportunities and strengths for growth, developing strong interpersonal skills, effective presentations, goal setting and many other pertinent skills in today's market.

## Foundation

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](http://www.BPWPA.org) or you contact Karen Mowry at [karencmowry@hotmail.com](mailto: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.

## Public Relations

Important Social Media and Website Links!

Website: [www.latrobebpw.org](http://www.latrobebpw.org)

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

[www.facebook.com/groups/latrobebpw](http://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

### District 3 PPD Workshop!

**When: Saturday Jan. 21st**

**Time: 8:00 am**

**Where: YWCA Greensburg**

**Cost: \$30 (Includes materials and meals)**

**RSVP: January 14th**

**(see attached flyer for details)**

**January Meeting:  
 Hosted by  
 Scholarship/Student  
 of the Month!**

January 2023

# MEMBER



## FEBRUARY IS SILENT AUCTION MONTH

THE SILENT AUCTION WILL BE HELD DURING OUR FEBRUARY 16<sup>TH</sup> MEETING. PLEASE TRY TO REMEMBER TO BRING A NEW ARTICLE TO THE AUCTION.

SUGGESTIONS INCLUDE UNWANTED CHRISTMAS GIFTS, BOOKS, BAKED GOODS, CRAFT ITEMS, TOYS. PLEASE USE YOUR IMAGINATION.

**WE WOULD LOVE TO BEAT OUR \$737 DONATION THAT WE MADE TO THE BPW/ PA FOUNDATION LAST YEAR.**

THE DONATIONS THAT WE MAKE FROM THE PROFITS IS USED BY THE FOUNDATION FOR THE SIX \$2,500 SCHOLARSHIPS THEY AWARD EACH YEAR PLUS IT FUNDS THE EDITH OLER FLANNIGAN FUND GRANT WHICH PROVIDES MEMBER EMERGENCY FUNDS FOR CATASTROPHIC FINANCIAL LOSS.



### Get Well Wishes

Get Well Wishes to member **Nancy Bennett** who was in a car accident and is still recovering.

Get Well Wishes to **Dawn Berkebile** as she recovers from a broken ankle.

### Deepest Sympathies

Latrobe BPW extends its sympathies to **Judy Shaffer** on the loss of her niece.



**Baskets! Baskets! Baskets!**  
**Save the Date: February 16,**  
**2023**

January 2023

# January Student of the Month



**A**llyson Horner is a senior at Greater Latrobe Senior High School and is involved in many organizations and activities within the school. She dedicates a lot of time to the school's music program as a flutist and has been part of the auditioned wind ensemble group since 9th grade. Allyson has also participated in marching band and this current season was selected to be the President of the organization as well as the flute captain. She

also plays for the spring musical's pit orchestra. Allyson also invests her time in national honor society organizations such as NHS, German NHS, Mu Alpha Theta, and Tri-M. She also has been on the school's varsity track team since junior high. Outside of school, Allyson loves to read, hang out with friends, and spend time outside. In the summer, Allyson worked as a lifeguard at a neighborhood pool. After high school, Allyson plans on attending the University of Pittsburgh to pursue a degree in nursing.

**E**lizabeth Kott is a senior at Derry Area High School. She is actively involved in her district's music department, as she participates in choir, ensemble, district chorus, and region chorus and has performed in Derry Area High School musicals for nine years. Elizabeth also serves as her class President and is the Future Educators Association Vice President. Throughout high school, Elizabeth has led projects through Chick-fil-A Leader Academy to help combat food and clothing insecurity within the community.

She also competed on the Derry Area Girls' Varsity Tennis Team and Mock Trial Team. Outside of school, Elizabeth volunteers as a mentor and junior counselor through Outdoor Odyssey and works at Camp Tuku, a mindfulness camp in Arizona, during the summer.

Elizabeth plans to attend an undecided college to major in Public Policy. She hopes to one day work for the Department of Education, providing future generations of students with equitable public education.



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

January 2023

# THROWBACKS

## To Our Past Events

*Here's what you missed!*



*"Do Good Things"*

Candids from our December Meeting and Gift Exchange





## BPW/PA District 3

### Personal and Professional Development Workshop

**Date:** Saturday, January 21, 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, pizza lunch and refreshments.*

#### 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*  
*Tracy Grace, D3 Member*  
*Nancy Shaler, D3 Member*

#### Questions:

*Contact - Jackie Elliott, District 3 PPD Chair*  
**Phone** - 724-244-6230  
**Email** - [jelliott1077@gmail.com](mailto:jelliott1077@gmail.com)

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



**BPW/PA District 3**

**Personal and Professional Development Workshop**

**Saturday, January 21, 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 Saturday, January 14, 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**



MEMBER NETWORKING—PLEASE SUPPORT OUR BPW BUSINESSES

# Angela's Angels

Celebrating 15 Years



H. Lowe, model

## Prom appointments available!

Do you know a young lady in need of her prom wear for free?

Angela's Angels is a 501 (c)(3) non-profit organization whose purpose is to provide **FREE PROM WEAR** to local Economically Disadvantaged High School Young Ladies.

### NEW for 21 \* Calling ALL Ladies

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## JANUARY BIRTHDAYS



January 3 - Tracy Rhoades

January 24 - Erica Stouffer

January 11 - Laura Guskiewicz

January 24 - Nikki Cecchini

January 23 - Sarah Kuchma

January 23 - Jillian Bowman



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