



Upcoming Events

- **March 14:** Unhappy Hour. 6pm. Applebee's. Equal Pay Day.
- **March 16 -** Monthly Dinner Meeting. 6pm. Giannilli's II. Women's History Month
- **April 6:** Board Meeting. 6pm. Trinity Lutheran Church. All welcome to attend.
- **April 17:** District 3 Spring Meeting. 6pm. Carsons Catering, Scottsdale.



NEWSLETTER DEADLINE

Deadline for newsletter is Friday, April 7th. Please send committee reports, community events, articles, kudos and advertisements to npurnell930@gmail.com before that date.

News & Views

Spring Forward

MARCH 2023

Spring is in the air! This month we celebrate the changing of the season, the changing of the clocks and the women who changed our history. This year's national women's history theme *Celebrating The Women Who Tell Our Stories* is near and dear to me. I have an undergraduate degree in Journalism and Communications and dreamed of becoming the next Barbara Walters. I am looking forward to hearing from our guest speaker, Shirley McMarlin, who is a features reporter for the Tribune Review.

Another thing we will pay homage to this month is Equal Pay Day on March 14th. A day that symbolizes how far into the year wom-

en must work to earn what men earned in the previous year. Each year women continue to make strides for equal pay as more female business owners and leaders become prominent employers and hiring decision makers. Until Equal Pay Day becomes unnecessary, we will raise a glass in awareness to the unfairness in pay. If you are in the area and would like to join us, stop by the Applebee's at the Westmoreland Mall on 3/14 at 6pm. We are casually gathering in the bar area.

So spring forward ladies and don't forget to do good things!

- Tracy



Inside

Member
Spotlight
2

BPW
Round Up
3-4

BPW News
5-8

Member
Networking
9-13

March 2023



Member SPOTLIGHT

Deborah Bowman



MARCH Member Spotlight

**Nurturing.
Understanding.
Responsible.
Strong.
Extraordinary.**

All ways to describe a nurse and definitely words that describe Deb Bowman.

Deb is a Registered Nurse with Excelsa Health. She has worked for other health systems and did not find the personal connection with them like she has with Excelsa. "My colleagues are wonderful and I truly enjoy coming to work." Deb works in a variety of departments at all three Excelsa hospitals. Deb feels good knowing she is working for a quality healthcare provider that is community-based and has attained national recognition for coronary care and maternity care. Excelsa Health has been recognized as a Healthiest 100 Workplace in America.

Deb felt a calling to become a nurse after experiencing a life changing event with her daughter and her journey through cancer. During this time Deb says she changed in many ways and wanted to do more for people. "I believe that God guided me to pursue nursing so that I could help others through their health journey." After 9 years in the profession Deb notes "I absolutely love being a nurse! I live by my own personal mantra of fulfilling my W.I.L.L. ... WOW, IMPROVE, LEAD, LEARN. ... I am successful every day of accomplishing my WILL as a nurse. It is rewarding to me on so many levels!!"

Nursing is definitely a challenging career, especially with the shortage of candidates. Long hours and limited help can take a toll on nurses. Deb does it all with a smile, often working extra shifts when no one is available. "I do it for my patients. I love helping them get well and return home to their loved ones." Deb's ad-

vice for those thinking of a nursing career? "Nursing is a calling. You must enter this profession with the innate desire to help others through compassion and empathy."

Deb's dedication doesn't go unnoticed. She received the Daisy Award in 2022 which honors the superhuman work nurses do for patients and families every day wherever they practice. That's certainly no surprise. Deb's kindness, friendship and leadership earned her the BPW New Member of the Year (2018) and Woman of the Year (2022) for both the Latrobe club and the District. Deb is a friend to everyone she meets and inspires others.

Meet Deb at our next meeting!

March 2023

BPW ROUND-UP



Dinner Committee

March Dinner Meeting:

Date: March 16, 2023

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

Deadline for Reservations:
Thursday, March 9th

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

LINK TO RESERVE:

<https://forms.gle/YPinMf2c3Q9xhvHF6>

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

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*

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!

The membership committee promotes, expands, stabilizes, and orients the membership. This committee plans induction of the new members and maintains membership information (roster and committee lists).

The membership committee consists of the following members: Tracy Grace,

Dawn Hughes, Janet Riordan, Kate Smith, Stacey Cunningham, Laurie Corbett, Jodie Edmiston, and Alice Brasili, chair.

This committee will be planning a meeting in March/early April to review plans for new member induction in May. If you are a new member from August, 2022 – now.... we will be celebrating YOU. Please try to attend.

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



Several new members attended our February Meeting!

March 2023

BPW ROUND-UP



Issues Management

March Guest Speaker:

Shirley McMarlin (Tribune Review Staff Writer)

A little about our speaker in her words:

I grew up in Michigan and have a bachelor's degree in English/Journalism from Northern Michigan and a master's degree in English literature from Michigan State University.

After grad school, I took a job as a copy editor with the Orange Leader newspaper in Orange, Texas.

I met my former husband in Texas, and we subsequently had two sons and a daugh-

ter (along with his older daughter). We also lived in North Carolina and New Mexico before moving to Pennsylvania in 1998.

I was a stay-at-home mom for 17 years before taking a job with the Tribune-Review in 2003. I started as a news assistant and had various duties before moving into the role of features writer, which includes covering social events in the Out & About column and writing stories on arts, entertainment, food, home and personal interest topics.

Away from work, I enjoy traveling, hiking, reading, crossword and jigsaw puzzles, seeing movies in the theater and going to live music and theater performances.



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 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.

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 You Tube, Instagram and LinkedIn

March 2023

MEMBER



CONGRATULATIONS TO TRACY GRACE ON BEING IN THE TOP 50 OF SALES FOR EXPRESS EMPLOYMENT. EXPRESS EMPLOYMENT HAS OVER 860 BRANCHES ACROSS THE COUNTRY!



CONGRATULATIONS TO SANTANNIA KENT FOR BEING OUR FEBRUARY CHICK-FIL-A LUNCH WINNER!



Women's History Month FUN!

Solution at end of newsletter

WOMEN'S HISTORY MONTH WORD SEARCH

F P O U B X E B E N I O R E H Y Y T W M
P X T Y H H X S T E R E O T Y P E N N G
W I N C L U S I O N E L L Z A S L E I L
E H R I G H T S R S M S D E D C I M V D
Y R A N O I S I V J P P W G V I P R X I
D E H I N S P I R E O E K A O T I E Y V
U D P L M G O K P L W A I R C I O W B E
W N D N M H U Y V A E C R F A L N O U R
W E D F Q S H F M H R E O F T O E P S S
S G Z L I F I E G N R P C U E P E M I I
E A D N O G N N H Z P K T S F Y R E N T
A Q I J F D H Q I R K H O H S J I P E Y
V C R B M S Y T E M H L A U Q E N J S P
S M T E B X A S O U E K N H Q L G N S U
P S N I H U S G M D H F B E G A R U O C
O T X G V I C A Z K L I B E R A T E Q L
R Z O Z O I N I N N O V A T O R V X M T
T H Y N Q I S N P I H S R E D A E L I T
S G S O T M S T R Y O X B J T P I T S J
A Q T Y T R A I L B L A Z I N G G H B F

WORD LIST:

ACTIVIST
ADVOCATE
AMENDMENT
BIAS
BUSINESS
COURAGE
DIVERSITY
EMPOWER

EMPOWERMENT
EQUAL
FEMINISM
FIGHT
GENDER
HEROINE
HUMANITY
INCLUSION

INNOVATOR
INSPIRE
LEADERSHIP
LIBERATE
OPPRESSION
PEACE
PIONEERING
POLITICS

RIGHTS
SPORTS
STEREOTYPE
SUFFRAGE
TRAILBLAZING
VISIONARY



March 2023

March Student of the Month



Celsey Johnson is a current senior at Greater Latrobe Senior High School. She is a member and corresponding secretary of National Honor Society. She is a member and officer of French National Honor Society, and the Vice President of the French Club at Greater Latrobe. She is also a member of Science National Honor Society. Celsey has been on Distinguished Honor Roll since seventh grade. She participates in Link Crew, an organization that helps welcome freshmen to the high school, as well as Interact and Key Club, community service organizations. She was a member of the school volleyball and softball teams from seventh to tenth grade and a member of a travel softball team for 7 years. Celsey also has a paid in-

ternship at Excelsa Health Family Medicine at Excelsa Square Latrobe. At this internship, she checks patients in, scans papers into patients' charts, completes other secretarial duties, and shadows the doctors. Outside of school and work, Celsey enjoys spending time with family, friends and her two golden retrievers, reading, listening to music, and enjoying the outdoors. She also has a love for all STEM subjects and plans to have a career in the medical field. Celsey is considering attending Bucknell University for cell biology and biochemistry with a pre-med focus, or Duquesne University for the pharmacy program.

Lauren Hood is a senior at Derry High School who enjoys writing, running, and spending time with friends and family. She currently works at Sanctus Spa and Salon as a receptionist. She also helps in the life skills classrooms throughout the school district. Her future plans include attending a four year university where she will earn a bachelor's degree in special education teaching.



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

March 2023

THROWBACKS

To Our Past Events

Here's what you missed!



Suncrest Care
Guest Speaker



Recap from our Silent Auction Night!

A big thank you to everyone that was involved in this year's Silent Auction, and especially to **Chair Karen Mowry** for organizing!!

Members that helped set up, calculate the bids, collect the money and especially those that donated and bid. It was a fun event!

The total profit from this year that will be given to the BPWPA Foundation was **\$854.00**. Thank you for your support! #DoGoodThings



February Student of the Month



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.

LATROBE BUSINESS & PROFESSIONAL WOMEN

Spring Tea | April 1, 2023



ADVERTISING OPPORTUNITY

The Latrobe BPW Spring Tea is an amazing advertising opportunity for your business. Introduce your business to a new audience or promote special deals and discounts to the 280+ attendees. Only **\$25!** You don't want to miss out on this valuable marketing opportunity! For members and non-members.

\$25 Includes:

- Rotational Advertisements on Two Electronic Billboards
- Inclusion in the Spring Tea Program
- Advertiser Quiz for Attendees
- Video on Facebook after the Tea



Scan Me to Register!

Deadline March 16, 2023

Register at <https://tinyurl.com/SpringTeaAds> (or scan the QR Code)
This is for advertising only and DOES NOT include a ticket to the event.

Submit your ads, cash or check (Latrobe BPW) to Dana Shannon -
dana@danalyncreates.com

Ad Size: 16:9 or 10 x 5.63 inches

File Type: AI, EPS, PNG, PDF

Contact Dana if you need assistance with your ad.

Proceeds benefit our local scholarship & community philanthropy funds.

Spring Tea 2023 - Save the Date

April 1st

District 3 Spring Meeting Information and Reservation Form



Business and Professional Women of Pennsylvania District 3

"To achieve equity for all women in the workplace through advocacy, education and information."

Official Call to Spring District Meeting

To: District 3 Officers
District 3 Chairs
Past District Directors
Local Organization Presidents
Local Organization Members

By Invitation: State Officers
State District Directors
State Board Members

Date: Monday April 17, 2023

Location: Carson's Premier Catering
10 S Broadway St.
Scottsdale, PA 15683

Time: Registration 5:30 PM
Dinner Buffet 6:00 PM
Business Meeting 6:45 PM

Hostess: Scottsdale BPW

Mail Reservations to: Angie Marhefka
27 Park Ave.
Scottsdale, PA 15683

Cost: \$28.00 per person (includes \$3.00 registration fee)
Final deadline is Monday, April 3, 2023 - Please use the attached Reservation Form Make checks payable to: **Scottsdale BPW**

All Committee Chairs please email a copy of your report to District Director, Angela Apple at aapple@wpa.net, Recording Secretary, Barbara Baldwin at baldwin15@comcast.net and Corresponding Secretary, Dawn Berkebile bpwd3correspondence@gmail.com by Monday April 10, 2022.

Please note : All Locals are responsible to bring a themed basket, with a value of \$30.00, for the basket auction. Please inform Cathy Caccia ccaccia@comcast.net the name of your basket. A sincere thank you is in order from all of District 3 to the Locals for their basket donations.

Remember, all District 3 members in good standing, in attendance, have voting privileges. We hope to see every Local in District 3 well represented.

Dawn Berkebile
Corresponding Secretary
354 Possum Hollow Rd.
Latrobe, PA 15650
dawnchem329@outlook.com
(C) 724.344-2912



Angela Apple
District Director
230 Lentz Road
Latrobe, PA 15650
aapple@wpa.net
(C) 724.787-8718

Pennsylvania Federation of Business and Professional Women's Club, Inc.

BPW/PA District 3 – Spring District Meeting - RESERVATION FORM

Monday, April 17, 2022

Carson's Premier Catering
10 S Broadway St.
Scottdale, PA 15683
724-887-7404

Dinner Buffet includes stuffed chicken, carving station, mashed potatoes, vegetable medley, salad, rolls, and dessert.

Mail to: Angie Marhefka
27 Park Ave
Scottdale, PA 15683

Cost: \$28.00 per person (includes \$3.00 registration fee)
Checks made payable to **Scottdale BPW**
NO REFUNDS after Monday April 3, 2023 final deadline

Local Organization: _____

Please make _____ dinner buffet reservation(s) for the following individual(s):

Name

LO President: _____

LO Members: _____

Title

Name

District Officer: _____

District Chair: _____

BPW/PA Guests: _____

Past District Director: _____

Enclosed is a check for \$ _____ made payable to: District 3 BPW

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.

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MARCH BIRTHDAYS



- March 5 - Jane Nespoli
- March 11 - Lorie Planinsek
- March 16 - Susan Mough and Hannah Hamilton
- March 23 - Paula Maloney and Michelle Teague

- March 24 - Alice Brasili
- March 26 - Carrie Brant
- March 28 - Donna Nagg



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March 2023

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Alice's Apples & Sweets
 Need a Spring Tea treat for your guests?
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Go to my Facebook page to see the new Easter Menu!

Thank you Latrobe BPW members for sharing my business cards, my Facebook posts, and all of the positive vibes.



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Alicesapples17@gmail.com

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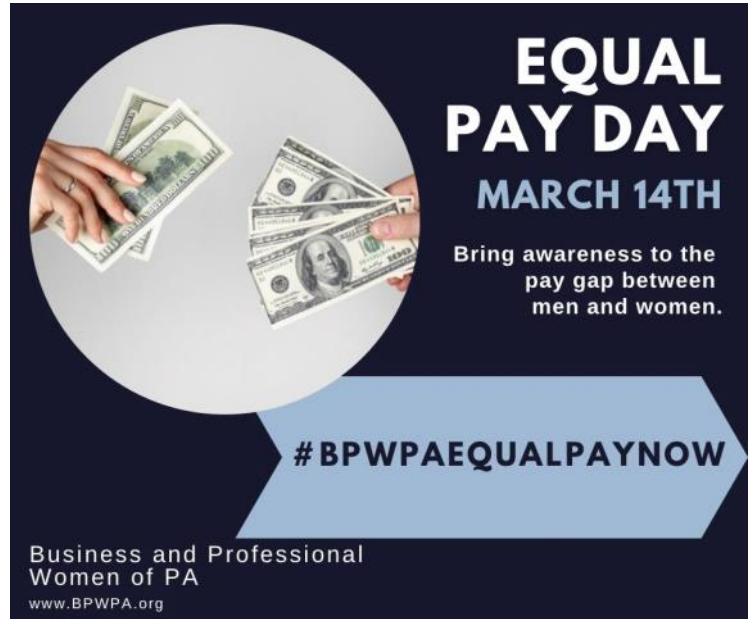





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**NEW
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**EQUAL
PAY DAY**

MARCH 14TH

Bring awareness to the pay gap between men and women.

#BPWPAEQUALPAYNOW

Business and Professional Women of PA
www.BPWPA.org




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

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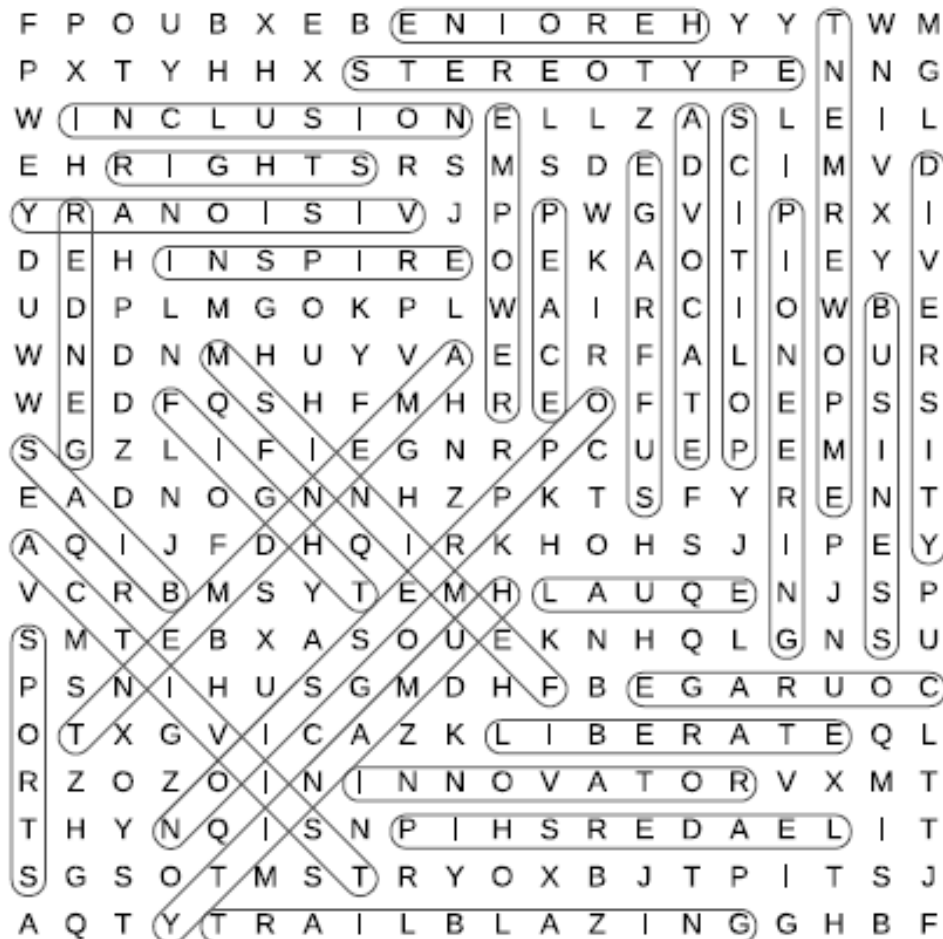
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Women's History Month Fun - Solution Set

WOMEN'S HISTORY MONTH WORD SEARCH



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