



News & Views

SEPTEMBER 2024

Upcoming Events

- **September 12:** September Dinner RSVP Deadline — [LINK](#)
- **September 19** Monthly Dinner Meeting - 6 pm Giannilli's II
- **October 3:** Board Meeting 6pm. Trinity Evangelical Lutheran Church.
All are welcome to attend.
- **October 4:** Self-Defense Class 6 pm Petrillo's Karate Campus
- **October 5:** Walk for Breast Cancer - Twin Lakes
- **October 20:** Bowling at Lincoln Lanes 1 - 4 pm

Welcome Ladies!

September is one of those months when too much is happening to keep up! Kids are back to school, which means extra-mural activities are planned, summer is (unofficially) over, fall projects are being planned, and of course, fall decorating has begun!! Fall is a season of change but we know those changes are temporary and will herald new possibilities to believe, dream and work hard to achieve!

Thank you to all those who so generously donated back-to-school items for donating to our August speaker. And, thank you to Aaron Allen for giving us some insight into bullying and how to deal with it. Great speaker!

So much is planned for the upcoming months, so please stay tuned!!! You can keep up to date by attending meetings, reading your newsletter and looking out for postings on Facebook! We have a self-defense class scheduled, following by a fun evening of bowling! Raffle tickets with a cash prize, and of course, interesting guest speakers!

See you all at our meeting on September 19th!

MONTHLY THEME:

September is a month of "everything". My research took me to more Cancer Awareness pages than I could bear! Such a horrid disease, so many friends and loved ones lost or suffering, and no more so than children. Our guest speaker this month, Carly Rudick is just one of many parents whose lives were impacted. Please join us at our September meeting on Thursday, September 18th, to hear of her journey.

September is also Suicide Prevention Month. The suicide rate, especially among younger people. According to the CDC, over 49,000 people died by suicide in the US in 2022. That is one death every 11 minutes. Suicide is the third leading cause among 15-29 year olds.

On a happier note, September also has National Women's Friendship Day! Since 1999, this day has been celebrated on the third Sunday of September. And what a better group of women to exude friendship than your BPW groups! Friendship is a close relationship between two or more people who care about and support each other. It is a relationship built on trust, honesty, and mutual respect. Friends often share common interests and experiences, and enjoy spending time together. I feel blessed by all the friends I have made through BPW and look forward to the times we can be together. I consider each and every one of you my friend.

Barbara

#believeinthepossibilities
#dreambelieveachieve
#becauseofBPW

Life is too short to fold fitted sheets!



NEWSLETTER DEADLINE

Deadline for the next newsletter is Friday, October 4.

Please send committee reports, community events, articles, kudos and advertisements to cpalm121@comcast.net OR latrobebpw@yahoo.com before that date.



Inside

Member
Spotlight

2

BPW
Round Up

3-6

BPW
News

7-11

Member
Networking

12-15

September 2024

Member Spotlight



Latrobe BPW is thrilled to spotlight Lorin Zimmerman, who has been a dedicated member for the past year and currently serves as the Student of the Month/Scholarship Chair.

Lorin has found great value in the connections she has made with other women through BPW. These relationships have enriched her experience and reinforced her belief in the power of networking and community.

Lorin strongly encourages new members to join a committee. She believes it's an excellent way to connect with others and gain a deeper understanding of the meaningful work BPW accomplishes.

Lorin is a Licensed Clinical Social Worker and Certified Health and Well-Being Coach, running her own private practice, Hope Abounds Wellness Services, LLC. As a solopreneur, she cherishes the opportunity to make a positive impact on her clients' mental health and overall well-being.

In her free time, Lorin enjoys biking, cross-country skiing, and unwinding on her patio. Her passion for empowering women in midlife drew her to BPW, where she has found a perfect fit to connect with and support other women.

Despite everything else she has accomplished, Lorin has never had a cavity—a fact that often surprises people!

Lorin is a proud graduate of Penn State, and she particularly loves this time of year when Nittany Lion football is in full swing. Lorin is married and has two adult daughters.

Latrobe BPW is grateful to have Lorin as a member, and we look forward to seeing all the ways she will continue to contribute to our organization and the community.



September 2024



Dinner Committee

Sept. Dinner Meeting:

Date: **September 19, 2024**

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

Deadline for Reservations:
Thursday, September 12

PAYMENT OPTIONS:

Cash/Check/Credit \$25

Prepay via PayPal \$27 (link on
dinner reservation)

LINK TO RESERVE: [https://
forms.gle/J7nmcW5kk6RqF86YA](https://forms.gle/J7nmcW5kk6RqF86YA)

Questions about the dinner meeting?

Email: latrobebpwdinner@gmail.com

BPW Logo Wear

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



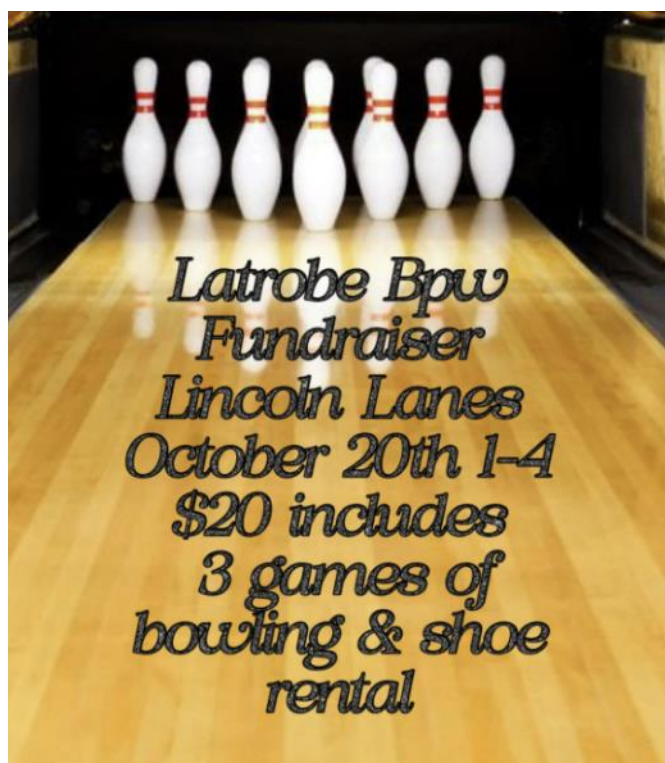
Membership

Please invite your friends, co-workers, and wonderful women that you meet to dinner.

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

RENEW HERE: [https://
forms.glerenewbpwmembership](https://forms.glerenewbpwmembership)

Goodwill & Special Projects



BOWLING
JOIN US FOR A GREAT TIME

September 2024



Continued Cards and Prayers

The following message was received by Theresa Rusbosin. Please consider sending Mary Ann a card of your own, as she was extremely touched by the card she received from the club.

Dear Theresa and my dear Latrobe BPW sisters:

Your card with all the signatures really brightened my day.

The Strength medallion was the reminder I need right now. My faith is strong and I pray a lot but I question my strength. This is so very difficult and this is a tangible sign that I can't give up.

Thank you for thinking of me!

I'm not sure if I ever updated my address, but it's 53 Bingham Lane, Crossville TN 38558. I love the cards and would hate for any to be returned.

Please keep praying for me!

With love,
Mary Ann Urban

Upcoming Events:

Walk to end Alzheimer's – Saturday, September 14th – Twin Lakes

More information to come when available

Self Defense Class - Friday, October 4 - Petrillo's Karate Campus - 6 pm

\$10 Break Boards * Break Barriers * Build Confidence

Westmoreland Walks Pink Ribbon Walk – Saturday, October 5th – Twin Lakes

More information to come when available

Bowling Night - Sunday, October 20 - Lincoln Lanes - 1- 4 pm

Goodwill/Special Committee State Project Fundraiser

Fun Monthly Polls:

In order to promote more "fun" in our organization, we're planning to conduct monthly "themed" polls. Nothing serious, just for fun. Click the link below for the September Poll.

[Click here for the Google Form Link](#)

**LATROBE BPW
VENDOR EVENT**
November 21, 2024
6:00pm to 8:30pm
Latrobe American Legion
Open to the public at 6:30pm - no charge

Member Vendors - \$10.00 per table
Nonmembers - \$15.00 per table October 1
Setup - 5:00pm

- No duplicate businesses- cash & carry
- Vendors can have a door prize drawing
- A network table will be provided for member **non-sale** business

Contact: Jean Calabrace
spcrlc@comcast.net
724-787-0897

September 2024



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

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 2024-2025 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**

Save your Chick-fil-A receipts
AND LORIE PLANINSEK WILL COLLECT AT
the monthly meeting Thanks for
YOUR SUPPORT!!



**Help Support
Latrobe BPW**

September 2024



**LATROBE BPW
VENDOR EVENT**
November 21, 2024
6:00pm to 8:30pm
Latrobe American Legion
Open to the public at 6:30pm - no charge

Member Vendors - \$10.00 per table
Nonmembers - \$15.00 per table October 1
Setup - 5:00pm

- No duplicate businesses- cash & carry
- Vendors can have a door prize drawing
- A network table will be provided for member **non-sale** business

Contact: Jean Calabrace
spcrlc@comcast.net
724-787-0897

September 2024

VENDOR RESERVATION FORM

LATROBE BPW

November 21, 2024

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 \$ _____

Latrobe

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, 2024

September 2024

Where do you fit?

Any organization is only as good as it's members. Latrobe BPW is more than just belonging. The more involved you are the more rewarding the experience. All members are requested to participate in one of the following committees. Please review the descriptions. You may request placement on a committee you feel best meets your interest and expertise. If you do not specify, you will be assigned at the President's discretion. Please contact Barbara Baldwin with any questions. 724-244-8248 or baldwin15@comcast.net

BYLAWS/ POLICIES & PROCEDURES

The bylaws/policies and procedures committee is composed of a chair and appointed members. This committee prepares amendments to or revisions of the bylaws for presentation to the executive committee for consideration and to the membership for action. Committee chair forwards to district bylaws chair any proposed amendments in district bylaws by appropriate date and forward to state federation by appropriate date. Committee will advise local organization of all mandatory changes in district and state bylaws.

FINANCE

The finance committee prepares an annual budget for the local organization, has general supervision of all expenditures, and to assist the local organization in developing a sound financial policy. The finance chair shall be a member ex-officio, without vote, of all committees, which disburse money. This committee to plans projects to supplement the proposed budget.

FOUNDATION/LEGISLATION

The foundation/legislation committee promotes interest in and support of the State Business and Professional Women's Foundation. This committee will carry out the legislative programs adopted by the state federations. The committee shall study local legislative needs in order to make recommendations to the local organization.

MEMBERSHIP

The membership committee promotes, expands, stabilizes, and orients the membership. This committee plans induction of the new members and prepares the local organization yearbook for distribution at the September meeting and maintains membership information.

DINNER

The dinner committee arranges for the dinner for the monthly meetings. This committee contacts the members for reservations and coordinates with the meeting site.



PUBLIC RELATIONS/ CLUB NEWS

The public relations & club news committee presents state/local programs, and activities through available news media. The committee prepares a public or media presentation in observance of National Business Women's Week in October. This committee also prepares a monthly newsletter, manages the website and any social networking used by the club.

INDIVIDUAL DEVELOPMENT/ YOUNG CAREERIST

The individual development/young careerist committee encourages recruitment of young people into membership, organizes and coordinates the individual development/young careerist program, and promotes activities that involve the participation of young people.

STUDENT OF THE MONTH AND SCHOLARSHIP

The Student of the Month and Scholarship Committee collaborates with the guidance offices of the Greater Latrobe and Derry Area School Districts to select the Students of the Month based on their recommendations. The committee will then contact the selected students to gather the necessary information for their visit. Additionally, the committee promotes the scholarship to residents of the Greater Latrobe and Derry Area School District through news media, the high school guidance offices, and the Latrobe BPW monthly newsletter. The committee reviews scholarship applications and submits an award recommendation to the executive board and the local organization.

GOODWILL/ SPECIAL PROJECTS

The goodwill and special projects committee conveys the local organization's wishes to the membership during crisis, illness, or joyful occasions. The committee shall coordinate any assigned projects. In addition to fundraising activities, Latrobe Business and Professional Women's Club also participates in various Goodwill and Special Projects that support the philanthropic mission. Events that the club has supported in the past include silent auction for the BPW/PA Foundation, Westmoreland Food Bank Collection, American Cancer Society Relay For Life, Salvation Army "Bell Ringing," Project Bundle Up, and Adopt-a-Family. The club encourages all members to select or suggest a project and apply time and talents to drive community impact.

September 2024

BY-LAWS POLICY & PROCEDURES REVIEW

DUE Sept. 22nd

An email containing the current version (2023) of Latrobe BPW By-Law/P&P will be sent to all members. Please review and submit all suggestions for changes to Nicole Purnell by 9/22.
(npurnell930@gmail.com).

This is your chance to have a VOICE in our rules/regulations!

September 2024

Guest Speaker

Carlie Rudick

Please wear gold to our monthly meeting in support of Childhood Cancer Awareness in the month of September.

Carlie will share her personal story and all the good that she does to support other families that are fighting childhood cancer.

Carson's Hope holds several fundraisers per year including a Fishing Derby and a Night at the Races. Their foundation would be ever grateful for the donation of any items that could be used in raffle baskets or Chinese auctions. She has said some favorites are lottery tickets, gift cards, wine and bath/body items. Please feel free to be creative in your donation.



Carson's Story.....

In October of 2008, Carson Rudick was diagnosed with a rare tumor, rhabdomyosarcoma, when he was just 3 1/2 years old. He endured several surgeries and radiation to remove the tumor on his sinus cavity, but just two months shy of finishing treatment in the summer of 2009, he relapsed. Carson endured several more surgeries, gamma knife procedures and chemotherapy during the next year. But again, he relapsed over and over again. But you would never have known it. He always had energy and never complained much. He amazed the doctors with his strength to endure new chemos, radiation and surgeries. Carson gained his Angel Wings on July 18, 2010 after the Rhabdo Monster metastasized to his brain and spine. His parents never gave up hope during all that he endured and remained optimistic throughout his battle with cancer.

CARSON'S HOPE is a charity created by Carson's parents, Jim and Carlie Rudick, to help support families dealing with pediatric cancer, as well as pediatric cancer research. As much as they hoped that Carson would have benefited from a cure for cancer, Carson will be a part of the cure.... only in a different way. CARSON'S HOPE looks forward to the day when there is a cure for cancer. Carson's legacy will live on through his charity and it will be a bittersweet day for his parents when there is a cure.

September 2024

BREAK BOARDS, BREAK BARRIERS, BUILD CONFIDENCE!

Open for members and guests! Bring a friend or 2!

Pre-Registration and payment is required to save a spot in the class

Class cost is \$10

In recognition of National Business Women's Week and Domestic Violence Awareness Month



**LATROBE BPW
PRESENTS:**



Register



SELF DEFENSE

Training by Petrillo's Karate Campus

Master Self Defense with a one-hour class
under the guidance of Master Petrillo

- ✓ Break Boards
- ✓ Break Barriers
- ✓ Build Confidence



Register

CLASS COST
\$10



**Friday, October 4
6:00 PM**



**100 STATION ST. SUITE 3000
Loyalhanna, PA 15661**

latrobebpw.org

**IN RECOGNITION OF
NATIONAL BUSINESS WOMEN'S WEEK
SUPPORTING WOMEN OWNED BUSINESSES**

September 2024

MEMBER NETWORKING — PLEASE SUPPORT OUR BPW BUSINESSES

6—Stacy Lemmon
 6—Debby Lopuch
 13—Theresa Rusbosin
 19—Tracy Grace
 20—Terri Dominick
 30—Deborah Bowman



**NETWORK WITH
 A HIGHER PURPOSE**
Transform Women's Lives

Gather. Learn. Nominate. Vote.

- ▶ Quarterly happy hour networking
- ▶ Fabulous vendor shopping
- ▶ Raising up to \$10,000 for a women's charity of your choice

Take action today!

InspiredWomen.com | 724.935.6100

Inspired Women
PAYING IT FORWARD

Foster Homes Needed!



Be a foster parent!

Why choose Adelphoi?

- Reliable on-call support
- Excellent training
- Consistent support with low turnover of staff

Adelphoi



Scan to learn more

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



*Latrobe's first and only
 Vacation Rental
 properties!*

905 Mission Road and
 114 W. Tacoma Avenue

Latrobe, PA 15650

Fully equipped with all the amenities of home!



The Lucky Dog Biscuit Company, LLC
 Creating Healthy & Tasty Treats for Lucky Dogs

Established 2017

Laura Guskiewicz, Owner
 Greensburg, PA

(412)849-7524

theluckydogbiscuitcompany@gmail.com
 facebook.com/Bakingfordogs

September 2024



Alice's Apples & Sweets will be taking a break from Vendor Shows this summer while I prepare for my daughter's wedding and enjoying our pool.

We are still available for special orders – anything from apples to cupcakes to a treats bouquet for that special dancer, swimmer, or graduate in your life. Customizable treats at a reasonable price. Contact me at 724-244-7246 or Alicesapples17@gmail.com

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



CLEAN PORTABLE RESTROOMS

PORT-A-JOHN

Celebrating Over 42 Years

- Special Event Units • Construction Units
- Standard • VIP • Handicapped
- Handwashing Sinks • Holding Tanks
- Septic Tank & Grease Trap Cleaning





Toll Free 800-310-0777

www.portajohnrentalco.com



BERKSHIRE HATHAWAY

HomeServices



Amy Fauth
REALTOR®

The Preferred Realty

4963 State Route 30, Suite 205
Greensburg, PA 15601

(724) 838-3660 Bus

(724) 875-3714 Cell

amyfauth@TPRSold.com

Amy.Fauth.ThePreferredRealty.com



REAL ESTATE LISTING SERVICE
MLS



A member of the franchise system of
BHH Affiliates, LLC

5 LOVE LANGUAGES

KNOW YOUR LOVE LANGUAGE.

KNOW THE LOVE LANGUAGE OF OTHERS.

SPEAK THEIR LANGUAGE TO IMMEDIATELY IMPROVE YOUR RELATIONSHIPS.

1

WORDS OF AFFIRMATION

VERBAL OR WRITTEN COMPLIMENTS.



2

ACTS OF SERVICE

DOING THINGS FOR OTHER PEOPLE.



3

PHYSICAL TOUCH

LOVE IS FELT THROUGH TOUCH, AND GENERAL PHYSICAL PRESENCE.



4

QUALITY TIME

GIVING YOUR TIME AND ATTENTION TO ACTIVE LISTENING AND MAKING TIME FOR LOVED ONES.



5

RECEIVING GIFTS

ENJOY GIFTS AND TANGIBLE SYMBOLS OF THOUGHTFULNESS AND EFFORT.



90 Minute Fun Workshop given by Faerie Grace

Gary Chapman, 1992, *The 5 Love Languages*

\$10 Call 724-689-9501



Cooperstown
EVENT CENTER

- Weddings
- Reunions
- Fundraisers

- Company Parties
- Anniversaries
- Graduation

- Holidays/Birthdays
- Outdoor Pavilion with bathrooms

Cooperstowneventslatrobe.com
beth@cooperstowneventslatrobe.com
Visit us on Facebook!

Event Center Manager
Beth Ridge
724-672-8818



September 2024



AMANDA TROUT
724-837-3571
SMARTSTYLE
INSIDE GREENSBURG
WALMART

APPOINTMENT:
DATE: _____
TIME: _____

AMANDA TROUT
Hair Stylist



Blossoms & Branches
Flower and Gift shop
724-879-4551
latrobeblossomsbranches.com
2128 Lincoln Ave. Latrobe, PA 15650

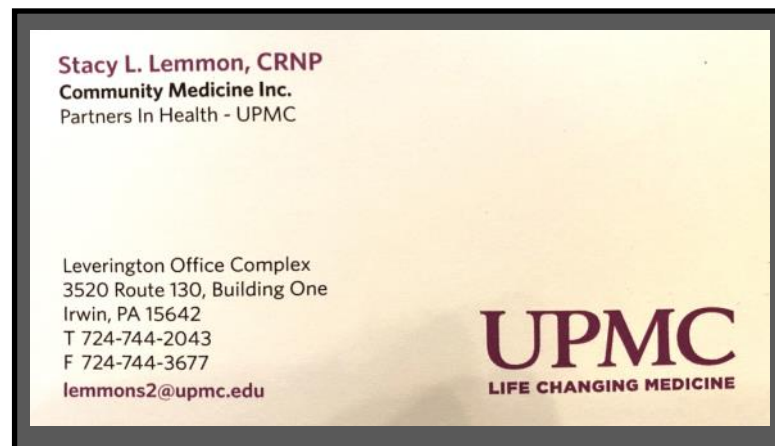


HELLO
FALL Saint Beauty

Sandstone
Royal
Pomegranate
You Complete Me
Bubba
Ginger

LORIE PLANINSEK
302-220-3710

H&A Crafts



Stacy L. Lemmon, CRNP
Community Medicine Inc.
Partners In Health - UPMC

Leverington Office Complex
3520 Route 130, Building One
Irwin, PA 15642
T 724-744-2043
F 724-744-3677
lemmons2@upmc.edu

UPMC
LIFE CHANGING MEDICINE



DENEEN KROWICKI
REALTOR®

(O) 724-838-3660
(C) 724-875-3211
DeneenKrowicki@TPRSold.com

I'm here for all your home buying and selling needs!

BERKSHIRE HATHAWAY
HomeServices
The Preferred Realty

 A member of franchise systems of BHHS Affiliates, LLC



Scents By Stacey
All Natural Soy Candles made with LOVE

Stacey Cunningham
Latrobe, PA 15650
724-309-1317
Staceycunningham74@gmail.com

Facebook Page:
Scents by Stacey

Fundraising Available
Visa, Mastercard, Discover
and American Express

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

September 2024

SEPTIC TANK CLEANING

We're #1 in the #2 Business
Residential. Industrial. Commercial.



Septic Dye Testing • Well Flow & Bacteria Testing
Septic Tank & Grease Trap Cleaning
Portable Toilets For All Occasions

Latrobe PA Blairsville
800-310-0777 Like us on Facebook    **724-459-5675**

www.hainansanitation.com
HAINAN SANITATION

A TEAGUE OF YOUR OWN

Michelle Teague
A Teague Of Your Own

412.420.7975
info@ATeagueOfYourOwn.com
www.ATeagueOfYourOwn.com

Consultants helping you and your business grow from where you are to where you want to be.

Developing leadership, teamwork, and communication through training, coaching, and speaking.








MAIN STREET TRAVELS
BY KAYLA SGRO

Whether you're craving a serene beach getaway, a thrilling adventure in the mountains, or a culturally enriching city exploration, Main Street Travels by Kayla Sgro has got you covered.

BOOK NOW

(484)302-8123
mainstreettravelsbykayla@gmail.com








Members Advertise FREE!
Email: latrobebpw@yahoo.com