



News & Views

APRIL 2025

- **April 11:** Dinner Reservation Deadline: <https://forms.gle/CsFa-3voKK4v131Rt9>
- **April 17:** Monthly Dinner Meeting -- 6 pm Giannilli's II
- **April 26:** Walk a Mile in Her Shoes at St. Clair Park in Greensburg beginning at 10 am
- **May 1:** Board Meeting 6 pm Trinity Evangelical Lutheran Church.
All are welcome to attend.

NEWSLETTER DEADLINE:

Deadline for the next newsletter is **Friday, May 2.**

Please send committee reports, community events, articles, kudos, pictures and advertisements to:

cpalm121@comcast.net OR latrobebpw@yahoo.com before the deadline.

Listening to the rain falling at night while you're lying in bed must be one of the most calming sounds. Unless you have a metal roof, that is!! I think about how clean everything will be in the morning, having been washed overnight.

That leads me to think of spring cleaning! Everything needs a good spring cleaning! Not only your house and closets, but what about your surroundings. Your life and your mind, too! And definitely your attitude!

Decluttering means to "remove unnecessary items"! Look around you.... what can you do without? Sometimes it is as simple as some clothes you're never going to wear, or cleaning out that dreaded kitchen junk drawer. Maybe the garage where you've been storing goods over the winter.

But what about your attitude? Very little is needed to live a happy life. We often feel like we don't have time to declutter because we're too busy consuming new stuff and information. But at some point, all this busyness is leading us to mental and emotional exhaustion. Live in the present moment. Nothing is worth more than this day, right now. You cannot relive yesterday. Tomorrow is still beyond your reach. Look forward to change, both in your mind, and your life, and your attitude, and your heart! Imagine how good it would feel!

Barbara

"What I know for sure is that when you declutter - whether it's your home, your head or your heart - it is astounding what will flow into that space that will enrich you, your life and your family."

- Peter Walsh



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Memer Spotlight



Carrie Brandt

Latrobe BPW is delighted to shine the spotlight on one of its dedicated members, Carrie Brandt. A member for the past three years, Carrie plays an integral role within the organization, currently serving as the Dinner Chair and the District 3 Corresponding Secretary.

Carrie values the opportunity BPW provides to meet new people and expand her understanding of community activities. She enjoys attending meetings, particularly for the insightful guest speakers who introduce members to various initiatives happening in the local area.

For those new to BPW, Carrie's advice is simple but effective—get involved. She encourages members to join committees as a way to form connections and build meaningful relationships. “You never know what you have in common with someone until you start a conversation,” she says.

Beyond her commitment to BPW, Carrie is a Network Contractor for United Healthcare. She appreciates the flexibility her job offers, allowing her to work from home and maintain a healthy work-life balance. Additionally, she values the company's strong emphasis on community service. Every few months, she and her team volunteer at a local food bank, helping to distribute food to those in need. This April, they will be assisting at a drive-up food bank event at the Galleria Mall in Johnstown.

In her free time, Carrie enjoys reading, playing with her dogs, shopping, and dining out with friends. Her passion for community involvement stems from a personal transition—when her daughter left for college, she sought a meaningful way to contribute and stay engaged. With her mother already an active BPW member, joining felt like a natural choice. Now, she looks forward to events such as bell ringing at Christmas and preparing their table for the Spring Tea.

One fun fact about Carrie? Halloween is her favorite holiday!

Carrie resides in Ligonier with her husband, Dick, and their daughter, Lauren, who is currently in her third year of nursing school at IUP. Their household is completed by two beloved dogs, Cora, a Golden Doodle, and Brady, a Golden Retriever. When it's time to unwind, she enjoys vacationing in Sanibel Island, Florida, and the Outer Banks in North Carolina.

Latrobe BPW is grateful for Carrie's dedication and contributions. Her enthusiasm and commitment to service make her a valued member of the organization!

Goodwill & Special Projects



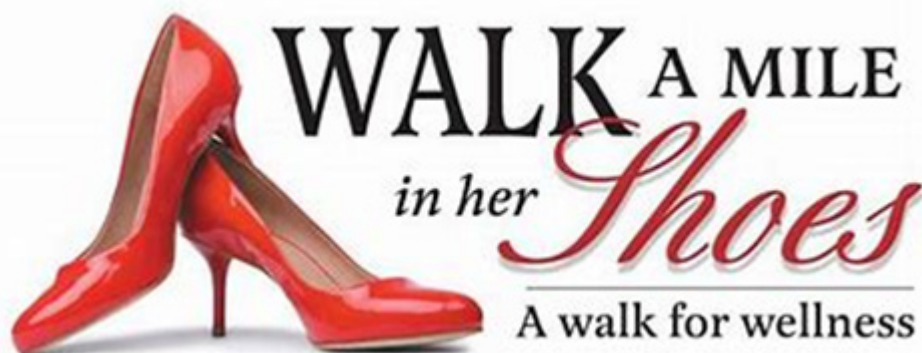
Walk a Mile in her Shoes

On Saturday, April 26, The Blackburn Center is holding their Annual “Walk a Mile in Her Shoes” Event at St. Clair Park in Greensburg. Registration starts at 9 am and the Walk starts officially at 10 am. The walk is less than one mile in distance. We have a Latrobe BPW Team and if you would like to join us, you will need to register at: <https://www.blackburncenter.org> -OR- register in person the morning of the event at the Park.

Online Registration takes less than a minute and the price is only \$5 per person to register. Our Team is Latrobe BPW. We will meet at the “Donut Tent” at 9:45 am where we will pose for a group photo. If you are interested in joining us, we will have additional registration forms at the April 17 Latrobe BPW meeting or you may contact either Leigh Taylor or Lorin Zimmerman from the Goodwill Committee for more information.

If you had a BPW t-shirt made for the last two July 4 parades, please wear it!! If you would like a BPW t-shirt made, please purchase your own white t-shirt and Karen Laskie has agreed to iron -on a BPW decal to your t-shirt for only \$6.00. Please contact Karen at 724-420-4477 to make arrangements for drop off and pick up. However, you do not need to have a BPW t-shirt to be part of the BPW Team in the “Walk a Mile” event. Afterwards, we can grab lunch together at Applebee’s or where ever--majority rules. Bring a guest--All are welcome!

Walk a Mile in Her Shoes®, takes place each April. This Walk is Westmoreland County’s opportunity to take a stand against all forms of gender-based violence, including sexual assault, domestic violence, and stalking. Through this Walk, we raise awareness about these important issues, as well as raise funds to support its mission.



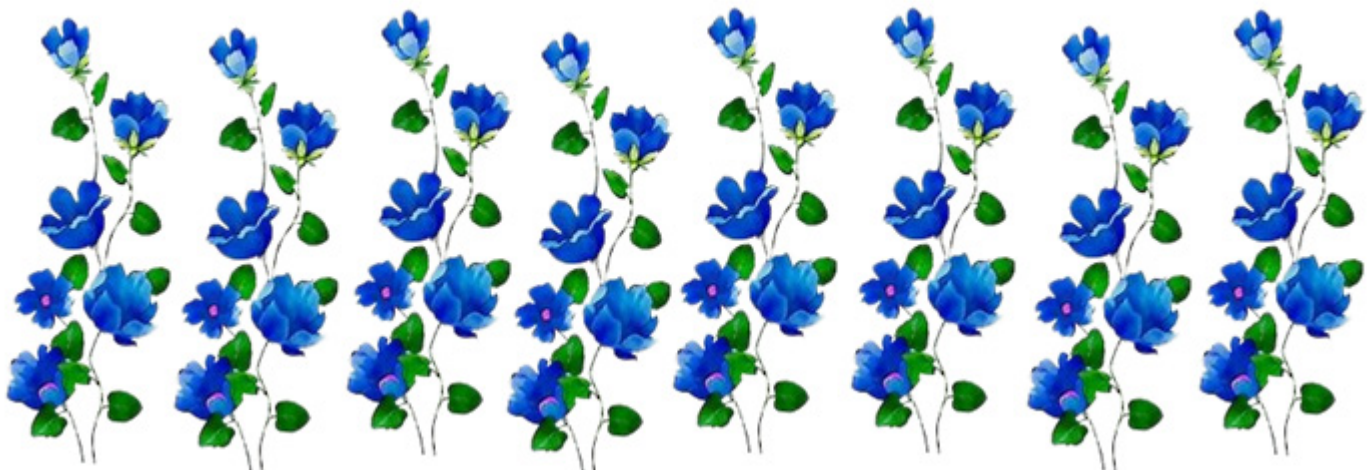
District 3 News

Save The Date

District 3 Spring Meeting

May 10th at 10:30am

The Social Club at Live! Casino
5260 US-30, Greensburg, PA 15601



District 3 News



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

LOCATION: The Social Club at LIVE! Casino, Greensburg, PA

DATE: Saturday, May 10, 2025

HOSTED BY: Latrobe BPW

SCHEDULE:

- 10:30 AM Registration Opens
- 11:00 AM Meeting Begins
- 12:00 PM Lunch is Served
- 01:15 PM Continuation of Business Meeting

COST: \$32 per person

LUNCH DETAILS: Buffet Style, Non alcoholic beverages included.

Vegas-Themed Atmosphere: The room will feature "Vegas" décor and table favors, adding an extra sparkle to our gathering.

Please send your reservations, including checks Payable to **Latrobe BPW**. PayPal option available—details to follow.

- Tracy Grace 510 Greenwood Street, Jeannette PA 15644 or

All locals are responsible for bringing a \$30 basket for the basket auction. Please inform Tracy Grace (in lieu of a Finance Chair) of the name of your basket. A sincere thank you to all the District 3 locals for their basket donations.

All District 3 members in good standing in attendance have voting privileges. We hope to see each local in District 3 well represented.

We can't wait to see you there for an inspiring day of professional growth, connections, and fun!



Janet Riordan
District Director
437 Route 271
Ligonier PA 15658
Email: janetriordan437@gmail.com
Cell 724-396-3510

Carrie Brant
Corresponding Secretary
916 Nature Run
Ligonier PA 15650
Email: clbrant916@comcast.net
Cell 412-979-2363

District 3 News

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

BPW/PA District 3 – Spring District Meeting
Saturday, May 10, 2025
The Social Club at LIVE Casino
5260 US-30 (Westmoreland Mall)
Greensburg PA 15601

RESERVATION FORM

Please send your reservations, including checks Payable to Latrobe BPW:

Mail to:

- Tracy Grace 510 Greenwood Street, Jeannette PA 15644

Cost: \$32.00 per person

Checks made payable to **Latrobe BPW**

NO REFUNDS after April 26th final deadline—RSVP Deadline

Local Organization: _____

Name

Local President: _____

Local Members: _____

Title

District Officer

District Chair

BPW/PA Guests

Past District Director:

Name

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

BPW/PA News

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: _____



Dinner Committee

April Dinner Meeting:

Date: **April 17, 2025**

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

Friday, April 11

PAYMENT OPTIONS:

Cash/Check/Credit \$25

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

LINK TO RESERVE: [https://
forms.gle/CsFa3voK-
K4v131Rt9](https://forms.gle/CsFa3voK-K4v131Rt9)

Questions about the dinnermeeting?

Email: latrobebpwdinner@gmail.com

Membership

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

Ask our membership team, Nicole Purnell and Angela Apple for our "business" card and membership application to share with your guests.

RENEW HERE: [https://frms.glere-
newbpwmembership](https://frms.glere-newbpwmembership)

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 Committee

Please review the membership directory information.

If there are any changes that need to be made, please complete the change form using the google form (<https://forms.gle/nigAdKwK1jdiP1Nw5>). We do have pockets of incomplete data for some members.

There is also now a **Business Appendage** added onto the end of the directory if you would like to search by Business or Employer to connect and support a Latrobe BPW Member.

MAY DAY is
PAY DAY



RENEW TODAY!

Renew before May 1 and be entered for a special raffle at the May meeting

www.latrobebpw.org



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 inter-
ested.

Editor's Note:

Please send me content. Lots of articles and
pictures make the newsletter more interesting.

Thank you ~Carol Palmer

Latrobe BPW Member Enrichment Scholarship: Supporting Your Growth!

Did you know that Latrobe BPW offers a Member Enrichment Scholarship to help our members thrive professionally and personally?

this scholarship is designed to support members who are pursuing continued education, renewing professional licenses, or updating essential training. Whether you're advancing your career or gaining new skills, Latrobe BPW is here to invest in your success.

We believe in empowering our members to reach their fullest potential, and this scholarship is one way we put that belief into action.

Interested in applying?

Click here to access the application: https://www.latrobebpw.org/files/ugd/a64f0d_e149ceab57d443fd81cc5f6255d0c80c.pdf

Take advantage of this fantastic opportunity to grow, learn, and achieve your goals.

Latrobe BPW is proud to support you on your journey.

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

Spring Tea Photos



Spring Tea Photos



Spring Tea Photos



MEMBER NETWORKING — PLEASE SUPPORT OUR BPW BUSINESSES

Happy April Birthday to



17—Denise Warren
22—Angela Rose O'Brien
25—Dawn Hughes



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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!

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