



The Banner

Central Montgomery County Business and Professional Women's Club
Volume XCV – January 2022

Next Meeting – Thursday, January 20, 2022

via Zoom at 7:00 pm – Details to follow

**Central
Montgomery
County
BPW Officers
2021 – 2022**

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President's Message:

Dear Members,

On December 31, 2021, America lost a great treasure. Like you, I was shocked and saddened to learn of the death of Betty White at the age of 99 – just a few weeks shy of her 100th birthday.

What better way to celebrate the New Year and the life of Betty White than to share the words she used to live by as motivation and inspiration for the New Year. The following article is from the Power of Positivity and was first published on December 20, 2014 and updated on December 21, 2019.

12 Motivational Quotes About Life from Betty White

Betty White began her acting career over eighty years ago (in 1939!), landing her first role just weeks after she graduated from high school. Since then, she earned respect and admiration of her co-workers and gained legions of adoring fans. Ms. White wears many hats with ease. These include actor, comedian, author, Emmy-award winner, and animal welfare and environmental activist. It seems there's nothing she cannot accomplish. So what's the key to her long ride at the top of Hollywood? She owes her key to longevity in a fickle industry—and in life—to a positive attitude and drive to succeed in life despite the odds.

Not only is Betty White famous for her sunny personality, but she also keenly observes the world around her. When you read on to these motivational quotes about life, you'll agree! Here are some Betty White motivational quotes that will be sure to restore your can-do attitude.

1 – "It's your outlook on life that counts. If you take yourself lightly and don't take yourself so seriously, pretty soon, you can find the humor in our everyday lives. And sometimes it can be a lifesaver."

Think about the first sentence of this quote. Your outlook on life is everything! If you expect great things to happen, and you take steps to ensure your ultimate success, you'll make them your reality. But don't take yourself too seriously. Instead, take time out once in a while to enjoy laughing with your friends—it's an ideal way to destress.



2 – “I think it’s your mental attitude. So many of us start dreading age in high school, and that’s a waste of a lovely life. ‘Oh... I’m 30, oh, I’m 40, oh, 50.’ Make the most of it.”

Age is just a number, according to this savvy nonagenarian. Don’t squander today worrying about what will happen as you age. Instead, live in the present and enjoy every moment you have on this beautiful planet. Whether you’re of the Greatest Generation (like Ms. White), a baby boomer, millennial, or from Gen Z—your time to shine is right now.

3 – “A lot of people think this is a goodie-two-shoes talking. But we do have a tendency to complain rather than celebrating who we are. I learned at my mother’s knee it’s better to appreciate what’s happening... I think we kind of talk ourselves into the negative sometimes.”

Complaining, according to Betty White, is an enormous waste of precious time. Rather than keeping a list of grievances, focus on being thankful for all the blessings in your life. So cast aside the negatives. And, whether you give thanks for a job you love, a roof over your head, or food in your children’s belly, focus on appreciating what you do have.

4 – “I’m a big cockeyed optimist. I try to accentuate the positive as opposed to the negative.”

While some people view optimists with a touch of mockery in this hectic world, Ms. White knows the truth. It’s that ongoing commitment to the positivity that keeps her relevant and working, even in her late nineties.

5 – When I pontificate, it sounds so, you know, ‘Oh, well, she’s preaching.’ I’m not preaching, but I think maybe I learned it from my animal friends. Kindness and consideration of somebody besides yourself. I think that keeps you feeling young. I really do.

Betty White is an animal welfare activist and takes inspiration from her furry buddies. Furthermore, she believes that we should all give back to some charitable cause in whatever way we each can. A charitable heart keeps us focused on serving others, teaching us kindness and humility that keeps us young at heart.

6 – “If one has no sense of humor, one is in trouble.”

Arguably, this actor landed her most famous role in the 1980s hit comedy series *The Golden Girls*. On the show, she played the adorably ditzy character, Rose. In the series, Rose knew how to muddle through the challenges of life with a sharp sense of humor. That sounds suspiciously a little like Betty White herself!

7 – “I didn’t know what Facebook was, and now that I do know what it is, I have to say, it sounds like a huge waste of time.”

Life is for living, here and now! Make time for genuine in-person connections with your friends and loved ones. Don’t sacrifice valuable time that you could spend on living your authentic life behind a computer screen. Squandering time on social media when you could be building relationships or your career is wasted at the end of your day.

8 – “Anger tears me up inside. My own...or anyone else’s.”

Anger is a powerful and harmful emotion. It erodes away the depths of your very soul and causes you anguish and pain. So don’t waste your time feeling upset or angry. Learn how to cope with your anger—and how to

deflect the negative emotions of others. Instead of staying mad at someone who wronged you, learn coping strategies to release the emotions, forgive, let go, and move on to more positive pursuits.

9 – “Wilderness is harder and harder to find these days on this beautiful planet, and we’re abusing our planet to the point of almost no return.”

Does this Betty White quote sound more ominous to you than the others? Here, she issues a dire warning. We must find ways to stop the abuse of Planet Earth before it is too late. Deforestation, species extinction, and global warming are already in motion.

She advocates for everyone doing their part to stop the harmful actions. Some ideas?

- Shop at a farmer’s market for organic veggies (no pesticides!)
- Opt for reusable shopping bags
- Recycle your water bottles—or better yet, invest in reusable travel cups
- Turn your air conditioning up just a degree, or your heat down a degree, to save energy.

You can make small changes and become part of the solution.

10 – “Retirement is not in my vocabulary. They aren’t going to get rid of me that way.”

Ms. White says, “Who me? Retire?”

An active lifestyle—including working, workouts, and living in a two-story home where she walks the steps every day—keep this actor in physically fit shape. More importantly, her work gives her drive and a sense of purpose and keeps her mind as sharp as it’s ever been. Doing the job she loves keeps her young at heart if not in numbers.

11 – “You don’t luck into integrity. You work at it.”

A long life spent in Hollywood offered many temptations to this funny lady. However, she made conscious decisions to remain true to herself and a belief system instead of being sucked down the rabbit hole. Integrity means doing the right thing, always, even when it’s challenging to do so. Resisting the temptations of stardom probably did not come any easier to Betty White than it would to anyone of us! Trusting her moral compass has served this lady throughout her long career.

12 – “I just make it my business to get along with people so I can have fun. It’s that simple.”

This actor makes people a priority. Building positive relationships and loyal friends gives her a support system that’s much needed as we age. In fact, these very relationships offer you a network of people with whom you can be yourself and have fun. And, at the end of the day, isn’t that what life is all about?

Have a healthy, safe, and Happy New Year!

Ginny

#BettyWhiteChallenge



Everyone knows Betty White worked tirelessly as an advocate for animals and with various charities on their behalf. The challenge was started on social media to pay tribute to Betty in honor of what would have been her 100th birthday on January 17th and also help animals in need. The #BettyWhiteChallenge is asking her fans to pick a local rescue or animal shelter and donate \$5 (more if you like) in her memory.

Thank you being a friend — especially to animals in need. Please share to spread the word and encourage others to join in on the challenge!



Due to the current rise in COVID cases and our need for social distancing, Central Montgomery County BPW meet via Zoom in January.

The CMC Board will discuss the feasibility of meeting in-person each month and will make a decision on a month-to-month basis.

State Theme:



District Theme:

Just Be

CMC Theme:

With the right words, you can change the world.

January Program Georgia Wilson – 7 Pearls of Wisdom



A nursing career of more than 25 years primarily in community health education has afforded Georgia the opportunity to learn and share with those who invited me into their lives. Her strongest belief has always been a need to listen for the wishes of individuals and to coach them through a self-paced walk of bringing those desires to fruition.

This series of Seven Pearls of Wisdom for Wellness Lifebooks has been a lifetime in the making as I have gathered the necessary knowledge to add to my personal Jewelry Box. Sometimes I thought I wanted to depart from my purpose and life path to do other things but I always found myself being drawn back to my personal mission. The departures I have discovered were merely opportunities for me to gain additional valuable experiences, before they put me back on my journey.

The purpose of the Seven Pearls of Wisdom for Wellness Lifebooks is so that we may each seed our own pearls and continually add the beautiful layers in preparation for harvesting our pearls so we may proudly wear them to remind ourselves and show others who we are and how we value our lives. A valuable pearl needs a strong and reliable shell to transform the seed of change by continually adding protective and beatifying layers. With *Seven Pearls of Wellness for Wisdom – Jewelry Box*, we grow, harvest and string those beautiful valuable pearls. The most wonderful thing is that we each have what is needed within us ready to begin the process for adding our pearls to those other gems we treasure. Pearls require care and sometimes repairs to keep their value.

Seven Pearls of Wisdom for Wellness – Jewelry Box stimulates those thoughts and self-questioning that helps us to access information about who we are, what we desire, and how we can become the people we aspire to be. Usually, we see change as a sacrifice or loss of who we are. We may feel who we are and what we believe are all wrong in comparison to others. The reality is that this is simply not true. Change is individual, and improvements upon ourselves are uniquely individual. Life is for enjoying and making changes is a way better enjoy and appreciate the time we are given and share with others. We create a scrapbook of memories to flip through and smile as we recall the experiences.

Fire Safety – Smoke Alarms Save Lives!

With the recent fatal fires in Quakertown, Philadelphia, and New York City, take the time to make sure your smoke alarm is working. Smoke alarms are your first line of defense in a home fire, giving you the minutes needed to escape safely. If you don't have a smoke alarm, most fire departments will provide them free of charge and some will even install it for you and will come replace the battery if you ask them.



Smoke Alarm Safety Tips



- ✓ Test alarms monthly; keep them free of dust and replace the battery at least once each year.
- ✓ Replace all smoke alarm devices after 10 years.
- ✓ Install alarms on every level of your home and next to every sleeping area. If sleeping with the door closed, consider installing inside the bedroom.
- ✓ Never “borrow” a smoke alarm battery for some other use.
- ✓ Make sure everyone knows the sound of an alarm.
- ✓ Plan your escape route and agree on a meeting place outside.

www.osfc.pa.gov/FireSafety

Call to BPW/PA Mid-Winter Board

The BPW/PA Mid-Winter Board meeting will be held March 11-12, 2022 at the Hilton Garden Inn, State College, PA. The cost to attend is \$40 (Registration \$5, Breakfast/Luncheon Buffet \$35). **ALL** BPW/PA members are welcome to attend.

To register for the Board Meeting and Lunch, go to the BPW/PA website (www.bpwpa.org) and you may either pay online or send a check to Glenda Auker, BPW/PA Corresponding Secretary. **The deadline for registrations is February 20, 2022** at the cost listed above. Reservations made after February 20th will have an additional \$5 fee.

Each attendee makes her own hotel reservations. Room rate is \$109.00/night plus state and local taxes. A block of rooms has been reserved for BPW/PA. Please use Reference Group Code Number: BPW when making your hotel reservations. Please call the hotel directly at 814-272-1221 to make your room reservations. Above room rates are guaranteed until February 18, 2022.

For more information or a registration form, please contact President Ginny.

Save The Date!

The Spring District Meeting will be held Saturday, April 9th at Caitlyn & Cody's Diner in Quakertown. Souderton-Telford BPW members will be hosting the event with help from Upper Perk members. Please mark your 2022 calendars with the new date. The Call and more information to follow.

State Convention Survey

President Tiffanie and the members of District 4 are busy planning for a great Convention in June. In order to make it a fun and informative event that you want to attend, President Tiffanie is asking members to take a short survey about the Convention. The survey can be found here:

<https://www.surveymonkey.com/r/ZS6RH2V> and will be available until January 31st.

The BPW/PA State Convention will be held Thursday, June 9 – Sunday June 12, 2022 at the Wyndham, Gettysburg. Information and Registration is currently available online on the BPW/PA website (www.bpwpa.org). BPW/PA State Convention is open to **ALL** members.

President Tiffanie is also asking members to donate back any 3-ring binders (1 inch) that you no longer need from previous convention manuals. If you have any you'd like to donate, you may either bring them to Mid-Winter Board or, if you let President Tiffanie know, she'll help you figure out a way to get them to her. She would like all donations by the beginning of May 2022.

Would you be interested in helping out at the Convention? President Tiffanie is looking for volunteers to be doorkeepers, pages and timekeepers. If you're interested, let President Tiffanie know as soon as possible because she'd like to have her list of helpers complete by Mid-Winter Board. The final date to let her know is prior to May 15th.

Standing and Special Committee Reports

In order to conduct our meetings (Zoom or in-person) in a timely manner, President Ginny will be asking all committee chairs to submit a brief report to be included monthly in *The Banner*. Whether you have some news to share or would just like to give our members (especially our new members) a brief overview of your committee, all reports are welcome.

Eleanor Knoke – Nancy Werner

I have updated the yearly tally sheet that lists activities from community, religious, political and BPW. I would like you to think of your volunteer hours to any one or all of those listed. You may have other functions that I do not have listed, please add. I would like you to start completing these sheets. I will be sending monthly sheets and you return to me. The time period began on July 1, 2021 and will end on June 30, 2022. The volunteer hours play a very important part of the 4-page questionnaire that I complete on behalf of CMC BPW's work.

LAST CALL for Medicine Vials – Nancy Werner

We are going to send our first shipment of vials off to Matthew 25 Ministries located in Cincinnati, Ohio. I counted over 350 so far. Needed to get a "bigger" box. Now I heard there are more vials for me, please drop

off at Noreen Morello's business or just wait patiently for when we can meet again in person. I will gladly do a second shipment. Don't throw them away.

IDP – Nancy Werner

Individual Development Program has been the best professional development ever. I have been presenting this program since 2007 to BPW members in District Eleven, in our BPW/PA, in the BPW Maryland and the New England BPW group of Past Presidents. So let me share this 15 module presentation with you. We will cover the following topics – learning about ourselves as we relate to others at home or work, interviewing, writing resumes, negotiating, developing our leadership skills, presenting impromptu speeches and developed 5 minutes speeches, learning about Parliamentary Procedure, developing our goals and what is advocacy. Sounds like a lot for one day class but I have done this before but never on ZOOM. I do believe this is the way to have the class.

So, look at Saturday, January 29 at 8:15 to enter Zoom and we will do our best to end by 4-4:30 p.m. We will take a 30-minute lunch but remain on Zoom so we do NOT have to reenter. As for materials, I would send you the supplement activities via email. There will be no cost unless you request the module materials in the manual form. Then it is \$25.00.

Please let me know if you wish to attend - Nancywerner73gmail.com or 215-679-6687. I am already practicing on my Zoom.

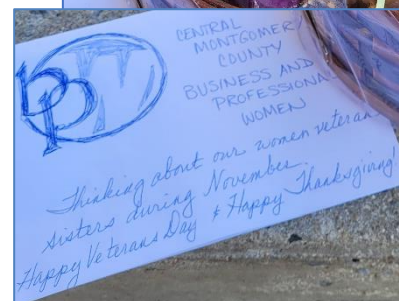
Laurel Hill Mansion

Congratulations to member, Nancy Werner, as she is now serving on the Laurel Hill Mansion Board. Between Barbara Jean Maresca and Nancy, we will always know what is happening at this prestigious historical home.

Joining Forces – Maura (Mo) Gillen

Thanks so much, CMC BPW, for the continued support for Women Veterans especially over the holidays!

While I was unable to attend the November meeting myself, I understand that both Kristin Leone and Alexis Werner were able to provide interesting updates on support for Women Veterans in our region. Thanks to those who were able to attend that in-person meeting at Maggiano's and provided a warm welcome to these speakers and who generously participated in participated in the the raffles to support their causes! We also provided ladies at HAVEN Women with some greeting cards they can use to stay in touch with friends and family (thanks, Vice President Deb MacDonald!).



As promised, we were able to deliver some goodies on Friday, November 19 – a big basket of scented lotions, quite the variety pack!

Then, with the gracious support of the Board, we were able to use a bit of our Bingo proceeds to deliver some more items on December 21.

The program manager, Darnisha, had let me know that the holidays bring lots of good will, so the ladies had plenty of toiletries and snacks. But I remembered that slippers had been a requested item in the past, and when I offered, she enthusiastically accepted.

We provided them in gift bags, and included \$10 gift coupons for Dunkin (purchased via Benefit Mobile, of course!).

We were happy to get the news from Allison Stanco-Aguilar at the Norristown Vet Center that their clients were all in good places for the holidays – they had no Woman Veteran individual or family in need of gifts. In her usual proactive fashion, Becky Shoulberg secured some great Chic-Fil-A coupons, for meals and for shakes, and delivered a bunch of them to the Vet Center to use by Veterans clients or staff – but especially by the staff who work so hard to take care of the needs in our area! **Thanks so much, CMC BPW!!**

P.S. If you want to see what I was doing instead of attending the November BPW meeting, check out <https://www.delcoveteransmemorial.org/gala>, and follow the links by each honoree to see our videos.

Because CMC BPW is a member organization of the Delaware Valley Veterans Consortium (DVVC), our members can attend any Quarterly Meeting or Town Hall event. And the Winter Quarterly Meeting can be a great time to learn how DVVC supports Veterans throughout the region. At this meeting, you'll hear the report on progress since last January regarding the strategic plan, then move to Breakout Rooms for in-depth committee discussions. DVVC would love to have more individuals who work with or support Veterans participate in these committees. All are welcome! Register here:

<https://www.eventbrite.com/e/dvvc-winter-quarterly-meeting-progress-and-planning-for-2022-tickets-227183330457>

Next up: Valentines Day!



Gather your friends and family to create some Valentines for the Veterans at the Mary Walker House... and at the men's transitional housing program, LZII, as well! **Let's show them all some LOVE.** Send them to Mo Gillen, 537 Old Lancaster Rd, Haverford, PA 19041, or text me at 757-602-9651 for a meet up. We could also tuck a note into the Banner regarding the upcoming DVVC Quarterly Meeting.

Editor's Note: Thanks to Mo, Becky, Deb, and Allison for making sure CMC remembered our veterans and gave them a nice holiday.

Ways and Means – Becky Shoulberg

Thank you to all Dec 5th Bingo attendees. We made our goal and then some! \$4, 000!! 10 Bingo gift card prizes and 36 stellar raffle prizes were donated! Their value was almost \$4,000! MCCC scholarships and area agencies we support will also benefit: Norristown State Hospital, Mary Walker House for women veterans and many more. Extra thanks to the operations crew. 3 generations of Morello's: Noreen, Melissa and Katie, our Past State President Nancy and my MIL, Bozena. Save the date: Sunday December 4th, 2022 @ 1-4 PM back at the fabulous and yummy Maggiano's Ballroom!



A huge THANKS to everyone who attended and extra love and thanks to the Board and Ginny for okaying Bingo, with one month to spare! More love to the members who donated prizes: Jessica's art, Marlys and Tracey's baking basket, Barbara Jean's Maggiano's gift cards and Amanda's Flyer's tickets! This crew and myself had the best time making sure everyone else had a blast. Know that many area agencies will benefit from your generosity and two women students from MCCC.

Editor's Note: Thank you Becky for planning, coordinating, and organizing this event for CMC!

Public Relations – Becky Shoulberg

We continue to have members utilize and enjoy the perk of CMC membership with Montgomery County Chamber of Commerce. I am pleased to report that we secured some Bingo donors and Bingo attendees and new members to the club because of our involvement with Chamber of Commerce. I am super proud of the squad that has developed from our club. If you have an event, you can count on your BPW sisters to show up and out! Be sure to follow Central Montgomery County BPW Facebook and website and share your posts and ours. Invite a peer to a meeting. Everyone can be on the PR Committee! Ask Ryan to add you to their weekly email newsletter list and follow CMC and Chamber on social media! We also enjoy supporting each other's events and developing relationships outside of BPW.

Integrate For Good's 2021 Community Heroes Gala, November 4, 2021



Holiday Market at A Step Up Academy,
November 13, 2021

Cocktails For A Cause, December 9, 2021



Happy Retirement Judge Cheryl Austin!!!



Judge Cheryl's retirement brunch was held at Montco Bar Association on December 9, 2021.

HAPPY
retirement

Happy Birthday to our Members!



Dates to Remember

January 1 – Happy New Year!

January 6 – CMC Board Meeting via Zoom at 7:00 pm

January 17 – Dr. Martin Luther King Jr. Day

January 20 – CMC Monthly Meeting via Zoom
Speaker Georgia Wilson – 7 Pearls of Wisdom

January 27 – International Holocaust Remembrance Day

February – Black History Month

February 3 – CMC Board Meeting via Zoom at 7:00 pm

February 11 – International Day of Women and Girls in Science

February 14 – Valentine's Day

February 17 - CMC Dinner Meeting
Speaker Karen Ploch – Black Historical Figures in Montgomery County

January Birthdays

January 12 – Bonnie Dudley

January 22 – Pat Angelucci

January 23 – Laurie Cusic

January 30 – Renee Golden



“Butterflies are like women—we may look pretty and delicate, but baby, we can fly through a hurricane.” ~ Betty White

Save The Date

March 11-12 – BPW/PA Mid-Winter Board, Hilton Garden Inn, State College, PA

April 9 – Spring District Meeting, Caitlyn & Cody's Diner, Quakertown

June 9-12 – BPW/PA State Convention, Wyndham Gettysburg, Gettysburg, PA

Important Websites:

- Pennsylvania Business and Professional Women's Clubs – www.bpwpa.org
- Central Montgomery County BPW – www.centralmontgomerycountybpw.org
- Montgomery County Chamber of Commerce – www.montgomerycountychamber.org
- The Patch – patch.com/Pennsylvania/Norristown
- Benefit Mobile App – www.benefit-mobile.com
- Girls on the Run - GOTR Southeastern Suburban PA (gotrpa.org)