



The Banner

Central Montgomery County Business and Professional Women's Club
Volume XCV – October 2021

Next Meeting – Tuesday, October 19, 2021
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,

At the 1992 BPW/USA National Conference in Minneapolis there was a unique display as you walked to the convention hall – red plywood figures lining both sides of the hallway. They were there because in 1990, a group of women artists and writers in Minnesota became alarmed by the growing number of women being murdered by their intimate partners or acquaintances. These women partnered with local community-based agencies and formed the Arts Action against Domestic Violence. Together, they began to speak out against domestic violence and honored those who died as a result of this



epidemic. The women created 26 free-standing, life-sized red wooden figures, each one bearing the name of a woman whose life ended violently at the hands of a husband, ex-husband, current or ex-partner, or acquaintance. A 27th figure was added to represent those uncounted women whose murders went unsolved or were erroneously ruled accidental. The figures were called the Silent Witnesses. (Domestic Violence Services of Cumberland and Perry Counties)

According to statistics from the National Coalition Against Domestic Violence:

- On average, nearly 20 people per minute are physically abused by an intimate partner in the United States.
- 1 in 4 women experience severe intimate partner physical violence, intimate partner contact sexual violence, and/or intimate partner stalking with impacts such as injury, fearfulness, post-traumatic stress disorder, use of victim services, contraction of sexually transmitted diseases, etc.
- 1 in 3 women have experienced some form of physical violence by an intimate partner. This includes a range of behaviors (e.g. slapping, shoving, pushing) and in some cases might not be considered "domestic violence."
- 1 in 4 women have been victims of severe physical violence (e.g. beating, burning, strangling) by an intimate partner in their lifetime.
- 1 in 7 women have been stalked by an intimate partner during their lifetime to the point in which they felt very fearful or believed that they or someone close to them would be harmed or killed.

- On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide.
- The presence of a gun in a domestic violence situation increases the risk of homicide by 500%.
- Intimate partner violence accounts for 15% of all violent crime.²
- Women between the ages of 18-24 are most commonly abused by an intimate partner.
- 19% of domestic violence involves a weapon.
- Domestic victimization is correlated with a higher rate of depression and suicidal behavior.
- Only 34% of people who are injured by intimate partners receive medical care for their injuries.
- 72% of all murder-suicides involve an intimate partner; 94% of the victims of these murder suicides are female.

Currently HR 1620, the Violence Against Women Reauthorization Act of 2021 sits in the Senate. It was passed by the House of Representatives on March 17, 2021 and would modify and reauthorize programs that seek to prevent and respond to domestic violence, sexual assault, dating violence, and stalking. The bill also authorized new programs, makes changes to federal firearms laws, and establishes new protections to promote housing stability and economic security for victims of domestic violence, sexual assault, dating violence, and stalking.

We all now know the story of Gabby Petito but what about all the women we don't know about? We need to contact Senators Casey and Toomey and get them to support HR 1620 so we can hopefully prevent more women from becoming victims. Imagine how many more Silent Witnesses there have been since 1990.

Do you know what to do? Call 911 if you see that someone is being abused and is in immediate danger. If you suspect someone is being abused, learn what to ask and how to approach the situation. To quote President Tiffanie's theme, Be the change!

Ginny

Domestic Violence Awareness Month



This year's theme is **#Every1KnowsSome1**. Throughout October, Laurel House will be actively sharing resources on domestic violence and abuse, promoting activities for the community to show their support, and encouraging everyone to help us break the silence of domestic violence.

If you're on Facebook, Laurel House has been posting this information on their page so make sure to "follow" them if you don't already. I've been sharing this information on the BPW/PA Facebook page because even though Laurel House is in Montgomery County, the information and links can be used across Pennsylvania.

Fall District Meeting

District Eleven's Fall District Meeting will be held on Saturday, October 23rd at Andy's Diner & Pub, 505 West Ridge Pike, Conshohocken, PA. Registration will begin at 8:00 am with breakfast being served at 8:15 am. The annual District Memorial Service will be conducted at 9:00 am followed by the business meeting. Cost for the meeting is \$21 which includes \$18 for breakfast and \$3 registration. If you are interested in attending, please let Treasurer Noreen know. We have Ginny, Noreen, Barbara Jean, Mo, Alexis, and Priscilla already signed up.

Fall District Meeting is open to **ALL** members and is a great way to see what happens at the District level and how the 5 locals in District Eleven make our District a success.



Due to the COVID 19 pandemic and our need for social distancing, Central Montgomery County BPW meet via Zoom in September.

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.

October Monthly Meeting – Woman of the Year



At our October meeting we will be honoring Dr. Bev Weinberg as CMC's Woman of the Year!

Bev is the founder and director of Integrate For Good and has been a member of CMC for 3 years.

Integrate for Good is an innovative nonprofit organization committed to empowering students and adults of all abilities to discover and share their talent through inclusive volunteerism, community leadership and meaningful employment.

The Integrate for Good model is designed to address the social barriers faced by children and adults with disabilities using targeted strategies for increasing opportunity through three specific channels: Empowerment, Connection and Education. Our signature programs include Empowerment Lab, Opening Doors on Campus and Leadership Incubator.

For her work with children and adults with disabilities, Bev has received many awards:

- Child Development Foundation Dr. Thomas J. Natoli Award
- Temple University Helen Hopkins Scholarship Award
- Pediatric Therapeutic Services Therapist 5000 Challenge Award for Staying Power, a curriculum Bev designed to support children with disabilities and their teachers (inaugural award)
- Temple University Occupational Therapy Jill Brandis Memorial Award
- Montgomery County Office of Developmental Disabilities Innovation and Technology Award (inaugural award)
- Main Line Chamber of Commerce Nonprofit Business of the Year

Bev has shared her Zoom account and expertise to keep CMC active and involved even during a pandemic. She took the time to meet and help prep our speakers and their materials.

Through Integrate for Good, CMC BPW members have helped Bev with her Sleeping Mat Project, Kindness Rocks, and Kindness Isn't Cancelled.

We'll learn more about Bev at our October meeting but you can see why we selected her as our Woman of the Year.



National Business Women's Week – October 18 – 23, 2021

Commonwealth of Pennsylvania



Governor's Office

PROCLAMATION

BUSINESS WOMEN'S WEEK
October 17-23, 2021

WHEREAS, Pennsylvania was founded on the tenets of fairness, inclusion, and tolerance, and we must continue to pursue these ideals in an ever-changing global economy; and

WHEREAS, women are an integral part of our economic engine and have worked diligently in pursuit of equal opportunity, both personally and professionally; and

WHEREAS, women in Pennsylvania develop and lead successful businesses, are highly educated, and are trained professionals who distinguish themselves as leaders in specialized and challenging fields; and

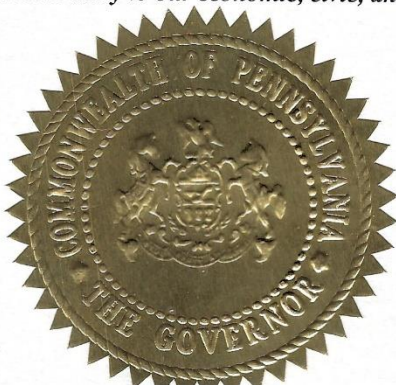
WHEREAS, today, women in the workplace and their allies continue to advocate for programs and policies that will benefit all members of society, including equal pay for equal work, paid sick leave, paid family leave, and equal leadership and advancement opportunities; and

WHEREAS, our economy is strongest when we level the playing field by making opportunities available to all by establishing constructive partnerships between government, businesses, and non-profit organizations; and

WHEREAS, working women, allies, and advocacy groups throughout the commonwealth and the nation promote equality for all women and help create better conditions for working women through the study of social, educational, economic, and political issues affecting women in the workplace; and

WHEREAS, we reflect the highest ideals of our commonwealth and nation as we continue to strive for complete equality in business and the workplace – regardless of gender, race, or religion. Let us rededicate ourselves to this goal, so that future generations may have the doors of opportunity opened even wider for them.

THEREFORE, I, Tom Wolf, Governor of the Commonwealth of Pennsylvania, do hereby proclaim October 17-23, 2021 to be BUSINESS WOMEN'S WEEK. In recognition of the critical role women play in the development and success of our commonwealth's business community, I encourage all citizens to recognize and celebrate the achievements of working women as they contribute daily to our economic, civic, and cultural livelihood.



GIVEN under my hand and the Seal of the Governor, at the City of Harrisburg, this fifteenth day of September two thousand twenty-one, the year of the commonwealth the two hundred forty-sixth.

Tom Wolf
TOM WOLF
Governor

The deadline to register is Monday, October 18th!



Are you ready to vote?

Visit our website to:

- Register to Vote
- Update Your Registration
- View Sample Ballots
- Find Polling Locations
- Apply to Vote By Mail
- Track Your Mail In Ballot
- Become A Poll Worker
- Learn More About Elections

www.montcopa.org/VoterServices



Choose how to cast your ballot:

By Mail

- Sign up by 5 pm on October 26th
- Return voted ballot as soon as possible
- Must be received by 8 pm on November 2nd

Early in Person

- Vote by mail ballot at county's early voting location
- Visit before 5 pm on October 26th

At the Polls

- Head to your polling place on Election Day
- Polls open 7 am to 8 pm on November 2nd

October is National Breast Cancer Awareness Month



Every October, the nation observes National Breast Cancer Awareness Month. Breast cancer is a disease that affects both men and women and is among the most common cancers. According to the National Breast Cancer Foundation, 1 in 8 women will develop invasive breast cancer in her lifetime. Next year, new breast cancer diagnoses are expected to number more than 200,000 for women and more than 2,000 for men. This month, Benefits.gov is raising awareness of preventative measures and helpful resources that may help you and your loved ones beat the odds.

What can I do to improve my chances of staying breast cancer free?
There are many steps you and your loved ones can take to improve your chances

of staying healthy:

- Conduct monthly self-exams. In addition to medical screenings, the National Breast Cancer Foundation and many medical professionals recommend a monthly self-exam. To learn how to do a breast self-exam, check out this self-exam guide offered by NationalBreastCancer.org.
- Quit smoking. According to the National Cancer Institute (NCI), smoking is a significant risk factor for breast and many other types of cancer. Non-smokers are at lower risk than smokers regardless of your age or how long you have been a smoker.
- Exercise more. Regular exercise and a healthy diet can also lower your risk factors.

(from Benefits.gov)

Standing and Special Committee Reports

In order to conduct our Zoom meetings 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.

Joining Forces – Maura (Mo) Gillen

Continuing to support our Veterans in lots of ways!

For the ladies at Mary Walker House in Coatesville, to let them know we are always thinking of them, I was able to drop off some items on September 24th, including body lotion, hairbrushes, and sanitary pads. I met the newest Program Manager, Darnisha Styer.



CMC BPW member Allison Stanco Aguilar, director of the Vet Center in Norristown, has a request for support of another great veteran organization. As posted on our Facebook page:

“Our local Vietnam Veteran Association’s annual run/walk is coming up. So grab your sneakers, your organization, your pup or your baby stroller and show your support to our local VVA. Volunteers and participants needed! I can attest many stories of how our VVA has helped out our Norristown Vet Center and countless individual veterans and families us!”

The run is a fundraising event for Vietnam Veterans of America (VVA) Chapter 349, Valley Forge, PA. To sign up, visit <https://runsignup.com/Race/PA/Norristown/VietnamVeteransofAmerica>

The next retreat for women veterans presented by our friends at Cranaleith Spiritual Center is Saturday, November 20th, from 10 a.m. to 3 p.m.



I can personally attest to the warm and calming peace of Cranaleith, and Sister Maria DiBello, RSM, is a wonderful guide. Please share!

Register at <https://cranaleith.org/retreats-for-women-veterans/>. For more info, contact Bernadette Rudolph at 215-934-6206 or info@cranaleith.org.



Finally, as mentioned in last month’s Banner – our speaker for November is Navy Reserve Lieutenant Commander Kristin Leone, RN, board president for Haven Women, a transitional housing program for women Veterans in Philadelphia. Kristin is a dedicated public servant, and a really cool gal!

Here’s an article from last year, when she was selected to serve as grand marshal for the Philadelphia Veterans Parade:

<https://www.courierpostonline.com/story/news/2020/11/06/south-jersey-nurse-heads-philly-vets-parade-first-woman/6190193002/> Don’t miss the November meeting!

Public Relations – Becky Shoulberg

Our Chamber is hosting a women-centric panel on December 1st. I will keep you posted as I am serving on committee. I love going to a Chamber event and seeing so many CMC members utilizing this perk of membership.

Ways and Means – Becky Shoulberg



Our annual Bingo is still on for Sunday December 5th from 1-4 PM at Maggiano's! \$50 ticket includes meal, treats to go & 10 Bingo rounds with each gift card prize valued at \$50! Raffles and extra Bingo sheets will be for sale. Don't forget to bring \$ for Norristown State Hospital tree. This event is for MCCC scholarships and the area agencies we support. Vaccination will be required but on the honor system. Masks will be worn, when not eating. If we cannot meet in person, I hope to replace with a virtual fundraiser vs postponing.

Feeling lucky?? Monthly raffles to resume! Come ready to pledge and support our WOTY on Tuesday October 19th Zoom @7 PM with Dr. Bev Schwartz Weinberg of Integrate for Good.

Membership – Noreen Morello

CMC would like to welcome our newest members!

Chris Berkowitz, Outreach Coordinator – Einstein Medical Center, Cribs for Kids – July 31

Ann Mackend, Real Estate Agent – October 17

Tara Nicastro, Licensed Medicare Planner - March 7

Amanda Owen, Executive Director, Justice Bell Foundation and author – June 14

Around District Eleven

Greater Conshocken BPW – Holiday Cards for our Troops



In honor of our service women and men, Greater Conshohocken BPW is asking BPW PA members across the State to remember our troops with holiday cards. Please send your card(s), including a hand written note, to Greater Conshohocken BPW, P. O. Box 744, Blue Bell, PA 19422-9998, no later than October 31, 2021.

Greater Conshohocken BPW will be sending all of our cards, along with care packages to our troops in time for the December holidays.

Souderton-Telford BPW = Help families in need and receive a FREE APPETIZER!!



Manna on Main Street, a very close organization to our hearts, has been helping people in the North Penn region since 1981 and they need our support.

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We recently came across a post expressing the great need for diapers and wipes for members of our community. So, we reached out and found a way to partner with them.

During the entire month of October, Lansdale Tavern will be collecting diapers (sizes 4, 5 & 6) as well as baby wipes. In return, to show how much they appreciate your generosity, they will give you a FREE appetizer of your choice (excluding chicken wings and coconut shrimp).

Happy Birthday to our Members!



Dates to Remember

October 23 – Fall District Meeting, Andy’s Diner, Conshocken

November 2 – Election Day – **GET OUT AND VOTE!**

November 4 – CMC Board Meeting via Zoom

November 7 – Daylight Savings Time Ends – Turn your clocks **back** 1 hour



November 18 – CMC Monthly Meeting
Speaker Kristin Leone, Lieutenant Commander, Nurse Corps, U.S. Navy Reserve, and President of the Board for Haven Women, and Alexis Werner

November 25 – Happy Thanksgiving



December 5 – Bingo

Save The Dates

Sunday, December 5, 2021 - BINGO! This is our fund raising event for our two scholarships for the Montgomery County Community College. At Maggiano’s. More information to come later.

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)