



The Banner

Central Montgomery County Business and Professional Women's Club
Volume XCIV – September 2020

Next Meeting – Thursday, September 17, 2020
via Zoom at 7:00 pm – Details to follow

President's Message:

Dear CMC BPW Members,

2020 is a year to remember always in our lives. I have been thinking of each you as the summer was passing. Hoping that you were all healthy and safe. But here we are ready to begin another exciting BPW year, our 94th and the organization's 101st. Things will continue to be different.

We will continue Zoom until January. We will then assess the situation. I will send out the monthly invitation a few days prior with agenda, minutes and treasurer's report. We meet on the first Thursday of the month as our Board meeting and the third Thursday for our Monthly meeting. Please try to join us.

As for the monthly meeting, we will be streamlining our business. I am hoping that we can present as many Standing and Special Committee Reports in *The Banner*. I would bring you the business that needs to be discussed. This month the main business is the proposed budget for 2020-21, the MCCC Scholarship presentation, Cass Forkin from Twilight Wish (our State Project), our Installation of Officers by member Norma Zarfoss. We would like to begin at **7:00 p.m.** so would you log on starting around 6:50? Bev Weinberg and I will be letting you into the meeting by

way of the Chat Room. (This is now mandatory from Zoom.) I cannot tell you when we will end but we will be aware of the clock.

In *The Banner*, we are spotlighting members. For September I have asked Bev Weinberg to share her Foundation – Ingrate For Good. If you are interested, please give me an email and you will receive a month to highlight your organization.

We have formulated our programs for the year. The CMC BPW brochure is prepared and is on its way. Our first edition. Now we will be adding a few speakers, but I would enjoy having you step up and wish to share. If interested, let me know. We are all missing the networking and joy of being together.

We have also looked into Pay Pal and that will be added. Something new for us. Noreen Morello, our Treasurer did some great investigating and getting this established for us. We also have a special brain teaser coming...a BPW puzzle. Yes, created by Mo Gillen, it has been copied and ready to be mailed. Hint-If you look in the CMC BPW By Laws that are attached, you might just find ever answer you need. Try NOT to look at the answer sheet. So much to share and so little paper, but I do wish to thank all of you for your Eleanor Knoke Hours. Our volunteerism did NOT suffer with the COVID-19. So many of you continued on working and sharing your time and talents in our communities. So proud of you ALL.

Thank you.

Fondly, Nancy

**Central
Montgomery
County
BPW Officers
2020 – 2021**

President

Nancy Werner

Vice President

Ginny Bailey

Recording

Secretary

Cheryl Austin

Treasurer

Noreen Morello

Corresponding

Secretary

Vanessa Perez

Parliamentarian

Cheryl Decoteaux



Due to the COVID 19 pandemic and our need for social distancing, Central Montgomery County BPW will discontinue in-person meetings at Maggiano's until further notice.

Our meetings will continue via Zoom. Zoom invitations for meetings, held the third Thursday of the month at 7:00 pm, will be sent out by President Nancy Werner.

State Theme:

May Your Dreams Take Flight

District Theme:

Just Be

CMC Theme:

Nevertheless, She Persisted

In Memoriam

It is with much sadness, we report that, since our last newsletter, District Eleven has lost two great ladies.



Louise Hepburn, Greater Conshohocken BPW

Louise M. Hepburn, 99, of East Norriton, passed away on June 8, 2020 at Brandywine Senior Suites.

She was the beloved wife of the late William J. Hepburn, who died in 1971. She was born in Philadelphia, PA on April 15, 1921 to the late Frederick J. Ley, Jr. and Thusnelda (Rausler) Ley. Louise was a graduate of Girls High School class of 1939 and Pennsylvania Hospital Nursing

School where she graduated with a degree in Nursing. She worked as a Registered Nurse at Cramps Shipyard, the Philadelphia Inquirer and The Leader Nursing Home. After retiring from her nursing career, she worked as the receptionist at Brandywine Senior Suites for 15 years where she always greeted everyone with a smile.

Louise was a member of the Ladies Auxiliary at Suburban Hospital where she was a mentor, and was a member of the Conshohocken BPW for 60+ years and was named Woman of the Year in 1979.



Irene Landis, Souderton-Telford BPW

Irene T. Landes, 95, of Souderton, passed away Saturday, August 22, 2020. She was the loving wife of the late Jerome F. Landes, Jr.

Born August 10, 1925 in Hazleton, she was a daughter of the late Andrew and Mary Homyak. Mrs. Landes was employed as an office manager with a number of local companies, retiring from Nyce Printing in 1992; however, Irene kept working part time until the age of 94. Earlier in life, she

worked in the Philadelphia Navy Yard during World War II.

She was a member of many organizations and groups, including Souderton-Telford Business and Professional Women (she was active for 69 years and known throughout the state). Irene was also active during elections and was a frequent poll worker. She sold Tupperware for forty years, enjoyed gardening, and was a member of a book club. Irene would also frequently volunteer at the Indian Valley Public Library.

Both Louise and Irene will be greatly missed and we extend our sympathy to their families and the members of their locals.

September Dinner Meeting

Our Zoom meeting on September 17th will feature Krissy Freeman from Montgomery County Community College. In addition to hearing about what's going on at the College, President Nancy will present Krissy with CMC's scholarship check. Krissy will also be talking about a unique opportunity for CMC members to take a virtual tour of the MCCC campus via Zoom. The "tour" will take place Wednesday, September 23rd, from 9:00 am to 10:00 am. If you would like to attend the "tour", please click the registration link – <https://mc3-edu.zoom.us/meeting/register/tJUkd-2prD0vGddscWknunymsABCurPVBSfv>



Our other speaker will be Cass Forkin from Twilight Wish. Twilight Wish is headquartered in Doylestown and their goal is to make the world a nicer place to seniors by recognizing seniors for all that they have done throughout their lives and shows them that they are appreciated and of value to society. Cass will be able to tell us what we CMC members can do since Twilight Wish is BPW/PA President Marisa's State Project this year. There is no contest for which local/district gives the most money because President Marisa would like to focus on the organization and the good work they do.

Last, but not least, CMC member Norma Zarfoss will install the 2020-2021 CMC Officers. It will be a full and informative evening and hopefully you all can attend. Also, please eat before joining the meeting. Dinner will not be provided.

Standing and Special Committee Reports

In order to conduct our Zoom meetings in a timely manner, President Nancy 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.

Bylaws – Ginny Bailey

Last year our members adopted two new Bylaws changes:

- In September 2019, we revised Article XV – Section 3 so a committee chair or member could serve more than 2 1-year terms, and
- In June 2020, we revised Article XII – Section 3 to provide guidelines for virtual meetings.

Appendix A – Dues was also revised to include the dues increase approved last year.

All Bylaws changes were sent to Angela Graber, District Eleven Bylaws Chair for review. A copy of the newly revised Bylaws will be included with *The Banner*.

Correspondence – Nancy Werner

Nancy reports that flowers were sent to Irene Landis from CMC on her 95th birthday but she passed away a few weeks later. (See *In Memoriam* on page 2). Cards were sent on her passing. We all have great memories of Irene and Nancy remembers her selling Tupperware to help the Souderton-Telford BPW fund raising. "Irene was the greatest saleslady EVER."

A get well card was sent to BPW/PA Historian Liz Leeper because she fell and broke her hip. She lives in Indiana, PA and for years was the curator of the Jimmy Stewart House, home of the famous movie star. Liz knows every movie Jimmy was featured in from 1935 to 1991. Sadly, Jimmy passed away in 1997. If you would like to send Liz a get well card, her address is – 1460 Gompers Avenue, Indiana, PA 15701

Legislation – Cheryl Decoteaux and Deb McDonald

As we will not be able to meet in person for our monthly meetings for a while, Ginny let me know a while back about a great app we can use to have our voices heard instead of the letters we have been sending to legislators. The app is called *5 Calls* and encourages you to make 5 calls in 5 minutes on hot topics of the day or on a variety of topics from the Environment to Women's Issues.

You can also register or download the app through the website 5calls.org. If everyone would download this app and familiarize yourself with how it works we can continue to make our voices heard. I encourage everyone to start using this app and please send me or Deb an email each time you make a call and what issue it is for so we can tabulate the calls for the contest at the end of our year. There is an award given to the local that has the most responses regarding support for legislative issues.

It is documented that legislators like getting calls rather than emails and their aides tally for and against support for an issue which helps the legislator know where his or her constituents stand on an issue.

Please feel free to contact myself or Deb if you have any questions.

Membership – Noreen Morello

Welcome to our newest members!



From left to right: Marlys Martin, Crystal Metzler, Tracey Martin, Tracy Marable, & Trish Corvo



From left to right: Noreen Morello, Bev Weinberg, Linda Bean, Angela Lutz, Lorri Darbes & Babette Walter

Public Relations – Becky Shoulberg

I know without in person interactions our ability to promote BPW has to shift. The rest of 2020 CMC will be on Zoom and guests are welcome. Inviting someone is "doing" PR.

Read and share our newsletter and brochure. Speaking of sharing, follow us on Facebook for daily posts and know you can post too. Please no politics. We are bipartisan. Here are some links:

www.montgomerycountychamberofcommerce (your membership gives you access to events)

www.centralmontgomerycountybpw.org

On Facebook: [Centralmontgomerycountybpw](#) (gavel icon).

Anytime you talk to a peer or relative about what you like about BPW, you are "doing" PR. Go ahead and brag about us!

Women Joining Forces – Mo Gillen

We continue to support women veterans under the BPW Women Joining Forces banner

CMC BPW's work last year earned us the BPW Foundation Grace B. Daniels award, which President Nancy will present at the September meeting – very exciting!

The pandemic has made it very challenging to provide the same support as we've provided in the past to the ladies at the Mary E. Walker transitional housing program at the Coatesville VA Medical Center, but nevertheless, we've persisted! We had hoped to have a group visit in May, then July, but ultimately had to go with a bit of a "ding-dong-dash" – Becky loaded her car with goodies she got donated from Corner Bakery, a bunch of mini journals, and some paint brushes that the program let us know they needed, and dropped them off with a big smile.

Due to virus precautions, there are not many ladies at Walker House right now – many moved out to be with families or have been placed in hotel rooms; those who remain are in rooms by themselves. We continue to send message of care and concern, including a word search activity for Women's Equality Day, highlighting suffragists including Dr. Walker. Check it out on our CMC BPW Facebook page!

In other news, CMC BPW member Alvina Peat connected us to a great source to help spread the word that the Pennsylvania Conference for Women was seeking stories of women veterans; they are planning to highlight a woman veteran from each service at their annual event, which will be virtual this year on Veterans Day. Consider attending the conference if you can.

If you are a veteran, please consider attending Cranaleith Spiritual Center's upcoming Virtual Retreat for Women Veterans, and please pass the word to veteran sisters in your circles. Cranaleith has done a beautiful job with these events in the past, and we know the virtual format will not hold them back. The next retreat is slated for Saturday, September 19, 10 a.m.-3 p.m. Go to www.cranaleith.org to register.

Finally, the board made the decision recently to apply for membership in the Delaware Valley Veterans Consortium, an association of more than 100 nonprofits in the region that serve veterans. DVVC conducts quarterly meetings on various topics, and our membership would allow us to attend those as well as to connect with other similarly focused groups. We proudly highlighted the Grace B. Daniels award in the application and should hear back soon.

Grace B. Daniels Award – Nancy Werner



On our BPW/PA level, we have an award called the Grace B. Daniel Award. It was named for our only BPW/USA President from Pennsylvania, Grace B. Daniel, who served from 1958-1960. The award is presented to the Local Organization that has done the most to support one of the six initiatives developed by the BPW/USA. The CMC BPW's work with "Women Joining Forces" has been part of our LO goals since 2013. We were honored with our work at the Mary Walker House on the campus of the Veteran's Center in Coatesville and our Veteran's Center in Norristown. Kudos need to be given to Mo Gillen and Becky Shoulberg for their tireless work of making communications possible and allowing us access to these veteran centers. We provide gift cards, delicious meals, journals and crafts. (Crafts are my specialty.) But we also have the involvement of our members who volunteer to join us and engage in conversation with our veterans. We have "Grace" for a year so we will show her off proudly. Another excellent "Women Helping Women" project for CMC BPW!

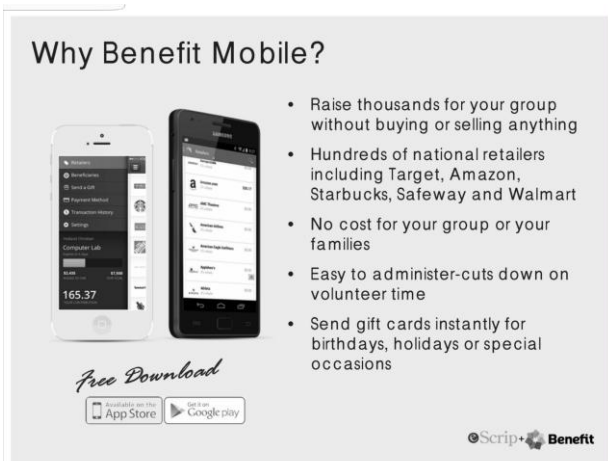
Individual Development – Nancy Werner

The Individual Development Program is a professional development course that provides a variety of skill sets for anyone. It was established by BPW back in the 1970's and has been revising the modules (lessons) ever since. CMC BPW have always taken a day to have everyone come together to learn. With Zoom,

I will do exploring and see if we can do the 15 modules and have a great IDP class. Topics - Interviewing, networking, making presentations, discovering your behavior personality, leadership skills, setting goals, advocacy, public relations, parliamentary procedure, and the list goes on. Let me explore and I will return next month with my findings.

Ways and Means – Becky Shoulberg

Well we got good news and bad news about fundraising. No December Bingo for scholarships and Norristown State Hospital. On the bright side, we made so much last December we could skip this year! Your Board voted that we will have further discussion in January. To participate in fundraising, I propose that the money you would spend on dinner and raffle tickets be donated to our monthly speaker's organization (if you are able). We want to keep track of our giving and I ask that you let me or Noreen know if you donate and what amount.



Why Benefit Mobile?

- Raise thousands for your group without buying or selling anything
- Hundreds of national retailers including Target, Amazon, Starbucks, Safeway and Walmart
- No cost for your group or your families
- Easy to administer-cuts down on volunteer time
- Send gift cards instantly for birthdays, holidays or special occasions

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Scrip Benefit

What we really need your help with is using Benefit Mobile app to pay for purchases at over 200 merchants. We have had this super easy way of raising funds at no cost to you since 2016 and it is underutilized. You can go to their website or FB page and sign up and designate Central Montgomery County BPW. You can use Benefit Mobile at the register from your phone AND online too when you shop or buy gift cards for presents. Please educate yourself. Watch their 1 minute tutorial video and let me know if you signed up. I just raised \$10 for us and Mo made \$6 on single purchases. It is safe and so easy. No fee. No gimmick.

Thank you for your generosity.

Eleanor Knoke Hours – Nancy Werner

In the mid 70's, our District Eleven created an award that would be presented to the outstanding local organization in our district for that given year. It was named the Eleanor Knoke Award. Eleanor was a District Director who served many years in the Welsh Valley BPW and our District Eleven.

As your President, I have the honor of completing four pages of information on the CMC BPW. We are asked about our participation in the District and State events. We are asked about our donations to our outreach communities. We are asked if we have visited other LOs. BUT the one question that carries a lot of weight is our **personal** volunteer hours. Yes, from religious, our community, to BPW involvement, our hours are totaled. However, I need your help. Please start to keep a tab on what volunteer hours you may have.

I completed this application for 2019 to 2020 and it was turned into the Chair, Eileen Gillin. Now for this year, we have started on July 1, 2020 and will end on June 30, 2021. We will send out the form shortly but if you could download and start the tracking, it sure would help out. We will send out the EK tally sheet monthly as a gentle reminder.

Highlighting our Members – Dr. Bev. Weinberg

Integrate for Good Helps People of All Abilities Be Community Heroes



Two years ago, Occupational Therapist and CMC BPW member Dr. Bev Weinberg founded the nonprofit organization Integrate for Good in Montgomery County. Its mission: to strengthen local communities by creating opportunities for people of all abilities to contribute their time and talent through inclusive volunteerism and community leadership.

People often see students and adults with intellectual and developmental disabilities, autism, cerebral palsy, Down syndrome, and others disabilities solely as recipients of services. Bev wanted to create more avenues for the public to see and celebrate individuals with disabilities as providers of service as well.

“In the words of Maya Angelou,” says Bev, “you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw something back.” Integrate for Good makes throwing something back possible for populations that don't usually have that chance.

Its innovative programs bring diverse groups of people together in community-based social networking and volunteer activities. Integrate for Good partners with local businesses and organizations to create warm, welcoming spaces that capture and celebrate the talents of people of all abilities. People like Bob. Every week, for more than a year, Bob volunteered with Integrate for Good at the Indian Valley Public Library. He set up tables and welcomed new volunteers. He taught people of all ages how to weave plastic bags into sleeping mats for homeless people.

Bob is friendly, outgoing, and engaging. He solves problems and energizes the room. Bob is strong and eager to help. He also happens to live with an intellectual disability. Integrate for Good's programs did more than open up avenues for Bob to connect with people and give back to the community. They enabled him to take on leadership roles that might not have been possible elsewhere. If you've read this far, please send an email to Ginny Bailey.

Last November, Bob helped Integrate for Good launch a new volunteer site at Ursinus College. There, he taught volunteers all the steps of the Sleeping Mat Project. The following week, he led a corporate social engagement event at Northwestern Mutual. One of the firm's financial planners mentioned that he graduated from Ursinus. Bob proudly shared, “I teach there!”

“They had a wonderful conversation about what they both loved about the campus,” Bev recalls. “Isn't it amazing that a man with a significant intellectual disability had a college in common with a financial planner? Bob was excited to say, ‘You can call me Professor Bob!’”

When the COVID-19 pandemic reached the county in March, Integrate for Good's programs at libraries and universities came to a halt. Many of its fundraising events did too. But that didn't stop Integrate for Good's mission. Its leaders and volunteers set out to prove that kindness isn't cancelled! Integrate for Good went live on Facebook with a weekly Kindness Isn't Cancelled show. This gives the spotlight to Heather, who lives with Down syndrome to showcase her ability. A robust schedule of virtual volunteer opportunities will launch on September 21st.

Are you someone who wants to see stronger, more inclusive communities in Montgomery County? Join the team! Integrate for Good is looking for volunteers for our committees, guest readers for our Kindness story hours, individual and corporate supporters and allies who believe that our community is stronger when we can capture the untapped talent of people of all abilities. Visit <https://integrateforgood.org/> to learn more.

Forever Stamp Honors Centennial of Women's Suffrage



A new Forever stamp, 19th Amendment: Women Vote, will be issued by the U.S. Postal Service. This stamp commemorates the centennial celebration of the ratification of the 19th Amendment to the U.S. Constitution, guaranteeing women the right to vote. The stamp will be available on August 22nd as part of the Women's Rights National Historical Park Equality Weekend.

Inspired by historic photographs, the stamp art features a stylized illustration of suffragists marching in a parade or other public demonstration. The clothes they wear and the banners they bear display the official colors of the National Woman's Party — purple, white and gold. More than 70 years in the making, the 19th Amendment was added to the Constitution on Aug. 26, 1920.

Voting By Mail



Register to vote

Register by: ~~October 19~~

NOW



Sign up to vote by mail

Sign up by: ~~October 27~~

IMMEDIATELY



General election

Date: ~~November 3~~

**MAIL BY
OCT. 20**

Get started today at votesPA.com

If you plan to vote by mail and want to make sure your ballot arrives in time for the November 3rd election and is counted, make sure you follow these guidelines. In addition, even though the ballot envelopes are marked postage paid, put a stamp on it so the envelope will be treated as first class mail.

Have questions about registering to vote or what the ballot will look like, the following websites can provide all the information you need:

- League of Women Voters of PA – www.palwv.org
- Rock the Vote – www.rockthevote.org
- Vote411 – www.vote411.org
- Vote.org
- Committee of Seventy – seventy.org/voterguide/2020
- <https://www.pa.gov/guides/voting-and-elections/>
- votesmart.org

Happy Birthday to our Members!



September

20 – Norma Zarfoss

23 – Agnes Ferreira

Dates to Remember

September 12 – CMC Zoom Meeting

September 22 – First Day of Fall

September 23 – MCCC virtual tour

October 1 – CMC Zoom Board Meeting

October 15 – CMC Zoom Meeting with Amanda Owens on the Justice Bell

October 18-24 – National Business Women's Week

October 31 – District Eleven Fall District Meeting
Dress like Rosie the Riveter! More information shortly.

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
- Twilight Wish Foundation – twilightwish.org