

Western Gateway Gazette
Northern Berkshire Business and Professional
Women

Lucy A. Milette, editor. Elizabeth Manns, copyist/production.

February, 2006

A message from your president...

Dear Members,

I hope that everyone is having a good winter. Although my (achy, breaky) back is still bothering me, I am on the mend. Thank-you to all who helped make the January meeting a success.

Congratulations to Carol Kondel, our Member of the Year.

Thank-you to Fran Czarnecki for a fine presentation and for chairing our Member of the Year Program.

Thank-you, too, to Pauline Davis and Inna Gertje for presenting our scholarship award to Cindy Cote. I am pleased that our Local supports education with this generous gift.

I have received tickets for the Western District Raffle (details further on, in newsletter). The money raised supports the District organization and its programs. This year Rosemary Roper has arranged to present "The Reality Store" at the Eastern States Exposition and at the Topsfield Fair. Our Local is providing the First Prize. Tickets will be distributed at the February meeting. I hope that everyone will help to support this valuable endeavor.

Have a warm and healthy February. I look forward to seeing all of you on the 22nd.

Sincerely, Sylvia

February Meeting

Date: February 22, 2006

Location: Williams Inn

Program: Young Careerist

Menu:

Garden Salad

1. Chicken Parmesan over Pasta

2. Roast Pork Loin with Mushroom Sauce

3. Peppers stuffed with rice and Tomato

Dessert – Black Forest Tart

Coffee, Tea

Cost: \$20.00

Hostesses: Lucy Milette
413-663-6080

Fran Czarnecki
413-664-6149

Please remember: Reservations are due by the Friday before the meeting. If you haven't been called, call one of the hostesses above. Also, you are responsible for reservations made and not honored. We must pay for meals ordered.

Networking – 6:00

Meeting opens – 6:30

Dinner – 6:45

Guests are welcome!



~*~*~FYI~*~*~

(from Baystate News)

**Winter Board Meeting
February 25, 26, 2006
The Clarion Hotel
Northampton, MA**

The weekend is designed to allow opportunity for all in attendance to participate in the Board meeting and to participate in programs offered to all members. The business meeting will be conducted on Saturday morning and will conclude on Sunday morning if business is not completed during the Saturday session. Two options have been developed for the Saturday afternoon time slot. These programs (CPR Certification and IDP Certification) are included in the registration fee. Indicate your choice on the Registration form.

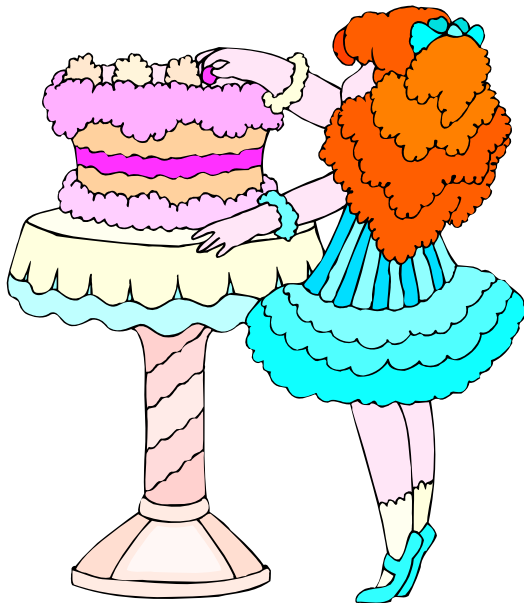
The Mentor of the Year event will take place on Saturday evening. The cost is included for those attending the Winter Board weekend. Margaret Everson will be honored as the BPW/MA Mentor of the Year. She is a member from Hampshire County BPW-Western District. Margaret joined the Hampshire County BPW in 1952. She saw BPW as a way to get to know other working women in her community. BPW's mission to work toward equality for all women drew her to the organization. As a new member, she learned about BPW by attending local and state meetings and gained more knowledge by traveling to national conferences and meeting members from around the country. Mentoring has always been part of Margaret's life. In her early years in BPW, several women encouraged her in her professional and personal endeavors, leading her to encourage new members herself. She has been a past state president and is a valuable resource for current officers. She cares deeply about BPW and about equality for all working women.

Dates to Remember

February 14 – Valentine's Day
February 22 – NBBPW Meeting
February 20 – Presidents Day
February 24, 25, 26 – Winter Board

February Birthdays

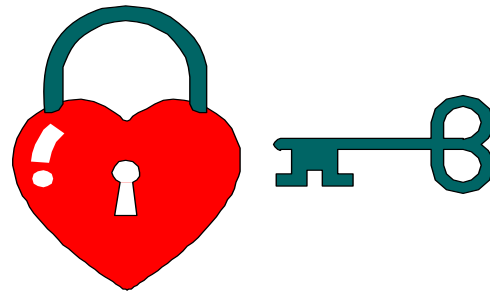
***Margaret McComish – 2/22
Sandy LoPresto – 2/25***



IMPORTANT WEBSITES!!

www.bpw/usa.org

www.bpw/ma.org



IMPORTANT
REMINDER!!!

*****BPW NEWS*****

The Western District Annual meeting will be held on April 1, 2006. As in previous years, there will be a raffle to support the District organization and its programs. This year Rosemary Roper has arranged to present "The Reality Store" at the Eastern States Exposition and at the Topsfield Fair. Our Local is providing the First Prize. Tickets will be distributed at the February meeting, to be returned by March 22. Each member is asked to sell one book of 6 raffle tickets. Tickets are \$1 each or the entire book for \$5. The prize we are providing is a gift basket with a gift certificate for an overnight stay and breakfast at the Williams Inn, a gift certificate for two dinners at a local restaurant and admissions for two to either Mass MoCA or the Sterling and Clark Museum. Other prizes are:

- 2nd prize - \$75 value from Berkshire BPW
- 3rd prize - \$50 value from Greater Springfield BPW
- 4th prize - \$25 value from Hampshire County BPW

February is the American Heart Association's time to remind us to have a Heart-Healthy Lifestyle. Through its "Go Red for Women"

campaign, women are encouraged to take time each day to love their heart. Place your hand over your heart, breathe deeply, think about your heart. By loving your heart, you can save it.

Keep your heart healthy:

♥Know your numbers. Keep your blood pressure, cholesterol, glucose and weight in a healthy range.

♥Incorporate physical activity into your daily routine.

♥Learn how to eat wisely.

♥Schedule a doctor's appointment each year around your birthday.

Heart Disease is largely preventable. Although you can't change some risk factors, such as age and heredity, you can reduce or control others by making wise choices.

Reader's Digest - Feb. 2006



LET'S ALL "GO RED FOR
WOMEN" AND WEAR RED TO
OUR FEBRUARY MEETING!!!

