

**Western Gateway Gazette**  
**Northern Berkshire Business and Professional**  
**Women**

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

**March, 2006**

**MARCH MEETING**

**A message from your president...**

Dear Members,

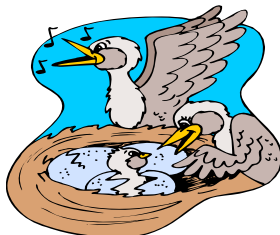
The robins are here. The days are longer and the sun is higher. Spring is near. Have you noticed that it is light about 5:30 am and lasts until 6:30 pm?

In Vermont, it is Town Meeting time when elected town officials chose local and regional board members and express our opinions on town budgets through our votes. No matter where you may reside, remember to vote for all the issues which are so important and affect all of us.

April 1, 2006 is District Meeting Day. I hope that you all will join me in the trek to Northampton to attend this important event. Please let Paulette Remillard or me know if you are interested in attending. The cost is \$37.50 and includes lunch.

All monies from the sale of the Western District raffle tickets should be received by the NBBPW March 22<sup>nd</sup> meeting. I am hoping to see you there.

Sincerely, Sylvia



**Date: March 22, 2006**

**Location: Williams Inn**

**Program: Nutrition**

**Guest Speaker: Margaret Tash,  
Nutritional Counselor**

**Menu:**

**Caesar Salad**

**1. Seafood Newburg over Rice Pilaf**

**2. Chicken, stuffed with Spinach &  
Cheese**

**3. Grilled Vegetables with Mushroom  
Risotto**

**Dessert – Lemon Meringue Pie**

**Coffee, Tea**

**Cost: \$20.00**

**Hostesses: Fran Brooks  
413-743-1709**

**Mary Michel  
413-458-3442**

**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~\*~\*~

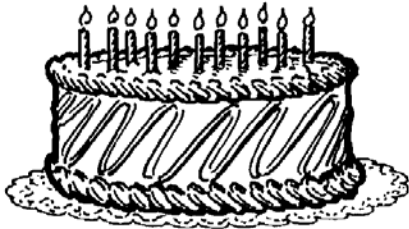
(from Baystate News)

## Dates to Remember

March 17 – St. Patrick’s Day  
March 22 – NBBPW Meeting  
March 23 – Women’s Night of  
Comedy (see Sylvia for  
more info.)  
April 1 – Western District Meeting  
April 2 – Daylight Saving Time Begins  
April 13 – Passover  
April 16 - Easter

## March Birthdays

*Jacqueline Metsma – 3/4*  
*Lynda McClendon – 3/12*



**“IN MATTERS OF STYLE, SWIM  
WITH THE CURRENT; IN MATTERS  
OF PRINCIPLE, STAND LIKE A  
ROCK.”**

**THOMAS JEFFERSON**

## The Value of a Newsletter

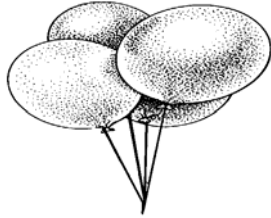
(Kristen Whitfield)

Did you ever wonder what would happen if each person who receives her LO newsletter would forward it to 1 friend and follow up with a phone call invitation to her next meeting? Well, if your local has about 30 members-then about 30 new women would get invited to your next meeting. Let’s say half of those were available and half of those decided to attend. That would be about 7 guests that would experience one of your guest programs, hear about BPW (the best kept secret), and have fun meeting your wonderful members. Now let’s say half of these guests just can’t keep themselves from joining your wonderful organization-that would be 3 new members! Now what if you did that this month and next month until June-that would be 18 new members, increasing your size about 50%. This would put your program chair into a tizzy trying to find a big enough venue for the installation of your next year officers and your newsletter editor would be emailing out half again as many newsletters-think where that would take you! So have a read of your next newsletter that has been created with great thought, care and patience and then take one more step and **PASS IT ON!**

**IMPORTANT WEBSITES!!**

[www.bpw/usa.org](http://www.bpw/usa.org)

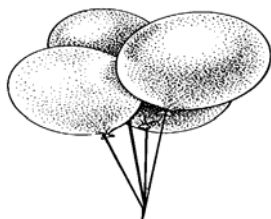
[www.bpw/ma.org](http://www.bpw/ma.org)



## \*\*\*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, distributed at the February meeting, are 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. (More tickets are available, if needed.) 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 The Water Street Grill, and admissions for two to Mass MoCA.

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



## REMINDER

Northern Berkshire BPW now has their own website. The newsletter will be published there along with much information about BPW---- local, state and national. There is also an application for membership which can be printed for prospective new members. This is a GREAT way to spread the news about BPW!!

The web address is:

[www.northernberkshirebpw.org](http://www.northernberkshirebpw.org)

Make sure that you take a look! If there are any ideas that you think would make this a better site, contact Lucy Milette ([lucym41@netzero.com](mailto:lucym41@netzero.com)) and she will bring it to the attention of the officers.

### TO ALL NBBPW MEMBERS

*Nominations for 2006-2007 Officers are now being accepted.*

*Do your part! Be an officer! It's a great way to be a positive influence for women and BPW!*