



THE TARGET NEWSLETTER 2025-26

Newsletter of the Business and Professional Women's Club of Hagerstown, MD

"Women Helping Women Achieve their Goals"

Hagerstown Business &
Professional Women
(BPW)

is a non-partisan,
Non-sectarian,
membership- supported
organization whose goals
are to achieve specific
gains for women. These
goals include
equal rights under the
law, pay equality, gender
equality, and others.

As a multifaceted
organization,
BPW
strives to serve the needs
of its members and their
communities through
various programs and
projects.

Dinner Meeting November 3, 2025 Speaker Tina Fraley

Fall is here, beautiful landscapes and setting suns. Cooler weather means we break out those jackets and long pants. What better time to have a speaker that promotes women's wellness and healing, among many other opportunities.

Please join us on Monday, November 3rd. Tina Fraley, a well-known name in the Hagerstown fitness world, is the speaker for the November 3rd BPW Dinner Meeting. Tina was at our BPW meeting a few years ago. So many changes have occurred in our lives and hers, so we invited her to attend this meeting to bring us up-to-date.

Tina's titles include, but are in all likelihood are not limited to: Reiki Master, Counselor, Yoga and Personal Trainer, Author, Speaker, and Pod Caster. She uses some of these skills at Solar Nexus - Wellness & Healing, Com. In addition to all of that, she has a family as well as being very involved with Prime Time Women.

Please make every effort to attend this meeting and bring a friend or two who may need some inspiration as well.

Sincerely,
Ann Mazingo, Vice President



**(Club Mission)
We support all working
women through
Advocacy, Education,
and Information.**

MEETING LOCATION:
Western Sizzlin Restaurant
17567 York Road, Hagerstown, MD 21740

-Arrival- 5:30pm

PLEASE note to try to arrive at 5:30pm as we will be ordering dinner by 5:45pm.

Introductions follow. The conference room will now be closing at 7:30pm.

-The meeting room is past the buffet, at end of bldg., room with accordion doors.

Payment to restaurant is received when you order.

- Please advise if you will be attending, so the officers know a head count to prepare any needed business and program materials.

- (Please Call or Text) Sandy 240-818-3463 (leave a message if needed)

Please offer your RESERVATION by Wednesday, Oct. 29th, 2025

• **President's Report**

Congratulations to our two Women of Achievement Honorees, Deanna Pelton and Addie Nardi. It was a pleasure to meet you and hear about your achievements. Well Done Ladies!

Here we are starting November. Welcome falling leaves, shorter days, longer nights, and colder temperatures.

This month we will be purchasing and collecting necessity items for CASA "Care Packages" for adults and children. A representative from CASA will attend our December 1st Dinner Meeting, at which time we will present the packages. We are grateful for our member's participation in this effort. Please see the article later in the Target under Community Projects.



In closing, I leave you with a Thanksgiving Poem. Remember, we have much to be thankful for!

THANKFUL
By Gathered Again

I am thankful for my family
I am thankful for my friends
I am thankful for Thanksgiving
I hope it never ends!

I am thankful for this turkey
and the fun we share today
I am thankful to be thankful
In the thank-fullest way!

Your Devoted President,

Julianna Albowicz
Hagerstown BPW



2025-2026 Hagerstown BPW Officers



President: Julianna Albowicz
(h) 301-739-3868
julianna.albowicz@gmail.com

1st Vice-President: Ann Mazingo
(h) 301-797-5693
amaz1379@aol.com

Secretary: Granis Dixon
(h) 240-366-8019
granis.dixon@myactv.net

Treasurer: Karen Harris
(c) 301-573-0447
Kh216g@yahoo.com



• Chaplain's Corner

Carol Craig is awaiting knee replacement surgery.



President Julianna's sister, Margaret has a severe case of the shingles. Margaret's partner Scott, has been diagnosed with colon cancer.

President Julianna's friend, Terrie was in a car accident and air lifted to the Univ. of MD for surgery on the arm/shoulder area.

Vice-President Ann Mazingo's sister, Sandy is having heart issues. Another Sister Vicki was hospitalized with back pain as well as having a genetic disease and requiring oxygen.

Please keep everyone in your thoughts and prayers.

Please let me know of any illnesses or concerns. Prayers and best wishes to all.

Ann Mazingo, Chaplain, 301-991-6500

- **Birthday Celebrations**

Sandy Mills Nov. 1st

Birthstone: Yellow Topaz
Flower: Chrysanthemum



The Chrysanthemum, which stands for cheerfulness, compassion, friendship, joy, and love is associated with the month of November. Chrysanthemums have different meanings. Red is for Love, White means innocence, and Yellow denotes unrequited love. According to Feng Shui, Chrysanthemums brings happiness and laughter in the house.

- **Women of Achievement Celebration 2025**

Congratulations to our Women of Achievement Addie Nardi and Deanna J Pelton. It was a pleasure to honor these two ladies at our October 6th dinner meeting. We are grateful for their passion, strength, education, determination, and love of community. Thank you for being strong role models for women everywhere.



Addie Nardi is the Chief Executive Officer of the Boys Girls Club of Washington County. She has been in this role for almost nine years, the first woman to head up the organization in its 85 year history.

Deanna J Pelton is the Deputy State Fire Marshal for the Maryland State Police Office of the State Fire Marshal - Western Region. In 2006, Deanna made history as the first female career firefighter hired by the Hagerstown Fire Department. Her dedication and commitment to service culminated in her promotion to Deputy Fire Marshal in 2019, marking her as the first female fire marshal in the city's history.



Sincerely,
Julianna Albowicz, President
Granis Dixon, Secretary



- **WAYS N MEANS – FILL THE PUMPKIN**

“Education is the most powerful weapon which you can use to change the World!” (Nelson Mandela)



Our fall fund raiser for scholarship is **“FILL THE PUMPKIN”**. Supporting our young leaders in the community is a primary program for Hagerstown BPW and we are passionate in wanting to help advance them through continued education.

“Every Pumpkin deserves to shine.” (Marion Meister) With awarding our 2025 scholarships to two very deserving college students, Camden Tucker and Colt Tucker, our funds are very low for next year.

College and Schools have started and fall is upon us. Pick a pumpkin and start filling it up with your loose change or dollars. Let the magic begin- **“The pumpkin is a uniquely American plant, widely regarded as one of the most magical plants in all the world.” (Seth Adam Smith)** Let our BPW magic begin as we strive to replenish our scholarship fund!

“Each year, the Great Pumpkin rises out of the pumpkin patch that he thinks is the most sincere.” (Charlie Brown) As in years past, our Hagerstown BPW rises to the challenge!

A lot of people think of Pumpkin Pies, Pumpkin Bread, Pumpkin Lattes, etc. in the fall and especially when seeing the endless fields of growing pumpkins. BUT-

All of the proceeds from this October fundraiser will be deposited to the Scholarship Fund. Please contribute on or before the November 3rd dinner meeting. Thank you for your help in funding this program.



Donations should be mailed to Karen Harris, 6119 Moser Road, Boonsboro, MD 21713, *by November 3rd or bring to the November 3rd dinner meeting. Please make checks payable to Hagerstown BPW.*

“Advice from a pumpkin: be well-rounded, get plenty of sunshine, give thanks for life’s bounty, have thick skin, keep growing, be outstanding in your “field”, think big.” (Unknown)

Thank you,
Karen Harris, Treasurer



- **Community Projects**

Hagerstown BPW will be donating items to support the following community services during the upcoming holidays.

Washington County Food Bank

Please bring your donation (cash or check) to the Dec. 1st dinner meeting to place in the basket. If you wish, please mail your checks to Karen Harris, 6119 Moser Road, Boonsboro, MD 21713, *by November 24th*. *Checks should be made payable to St. Marks Food Bank.* Thank you.

CASA, Inc.

(Citizens Assisting and Sheltering the Abused)

CASA is a lifeline for people (children, teenagers, and adults) in Washington County who have been affected by intimate partner violence, any form of sexual violence, and sex trafficking. Their programs and services provide the professional support and guidance necessary for these individuals and their families to survive violence and abuse and establish a new and safe direction.



Hagerstown BPW will be filling “Care Packages” for CASA for the holidays! To do this we will be purchasing items of personal care to fill bags for adults and children that are displaced due to an emergency situation.

Our target is to fill 20 adult and 5 children packages. At your recent Board of Directors meeting, those present selected items they would be providing, such as tooth paste, wash cloths, deodorant, shampoo, soap, combs, emery boards, note pads and ink pens. For the children, coloring books, crayons, and wet wipes. We already have carry bags, tooth brushes, dental floss, and hand sanitizers courtesy of the City of Hagerstown.

There are many items to still add to this list if you, or you know of someone, or a business that would like to donate. Examples- lotion, flash lights, band-aids, Neosporin, Chap Stick, more wet wipes needed, personal hygiene pads and tampons (small packages of each). Other items like decks of cards, pocketbook calendar, seek & find books, small stuffed animals for children, child’s activity book or an easy ready book. You might think of something not even listed!!

Our goal is to have all items received by the November 3rd dinner meeting. This way if we need to plan a shopping trip, we would have time to do so. Assembly of the care packages will be at the Nov. 17th Board of Directors meeting, 5:30pm, at Katie’s Place, 540 Washington Avenue.

Sandy Shepherd (301-991-8294) (sshepherd@myactv.net) is asking for emails from all members designating the items they will be donating or have secured. This way we do not duplicate since there is a great need.

President Julianna (301-800-2570) and Sandy Mills (240-818-3463) are available if you have any questions or need a place to drop off your donations. We can also arrange a pickup from a business or your home if needed.

A representative from CASA will attend our December 1st Dinner Meeting, at which time we will present the packages. Hagerstown BPW has always been Women Helping Women, and we are grateful for our member's participation in this effort.



- **December Holiday Celebration**

Please make sure to read the above article on the Community Projects for the holidays.

Just to help you plan ahead, after nourishing our bodies and spirit with dinner on Dec. 1st, we will enjoy some Christmas fun. A few games and a **gift exchange** will help prepare all for the holiday season. Gift Exchange: Please bring a wrapped gift (\$20 and under) for each attendee. Karen Harris and Sandy Mills are planning the festivities.

- **Healthy Corner**

Turkey Facts and Trivia-

Are Turkeys Native to the Americas?

Yes, turkeys originated in the “New World.” Specifically, wild turkeys are native to Mexico. It’s a funny history. European explorers brought wild turkeys home with them in the early 1500s. The birds were domesticated in Europe and later brought to North America by English colonists. Note that domesticated turkeys have white-tipped tails; wild turkeys have dark-tipped tails.

Why do Turkeys Gobble?

Only male turkeys, or toms, can make a call known as a “gobble”, and they mostly do it in the spring and fall. It is a mating call and attracts the hens. Wild turkeys gobble when they’re surprised by loud sounds and when they settle in for the night. The wild turkey can make at least 30 different calls!

How much Turkey does a person eat per year?

The average person in the United States will eat 15 pounds of turkey this year.

What’s that weird wobbly thing on a Turkey’s neck?

The loose red skin attached to the underside of a turkey’s beak is called a wattle. When the male turkey is excited, especially during mating season, the wattle turns a scarlet red. The fleshy flap of skin that hangs over the gobbler’s beak is called a snood and also turns bright red when the bird is excited. The wobbly little think on the turnkey’s chest is the turkey’s beard and is made up of keratin bristles. Keratin is the same substance that forms hair and horns on other animals.

Is the Turkey considered a game bird?

Yes, but the wild turkey is one of the more difficult game birds to hunt. It won’t be flushed out of the brush with a dog. Instead, hunters must try to attract it with different calls. Even with two seasons a year, only one in six hunters will get a wild turkey.

What is a Baby Turkey Called? And what about Adult Turkeys?

A baby turkey is called a poult, chick, or even turklette. An adult male turkey is called a tom and a female is a hen.

How big do Turkeys get?

The domestic tom can weigh up to 50 pounds, the domestic hen up to 16 pounds. The wild tom can weight up to 20 pounds; the wild hen up to 12 pounds.

Can Turkeys fly?

The wild Turkey can fly! (It does, however, prefer to walk or run.) The domestic turkey is not an agile flyer; although the bird will perch in trees to stay safe from predators.

How long do Turkeys live?

The average life span of a wild turkey is three or four years. It generally feeds on seeds, nuts, insects, and berries. The average life span of a domestic turkey, from birth to freezer, is 26 weeks. During this period of time, it will eat about 75 pounds of turkey feed.

Courtesy of :

The OLD FARMER's 2022 ALMANAC, Robert B. Thomas, Founded in 1792

www.breastcancer.org/about-breast-cancer/breast-cancer-awareness-month

PLEASE NOTE:

We strive to include health articles in our newsletter for awareness to our members and readers. As with any health information, please consult with your doctor before changing any practices, medicines, self-doctoring, questions, decisions, etc.



Frederick BPW held their First Annual FALL TEA on Saturday, October 18, 2025. A wonderful meal and comradery was had by all. Hagerstown BPW members Granis Dixon, Brenda Paul, Julianna Albowicz, and Brenda's Mother Miriam Paul enjoyed the Tea in their fancy hats provided by Julianna.

- **Upcoming BPW Events and Celebrations**

Nov 01	Maryland Legislative Agenda for Women (MLAW) 2025 Conference
Nov 02	Day Light Savings Time Ends- Fall Backwards 1 Hour
Nov 03	Dinner & Program
Nov 04	Midterm Election Day (Some municipalities)
Nov 11	Veterans Day
Nov 17	BPW Board Meeting, 5:00 PM Katie's Place, 540 Washington Avenue
Nov 27	Thanksgiving Day
Dec 01	Holiday Social Dinner Meeting
Dec 21	First Day of Winter
Dec 25	Christmas Day



2026

Jan	No Dinner Meeting due to usually bad weather
Jan 19	BPW Board Meeting, 5:00 PM Katie's Place, 540 Washington Avenue
Feb 02	Dinner & Program
Feb 16	BPW Board Meeting, 5:00 PM Katie's Place, 540 Washington Avenue



- **Maryland Legislative Agenda For Women – 2025 Fall Conference**

The Maryland Legislative Agenda for Women (MLAW) is a coalition that has been advocating for progressive legislation and policies that promote and protect the well-being of Maryland women and their families.

The MLAW fall conference, **“Women Lead in Maryland: Protecting our Rights,”** will be held on November 1, 2025, 9am – 1pm, at The Meeting House in Columbia, MD. This conference will provide information and strategies to activate and energize participants to successfully advocate for legislation impacting women and families during the 2026 Maryland General Assembly Session. The event will also celebrate MLAW’s 30 years of success and will include insights from advocates and legislators presenting 2026 legislative proposals.

Registration is available on Eventbrite. 443-519-1005 mdlegagenda4women@yahoo.com
<https://MLAW2025Conference.eventbrite.com>



Business and
Professional
Women/MD

BPW/MD News: "UNITED FOR EQUALITY"

www.bpwmaryland.org

BPW/MD Officers 2024-2025

President Karen Evelius

(c) 410-382-6086

kevelius@comcast.net

Secretary Susan Horst (Montgomery County BPW)

240-498-8434

susanhorst@yahoo.com

Treasurer Sharon Jacob (Southern Prince George's BPW)

(c) 301-520-5804

srjcpa@earthlink.net



*****Hagerstown BPW President Julianna is including the following article that was provided by BPW/MD President Karen Evelius. This provides an update on the status of the dissolution of BPW/MD as well as the BPW Foundation of Maryland.*****

From: Karen Evelius <kevelius@comcast.net>

Date: October 1, 2025 at 1:34:56 PM EDT

Subject: BPW/MD and BPWF/MD - Status updates

Dear BPW members.

Happy Fall! As the season has changed, I'm reaching out to provide an update on the progress we have made regarding the dissolution of BPW/MD. In addition, I wanted to advise you upon decisions reached by the BPW Foundation of Maryland board when it met in May.

BPW/MD updates:

- The goal remains to pay all expenses by 12/31/25.
- The goal remains to complete all dissolution paperwork by 12/31/25, or at the latest the end of the current BPW/MD fiscal year (05/26).
- Local organizations (Frederick, Hagerstown, Southern Prince George's and Montgomery County) will continue and operate as independent entities. Membership will continue in these local organizations. Anyone interested in joining or transferring to one of these locals may reach out directly to its President (or contact me to facilitate a discussion with the appropriate individual).
- Ongoing meetings have occurred to discuss and make decisions on outstanding issues.

- The BPW/MD website has been funded for 5 years (through 08/2030). While BPW/MD will be defunct, the website will be maintained by the active BPW local organizations and will provide additional information on issues relevant to women.
- A final issue of **The Newscaster** has been agreed upon and will be forthcoming in October.
- Requested refunds for BPW membership dues, and "virtual dues" for NFBPWC are being processed and mailed.
- Members provided to the Executive Committee (EC) organizations they wished to have considered to receive funds upon the dissolution of BPW/MD. A review was conducted to ensure compliance with the parameters of our Bylaws and resulted in a targeted list of organizations for consideration. A final decision on which organizations and dollar amount (or %) of funds for disbursement to each will be made by the EC by the end of November.
- All members are urged to visit the National Federation of Business and Professional Women's Clubs (NFBPWC) website to learn more about the organization and to consider joining. It offers a plethora of great information, networking, and educational opportunities! I've attached a link here for your convenience. [NFBPWC - Home](#)

BPW Foundation of Maryland updates:

- The Foundation board met on 05/20/2025 and resolved upon its dissolution. As with the Federation, no one stepped forward to take on the needed leadership roles.
- Current commitments to scholarships to be awarded for 2025, as well as an ongoing commitment for subsequent years will be honored and funded prior to dissolution.
- The board discussed various options, to include moving the various endowments:
 - In various parts to a few local colleges/universities or
 - In one lump sum to one college/university (several were discussed).
- The board decided to move forward with one lump sum to one college/university.
- The board authorized Karen Evelius and Lynn Stimmel to pursue moving the Foundation funds to Towson University.
- Karen and Lynn have met with Towson University and plans are underway to establish by 12/31/2025 an endowment named the "Business and Professional Women's Foundation of Maryland Endowed Scholarship".
- The Endowment scholarships will "provide support for the academic pursuits of individuals who demonstrate a commitment to supporting professional opportunities for women in the workplace".
- The Endowment will provide one to three ongoing scholarships under the following criteria:
 - Full-time undergraduate sophomore, junior or senior students
 - First time bachelor's degree in STEM, Education and/or Business/Finance
 - Maryland resident
 - 3.0 cumulative GPA
 - Demonstrated financial need and
 - Submission of a non-AI-generated essay (400 words max) describing how the applicant's academic/professional goals reflect a commitment to supporting opportunities for women in the workplace.
 - Preference will be given to providing at least one annual award to a student majoring in Elementary Education.
- Towson University will take on all ongoing responsibilities associated with administering the Endowment.
- This Endowment will ensure the goals of BPW Foundation of Maryland will **endure** its dissolution and continue to support educational opportunities

While we are all saddened, I'm heartened by the local organizations which continue with their individualized programs, efforts, and support of their local communities. I'm hopeful each of you will continue to be active in one of these local organizations! I'm also so pleased to know the legacy of the BPW Foundation of Maryland will continue through the Endowment established at Towson University.

Please do not hesitate to reach out to me directly if you have any questions. Wishing you all well....

Sincerely,
Karen

Karen Gessert Evelius
BPW/MD President
BPWF/MD CEO
kevelius@comcast.net
410-382-6086

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Thanksgiving Old Rhyme

**The year has turned its circle,
The seasons come and go.
The harvest all is gathered in
And chilly north winds blow.
Orchards have shared
their treasures,
The fields, their yellow grain,
So open wide the doorway—
Thanksgiving comes again!**

Hagerstown BPW News Editor: Sandy Mills

Next Deadline: By Nov. 17, 2025 Board Meeting
Mills7465@hotmail.com

