

The Handclasp

The Newsletter of
Schenectady Business &
Professional Women
An organization for
all working women

Volume LXXXIV Number 10

Founded in 1927

May 2011



Calendar

- May 11** **6:00 pm Board Meeting at Vet's Club**
All members welcome
- May 24** **Monthly Meeting at The Stockade Inn**
5:30pm Networking; 6:00pm Dinner;
Installation of officers for 2011-12.
- May 31** **5:30pm, Meeting of the Fashion Show Planning**
Committee at 923 Wright Ave., Schenectady,
12309. R.S.V.P. with Cyndie Powell at
370-7249
- June 2** **3:30pm – 8:30pm – INDULGE – a night out**
for women at Proctors Theatre. Cost: \$10 for
sampling of food, drinks, and activities
- June 3 – 5** **NYSWomen, Inc. Annual Conference,**
Albany, NY. District IV is host district.
so there will be work for all of us.
- June 7** **6:00pm Board Meeting at the Vet's Club.**
All members welcome.
- June 23** **District IV Leadership Meeting.**
(Details to Follow).
- June 28** **Monthly Meeting at The Stockade Inn**
5:30pm Networking; 6:00pm Dinner
Scholarships Presentation
- HAVE A GREAT SUMMER!**
- August 3** **Women's Day at the NYS Fair,**
Syracuse, NY



The Collect was written by Mary Stewart, in Longmont, Colorado, in 1904, as a prayer for the day, not for any particular person or group. Miss Stewart had it published as a Collect for Club Women because, at the time, she believed that women working together with wide interests and important goals was new, and that a special mediation of their own would give them a sense of unity. The collect soon was adopted among working women throughout the world.

The first printing of the Collect was an obscure paragraph in a column of club notes in the *Colorado Delineator*. Copies later were printed locally. In 1909, Paul Elder and Company, San Francisco, printed it as a wall card, and it has since been reprinted in many forms, in American yearbooks by national organizations and in other publications around the world.

Miss Stewart, who until 1910 signed the Collect with her pen name, Mary Stuart, died in 1943.

The Collect was officially adopted by the National Federation of Business and Professional Women/USA in 1920.

A Wise Person once said...

There comes a time in your life, when you walk away from all the Drama and people who create it.

You surround yourself with people who make you laugh, forget the bad, And focus on the good.

So love the people who treat you right, pray for the ones who don't.

Life is too short to be anything but happy.

Falling down is a part of life, getting back up is LIVING.



PRESIDENT'S MESSAGE



Greetings Everyone:

I hope you all enjoyed a perfect Mothers Day Celebration with your families. The weather could have been a little better, but it was a great day.

It is amazing that our club is still growing. I hope it continues to grow and we reach the 50 member mark before we take our summer recess. Now we need to keep everyone busy on committees to hold their interest in our club. I will be handing out committee information at the June Meeting so everyone can decide what committee they would be interested in.

Thank you to Elena Alvarez for a great job with the Career Development Seminars. I was able to attend one of them and found it to be very interesting. I hope next year more of our members will become involved in this program. Elena puts a lot of hard work into this program and she would really like to see more members participate in this presentation.

The May Business Meeting is a very important meeting for club Officers and Board Members. Our 2011-2012 Officers will be installed by Judy Schultz; one of our long time members. Judy does a superb job doing the installations. So I hope you will all come and help celebrate this occasion.

June is our Scholarship Awards dinner chaired by Elena Alvarez and her Committee. This Event could not take place without the money raised at the Fashion Show, Chaired by Cyndie Powell. Thanks to both Cyndie and Elena, for a job well done. Also thank you to our members for participating in the Fashion show with their donations and making this money available to our Scholarship Recipients.

My heartfelt thanks, to all of you who were able to participate in our programs this year. A lot of work goes into the Programming for the year, and I hope we will have more members attending these programs in the Fall. The Emergency Response Program was a very interesting and successful program. The panel was great and thanks again to Kim Bellizzi for putting this program together. Thank You to all Committee Chairs for a job well done.

June brings the end of our business meetings until September. The planning meetings for the November 6th Fashion Show and Woman of the Year Event will still go on during the summer. If you know of someone you would like to nominate for "Woman of the Year please go to the website and you will find the information and application there. The deadline for submitting the nomination is August 1, 2011. I am sure you all know someone who will fit these qualifications.

Also the Fashion Show Meeting will be held May 31, 2011 at my home 923 Wright Avenue. There is a lot of work that still needs to be done and Cyndie appreciates all of your help. This is our largest Fundraiser of the Year and it takes a team effort to make it a success. As you know all of the proceeds go to the Scholarship Fund. So if you have some time to spare let Cyndie know if your are able to attend this meeting. Thanks to Cyndie for Chairing this event again.

Once again I would like to say that the reason for our club's success is because we are working in unity. We sometimes have to make changes for the future success of our organization. We want to make sure that all of our members are able to attend our meetings, so sometimes we have to make changes in this respect.

Looking forward to seeing all of you at the May 24, 2011 Business Meeting.

Regards,

Jane Osterhout

Jane Osterhout
President



Birthdays

May

2 *Judy Schultz*
15 *Katherine Kaiser*

June

13 *Michele Paludi*
16 *Pattie Montgomery*
21 *Lydia Rollins*



Schenectady Business and Professional Women's Club, Inc.
Invites you to join us at our next business meeting

Where: The Stockade Inn
When: Tuesday, May 24, 2011

5:30 – Networking
6:00 – Dinner Meeting – Reservations required
6:30 – Installation of Officers for 2011-2012
New Member Installation immediately following Installation of Officers

Cost: \$28 for guests; \$25 for members

Please R.S.V.P. By: Friday, May 20, 2011 to Susan Daly at 428-8830 or Carolyn Sabol at 887-5851 or
Email Carolyn at cwsabol@hotmail.com.

Please remember that if you are a member, your reservation is automatically made for you. If you are unable to attend, you must contact Susan Daly or Carolyn Sabol at the phone numbers or Email above, so that the club will not be charged for your dinner. Thank you for your consideration.

Tips and Tidbits

Listen to Your Heart!

Bayer Aspirin is making crystal aspirin to dissolve under the tongue. These aspirins work much faster than tablets. Keep aspirin by your bedside. Other symptoms of a heart attack besides the pain on the left arm are one must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently. Note: There may be NO pain in the chest during a heart attack. If these symptoms occur, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards call 911 and say, "heart attack!": Say that you have taken 2 aspirins. Phone a neighbor or a family member who lives very close by. Take a seat on a chair or a sofa near the front door and wait for their arrival. **DO NOT LIE DOWN!**

(Thanks to Jean Weed for providing this vital information.)



We had previously planned on having a "**Party of Gold**" representative at our May Meeting. All proceeds would have been used as a fundraiser. You bring your old gold or silver, you get a check, and Schenectady BPW would Get a payment for hosting. We have decided to reschedule this to be held at a later date. In discussions with the representative, we decided that the time element would greatly increase the lateness of the meeting, and we thought that it would be better to have it on a night that a meeting is not scheduled. Jane will get back to us with a date and time.

The June Edition is the last issue of HANDCLASP for 2010-2011 program year.
Our ads run from September – June each year. Members have first chance on ads for the new year.
Ads are 2 in. x 3.75 in Business Card size - \$30 annually/ Double ads 2 in. x 7.50 in. size - \$50 annually

To place your ad, send your business card with check made payable to Schenectady BPW to:

Cay Raycroft
104 Glen Eddy Drive
Niskayuna, NY 12309

From the Board

Programs, Kim Bellizzi, Chair

We are coming to the end of our 2010-2011 program year. We have had outstanding programs developed from what our members wanted. Kim took the list we had generated and filled out with speakers. She started at the top with professionals who were tops in their respective fields.

May 24 – Installation of officers/ New members will also be inducted into membership of Schenectady BPW.

June 28 – Scholarships Presentation. The Scholarship Committee will present our High School girls entering college in September and women returning to college to complete or to advance toward their educational goals. This is a highlight of our program year.

Officers Elected for 2011-2012

President – Jane Osterhout – 2 year

1st Vice President – Bonnie Keller – 1 year

2nd Vice President – Aldona Vaitulis - 2nd year

2nd Vice President – Michele Paludi - 1st year

Secretary – Cyndie Powell

Treasurer – Tammy Krisher

Board – 1 year Carolyn Sabol

Board – 2 years Susan Daly, Marie Johnson

(Also on Board – **Immediate Past President:** Elena Alvarez)

Membership, Bonnie Keller & Aldona Vaitulis, Co-chairs

Each one of you/us is a member of the Membership Committee. Most new members come in because someone invited them to a meeting. You must continue to do so, so that we can grow and become more effective in supporting working women and girls to help them to meet their goals.

You can do so by---

1. Renewing your membership in a timely manner. When you receive your renewal notice, send your dues then. Your dues will extend your membership from the date that they are due.
2. Keep several membership applications in your purse so that if there is a guest at your table or in your conversations with women in your workplace or family, you are prepared to take their application.
3. At meetings, make sure that you meet someone new each month, and continue to invite guests to our monthly meetings.

Report any member who is ill, has a birthday, has gotten a new job, or has lost a loved one to our Hospitality Chair, Barbara Tremante (377-4526). Barbara does a great job of sending a card from all of us.

New York State Women, Inc. Has developed a good number of recruitment, retention, induction and other membership tools.

New Members

Mary Beth Sharkey

3 Wellington Road, Delmar, NY 12054

Tel: 439-1316

Bus. Phone: 396-9836

Employment: New York Oncology, Hematology, 400 Patroon Creek Road, Albany, NY 12206.

Email: Sharkey301103@aol.com

Hobbies: music, animals, fashion, real estate, scrap booking

Christina Meier

25 Alpine Drive, Albany, NY 12110

Cell: 986-0250

Birthday: 5/4

Employed: Toombs & Meier, PLLC

157 Barrett St., Schenectady, NY 12305

Job Title: attorney, founding member

Bus. Ph: 688-2846

Email: cmeier@toombsmeier.com

Hobbies: building things, painting, staining

Welcome All New Members!!!

There will be an installation ceremony for new members following our installation of Officers at our May meeting.

Scholarships 2011-12

Elena Alvarez has circulated applications to all high schools in Schenectady County. Also, all colleges and agencies serving women who need to complete their education to advance in their business or profession. If you have a family member or friend who needs a scholarship to complete their educational goals, get a scholarship application from the Schenectady BPW Webpage or by calling Elena at 377-3632.

2010 – 2011 Schenectady BPW Board Members and Directors

Board President	-- Jane Osterhout
1st Vice President	-- Kim Bellizzi
Co-2nd Vice President	-- Aldona Vaitulis
Co-2nd Vice President	-- Bonnie Keller
Treasurer	-- Jean Weed
Secretary	-- Cyndie Powell

Directors: Susan Daly
Sister Stella Dillon
Marie Johnson

Immediate Past President: Elena Alvarez, PhD.

Women in Need, Jean Weed, Chair

The WIN Committee is requesting all members to bring new or slightly used children's books for use with the summer lunch program. Stop at book stores, drug stores, big box stores asking for donations. Bring the books to the April, May, June meetings.

Woman of the Year, Jane Osterhout, Chair

Nominations for Woman of the Year 2011 are needed by August 3, 2011. For copies of the Nominating form, go to Schenectady BPW Webpage at www.schenectadybpw.org or contact Jane at 393-0452.

Fashion Show /Cyndie Powell—Chair

We have chosen fashions by Fancy Schmancy. Susanne is very excited to be providing the fashions, and as many of you may already know, she has just expanded her store. She now has use of two large stores in the plaza. She carries a wide variety of clothing, from business casual to elegant formal wear. She also carries a wide variety of sizes, both misses and plus.

The Fashion Show Committee NEEDS YOUR HELP !!

Please keep in mind that the success of the fashion show is a group effort. You can help by collecting donations from local businesses to be used as door prizes and silent auction items. You could also talk to local business owners about placing an ad in our program. Some of our larger businesses are also happy to be providing large, high-end baskets for our basket raffle.

It seems like November is a long way off, but the sooner these items are collected the better. Once summer is behind us, it will be right around the corner. You can drop off any items collected to either Cyndie or Donna Anscombe at First National Bank of Scotia on the corners of Balltown Rd and Nott Streets. My goal is to surpass our total amount earned last year by at least 10%....Let's work together to make this our best one yet! Check out the forms are on the Website for more information, and for receipts for your donors.

The next Fashion show meeting will be held on Tuesday, May 31st at Jane's house.
Meeting begins at 5:30 pm.

If you would like to serve on the Fashion Show Committee, please let Cyndie know. You can email her at cyndie@nycap.rr.com or call her at (518)370-7249.



District Leadership Meeting

June has been set for District IV Leadership Meeting. We will be receiving place and time soon. All members invited.

State Conference – June 3-4-5

The reorganization of our State organization from BPW to NYS Women, Inc. is the result of the change at a National level. BPW/USA was a member-based organization and BPW Foundation, a 501(c)3 structure. BPW, ACUU, LWV and many of the national women's organizations founded in the 1880's have been changing in the same way. Each state in BPW/USA has been working on its new structure for the past two years.

NYSWomen, Inc. is ready to roll out program and resources in June at the State Conference. New Membership Development tools and program descriptions will be presented.

Proposed new bylaws for NYSWomen, Inc. will be presented for discussion and action.

This Conference will be important as we face our future. For registration material, contact President Jane Osterhout, at 518-393-0452



National Women's History Museum

Late on April 14, S.680, the National Women's History Museum Act I passed out of the Senate Environment and Public Works Committee (EPW) on a voice vote. This legislation is identical to that introduced in the last Congress to provide a building site for the Museum adjacent to the National Mall at 12th Street and Independence Avenue SW, across from the National Mall in Washington, DC. It provides that the land and construction of the Museum will be funded with private monies – no federal dollars are requested

If there is anything that you would like to see on the Website, that isn't currently there, please let Cyndie know. You can contact her by email at cyndie@nycap.rr.com or by phone at 518-370-7249.

If you have any items that you would like included in the Handclasp, please get your information to Cay by the 1st Wednesday of each month. Cay can be reached on 518-372-2521 or by email at ddraycroft@aol.com

Among our Members

- Our own, Jane Osterhout was interviewed by Ann Parillo on "Schenectady Today". Jane talked about our upcoming program on Emergency Preparedness. She also mentioned our Career Development Program, our Fashion Show and Scholarships. It was a great interview, and will be aired several times on the Public Access Channel. The Interview is up on our website. Jane requested a digital and DVD copy of the interview for our use.
- Lisa Giruzzi announced a new course of Transformational Conversations, "A Life Worth Living; Discovering What's Possible," June 4 & 5, 9:30am – 5:30pm each day. You will discover what's possible, and develop your goals and dreams toward success by design. For more information or to register, visit www.LisaGiruzzi.com.

Community Bulletin Board

Check the Can – Diane Sawyer has a special report on the subject of checking labels on cans. They removed ALL items from a typical, middleclass family's home, that were not made in the USA. There was hardly anything left besides the kitchen sink. Literally. during the special they are going to show truckloads of items –USA made – being brought in to replace everything. And will be talking about how to find these items and the difference in price etc. It was interesting that Diane said that if every American spent just \$64 (more than normal) on USA made items this year, it would create something like 200,000 jobs.



You can save lives by preventing bullying – Suicide is the third leading cause of death among 15 to 24-year-olds, and according to a Yale University study, bully victims are between 2 to 9 times more likely to consider suicide than non-victims.

Bullying can take place both online and at school and even when it doesn't end in suicide, the effects can be devastating for the victim and their families. Schools should be a safe space for our children to learn and grow, but for students who must endure constant bullying, it can become a terrifying ordeal. Youth who feel threatened at school often end up putting their entire future at risk with some dangerous behaviors, like skipping classes, dropping out altogether, or worse.

SICM BOOK COLLECTION

Schenectady Inner City Ministry has a Summer Youth Lunch program at various city parks which starts with the close of school. Nearly 30,000 lunches were provided to youth at 13 sites last year. They also offer activities such as reading and games. There is a need for books which can be given to the children. Some of these children have never had their own book, so they are thrilled to take one home. In an effort to encourage reading and learning. Schenectady BPW will be collecting books for the youth, ages 5 through 18. Most of the children who attend the program, however, are in elementary school. Please bring new or "gently used" books to the May and June Meetings of BPW for the children. If you have a favorite book store, you may want to ask them for books for this program which you can bring to our meetings as well. Call Jean Weed at 882-1840 or email at Hubbs45@nycap.rr.com with any questions. You are also encouraged to visit SICM's website to view all of their programs at www.sicm.us.

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Jane Osterhout

**2010-2011
President Schenectady BPW**

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HOW SMART WOMEN MANAGE THEIR MONEY **THEY DON'T**

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of investing in today's
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Financial Executive

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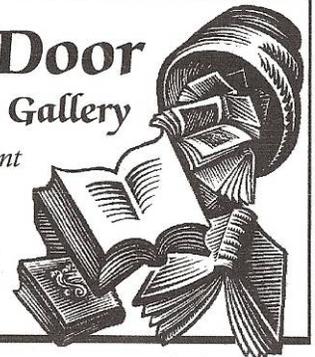
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Email address _____

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For more information, please contact our membership chairs:

Aldona Vaitulis at (518) 355-4923

Or Bonnie Keller at (518) 895-2364 or (518)993-4799

Or email Bonnie at: bkeller@nbtbank.com

Dues \$72.00 per year

Please make checks payable to: Schenectady BPW

C/o Jean Weed, Treasurer

7120 Pinewood Trail

Galway, NY 12074



Signature _____

Business and Professionals Women's Club

Benefits of Membership

Active BPW members come together each month for regular meetings and special programs. Members network professionally, share contacts and career strategies, and work on political issues of importance. Members participate in BPW at all levels and are eligible to serve as conference participants

www.schenectadybpw.org