



**NIKE** The official publication of New York State Women, Inc.

**VOL. 71 ■ ISSUE 2 ■ WINTER 2021/22**



**Our Mission**

To connect and build women personally, professionally, and politically.

**Our Vision**

To empower women to use their voices to create positive change.



Are YOU a member of NYS Women, Inc. yet? Time to check us out at [nyswomeninc.org](http://nyswomeninc.org)

Dated Material — Deliver Promptly

**#WOMENHELPINGWOMEN**

# NYS Women, Inc. – The State of the State

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.” - HELEN KELLER

-Jacquie Shellman  
NYS Women, Inc. President, 2020/2021



**HOPE!** Have you ever stopped and thought about the word HOPE? I have been wrestling with this word since Associate Editor Katharine Smith told me it was this issue’s theme. Googling both the word “hope” and “wish” was not much help. How are they different, are they different? Why wasn’t the theme of this issue WISH? Try thinking of HOPE, both as a verb and as a noun. I do not believe you will ever look or hear this word again without that deep feeling of doing or wanting to do good for SOMEBODY ELSE.

Thanks to our *NIKE* team, Joyce DeLong and Katharine Smith, for the excellent Autumn 2021 issue “Resources and Programs for Women in New York State.” That issue of *NIKE* provided many resources of **hope** to women of our state who need a step up, a helping hand. The knowledge that there are others who can help, want to help others succeed is empowering and provides a light at the end of a tumultuous dark tunnel – HOPE.

Hope is full of optimism. As an avid wine enthusiast, to me *hope* is a Cabernet Sauvignon and *wish* is a Blush wine. There is just a deeper feeling in your gut when you are giving hope to someone.

“How do you teach hope to children” was another Google search for me. The result? To keep eyes on the future. Ask what they hope to achieve. We may be mature business and professional women, but we are all children at some point in our day, in our life. We all need hope, we all need someone to help us keep our eyes on the future and what we hope to achieve.

We have all suffered in one way or another dur-

ing the pandemic and post-pandemic. Some have lost hope of ever having a normal life, or ever working again because of COVID-19 mandates. We cannot – and must not – lose hope of better times to come.

This, might sound trite to some but try to look through the eyes of a child and put away all that political humdrum and media hype. Become the *hope* for women in your communities. Work on a scholarship program whether in your local chapter or for some other organization in your community. I chair our Region 7 scholarship fund and participate in the selection of our winner; I serve on the board of the Grace LeGendre Endowment Fund as a member of the Fellowship Committee, reviewing and selecting fellowship winners. I’m also a member of the scholarship committee for my college sorority Alpha Kappa Phi. I have a deep feeling that I am touching someone’s life in a positive manner, knowing I am fulfilling their hope for a better life.

New York State Women, Inc. has so many resources to provide hope. Be a part, stand up, extend that helping hand. Put away all pretense and meet each other face to face without self-pity and without prejudice. As we enter this holiday season of well wishes and good cheer, perhaps you will put into action straightforward and unafraid HOPE for others. 🐾

Respectfully,

A handwritten signature in cursive that reads "Jacquie Shellman".

Jacquie Shellman, President  
New York State President 2021-2022



2022

MONTHLY  
**15** Communicator deadline

JAN  
**15** NIKE submissions deadline

FEB  
**16** NYS Women, Inc. Winter Board Meeting (via Zoom)

JUN  
**10-11** Annual Conference

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**NIKE Submissions**

All contributed articles must be original work; all previously published works must be accompanied by the publisher’s authorization to reprint. NIKE reserves the right to edit contributed articles for clarity and length, and reserves the right to refuse to publish any contributed article.

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NIKE is a quarterly informational magazine for New York State Women, Inc. members and other professional women. Published 4 times per year (September, January, September and May). Circulation: approximately 1200. Payment must accompany all advertisement requests. NIKE reserves the right to refuse to publish any advertisement.

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# Table of Contents

**Hope**

**Feature:** HOPE Springs Eternal – Claire Knowles.....5

**Sidebar:** Keep Focused and Keep Calm – Sue Bellor.....7

**Women Who Bring Hope**

**Feature:** 104-year-old Syracuse, NY native Ruth Johnson Colvin, founder of nonprofit, Literacy Volunteers – JoAnne Krolak.....8

**Feature:** Malala Yousafzai; youngest Nobel Prize recipient.....12

**Feature:** Helen Keller; deafblind American author, disability rights advocate, and political activist.....14

**Feature:** Oprah Winfrey; from rural poverty to billionaire and greatest Black philanthropist in U.S. history.....17

**The Last Word**

**Feature:** Women’s Words of Hope – compiled by Katharine Smith.....19

**In This Issue**

**State of the State:** Jacquie Shellman..2

**From the Editor:** Joyce DeLong.....4

**NYS Women, Inc.**

Advocacy Committee Updates.....6

**Chapter & Region News**

Rome Professional and Business Women.....10

St. Lawrence County.....10

**All Stars**

NIKE All Stars.....16



ruth johnson colvin pg 8



helen keller pg 14

**NIKE (ISSN 0271-8391, USPS 390-600)** is published quarterly in September, January, September and May by New York State Women, Inc. (formerly Business and Professional Women of New York State, Inc), 29 Falmouth Lane, Williamsville NY 14221. Subscriptions are a benefit of membership in New York State Women, Inc. Periodical postage is paid in Buffalo, NY and additional mailing offices.  
**POSTMASTER:** Please send address changes to NIKE Editor, 29 Falmouth Lane, Williamsville NY 14221. RETURN POSTAGE ACCOUNT at Buffalo, NY Main Post Office 14240.



## From the Editor

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**Winter 2021/22**

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Bronze Boosters: \$5.00 – \$24.00

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#### **Back Cover**

1 issue: \$600 • 4 issues: \$2,000

#### **Inside Front Cover**

1 issue: \$400 • 4 issues: \$1,400

#### **Full Page**

1 issue: \$300 • 4 issues: \$1,000

#### **Half Page**

1 issue: \$150 • 4 issues: \$500

#### **Quarter Page**

1 issue: \$75 • 4 issues: \$250

#### **Eighth Page**

1 issue: \$37.50 • 4 issues: \$125

“When you feel like hope is gone, look inside you and be strong and you’ll finally see the truth - that hero lies in you.”



-Mariah Carey

OUR THEME FOR THIS ISSUE OF *NIKE* IS HOPE. THE SEASONS are changing and as leaves drop from the trees, nights grow longer, and snow threatens, it’s “hope” that will get us through the next few months. So as we join together to celebrate the holidays with family and friends, let us HOPE for a brighter and better 2022!

We’re bringing you words of hope from Buffalo Niagara Chapter member Claire Knowles in her article on the next page, “HOPE Springs Eternal.” Read the stories of women who bring hope, starting on page 8, with Syracuse, NY native Ruth Johnson Colvin who founded the nonprofit Literacy Volunteers (now an international organization, and yes, 104-year-old Ruth is still going strong!).

Overcoming personal and physical struggles are showcased in the lives of other women who bring us hope: Deafblind Helen Keller, who traveled the globe advocating for those with disabilities (page 14); Pakistani Malala Yousafzai, shot as a school girl by Taliban vigilantes, who went on to win the Nobel Peace Prize (page 12); and Oprah Winfrey born into poverty in rural Mississippi to a single teenage mother, molested during her childhood, pregnant at 14, who now is the most generous Black philanthropist in U.S. history (page 17).

The NYS Women, Inc. Advocacy Committee is working to engage, enlighten and empower women and we bring you their ideas and projects on page 6: Tips on Running for Office, Moving Forward on the Equal Rights Amendment, How to Contact Your Local Politician, and Effective Social Media for Visibility.

And finally, Associate Editor Katharine Smith has done another of her “deep dives into the internet” for women’s inspirational quotes about hope (page 19). 🐞

-Joyce DeLong

**MARCH 2022 ISSUE DEADLINE: JANUARY 15, 2022.** Please type *NIKE* in your email subject line and send to the attention of Joyce DeLong, *NIKE* editor, at PR@NYSWomeninc.org. Previously published material must be accompanied by a letter from the publisher with permission to republish and credit line to be included with the article.



# HOPE Springs Eternal

by Claire Knowles

“Hope Springs Eternal” is a proverb emphasizing that *people can always find a reason to hope, even in the bleakest situations*. Optimists live by this code. The phrase is a shortening of the line, “Hope springs eternal in every human breast,” from Alexander Pope’s poem, “Essay on Man.”

Collectively, as New York State Women, Inc., we certainly have experienced some bleak down-times during the last two years of pandemic-related stressors. None of us have escaped the stressors impacting health, wellness, and our socio-economic lives. Together, we **hope** for better, brighter times. For us, *Hope is a Choice*.

What’s the opposite of *Hopeful*? **HOPELESS**. They are like the two end positions of the see-saw/teeter-totter – moving up to the top or moving down to the bottom. Each of us has known both at various points in our lives. Often, we talk about why we need to *keep hope*...knowing that moving up again is a viable option for us.

*Hope* is a key motivation in our lives. Finding *hope*,

holding on to it, losing it, getting it back and strengthening it – that is the subtitle of our lives. *Hope keeps us going. Hope is that knowing that we’ll move back up again on that teeter-totter – and knowing we must have our feet on the ground to push ourselves into that upward momentum*. The more hope we hold, the more resilient we are. Feeling hopeless, on the other hand, can stop us in our tracks. It can block energy, growth, happiness, and love. Hopelessness at its worst can be deeply destructive to our potential, health and ultimately our life.

Regarding slipping toward the hopelessness end of the teeter-totter, I recently read about a survey of small

*Continued on page 7*



# New York State Women, Inc.

## Your Advocacy Committee: Empowering Women

-submitted by Sue Bellor, Chair Advocacy 2020-2022 Status of Women

The NYS Women, Inc. Advocacy Committee has been busy working to engage, enlighten and empower women. Please read these updates on what we are doing! Reports are from Marilyn Mannino, Erica Leonard, Elaine Croteau, and Sue Bellor.

### TIPS ON RUNNING FOR OFFICE

- by Sue Bellor

- Ask yourself why or what has prompted you to run.
- Speak with town committee chair about logistics.
- Contact board of elections commissioner of political party about the process.
- Educate yourself on both the petition and caucus process requirements.
- Start attending town sub-committee meetings.
- Attend NYS webinars through Association of Towns, Office of State Comptroller, local/regional trainings.
- Set up a financial checking account with local bank for just that purpose or position running for and learn all NYS finance requirements for reporting to state.
- Plan platform issues and purchase relevant door hangars or promo/rack cards.
- Plan graphics for yard signs.
- Visit district neighborhoods in town with promo cards.
- Solicit help with letters of support.
- Write thank you notes for donations to your campaign.
- Plan advertising for media: internet AND newspapers.
- Advocate for yourself with positive demeanor. Be consistent.
- Write thank you letter to media afterward (no matter the results).

### EQUAL RIGHTS AMENDMENT

- by Elaine Croteau, Region 2 Director

#### U.S. Senate: S.J.Res.1 – 117th Congress (2021-2022)

This is a joint resolution removing the deadline for the ratification of the equal rights amendment. Sponsor – Senator Benjamin L. Cardin (D-MD); co-Sponsors – Senator Lisa Murkowski (R-AK), Senator Susan M. Collins (R-ME), Senator Robert E. Casey, Jr. (D-PA), Senator Angus S. King, Jr. (I-ME).

The next step is to contact female Senators to ask them to sign-on to this resolution and also contact the Majority Leader of the Senate and the Minority Leader of the Senate.

Please note: the House of Representatives has already passed this resolution.

#### NYS Women, Inc. members can help move this forward

Request all chapter presidents to ask their members to contact the Senators listed and ask them to support the S.J.Res.1 removing the deadline for the ratification of the equal rights amendment. Reference the fact that the House

of Representatives has already passed this resolution.

Members should write a letter or note to the Senators listed below – NO e-mail – and send copies to local papers and other interested groups in their community and to region directors.

#### Recommended Senators to contact

Honorable Charles Schumer, Majority Leader  
United States Senate  
322 Hart Senate Office Building  
Washington, DC 20510

Honorable Mitch McConnell, Minority Leader  
United State Senate  
317 Russell Senate Office Building  
Washington, DC 20510

Honorable Marsha Blackburn  
United States Senate  
357 Dirksen Senate Office Building  
Washington, DC 20510

Honorable Dianne Feinstein  
United State Senate  
331 Hart Senate Office Building  
Washington, DC 20510

Honorable Kirsten E Gillibrand  
United States Senate  
478 Russell Senate Office Building  
Washington, DC 20510

Honorable Margaret Wood Hassan  
United States Senate  
324 Hart Senate Office Building  
Washington, DC 20510

Honorable Mazio K. Hirono  
United States Senate  
109 Hart Senate Office Building  
Washington, DC 20510

Honorable Cindy Hyde Smith  
United States Senate  
702 Hart Senate Office Building  
Washington, DC 20510

*Continued on page 11*

Continued from page 5

women business owners and entrepreneurs (in Tampa) that reported these professional women are privately dealing with inner challenges that they feel they must put “on hold” yet that are exacting a huge personal toll – fracturing their lives. These feelings of stress, anxiety, hopelessness, and fear are common, but rarely discussed. That’s why a Women’s Center there is beginning to offer a weekly “safe space” for them to identify and share their feelings while receiving support and guidance from both a professional counselor and an entrepreneurial coach. The program is specifically focused on helping to build resilience and heighten hope – essentially countering despair with hopefulness!

Why is this so important? **Because human kindness and human resilience give hope to the hopeless.** That is what New York State Women Inc. does for our membership and beyond. Our vision is to empower women. NYS Women Inc. helps connect and build powerful women personally, professionally, and politically. We foster the success of women in the workforce via promoting advancement, work/life strategies, leadership development, personal, professional, and supportive connections and much more! Many caring friendships develop over time. We share *hope*.

So, how are you positioned on Hope’s see-saw/teeter-totter today? Are you stuck at the bottom? Transitioning upward? On top again? Do you need to reach out for some needed hope? Are you in a position to share some hopeful guidance with another?

***If you are feeling some pangs of hopelessness... please know that your connections within NYS Women, Inc. can help you find hope again.***

In my book, *Lights On! Illuminations to Move Your Life Forward* there is a chapter on “becoming” and what matters most.



Psychologists tell us that there are five interrelated life need strategies – always tugging at us – and invoking our next action. If any of the arenas go negative, we try

to do what we need to do to move into the positive element again. They are key to our hope and resilience; each needs to be fulfilled to be balanced. We continually seek to boost ourselves upward in each of these arenas.

- |            |                             |
|------------|-----------------------------|
| Competency | Feeling Successful (or not) |
| Usefulness | Feeling Needed (or not)     |
| Belonging  | Feeling Valued (or not)     |
| Potency    | Feeling Empowered (or not)  |
| Optimism   | Feeling Hopeful (or not)    |

## Keep Focused and Keep Calm

Women work hard and sometimes feel like they are struggling to move forward either at work or at home, when something comes up that presents a challenge. Some people refer to it as a bump in the road. We just need to maintain focus, stay on path, and proceed with the positive energy, which we all have. After all, people need us so don’t sweat over what we may not have control anyway.

Be true to yourself, keep your demeanor and be sure to do what makes you feel joyful; whether it is a lunch out with friends, daily exercise, or completing your latest project to your satisfaction.

With incredibly busy lives, we all wear many hats...just do one thing on your daily focus list of chores at a time. Then return to make time to enjoy living; with family, friends, pets and colleagues.

Where there is hope, there will be joy. Keep focused, keep calm and keep smiling.

-Sue Bellor  
St. Lawrence County Chapter

So, when you or someone you care about is feeling down, depressed, or stagnant, anxious, or fearful, it’ll show up within one or more of these arenas. And therein, lie the keys for opening the door to help them – in hope-filled ways, because **Hope is a choice**. Think about your personal/professional situation... are you feeling successful, needed, valued, empowered or optimistic? Or not? Your seesaw/teeter-totter can move upward with just one hopeful push! Let’s end this with a calendar-timely message of HOPE:

*“Smiles from the threshold of the year to come, whispering ‘it will be happier...”*

- Alfred Lord Tennyson

**And so it will be. Because Hope Springs Eternal!**

BNC member Claire Knowles is a 2-time Amazon best-selling author, including the book, *Can You See Them Now? Elephants in our Midst*. A speaker and business leadership consultant, she helps leaders and their teams become the most effective they can be at accomplishing goals (together). Contact her at [www.ClaireKKnowles.com](http://www.ClaireKKnowles.com) at 716-622-7753.

## Feature: Women Who Bring Hope

[Editor's note: This article first appeared in the March 2014 issue of NIKE. Our regular columnist, the late JoAnne Krolak, could not have known that Ruth Johnson Colvin would persevere on at age 104, despite the temporary closure of her nonprofit caused by COVID. We felt Colvin truly epitomizes "hope." We've updated JoAnne's original column with new information.]

# Ruth Johnson Colvin

by JoAnne Krolak

RUTH JOHNSON COLVIN WAS born in Illinois, where her father and his brothers ran a construction company in Chicago. Her Swedish-American father died when Ruth was 12. While she was growing up, Ruth developed a desire to become a teacher and would practice on the younger children in the family. A geography lesson, for example, would involve spinning a globe, pointing to a country and then having the children write a report on that country. When Ruth reached college age, family finances would not pay for a teaching degree and so Ruth attended junior college where she studied business administration. After graduation, Ruth found work as a legal secretary and it was on the job that she met Robert Colvin, who was a student at Northwestern University. Following their marriage, the Colvins moved, first to Seattle and then to Syracuse, where Robert would have a career in industrial chemicals.

The time was 1961. Ruth Johnson Colvin stared at the Syracuse newspaper in shock, not quite believing what she saw. According to statistics from the 1960 census, more than 11,000 people in Syracuse could not read. Illiteracy was not just a problem in faraway lands, but right there in her own city. What was being done about it?

Ruth Colvin took things personally. Something needed to be done and she was going to do it. As Ruth said "...the ability to read and write is critical to personal freedom and the maintenance of a democratic society." She started with an invitation to coffee in her own home, and brought together community leaders to inquire on what was being done. The answer came back – not much. Speaking invitations followed and



the head of Church Women United said the organization would sponsor Ruth's efforts.

Ruth started Literacy Volunteers in her basement. For Ruth, the student learners were the focus. She saw that traditional classroom methods and settings would not work for these students. Knowing that she could not do the job alone, Ruth started by building a network of community volunteers and tutor training programs to create a climate where the learner was encouraged in his/her efforts to learn.

She brought in professional reading specialists, who helped create tutor training and other instructional materials. Language and vocabulary familiar to the student was used. People from different backgrounds and occupations, everyone from dropouts to bank presidents, were the tutors.

**"The ability to read and write is critical to personal freedom and the maintenance of a democratic society."**

Ruth Johnson Colvin

In 1967, Literacy Volunteers was chartered in New York State as tax exempt and non-profit and changed its name to Literacy Volunteers of America, Inc. By 1972, the organization had 40 affiliates. Shortly after that, the organization introduced an English as a Second Language tutor training program, recruited practitioners to assist in developing programs, and worked to encourage student involvement in the literacy programs. By 1985, the number

of affiliates reached 125. In 2002, Literacy Volunteers of America merged with Laubach Literacy International to form the organization ProLiteracy Worldwide.

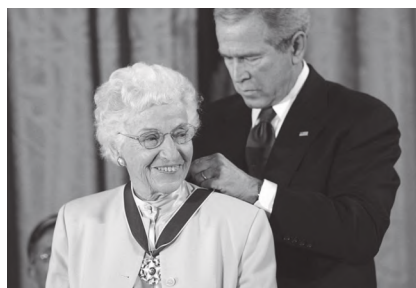
Laubach Literacy International's history begins in 1930, when Dr. Frank C. Laubach was a missionary among the Maranao people of the Philippines. His concern about

Illustration: Katharine A. Smith



their poor living conditions led him to conclude that the ability to read and write was essential for them to begin to solve their problems. As the Maranaos learned to read, they would, in turn, teach other adults on a one-to-one basis that became known as “Each One Teach One.” From 1935 to 1967, Dr. Laubach visited 105 countries answering calls for literacy help and created reading lessons in 315 languages. He founded Laubach Literacy International in Syracuse in 1955.

Over time, the program has spread beyond Syracuse, beyond even the United States, to reach student learners in more than 60 countries in Asia, Africa, Latin America, and the Middle East.



She was presented with the Presidential Medal of Freedom by President George W. Bush on December 15, 2006, in the East Room of the White House. The President noted that “Ruth Colvin is a person of intelligence and

vision and heart. And she has earned the gratitude of many, and the admiration of us all.”

Ruth Johnson Colvin has over 40 years of literacy experience and has published nine books. She has received 29 awards and honors for her efforts as well as “hundreds of people stories” from the 60 countries she has either worked in or visited. She is the recipient of seven honorary doctorates of humane letter degrees including one in May 1983, from her alma mater, Syracuse University.

In 1987, she received the President’s Volunteer Action Award from President Ronald Reagan, the highest award given to a volunteer.

She is the recipient of numerous awards including the Women’s Day National Award, the International Center Goodwill Ambassador Award, the Rotarian International Harris Fellow, the NE Synod Presbyterian Ecumenical Award, the President’s Volunteers Action Award, and the LVA President’s Special Service Award. In 1993, she was inducted into the National Women’s Hall of Fame. Ruth Johnson Colvin’s papers are housed at Syracuse University. The University would have liked to have her write her memoirs, but Ruth is saving those memories for her family. However, for Ruth, the stories to tell are the ones about her students, the people she has met through her work. As Ruth herself says, “people are the important thing to me... and so this is where I’ve had so many stories of wonderful

people, caring people. I call them unsung heroes. And these are the stories that I wanted to share.”

On May 20, 2018, Colvin gave the Commencement Address at Le Moyne College in Syracuse, NY and was awarded an honorary doctorate.

## Literacy CNY To Restart Soon With Help And Expanded Programming From Literacy Rochester

WAER | By Scott Willis

Published September 8, 2021 at 6:53 PM EDT

Nearly a year after shutting down, Literacy CNY is ramping up operations again with help from a sister organization down the Thruway. Literacy Rochester is not only restarting programs here, they’re planning to launch new ones.

Executive Director Joshua Stapf says they’re already making progress, and hope to have classes up and running by January or even sooner.

Last November, Stapf says Literacy CNY simply ran out of money when state funding dried up during the pandemic. Now he says they’re hoping to resurrect the organization without it. They plan to add a digital literacy program to the mix, since many people with low literacy also lack computer skills. Stapf says now it’s a matter of reaching those who might benefit the most.

“A lot of these people come from very insulated communities where they don’t necessarily trust outside people and organizations. We rely on our connections with former students and also with leadership within refugee/immigrant organizations where a lot of these students come from.”

He says literacy is key to high school equivalency programs or vocational training, which are offered across the hall at the SUNY Educational Opportunity Center.

“When those students come to the EOC and they don’t reach those levels, they bring them over to Literacy CNY where we provide small group classes of intense instruction so to help them raise their reading and math scores, usually within about a three month period. Then they can go back to the EOC.”

104-year-old Ruth Colvin started the adult literacy movement here in Syracuse 60 years ago and took it across the nation and the world. She’s pleased to see her legacy continue after Literacy CNY’s temporary closure.

“When they failed, Rochester offered to help. This is exactly what I’m proud of. That all of you are interested in knowing the importance of being able to read.”

Assemblymembers Al Stirpe and Bill Magnarelli were on hand for the announcement, which marked International Literacy Day. More information about becoming a student, volunteering, and donating is at [literacycny.org](http://literacycny.org).

# Chapter & Region News

## Rome Professional and Business Women Chapter – Region 5

- submitted by *Beth Jones, president*

In celebration of National Business Women’s Week the Rome chapter aligned with the Rome Chamber of Commerce as it hosted a forum at the historic Capitol Theatre on October 20th in Rome, NY. The “Yellow Rose of Challenge” ceremony was performed during the last part of the program. Rome Chapter president, **Beth Jones**, was assisted by **Chief Beach**, who presented certificates of excellence and past state president, **Robin Bridson**, presented a bouquet of five yellow roses (one rose for each work day of the week).



Pictured: Rome Police departments recipients, Beth Jones (left), **Patrolman Alexandrea Carletta**, and **Lieutenant Sharon Rood**.

Lt. Rood was awarded for her contributions, accomplishments, and selfless service to the Rome community both on and off duty. Patrolman Carletta was awarded for her personal sacrifice and protecting our community. She is in charge of, and handler for, the K-9 unit.

The forum also featured four principal successful business women who are at the top of their professions as speakers. The first speaker was Robin Bridson who talked about NYS Women, Inc., and the history of National Business Women’s Week, as well as discussing her profession. The second speaker was **City of Rome Mayor Jacqueline Izzo**, who presented an overview of her plan for economic development, and the future of the city. She also gave us the background of her career path. The third speaker was **Anne-Marie Walker-Czyz**, president & CEO of Rome Health (formerly Rome Memorial Hospital). Anne-Marie spoke of the health obstacles her patients face during the COVID-19 pandemic and the personal sacrifice of balancing family and working long hours. The final speaker was **Heather Hage**, president & CEO of the Griffiss Institute. She spoke on the ongoing challenges she has faced during her career path to get where she is today. Heather is the lead on STEM talent and technology development programs for cyber, quantum and our UAS (unmanned aerial system) solutions for national security. Rome chapter member **Helen Rico** is also a mentor on the STEM program



Panel of guest speakers: left to right, Beth Jones, Anne Marie Walker-Czyz, Rome Mayor Jacqueline Izzo, and Heather Hage.

## St. Lawrence County Chapter – 5

- submitted by *Sue Bellor, secretary*



**Allison Smith**, PA, and owner of the Massena Yoga Studio was guest speaker at the October meeting of St. Lawrence County Chapter. She provided an in-depth and informative session on her background; yoga; and how it helps our mind, body, and spirit. She explained how we should honor our body, mind and instincts, how overstretching muscles can harm us, and how we need to live with an inner peace. She showed the Pilates ball, which can help support our backs, especially while sitting or working at the computer.

Massena Village **Mayor Tim Ahlfeld** signing the proclamation announcing that Massena resident **Jessica Hurlbut** as St. Lawrence County Chapter’s 2021 Woman of the Year.



At the signing: St Lawrence County Chapter charter member, **Patricia McGrath** (1) and Women of the Year chair, **Sue Bellor**.



The chapter celebrated their new Woman of the Year, Jessica Hurlbut, with a dinner for family and friends and past honorees at Lobster House Restaurant on November 11th. Jessica is a pastor and writer and is well known for her volunteer work with Foster Care, a school in Uganda and her blogs on autism and foster care. Left, Jessica, with Woman of Year chair member Sue Bellor. Pictured below, past Women of the Year, left to



right front row: Ann Borsellino, Julianne Paquin, Angela Gray, Sue Bellor and Erica Leonard; back row: Maria Morrison, Cindee Hurlbut, and Georgette Davis

# Your NYS Women, Inc. Advocacy Committee: Empowering Women

*Continued from page 6*

Honorable Amy Kobuchar  
United States Senate  
425 Dirksen Senate Office Building  
Washington, DC 20510

Honorable Cynthia M. Lummis  
United States Senate  
124 Russell Senate Office Building  
Washington, DC 20510

Honorable Lisa Murkowski  
United States Senate  
522 Hart Senate Office Building  
Washington, DC 20510

Honorable Patty Murray  
United States Senate  
154 Russell Senate Office Building  
Washington, DC 20510

Honorable Jeanne Shaheen  
United States Senate  
506 Hart Senate Office Building  
Washington, DC 20510

Honorable Kyrsten Sinema  
United States Senate  
317 Hart Senate Office Building  
Washington, DC 20510

Honorable Tina Smith  
United States Senate  
720 Hart Senate Office Building  
Washington, DC 20510

Honorable Debbie Stabenow  
United States Senate  
731 Hart Senate Office Building  
Washington, DC 20510

Honorable Elizabeth Warren  
United States Senate  
309 Hart Senate Office Building  
Washington, DC 20510

## **CONTACTING YOUR LOCAL POLITICIAN**

*- by Marilyn Mannino*

Are you thinking of contacting a local politician who is interested in the issues our organization (your committee) is following?

If he or she is in your district, arrange an appointment at their office. This also provides an opportunity for you to meet in-person so that you can establish a relationship with him or her. You'll be able to fully describe what you

and the committee are following and describe our organization and its goals. You can also tell him or her specifically what you need for them to do. Hope this gives you some good ideas! 🐾

## **EFFECTIVE SOCIAL MEDIA FOR VISIBILITY**

*- by Erica Leonard*

I would like to point out some issues surrounding women and visibility.

Since the onset of COVID-19 we've all changed how we operate in our daily lives. Social media and the internet have become more prominent for many of us, using apps like Zoom and Google Teams to operate our businesses or visit with family.

We've used these apps for communications, but we are not taking advantage of them for discussing issues such as women in the workplace, work/life balance, or even events like Women's Equality Day.

Using our newsletter, website, and email campaigns are important for NYS Women, Inc. members who can then share them with family and friends to help spread awareness. This is essential, especially for the generation that doesn't use social media enough.

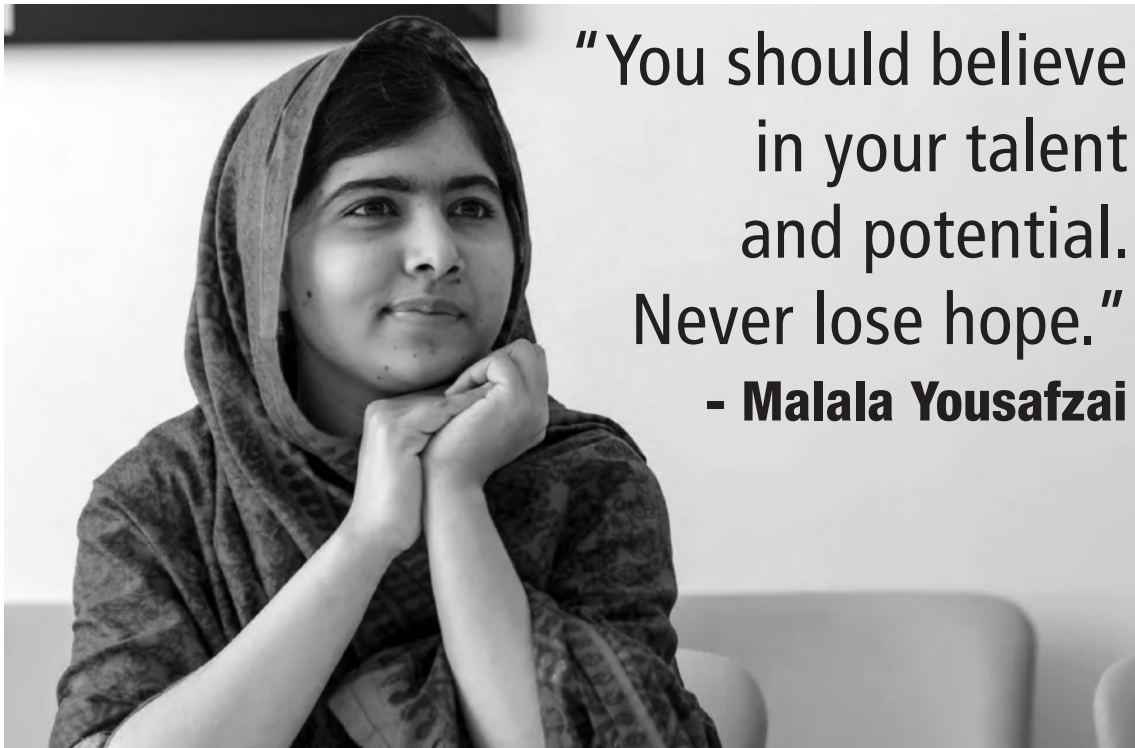
We must use social media platforms consistently and constantly in order to bring awareness to users and help to gain momentum with younger generations. This isn't hard. Creating a 5-minute video at a chapter or community event will give you content that can be used across all platforms, once split up and edited. Photos and text can be edited to put together a 30-second video showcasing why women's issues in the workplace are so important. Or tweeting about new legislation with a link to get more involved can bring people to our web pages. I can guarantee our politicians, and those who can help us advocate, are on social media. Let's tag them in our posts so they'll see what we're concerned about. They are not going to take time out of their day to read our newsletter or emails BUT their team is already looking at social media platforms to see when they've been tagged.

The two buzz words: consistent and constant. Chapters should be posting at least once a day although, to be successful and really gain the attention we need, it should be more than five times a day across multiple platforms. Lastly, having one person in charge of this for each chapter (someone who will take it seriously but also have fun with it) is critical. If you have multiple people sharing news, photos, video, or links about legislation in the newsletter, sending out email campaigns, and on social media your message can get confusing. A (social) media manager is key for consistent messaging.

I hope this inspires you to discuss with your chapter what fun ways you can gain more exposure to advocate for women! 🐾



## Feature: Women Who Bring Hope



**“You should believe  
in your talent  
and potential.  
Never lose hope.”  
- Malala Yousafzai**

Malala Yousafzai was born on July 12, 1997, in Mingora, the largest city in the Swat Valley in what is now the Khyber Pakhtunkhwa Province of Pakistan. She is the daughter of Ziauddin and Tor Pekai Yousafzai and has two younger brothers.

At a very young age, Malala developed a thirst for knowledge. For years her father, a passionate education advocate himself, ran a learning institution in the city, and school was a big part of Malala’s family. She later wrote that her father told her stories about how she would toddle into classes even before she could talk and acted as if she were the teacher.

In 2007, when Malala was ten years old, the situation in the Swat Valley rapidly changed for her family and community. The Taliban began to control the Swat Valley and quickly became the dominant socio-political force throughout much of northwestern Pakistan. Girls were banned from attending school, and cultural activities like dancing and watching television were prohibited. Suicide attacks were widespread, and the group made its opposition to a proper education for girls a cornerstone of its terror campaign. By the end of 2008, the Taliban had destroyed some 400 schools.

Determined to go to school and with a firm belief in her right to an education, Malala stood up to the Taliban. Alongside her father, Malala quickly became a critic of their tactics. “How dare the Taliban take away my basic right to education?” she once said on Pakistani TV.

In early 2009, Malala started to blog anonymously on the Urdu language site of the British Broadcasting Corporation (BBC). She wrote about life in the Swat

Valley under Taliban rule, and about her desire to go to school. Using the name “Gul Makai,” she described being forced to stay at home, and she questioned the motives of the Taliban.

Malala was 11 years old when she wrote her first BBC diary entry. Under the blog heading “I am afraid,” she described her fear of a full-blown war in her beautiful Swat Valley, and her nightmares about being afraid to go to school because of the Taliban.

Pakistan’s war with the Taliban was fast approaching, and on May 5, 2009, Malala became an internally displaced person (IDP), after having been forced to leave her home and seek safety hundreds of miles away.

On her return, after weeks of being away from Swat, Malala once again used the media and continued her public campaign for her right to go to school. Her voice grew louder, and over the course of the next three years, she and her father became known throughout Pakistan for their determination to give Pakistani girls access to a free quality education. Her activism resulted in a nomination for the International Children’s Peace Prize in 2011. That same year, she was awarded Pakistan’s National Youth Peace Prize. But, not everyone supported and welcomed her campaign to bring about change in Swat. On the morning of October 9, 2012, 15-year-old Malala Yousafzai was shot by the Taliban.

Seated on a bus heading home from school, Malala was talking with her friends about schoolwork. Two members of the Taliban stopped the bus. A young bearded Taliban asked for Malala by name, and fired three shots at her. One of the bullets entered and exited her head and lodged

in her shoulder. Malala was seriously wounded. That same day, she was airlifted to a Pakistani military hospital in Peshawar and four days later to an intensive care unit in Birmingham, England.

Once she was in the United Kingdom, Malala was taken out of a medically induced coma. Though she would require multiple surgeries, including repair of a facial nerve to fix the paralyzed left side of her face, she had suffered no major brain damage. In March 2013, after weeks of treatment and therapy, Malala was able to begin attending school in Birmingham.

After the shooting, her incredible recovery and return to school resulted in a global outpouring of support for Malala. On July 12, 2013, her 16th birthday, Malala visited New York and spoke at the United Nations. Later that year, she published her first book, an autobiography entitled *I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban*. On October 10, 2013, in acknowledgement of her work, the European Parliament awarded Malala the prestigious Sakharov Prize for Freedom of Thought.

In 2014, through the Malala Fund,

the organization she co-founded with her father, Malala traveled to Jordan to meet Syrian refugees, to Kenya to meet young female students, and finally to northern Nigeria for her 17th birthday. In Nigeria, she spoke out in support of the abducted girls who were kidnapped earlier that year by Boko Haram, a terrorist group which, like the Taliban, tries to stop girls from going to school.

In October 2014, Malala, along with Indian children's rights activist Kailash Satyarthi, was named a Nobel Peace Prize winner. At age 17, she became the youngest person to receive this prize. Accepting the award, Malala reaffirmed that "This award is not just for me. It is for those forgotten children who want education. It is for those frightened children who want peace. It is for those voiceless children who want change."

Today, the Malala Fund has become an organization that, through education, empowers girls to achieve their potential and become confident and strong leaders in their own countries. Funding education projects in six countries and working with international leaders, the Malala Fund joins with local partners to invest in innovative solutions on the ground

and advocates globally for quality secondary education for all girls.

Currently residing in Birmingham, Malala is an active proponent of education as a fundamental social and economic right. Through the Malala Fund and with her own voice, Malala Yousafzai remains a staunch advocate for the power of education and for girls to become agents of change in their communities.

[Editor's note: Just before this issue of *NIKE* went to press, the world's youngest winner of the Nobel Peace Prize, Malala Yousafzai, announced her marriage to partner Asser Malik. The intimate Muslim marriage ceremony was held at her home in Birmingham, England on November 9, 2021. "Today marks a precious day in my life," Yousafzai captioned her photos on Instagram. "Asser and I tied the knot to be partners for life. We are excited to walk together for the journey ahead."]

From The Nobel Prizes 2014. Published on behalf of The Nobel Foundation by Science History Publications/USA, division Watson Publishing International LLC, Sagamore Beach, 2015. This autobiography/biography was written at the time of the award. Copyright © The Nobel Foundation 2014  
Malala Yousafzai – Biographical. NobelPrize.org. Nobel Prize Outreach AB 2021. Thu, 4 Nov 2021. <<https://www.nobelprize.org/prizes/peace/2014/yousafzai/biographical/>>



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## Feature: Women Who Bring Hope



# Helen Keller

education of another deaf and blind woman, consulted physician J. Julian Chisolm, an eye, ear, nose, and throat specialist in Baltimore, for advice. Chisolm referred the Kellers to Alexander Graham Bell, who was working with deaf children at the time. Bell sent them to the Perkins Institute for the Blind in South Boston. The school's director asked a 20-year-old alumna of the school, Anne Sullivan, herself visually impaired, to become Keller's instructor. Sullivan, just 14 years older than her pupil Helen, also suffered from serious

Helen Adams Keller was an American author, disability rights advocate, political activist and lecturer. Born in West Tuscumbia, Alabama, she lost her sight and hearing after a bout of illness at the age of nineteen months. She then communicated primarily using home signs until the age of seven when she met her first teacher and life-long companion Anne Sullivan, who taught her language, including reading and writing; Sullivan's first lessons involved spelling words on Keller's hand to show her the names of objects around her. She also learned how to speak and to understand other people's speech. After an education at both specialist and mainstream schools, she attended Radcliffe College of Harvard University and became the first deafblind person to earn a Bachelor of Arts degree. She worked for the American Foundation for the Blind (AFB) from 1924 until 1968, during which time she toured the United States and traveled to 35 countries around the globe advocating for those with vision loss.

In 1964, President Lyndon B. Johnson awarded her the Presidential Medal of Freedom, one of the United States' two highest civilian honors.

Keller was born on June 27, 1880, in Tuscumbia, Alabama. Her father, Arthur Henley Keller, was an editor of the *Tuscumbia North Alabamian* and had served as a captain in the Confederate Army. The family were part of the slaveholding elite before the Civil War, but lost status later. Her mother, Catherine, was the daughter of a Confederate general.

At 19 months old, Keller contracted an unknown illness, possibly rubella or scarlet fever, which left her both deaf and blind. She lived, as she recalled in her autobiography, "at sea in a dense fog." By the age of seven, Keller had more than 60 home signs to communicate with her family.

In 1886, Keller's mother, inspired by an account in Charles Dickens' *American Notes* of the successful

vision problems. Anne underwent many botched operations at a young age before her sight was partially restored.

Sullivan arrived at Keller's house on March 5, 1887, a day Keller would forever remember as "my soul's birthday." Sullivan began to teach Helen to communicate by spelling words into her hand, beginning with "d-o-l-l" for the doll that she had brought Keller as a present. Keller was frustrated, at first, because she didn't understand that every object had a word uniquely identifying it. When Sullivan tried to teach Keller the word for "mug," Keller became so frustrated she broke the mug. Soon she began imitating Sullivan's hand gestures. "I did not know that I was spelling a word or even that words existed," Keller remembered. "I was simply making my fingers go in monkey-like imitation."

Keller's breakthrough in communication came when she realized that the motions her teacher was making on the palm of her hand, while running cool water over her other hand, symbolized the idea of "water." Writing in her autobiography, *The Story of My Life*, Keller recalled the moment: "I stood still, my whole attention fixed upon the motions of her fingers. Suddenly I felt a misty consciousness as of something forgotten – a thrill of returning thought; and somehow the mystery of language was revealed to me. I knew then that w-a-t-e-r meant the wonderful cool something that was flowing over my hand. The living word awakened my soul, gave it light, hope, set it free!" Keller then nearly exhausted Sullivan, demanding the names of all the other familiar objects in her world.

From a very young age, Helen was determined to go to college. In 1898, she entered the Cambridge School for Young Ladies to prepare for Radcliffe College. In 1900, she enrolled in Radcliffe College of Harvard University. In 1904, at the age of 24, Keller graduated, becoming the first deaf-blind person to earn a Bachelor of Arts degree.



# “No pessimist ever discovered the secret of the stars, or sailed to an uncharted land, or opened a new doorway for the human spirit.” - Helen Keller

Determined to communicate with others as conventionally as possible, Keller learned to speak and spent much of her life giving speeches and lectures. She learned to “hear” people’s speech using the Tadoma method, using her fingers to feel the lips and throat of the speaker. She became proficient at using braille and using fingerspelling to communicate.

Anne Sullivan stayed as a companion to Helen Keller long after she taught her. Sullivan married John Macy in 1905, but her health started failing around 1914. Polly Thomson, a young Scottish woman who had no experience with deaf or blind people, had been hired to keep house. She progressed to working as a secretary as well, and eventually became a constant companion to Keller.

Keller moved to Forest Hills, Queens, with Sullivan and Macy, and used the house as a base for her efforts on behalf of the American Foundation for the Blind. While in her thirties Helen had a secret love affair with the fingerspelling socialist Peter Fagan, a young Boston Herald reporter who was sent to Helen’s home to act as her private secretary when Anne Sullivan fell ill. She was eventually persuaded to end the romance.

Anne Sullivan died in 1936, with Keller holding her hand, after falling into a coma as a result of coronary thrombosis. Keller and Thomson moved to Connecticut. They traveled worldwide and raised funds for the blind. Thomson had a stroke in 1957 from which she never fully recovered, and died in 1960. Winnie Corbally, a nurse originally hired to care for Thomson in 1957, stayed on after Thomson’s death and was Keller’s companion for the rest of her life.

*“The few own the many because they possess the means of livelihood of all . . . The country is governed for the richest, for the corporations, the bankers, the land speculators, and for*

*the exploiters of labor. The majority of mankind are working people. So long as their fair demands – the ownership and control of their livelihoods – are set at naught, we can have neither men’s rights nor women’s rights. The majority of mankind is ground down by industrial oppression in order that the small remnant may live in ease.”* -Helen Keller, 1911

Keller went on to become a world-famous speaker and author. She was an advocate for people with disabilities, amid numerous other causes. She traveled to twenty-five different countries giving motivational speeches about Deaf people’s conditions. She was a suffragist, pacifist, radical socialist, birth control supporter, and opponent of Woodrow Wilson. In 1915, she and George A. Kessler founded the Helen Keller International (HKI) organization. This organization is devoted to research in vision, health, and nutrition. In 1916, she sent money to the NAACP ashamed of the Southern un-Christian treatment of “colored people”. In 1920, she helped to found the American Civil Liberties Union (ACLU). Keller traveled to over 40 countries with Sullivan. Keller met every U.S. president from Grover Cleveland to Lyndon B. Johnson and was friends with many famous figures, including Alexander Graham Bell, Charlie Chaplin and Mark Twain. Keller and Twain were both considered political radicals allied with leftist politics.

Keller was a member of the Socialist Party and actively campaigned and wrote in support of the working class from 1909 to 1921. Many of her speeches and writings were about women’s right to vote and the impacts of war; in addition, she supported causes that opposed military intervention. She had speech therapy in order to have her voice heard better by the public.

Keller claimed that newspaper columnists who had praised her courage and intelligence before she expressed her socialist views now called attention to her disabilities. The editor of the Brooklyn Eagle wrote that her “mistakes sprung out of the manifest limitations of her development.” Keller responded to that editor, referring to having met him before he knew of her political views:

*“At that time the compliments he paid me were so generous that I blush to remember them. But now that I have come out for socialism he reminds me and the public that I am blind and deaf and especially liable to error. I must have shrunk in intelligence during the years since I met him. . . Oh, ridiculous Brooklyn Eagle! Socially blind and deaf, it defends an intolerable system, a system that is the cause of much of the physical blindness and deafness which we are trying to prevent.*

Keller joined the Industrial Workers of the World (the IWW, known as the Wobblies) in 1912, saying that parliamentary socialism was “sinking in the political bog.” She wrote for the IWW between 1916 and 1918. In *Why I Became an IWW*, Keller explained that her motivation for activism came in part from her concern about blindness and other disabilities:

Keller suffered a series of strokes in 1961 and spent the last years of her life at her home.

She died in her sleep on June 1, 1968, at her home, in Easton, Connecticut, a few weeks short of her 88th birthday. A service was held in her honor at the Washington National Cathedral in Washington, D.C., her body was cremated and her ashes were buried there next to her constant companions, Anne Sullivan and Polly Thomson. 🖱️

(Article source: Wikipedia)



## NIKE All Stars

The 2020-2021 *NIKE* All Star Campaign is in full swing and thank you to our loyal supporters who have already sent their listings in.

Members will have an opportunity to contribute at our annual conference, and chapters, regions and friends of NYS Women, Inc. can send contributions anytime to the *NIKE* Business Manager. Information on contributing can be found on our website.

**Rates:** Platinum Patrons: \$75 and over  
Golden Givers: \$50 – \$74  
Silver Supporters: \$25 – \$49  
Bronze Boosters: \$5 – \$24

**Make check payable to:**  
NYS Women, Inc. (memo: *NIKE* contribution)

**Mail form and check(s) to:** Sue Mager, *NIKE* Business Manager,  
3406 McKinley Parkway, Apt C-11, Blasdell, NY 14219  
E-mail: [NIKEmgr@NYSWomeninc.org](mailto:NIKEmgr@NYSWomeninc.org).

**Publication** July 15th/Sept. issue      Oct. 15th/Dec. issue  
**Deadlines:** Feb. 1st/March issue      March 15th/May issue

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## Feature: Women Who Bring Hope

**“It doesn’t matter who you are, where you come from. The ability to triumph begins with you – always.” - Oprah Winfrey**

Oprah Gail Winfrey is an American talk show host, television producer, actress, author, and philanthropist. Best known for her talk show, *The Oprah Winfrey Show*, was broadcast from Chicago, which was the highest-rated television program of its kind in history and ran in national syndication for 25 years. Dubbed the “Queen of All Media,” she was the richest African American of the 20th century was once the world’s only Black billionaire and the greatest Black philanthropist in U.S. history.

Winfrey was born into poverty in rural Mississippi to a single teenage mother and later raised in inner-city Milwaukee. She has said she was molested during her childhood and early teens and became pregnant at 14; her son was born prematurely and died in infancy. Winfrey was then sent to live with the man she calls her father, Vernon Winfrey, a barber in Nashville, Tennessee, and landed a job in radio while still in high school. By 19, she was a co-anchor for the local evening news. Winfrey’s often emotional, extemporaneous delivery eventually led to her transfer to the daytime talk show arena, and after boosting a third-rated local Chicago talk show to first place, she launched her own production company.

By the mid-1990s, Winfrey had reinvented her show with a focus on literature, self-improvement, mindfulness, and spirituality. Though she has been criticized for unleashing a confession culture, promoting controversial self-help ideas, and having an emotion-centered approach, she has also been praised for overcoming adversity to become a benefactor to others. In 2013, Winfrey was awarded the Presidential Medal of Freedom by President Obama and received honorary doctorate degrees from Duke and Harvard.

Oprah Gail Winfrey was born on January 29, 1954 – her first name was spelled Orpah on her birth certificate after the biblical figure in the Book of Ruth, but people mispronounced it regularly and “Oprah” stuck. She was born in Kosciusko, Mississippi, to an unmarried teenage mother. Her mother, Vernita Lee, was a housemaid. Winfrey’s biological father is usually noted as Vernon Winfrey, a coal miner turned barber turned city councilman who had been in the Armed Forces when she was born.

After Winfrey’s birth, her mother traveled north, and Winfrey spent her first six years living in rural poverty with her maternal grandmother, Hattie Mae Lee.

Her grandmother was so poor that Winfrey often wore dresses made of potato sacks, for which other children made fun of her. Her grandmother taught her to read before the age of three and took her to the local church, where she was nicknamed “The Preacher” for her ability

to recite Bible verses.

At age six, Winfrey moved to an inner-city neighborhood in Milwaukee with her mother, who was less supportive than her grandmother had been. Her mother gave birth to several half-siblings: Patricia who died of causes related to cocaine addiction in 2003; another half-sister named Patricia who was given up for adoption (Winfrey did not know about her until 2010); and a half-brother Jeffrey, who died of AIDS-related causes in 1989.

Baptized at age 8, Oprah was raised a Baptist. In her early life, she would speak at local, mostly African American congregations of the Southern Baptist Convention that were often deeply religious and familiar with such themes as evangelical Protestantism, the Black church, and being born-again. She’s been quoted as saying: “I have church with myself: I have church walking down the street. I believe in the God force that lives inside all of us, and once you tap into that, you can do anything.”

Winfrey has said she was molested by her cousin, uncle, and a family friend, starting when she was nine years old, something she first announced on a 1986 episode of her TV show regarding sexual abuse.

Winfrey attended Lincoln High School in Milwaukee, but after early success in the Upward Bound program,

*Continued on page 18*



graphic design | [hello@whiterabbitdesign.com](mailto:hello@whiterabbitdesign.com)



## “You are not your circumstances. You are your possibilities. If you know that, you can do anything.” - Oprah Winfrey

was transferred to the affluent suburban Nicolet High School. She began to rebel and steal money from her mother in an effort to keep up with her free-spending peers. Her mother sent her to live with her father, Vernon Winfrey, in Nashville. He was strict but encouraging, and made her education a priority. Winfrey became an honors student and joined her high school speech team at East Nashville High School, placing second in the nation in dramatic interpretation.

She had won an oratory contest, which secured her a full scholarship to Tennessee State University, a historically black college, where she studied communication. However, she did not deliver her final paper and receive her degree until 1987, by which time she was a successful television personality.

Winfrey was both the youngest news anchor and the first black female news anchor at Nashville's WLAC-TV (now WTVF-TV). In 1976, she moved to Baltimore's WJZ-TV to co-anchor the six o'clock news.

In 1984, Winfrey relocated to Chicago to host WLS-TV's low-rated half-hour morning talk show, *AM Chicago*; the first episode aired in January 1985. Within months after Winfrey taking over, the show went from last place in the ratings to overtaking Donahue as the highest-rated talk show in Chicago. She signed a syndication deal with King World; it was renamed *The Oprah Winfrey Show* and expanded to a full hour. Winfrey's syndicated show brought in double Donahue's national audience, displacing Donahue as the number-one daytime talk show in America.

In the early years of *The Oprah Winfrey Show*, the program was classified as a tabloid talk show. In the mid-1990s, Winfrey began to host shows on broader topics such as heart disease, geopolitics, spirituality, and meditation.

As well as hosting and appearing on television shows, Winfrey co-founded the women's cable television network Oxygen which was the initial network for her *Oprah After the Show* program from 2002 to 2006 before

moving to Oprah.com when Winfrey sold her stake in the network.

On January 15, 2008, Winfrey and Discovery Communications announced plans to change Discovery Health Channel into a new channel called OWN: Oprah Winfrey Network. It launched January 2011.

In June 2018, Apple announced a multi-year content partnership with Winfrey, in which it was agreed that Winfrey would create new original programs exclusively for Apple's streaming service. The second show under the deal, *Oprah Talks COVID-19*, debuted on March 21, 2020. In 2021, she conducted an interview with Meghan, Duchess of Sussex, and her husband Prince Harry, which was broadcast globally.

Winfrey co-starred in Steven Spielberg's *The Color Purple* (1985). She was nominated for an Academy Award for Best Supporting Actress for her performance. In late 2008, Winfrey's company Harpo Films signed an exclusive deal to develop and produce scripted series, documentaries, and movies exclusively for HBO.

Winfrey published *O, The Oprah Magazine*: in 2002, *Fortune* called it the most successful start-up ever in the industry. After 18 years, *O Magazine* ended its regular print publications after the December 2020 issue.

Winfrey's company created the Oprah.com website to provide resources and interactive content related to her shows, magazines, book club, and public charity. Oprah.com averages more than 70 million page views and more than six million users per month. Winfrey initiated "Oprah's Child Predator Watch List" to help track down accused child molesters. Within the first 48 hours, two of the featured men were captured.

Born in rural poverty, and raised by a mother dependent on government welfare payments in a poor urban neighborhood, Winfrey became a millionaire at the age of 32 when her talk show received national syndication. Winfrey negotiated ownership rights to the television program and started her own production company. At the

age of 41, Winfrey had a net worth of \$340 million. Winfrey was the highest paid television entertainer in the U.S. in 2006, earning an estimated \$260 million. By 2008, her yearly income had increased to \$275 million.

Forbes' list of *The World's Billionaires* has listed Winfrey as the world's only Black billionaire from 2004 to 2006 and as the first Black woman billionaire in the world that was achieved in 2003. As of 2014, Winfrey had a net worth in excess of 2.9 billion dollars and had overtaken former eBay CEO Meg Whitman as the richest self-made woman in America.

In 2004, Winfrey became the first Black person to rank among the 50 most generous Americans and she remained among the top 50 until 2010. By 2012, she had given away about \$400 million to educational causes. As of 2012, Winfrey had also given over 400 scholarships to Morehouse College in Atlanta, Georgia. Winfrey was the recipient of the first Bob Hope Humanitarian Award at the 2002 Emmy Awards.

In 2013, Winfrey donated \$12 million to the Smithsonian's National Museum of African American History and Culture. President Barack Obama awarded her the Presidential Medal of Freedom later that same year.

In 1998, Winfrey created the Oprah's Angel Network, a charity that supported charitable projects and provided grants to nonprofit organizations around the world. Oprah's Angel Network raised more than \$80 million. Winfrey personally covered all administrative costs associated with the charity, so 100% of all funds raised went to charity programs. In May 2010, with Oprah's show ending, the charity stopped accepting donations and was shut down.

In the wake of Hurricane Katrina, Oprah created the Oprah Angel Network Katrina registry raising more than \$11 million for relief efforts. Winfrey personally gave \$10 million to the cause. Homes were built in Texas, Mississippi, Louisiana, and Alabama before the one-year anniversary of Hurricanes Katrina and Rita. 🏠



# Wise Women's Words: HOPE

## Read. Repeat. Read again. Take them in.

compiled by Katharine Smith

"We need hope, or else we cannot endure." - **Sarah J. Maas, author**

"Deep grief sometimes is almost like a specific location, a coordinate on a map of time. When you are standing in that forest of sorrow, you cannot imagine that you could ever find your way to a better place. But if someone can assure you that they themselves have stood in that same place, and now have moved on, sometimes this will bring hope" - **Elizabeth Gilbert, author**

"Everyone must dream. We dream to give ourselves hope. To stop dreaming – well, that's like saying you can never change your fate. Isn't that true?"  
- **Amy Tan, author**

"To wish was to hope, and to hope was to expect" - **Jane Austen, author**

"It's probably my job to tell you life isn't fair, but I figure you already know that. So instead, I'll tell you that hope is precious, and you're right not to give up."  
- **C.J. Redwine, author**

"The very least you can do in your life is figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof."  
- **Barbara Kingsolver, author**

"Hope can be a powerful force. Maybe there's no actual magic in it, but when you know what you hope for most and hold it like a light within you, you can make things happen, almost like magic."  
- **Laini Taylor, author**

"While the heart beats, hope lingers."  
- **Alison Croggon, Australian poet & writer**

"To hope is to give yourself to the future – and that commitment to the future is what makes the present inhabitable."  
- **Rebecca Solnit, author**

"Sometimes it's easy to lose faith in people. And sometimes one act of kindness is all it takes to give you hope again."  
- **Randa Abdel-Fattah, Australian writer**

"As long as there's life, there's hope."  
- **Tamora Pierce**

"Hope is what makes you look outside the window to see if it's stopped raining. Hope is what makes you believe he'll text you back. Hope is why you buy your jeans a little tight... Hope is why you get out of bed in the morning, and why you dream at night. Hope is what makes us believe that things can only get better. Hope is what keeps us going." - **Jodi Picoult, author**



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