

# NIKE NEW YORK STATE women, INC.



NIKE

The official publication of  
New York State Women, Inc.

VOL. 66 ■ ISSUE 1

SEPTEMBER 2016



## Women Helping Women

Dated Material — Deliver Promptly

**In this issue:  
Networking. Resources. Advocacy.  
Inspiration. Education. Friendship.**

# NYS Women, Inc. The State of the State



## Are YOU ready to be a part of the team?

by Theresa Fazzolari  
NYS Women, Inc. President, 2016/2017

As members of NYS Women, Inc. everyone is part of the TEAM that fulfills our organization's long history of "Women Helping Women" and our mission enabling all women to become better "Personally, Professionally and Politically." This year is not about me. It's about *each and every one of us*: we are all members of the same TEAM!!

Long-time members and newcomers – be active, participate, get involved – shout out the news about our organization and make it shine! It's a great (and rewarding) feeling getting out the word about New York State Women, Inc.

CALL TO: October Board Meeting  
DATE: October 15, 2016  
LOCATION: Hampton Inn & Suites, Staten Island, NY  
TO: Executive Committee, Members of the Board of Directors  
and all members of New York State Women, Inc.

NOTICE is hereby given that the October Board Meeting of New York State Women, Inc. will be held on Saturday, October 15, 2016 at the Hampton Inn & Suites, Staten Island, NY.

The schedule will include a RD/ARD meeting, a CDO meeting, a board of directors meeting (all board members in good standing will be eligible to vote at this session; all New York State Women, Inc. members are welcome to attend this session but will not vote at this session), a luncheon speaker, and workshops. Registration forms and hotel information can be found in *NIKE* or on our website at: <http://nyswomeninc.org/OctoberMeeting>

Please note that on Friday, October 14, 2016 a special group tour of the 911 Memorial and Museum has been planned for early attendees. The museum is made up of two large rooms which are built on the footprints of the original sites of the 1 and 2 World Trade Center buildings. Save your spot for this tour – deadline September 10, 2016 – please see the October board registration form on our website. The cost is \$26 (includes admission to the museum and a service fee).

All members of New York State Women, Inc. are encouraged to attend this meeting. I hope to see you there. I look forward to seeing everyone. Thanks to everyone for your overwhelming support, love and heartfelt messages. I am honored to serve as your president for 2016-2017.

**NEW YORK STATE**  
**women, INC.** 

# Calendar of Events

## 2016

20th of each month: Communicator deadline

### September

15 NIKE deadline

### October

Women in Business Month

15 Fall Board Meeting  
Hampton Inn & Suites  
Staten Island, NY

### November

8 Election Day



#### Our Mission

To build powerful women personally, professionally, and politically.

#### Our Vision

To make a difference in the lives of working women.

Cover image: ©istock.com/AlexMax

### 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.

The articles contained in NIKE express the views of the individual authors and do not necessarily represent the views of New York State Women, Inc. NIKE is distributed for information purposes only, with the understanding that neither New York State Women, Inc. nor the individual authors are offering legal, tax or financial advice.

NIKE is a quarterly informational magazine for New York State Women, Inc. members and other professional women. Published 4 times per year (September, January, March/April 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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Allstars, Ad, Gift

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## From the Editor

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.” - MARGARET MEAD



Indeed, New York State Women, Inc. exemplifies that maxim from anthropologist Margaret Mead. Our chapters work hard to provide women with mentoring, networking opportunities, and education as well as professional, personal, and political development.

Women helping women.

And that is our theme for this issue of *NIKE*, “Women Helping Women.” In her President’s Message, Theresa Fazzolari talks about the long history of our organization helping women. We also have three terrific articles from NYS Women, Inc. members reiterating our theme: on page 10 from Claire Knoweles, Buffalo Niagara Chapter; Neale Steiniger, Richmond County Chapter (page 11); and Mary Ellen Morgan, Southern Finger Lakes and Yates County (page 19), as well as insights from Dr. Nancy D. O’Reilly on page 18.

You don’t want to miss JoAnne Krolak’s Empire Builders column about Katharine Cornell, either!

Check out the details on page 6 for the 2016 October Board Meeting, held this year in Staten Island; it will also give attendees the opportunity to tour the 911 Museum. Go online to <http://nyswomeninc.org/OctoberMeeting> to register.

NYS Women, Inc. members DO help each other. Recently, while planning a Finger Lakes trip, I contacted Mary Ellen Morgan, past state president, who lives in Penn Yan, for recommendations on places to eat and visit. She not only responded immediately with some great ideas, but also gave me her cell and home phone numbers in case I needed any help while visiting her town... NYS Women, Inc. members reach out with helping hands whenever needed.

As Oprah Winfrey said, “Every one of us gets through the tough times because somebody is there, standing in the gap to close it for us.”

That’s just what NYS Women, Inc. does for its members, our communities, and women across the state.

**Katharine Smith**

[I want to leave you with one final thought regarding the upcoming presidential election. Eleanor Roosevelt said, “In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility.” To this I add, we can all make a difference. Vote this November 8th. -KAS]

**DEADLINE FOR NIKE’S DECEMBER 2016 ISSUE IS SEPTEMBER 15, 2016.** When emailing your submission type *NIKE* in the subject line, and send to the attention of Katharine Smith, *NIKE* editor at PR@NYSWomeninc.org. Previously published material must be accompanied by a letter from the publisher giving permission to republish and the credit line required to be included with the article.

# Katharine Cornell

## Women Who Helped Build the Empire State

by JoAnne Krolak

Katharine Cornell was born in Berlin, Germany, in 1893 to Peter and Alice Cornell. Her father had originally gone to Berlin to study medicine at the University of Berlin. Six months after Katharine's birth, the family returned to the United States and to Buffalo, NY. (The Cornells were descendants of Thomas Cornell, who came to Buffalo in the 1850s and founded the Cornell Lead Works.)

Peter Cornell practiced medicine for several years after the family's return to Buffalo, but he also harbored an interest in the theater. His father was a member of the Buffalo Amateurs and Peter, his brother Douglas and sister Lydia also joined productions of the group. In 1901, Peter gave up medicine to devote himself to full-time work as manager of the Star Theatre.

As a girl, Katharine wrote plays for family and friends, acted in school plays and watched family productions in the theater in her grandfather's home. Katharine also took an active part in the Buffalo Studio Club parlor theater. After her years in Buffalo schools, she attended the Oaksmere School in Mamaroneck, where she acted in productions. Katharine also attended the University of Buffalo.

In 1915, Alice Cornell died, and Katharine left Buffalo for New York City, where she joined the Washington Square Players. She was not successful in auditioning for a role with the group, but was allowed to sit in on their rehearsals. Katharine made her New York debut in a small role in *Bushido: A Japanese Tragedy*. The actress who was to play the part in this production did not show up for rehearsals, so the role was given to Katharine.

Two years later, Katharine joined Jessie Bonstelle's stock company. In 1919, she played the role of Jo in a London production of *Little Women*. Critics considered Katharine's performance in *Little Women* as the "one bright spot of the evening." Upon her return to New York, she met Guthrie McClintic, who was a theater director. Guthrie would become her husband.

In 1921, Katharine made her Broadway debut in Rachel Crother's *Nice People*. Katharine also landed her first leading role (Sydney Fairfield) in Clemence Dane's *A Bill*



*of Divorcement*. *A Bill of Divorcement* ran for 173 performances and was considered a hit.

By 1924, Katharine and Guthrie were members of The Actor's Theatre, which was a successor organization to the Washington Square Players. The group's first production was *Candida* by George Bernard Shaw. Katharine played the part of *Candida* in a way that made her the focus of the play and which garnered her rave reviews, including one from Shaw himself that stated she was "an ideal British *Candida* in my imagination."

In 1925, Katharine played the role of Iris March in *The Green Hat*. The play became an international hit and Katharine herself was lauded for her performance as Iris. *The Green Hat* ran for 231 performances in New York before moving to Boston and from there on to a tour across the country. It also started a fashion for green hats of the kind worn by Katharine in the play.

In 1931, Katharine and Guthrie founded their own production company. Their first play was *The Barretts of Wimpole Street* by Rudolph Besier. Katharine played the part of Elizabeth Barrett and it would become her signature role. After a New York run of 370 performances for The Barretts, Katharine and Guthrie took the production (in addition to several other plays) on a cross-country road tour. She would star in revivals of the play throughout her career, including a production performed for the troops during World War II.

Katharine never wanted to be in movies. Some say it was because she did not want people to laugh at her acting on screen. Others say she needed the presence of a live audience to be able to give her best performance. So it was that Katharine only appeared in one movie – *Stage Door Canteen*, in which she spoke a few lines from *Romeo and Juliet*.

When Guthrie died in 1961, Katharine decided to retire from the stage. She sold their home in New York City and bought a smaller place, plus a summer home in Martha's Vineyard. She died of pneumonia in 1974 at her summer home in Martha's Vineyard. In her will, Katharine left money for renovating a theatre at the town hall. In addition, the theater at the University of Buffalo is named in her honor.

Katharine Cornell image source: Library of Congress. Photo by Bain News Service, N.Y.C., circa 1927 July 27. <http://www.loc.gov/pictures/item/2004667587/>

# NYS Women, Inc. Board Meeting • October 15, 2016

## October Meeting • Staten Island, NY

Hampton Inn & Suites • 1120 South Avenue • Staten Island, NY 10314

### MEETING Registration

**Registration Deadline: September 10, 2016**

To Register: Online registration preferred, [nyswomeninc.org/OctoberMeeting](http://nyswomeninc.org/OctoberMeeting)  
When registering online either pay by credit card or mail a check

Or send completed form, with check payable to NYS Women, Inc. and note in Memo: 10/15/16 board meeting.  
Send to: Linda Provo, Registration Chair  
346 Park Street, Tupper Lake, NY 12986 (Phone 518-359-2671)  
Email [nyspsp0708@yahoo.com](mailto:nyspsp0708@yahoo.com)

Check if looking for roommate  Airport pick up   
(Efforts will be made to accommodate)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

CHAPTER \_\_\_\_\_ REGION \_\_\_\_\_

PHONE: \_\_\_\_\_

E-MAIL \_\_\_\_\_

**Dietary Requirements:** (check all that apply) Allergic to \_\_\_\_\_  
 Diabetic  Gluten free  Vegetarian  Other \_\_\_\_\_

### Registration Fees for All Attendees

- Advance Registration **\$25** due by Sept. 10, 2016 \$ \_\_\_\_\_  
 Late Registration **\$35** if received after Sept. 10, 2016  
 On Site Registration **\$50** upon arrival

### Individual Meals / Tour

Breakfast is included with the hotel room reservation; dinners are on your own; lunch and/or tour registration must be paid with registration.

Saturday Lunch \$32 \$ \_\_\_\_\_

(includes Caesar salad, seafood salad, grilled vegetables, assorted wrap sandwiches, penne primavera, cupcakes)

Friday Tour: 911 Memorial/Museum \$26 \$ \_\_\_\_\_

**Amount Enclosed** \$ \_\_\_\_\_

*Note: All hotel reservations are to be made directly with the hotel on the hotel registration form.*

### Name Tag Information: (Check all that apply)

- |   |  |
|---|--|
| <input type="checkbox"/> State Officer                    | <input type="checkbox"/> Region Director # _____           |
| <input type="checkbox"/> State Parliamentarian            | <input type="checkbox"/> Assistant Region Director # _____ |
| <input type="checkbox"/> Immediate Past State President   | <input type="checkbox"/> Past State President              |
| <input type="checkbox"/> Standing Committee Chair         | <input type="checkbox"/> Chapter President                 |
| <input type="checkbox"/> Standing Committee Vice Chair    | <input type="checkbox"/> Member                            |
| <input type="checkbox"/> Special/Sub Committee Chair      | <input type="checkbox"/> First Timer                       |
| <input type="checkbox"/> Special/Sub Committee Vice Chair | <input type="checkbox"/> Guest                             |

### HOTEL Reservation

Hampton Inn & Suites  
1120 South Avenue • Staten Island, NY 10314  
718 477-1600 • Fax 718 477-4258

**For Reservations: call 718-477-1600**

Group Name is NY State Women, Group Code is NYS  
Or reserve online – [http://hamptoninn.hilton.com/en/hp/groups/personalized/N/NYCSIHX-NYS-20161013/index.jhtml?WT.mc\\_id=POG](http://hamptoninn.hilton.com/en/hp/groups/personalized/N/NYCSIHX-NYS-20161013/index.jhtml?WT.mc_id=POG)

### Rates

Rate is \$149 for up to 2 people from  
Thursday, October 13th through Saturday, October 15th

**Registration Deadline: Sept 10, 2016**

### Guest Information

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail \_\_\_\_\_

Arrival Date \_\_\_\_\_ Departure Date \_\_\_\_\_

**RATE: \$ 149.00 + tax per night includes breakfast**

All other meals must be purchased separately using meeting registration form. Rate per room:  
**\$149 + 14.75% tax + \$ 3.50 NYC occupancy tax = \$ 174.48 with taxes**  
Rollaway: \$10 charge; not all rooms can accommodate

**Reservations received after the reservation deadline are subject to availability and will be charged at regular, hotel rate.**  
**Cancellations may be made up to 24 hours prior to check-in date**

Check in: 3:00 p.m. • Check out: 12:00 noon

### DEPOSIT PAYMENT/GUARANTEE:

All reservations require a major credit card, with a valid expiration date, to guarantee the reservation

Credit Card #: \_\_\_\_\_

Credit Card/Type: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_

## Saturday Schedule October 15, 2016

*\*Subject to change\**

7:30 am – 9:30 am	Breakfast
7:30 am – 9:30 am	Registration open
8:30 am – 9:30 am	RD/ARD meeting CDO meeting
9:45 am – 11:30 am	Workshop: “You’re Now The Chair ... So What’s Next?” -presented by: various NYS Women, Inc. board members
11:45 am – 1:00 pm	Lunch with keynote speaker: Leticia Remauro, president & CEO, The Von Agency, Inc.
1:15 pm – 2:30 pm	Board of directors meeting
2:30 pm – 3:00 pm	Workshop: “ABCs of NYS Women, Inc.” presented by: Robin Bridson, NYSW VP

## 911 Memorial and Museum Tour

Date: October 14th, 2016  
Time: 10:00 am  
Cost: \$26 (admission to Museum and service fee)

A group tour beginning at 1:00 PM has been booked for the 911 Museum. The Museum is made up of two large rooms which are built on the footprints of the original sites of the 1 and 2 World Trade Center buildings.

**Save your spot – Deadline Sept 10, 2016  
(see October Board registration form)**

The tour will begin at the Hampton Inn, Staten Island NY at 10:00 AM. We’ll take the shuttle to the Staten Island ferry, cross the Narrows observing beautiful views of the Manhattan skyline, Ellis Island and Statue of Liberty, a walk up Broadway to the Memorial & Museum with tour guide Pat Ferguson.

OR

A tour, beginning at the Hampton Inn, Staten Island NY at 10:00 AM with the shuttle to the Staten Island Ferry, cross the Narrows observing beautiful views of the Manhattan skyline, Ellis Island and Statue of Liberty, a ride on the NYC Subway #1 train to Rector St Station to the Memorial & Museum with Asst. Tour Guide Neale Steiniger

OR

If you are going directly to the Memorial, please meet us at 12:30 PM at the entrance to the group/members line for the Museum.

## Keynote Speaker



Our luncheon keynote speaker is **Leticia Remauro**, president & CEO of The Von Agency.

Remauro is a long time member of Staten Island Community Board 1, a New York City government agency consisting of 50 volunteer members appointed by the Borough President and members of the New York City Council. She stepped down as chair in 2015, after serving in that capacity since 2009.

She has 20 years experience in the public relations field and previously served as vice president for community relations and intergovernmental for the Battery Park City Authority, a 92-acre planned community located on Manhattan’s lower west side across from the former World Trade Center.

Remauro served as community liaison in New York City to Mayor Rudolph Giuliani, then to Governor George Pataki. Through her work, she participated in historic government events such as the purchase and preservation of environmentally sensitive properties such as Mount Loretto and Saint Francis Friary in Staten Island.

She is trained in cultural diversity, community and business affairs as well as emergency management. Her past community service includes membership on the boards of The American Red Cross of Greater New York, The Staten Island Institute of Arts and Sciences, the New York State Junior Chamber of Commerce, The Community Resources Training Services Board of South Beach Psychiatric Center, and the New York City Increase the Peace Volunteer Corps.

She’s the author of two books, *Patric’s Saga* and *I’m Not Fat, I’m Just Big Boned and Other Lies We Tell Ourselves*, both published by IUUniverse.

### Workshop: “ABCs of NYS Women, Inc.”

-Robin Bridson



Robin Bridson grew up in the Rochester area and went to R.I.T. She now resides in the Syracuse area. Robin loves to train and present and has over two decades of experience in the training field developing and providing instructor led computer instruction, as well as project management and business skills training. Robin is past president of the Mohawk Valley Chapter and past Region Director for Region V. Robin originally was a member of the Metro Utica Chapter of BPW for many years. After a short absence, she rejoined NYSWI and as Dorothy says ... “There’s no place like home!”

# Chapter & Region News

## Chadwick Bay – Region 8

- submitted by Donaldly Hover



(Shown left to right.) Renee Cerullo, immediate past state president; chapter officers: Terri Pacos, treasurer; Brenda Lewis, 2nd VP; Connie Wojcinski, president; Nancy Steffan, corresponding secretary; Tanya Tramuta, 1st VP.

Lewis, second vice president; Joan Houck, secretary; Nancy Steffan, corresponding secretary; and Terri Pacos as treasurer of the Chadwick Bay Chapter.

Ramona Gallagher, Region 8 director presented Kamie Fields, who has been a member of Chadwick Bay for a year, with a Grace Legendre Endowment Fund Fellowship. This monetary award will assist Kamie with defraying the cost of her graduate level courses.



Scholarship recipients pictured with Donnie Hover.

Donnie Hover, immediate past chapter president, presented \$750 scholarships to Johanna Gill and Julie Hafner, two non-traditional students. Both Johanna and Julie are attending J a m e s t o w n Business School; Johanna is pursuing an Associate Degree in Business Management and Marketing and Julie is pursuing an Associate Degree in Business Management with a major in accounting.

Pauline Hoffmann, immediate past president of the Buffalo Niagara Chapter, gave a presentation on NYS Women, Inc.'s new statewide program for networking and expanding membership.

## Grand Island Professional Women – Region 8

- submitted by Mary Anne Shea, PR chair

Carol Golyski, a member of Grand Island Professional Women, has been selected the winner of the chapter's 10th Annual Women's Exemplary Leadership Award, which

was presented on June 22nd at a dinner in Elldins, River Oaks, Grand Island. AccuTheranostics, a Buffalo cancer lab, presents the award each year, which recognizes a woman's accomplishments and honors her for actively supporting and inspiring others to reach their full potential.

Dr. Sherry Bradford, president and CFO of AccuTheranostics, presented the award. Bradford started the award program because of "the unique challenges I faced in opening and running the cancer lab."



Daemen.

Golyski joined the Department of Biotechnical and Clinical Laboratory Sciences at the State University of New York at Buffalo. In addition to teaching courses in the medical technology program, she served as clinical education coordinator and medical technology program director. Golyski received the Outstanding Teacher Award in 2005, 2008, 2012, and 2015.

Carol Golyski continues to be active nationally and locally in professional organizations and the community.

She is active on the national and local level of the American Society for Clinical Laboratory Sciences; she is president-elect of the New York State Society for Clinical Laboratory Sciences; co-president, AAUW Buffalo Branch; and served as secretary of Grand Island Professional Women.

## Professional Business Women of Rome – Region 5

- submitted by Beth Jones, president

Professional & Business Women of Rome presented two \$250 scholarships during their 32nd annual "Dollars for Scholars" scholarship award ceremony on June 1st. Two graduating seniors from Rome Free Academy were selected scholarship committee, with exceptional results. The scholarships were presented to Alaina Nardslico and Hannah Rotenberry. Both young ladies attended the chapter's June 15th meeting. Pictured: Hannah Rotenberry; Beth Jones, president; Alaina Nardslico.





# Chapter & Region News



Left to right: Angela DeSanno, LMSW and her husband John; Christine Canella, incoming president of Richmond County.



## Richmond County – Region 7

- submitted by Marilyn Mannino, publicity chair

On June 8th, Richmond County awarded its annual Women of Excellence Award to Angela DeSanno, LMSW, executive director of Amethyst House Inc. Amethyst House is the only NYS/NYC funded half-way house for women recovering from substance abuse on Staten Island. Angela was nominated for the award because of her strong dedication to the women participating in the six to nine month program and for the additional help she gives them after they complete the program. She supports their efforts to set up house on their own and always makes them welcome at Amethyst House as “alumni.”

The same evening, the chapter held its installation ceremonies of the 2016-2017 officers: President Christine Cannella, 1st Vice President Fran Ferrari, 2nd Vice President Roberta Hayes; standing in for her Joan Dalton, Treasurer Neale Steiniger, Recording Secretary Frida Hooyberg. Installed by NYS Women, Inc. State Advocacy Chair Marilyn Mannino. State President Theresa Fazzolari, State Parliamentarian Margherita Clemento.

## St. Lawrence County – Region 5

- submitted by Sue Bellor

The chapter recently inducted its new officers for 2016-2017 at a dinner held at The Club II in Massena.

Pictured left to right: Treasurer Deb Langevin, President Miriam Ralston, Communications Chair Pat McGrath, who presented them with flowers which corresponded to each officer’s position in the ceremony, Vice President



Courtne Toms, and Secretary Sue Bellor.

## Southern Finger Lakes Women – Region 7

- submitted by JoAnne Krolak

The chapter conducted a sale of maple products as another fundraiser on behalf of its scholarship fund. The sale was organized by Sally Rigden, chapter treasurer.

Election of officers for the 2016-2017 term was held at the May meeting. Installation of the officers was conducted at this meeting, which was held at the Marmalade Cat Bed and Breakfast in Watkins Glen, NY. The installation was conducted by Mary Ellen Morgan and Judy Phillips. The new officers are Mary Ellen Morgan, president; Lisa Rhoads, vice president; Karen Stewart, secretary; Sally Rigden, treasurer; and Margaret Jensen, parliamentarian.



The chapter held its annual scholarship awards picnic in June at the Montour Falls Moose Lodge where the winner of the Woman of the Year award was also announced. The scholarship was awarded to Cheyenne



Stansfield, a senior at Watkins Glen High School. Pictured left to right: Sally Rigden, SFLW scholarship chair, Cheyenne Stansfield, 2016 scholarship winner.

Sally Rigden (left) was honored as the 2016 Woman of the Year. She currently serves as SFLW treasurer and also chairs the scholarship committee.

## Staten Island – Region 2

- submitted by Rosemarie Dressler

The Staten Island Chapter presented the Harbor Lights Theater Company program with a \$2,000 check to enhance their efforts to bring Broadway level productions to the Island and to provide opportunities for thriving

*Continued on page 12*

# Women Helping Women

by Claire Knowles

GOOGLE THE PHRASE “WOMEN HELPING WOMEN” and you’ll discover that there are more than 302,000,000 entries. Clearly represented among them are large numbers of women-oriented organizations, businesses, and academic and municipal institutions that are helping to raise the status of women in social, political, educational and economic ways. New York State Women, Inc. plays a large part in women helping women – upholding its mission to build powerful women personally, professionally and politically.

Consider that women are helping other women to overcome abuse, to eliminate domestic violence, to raise the standard of living in helping displaced homemakers and the unemployed; and to teach educational and leadership courses, to network as colleagues, to mentor, and to coach – all for reasons of betterment. There are change agents, healers, and services. The list is endless. It includes the political arena – activism for equality and fairness; and advocacy for improvements in our collective lives, from health, wellness, finances, to addressing environmental concerns, to alliances to provide for the basics every woman needs for safety, security, sustenance, and important growth and development. One would conclude that certainly, women are helping women.

Some of us might note that women *should* be helping other women. After all, are we not the gender that is considered to be natural nurturers? A book review once popularly touted *The Female Brain*, asserting that women’s brains are wired to nurture. Perhaps we are; perhaps not. Perhaps we share that trait without regard to gender, and that we nurture out of compassion and a belief in our dreams for the betterment of all lives. What stirs you to be a woman helping other women?

## Women as change-makers.

Consider Eleanor Roosevelt (1884-1962), an American politician, diplomat, activist and the longest-serving First Lady of the United States, who, in her era, had tremendous

impact in supporting women’s inclusion in American society as full political and economic partners. She was a positive force for good. She taught American women that stepping out and fighting for what was right and for justice was both essential and admirable.

She taught us that there is also a negative side – that despite pursuing altruistic endeavors, to be aware that as a change-maker, one must personally have thick skin. Eleanor Roosevelt’s long list of accomplishments in promoting women’s equality and progress, including in venues like the



United Nations, lives on. Fortunately, her words live on for us to absorb too – because they teach us that even in the best of times when women are helping other women, there will still be those that do not share that sentiment.

Women can (conversely) be harshly critical, contrary, catty, and behave in undermining ways. There will be those who will be *destructive*, not constructive.

*Continued on page 16*



## Richmond County Chapter: Women Helping Women

by Neale Steiniger, PSP 2008/09

RECENTLY, DURING ONE of our Richmond County Chapter summer committee meetings, we were talking about our goal for the coming year and the phrase “women helping women” kept coming up. Eventually, the discussion turned to “What’s the best way to do that?”



We began by looking at our bylaws and the duties of officers and chairs. As we looked at the guidelines for the *Personal, Professional and Political Development* programs, we discussed how we could use the program to mentor members and prospective members through their professional, political, and personal challenges. We started to focus on mentoring members, realizing that the speech competition is a very small part of the program and our mentoring efforts may or may not result in a speech completion; as long as it results in a member who benefited from the help received from other members and from being part of New York State Women, Inc.

We looked at some of our other programs – our scholarship, our *Women in History* program, and the *Women of Excellence* annual award. At Richmond County Chapter, we award scholarships to women who are returning to school to start a new career or to further their education. For our *Women in History Essay Contest* (which we “stole” from the Westchester County Chapter!) we partner with a local school and ask their students to write an essay about a woman in history. The original prize money came, a few years ago, from our \$50 winnings in the state *Women in History* chapter award. At our last March meeting, which was attended by the winner’s teacher, family, and the PS 16 principal, we discussed with the principal how we could partner with the school and help her teachers benefit their students.

We also partner with Amethyst House, a Staten Island-based halfway house for women recovering from alcohol or substance abuse. After they complete the six to nine 9-month program, they usually leave Amethyst House to find their own home and job. The members of Richmond County are uniquely qualified to guide these women in resume writing, dressing for an interview, financial planning and other life-skills. A few months ago the executive director told us that she was starting a program to support the women after they leave Amethyst

*Continued on page 17*

# Chapter & Region News

## Staten Island, continued

local artists. Staten Island's Elaine Croteau and other members took to the stage to present the check at the Harbor Lights' performance of *Showstoppers*, a popular production of show-stopping numbers by the hottest talents on Broadway.

"We are thrilled that the Staten Island Chapter of New York Women, Inc. supports Harbor Lights," said Harbor Lights founders and artistic directors, Tamara Jenkins and Jay Montgomery. "Receiving support helps us grow our theater company and fulfill our mission."



Chapter officers and board members gathered to welcome the chapter's newest associates over dinner at Marina Café, Great Kills, Staten Island. Pictured left to right, front row: Barbara Strype, Nancy Sayegh-Rooney, Rosemarie Mangano-Cavanagh, Edith Holtermann, Elizabeth Micalizzi, Marie Illuzzi. Back row: Marie Thompson; Rosemarie Dressler; Diane Seridge; Jill Holtermann-Bower; Skye Suter; Elaine Croteau; Cammie Brandofino; Christine Olivieri Donahue; Helen Napoli; Catherine DiStefano, president; and Annette Fusano.



The chapter presented \$2000 to the Staten Island Residence of Good Counsel Homes, Inc. This program provides invaluable intervention for hundreds of pregnant young women and single parents (photo above of check presentation).

"So many women have nowhere to turn," said Christine Olivieri Donahue, Staten Island member. "This is a place for young mothers who urgently need a safe place to stay, many who have been rejected by family and friends. In

this residence they are provided with a loving home, nutritious meal, consistent medical attention, training, education, and the tools for self-sufficiency."

After closing due to the tumultuous financial climate, the Staten Island house recently reopened and reached full capacity with young mothers and babies. Within the first four months, the program assisted with three new births among the young women staying there.

## Committee News

### Communications

*submitted by Linda K. Provo, communications chair*

Last year NYS Women, Inc. members were asked to think about renaming *NIKE*. Names were solicited several times over the course of the year from members and we received well-thought-out and terrific entries, approximately 20. Some of these names were already in use by other organizations or publications, and therefore had to be eliminated. The remaining names were sent to the executive committee and board of directors, but none of the names received approval from the board of directors.

At this time, the renaming of *NIKE* is being put on hold and will be reviewed again in another year or so. If this renaming is going to be pursued, we want to make sure it's a name that everyone agrees on.

And thank you SO much to EVERYONE who took time and their creative energy to submit new names!

If you have any questions, please contact Linda K. Provo at [nyspsp0708@yahoo.com](mailto:nyspsp0708@yahoo.com).

## NYS Women, Inc.

**OUR MISSION:** To build powerful women personally, professionally, and politically.

**OUR VISION:** To make a difference in the lives of working women.

# New York State Small Business Profile

*New York State is home to 2.1 million small businesses*

The Office of Advocacy, an independent office within the Small Business Administration, released a report entitled Small Business Profiles for the States and Territories, an annual analysis of each state's small business activities. In a new and improved format, the profile includes information on the number of firms, employment, demographics and other topics using the most recently available government data.

**Some highlights:**

- New York is home to 2.1 million small businesses.
- New York small businesses represent

99 percent of all businesses with employees and employ about 50.6 percent of the national' private-sector workforce.


- Small businesses with fewer than 100 employees have the largest share of small business employment.
- The three New York industries with the most small business jobs are health care and social assistance with 590,105 jobs, accommodation and food services with 504,252 job, and retail trade with 367,902 jobs.
- The number of minority-owned firms increased by 31.9 percent

between 2007 and 2012.

- Small businesses made up 94.2 percent of New York exporting companies and generated 62.6 percent of the state's total known export value.

Background: The Small Business Profiles report on the economic status of small business from 2010 to 2015. The profiles are a reference tool for researchers, policymakers, and small entities who are interested in how small firms are performing regionally or nationally. Note that this report generally defines small businesses as firms with fewer than 500 employees.

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## NIKE All Stars

The 2016-2017 *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.

**Publication** July 15th/Sept. issue      Oct. 15th/Jan. issue  
**Deadlines:** Feb. 15th/March issue      March 15th/May issue

**Rates:** Platinum Patrons: \$75 and over  
 Golden Givers: \$50 – \$74  
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**DEADLINE FOR THE DECEMBER 2016 ISSUE IS SEPTEMBER 15, 2016.** When emailing your submission type *NIKE* in the subject line, and send to the attention of Katharine Smith, *NIKE* editor at PR@NYSWomeninc.org. Previously published material must be accompanied by a letter from the publisher giving permission to republish and the credit line required to be included with the article.

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SIGNS

# Women Helping Women

Continued from page 11

Roosevelt courageously persevered despite often being personally and unfairly criticized and undermined. She meant it when she used the term, “thick skin.” She kept her eye on the goal to be achieved, and learned to thwart the poison arrows thrust at her. She rose above personal negative abuse. Note these Eleanor Roosevelt quotes:

*“Do what you feel in your heart to be right – for you’ll be criticized anyway. You’ll be damned if you do, and damned if you don’t.”*

*“No one can make you feel inferior without your consent.”*

*“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face.”*

*“When will our consciences grow so tender that we will act to prevent human misery rather than avenge it?”*

Eleanor Roosevelt was a pioneer in spirit and action, fighting fiercely for the benefit of women. She truly was a woman who helped other women.

Now let’s turn the attention to you. Do you need to have a thick skin? Have you experienced your very own “Eleanor Roosevelt” moment? Are you criticized

for stepping out for justice, for equality, for fairness, for the betterment of other women? Are you proud to help other women? Have you been a supporter of other women or have you thrown negative poison darts?

## **In the corporate world, competition is fierce.**

Many games are played and nicey-nicey is not one of them. Many women are not helped by other women; instead, other women can subject them to criticism, undermining and diminishment. Thick skin is essential in negative cultures. It requires courage to be that woman who does stand up, who does support other women, who owns her truth, who does mentor younger women, and who does succeed, despite the risks she faces. Is your corporate culture one that requires you to have thick skin? How do you stand up? How do you support other women who do courageously stand up?

The numbers of corporate internal-only women’s networks have been diminishing over the years. (An exception is the Xerox’s Women’s Alliance that is now 25-plus years and growing stronger). That means there is not enough support, either from participation, from the top levels, or economically, to merit a women’s network-group staying in existence. What does your internal-corporate women’s networks look like? Is it functioning well? Does it strengthen leadership through women? If not, what can you/will you do about it?

## **What can you do?**

You run for political office. Naturally, there is a level of adversity because you will have an opponent. Can you run a clean campaign, even if



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“I raise up my voice - not so I can shout, but so that those without a voice can be heard. . .we cannot succeed when half of us are held back.”

- MALALA YOUSAFZAI

### **Richmond County Chapter: Women Helping Women, cont.**

House and was looking for items that can be used to set up house. Ever generous, our members have donated furniture, sheets, dishes, and so much more.

One of my favorite stories comes from our collaboration with Carmel Nursing Home. They run senior day care/medical centers and were opening a new center. They needed a Christmas tree, so our members promptly emailed everyone they knew. A former member donated a seven-foot tree. We picked it up and when the senior center put the tree up, the seniors spent the day creating crafts to decorate the tree. In January, they didn't want the tree taken down, so they made New Year crafts to decorate it; followed by hearts, shamrocks, flags, and this month, flip flops and beach balls. That tree, given by a member of NYS Women, Inc., just keeps on giving and giving!

Most of these programs do not cost a lot of money – like most chapters in NYS Women, Inc. the women of the Richmond County Chapter help other women by donating their time, their experience, their talents and skills, along with the willingness to use them for the benefit of others.

For everyone of us that succeeds, it's because there's somebody there to show you the way out. The light doesn't always necessarily have to be in your family; for me it was teachers and school. - OPRAH WINFREY

you are being undermined and criticized? What if your political run is within your non-profit organization? Are those who run supported for their courage to do so? How do you stand in supporting not just your favored candidate, but also all those women who step forward to run for office in order to support the progress of that organization or the status of women? How do you stand?

You are an entrepreneur. You are part of a large network of entrepreneurial and professional women. Do you give/get lip service of support from your network? Or is it real? Can you declare it?

### **NYS Women, Inc. can help you make a difference in the lives of women.**

For example, at NYS Women, Inc., we have chapters where you can have impact. Being part of a statewide group gives you the chance to have an impact in your life, the life of women in your community and the lives of women throughout New York State. This impact can be achieved by creating a supportive local community, working on important legislative initiatives or providing important workshops, leadership, and education programs that will help educate your members. Do you feel this? Do you share this with potential new members?

Eleanor Roosevelt believed women have special nurturing qualities that made them peacemakers, conferees and mothers, but she also believed these qualities, along with the vision and drive to make the world better for all women, made them fine politicians, reformers, advocates, leaders, entrepreneurs and professionals. As members of NYS Women, Inc., we have a mission to uphold, and a true legacy to honor. We must continue to consciously step forward – taking the risk and the responsibility of being women helping other women.

*Claire Knowles is a two-time Amazon best-selling author, in-demand speaker and business leadership consultant, helping leaders (especially women leaders) and their teams become the most effective they can be at accomplishing their goals (together). She lifts up the hidden elephants that are lurking in organizations and work-teams so they can be addressed effectively. Claire is a member of the Buffalo Niagara Chapter of NYS Women, Inc. You can contact her at [www.ClaireEKnowles.com](http://www.ClaireEKnowles.com) or 716-622-7753*



# Women Helping Women

*Momentum increasing for women leaders.*

by Nancy D. O'Reilly, PsyD

WOMEN ARE MAKING HISTORY EVERY DAY, raising the bar and heading toward parity across the globe. It was never more evident than at the recent Women's Economic Forum (WEC) I recently attended in India. I had been invited to present the goals of the "Statue of Responsibility" and put women's roles in the forefront of that initiative. There, I joined thousands of women, men too, who came to share their messages, learn about others and create a union among like-minded individuals who together can change the world. It's this union of diverse people from around the world that has me convinced that the once-slow evolution of women leaders is becoming a movement that is placing strong, resourceful, resilient women in charge of the private sector and at the helm of ships of state worldwide.

I felt a similar wave at the Diversity Women's Conference in Orlando last fall. The welcoming inclusion among all the women in attendance felt like a homecoming for me of women reaching out to support other women. In talking with Dr. Sheila Robinson about the upcoming conference in 2016, she said, "It's about US." That's the point of the conference. It provides an event for individual women with their individual talents and strengths to come together and join their abilities to make, not just a difference, but an enormous positive impact in our world today.

An African proverb says, "If you want to go fast, go alone, but if you want to go far, go together." I would be nowhere at all if it weren't for my sisters. In these larger groups, I began to understand that when a significant group of people also know and understand the power of the greater whole, it strengthens all of us: I am far better with you. I'm much stronger and have multiplied my resources. When I'm together with all these people in a room, I can do anything. That is truly empowerment.

All women are leaders in some capacity. Our goal now is to educate them to perceive themselves as leaders. Collaboration, cooperation, inclusion and vulnerability have only recently been valued as valuable leadership traits. As more people are willing to combine their resources and develop working relationships, we will be astounded at the ease with which transformations will take place.

When times were tough, my women friends have been there for me. That's one of the most important things I learned from those times: to value the gift of mentorship. When we give it, we receive far more. It is genuinely a two-way street. The more freely we share, the more bountiful are our gifts.

I want to urge all women to embrace this idea: reach out to others and ask them without any reservation, "How can I help you?" I have been doing this for years and have

I want to urge all women to embrace this idea: reach out to others and ask them without any reservation, "How can I help you?" I have been doing this for years and have heard the astonishment in women's voices at the idea, "You want to help ME?" These recent conferences I attended put me in touch with hundreds of people who had the same idea, to freely help one another.



## Column: Editorial

# A lady with helping hands

by Mary Ellen Morgan

heard the astonishment in women's voices at the idea, "You want to help ME?" These recent conferences I attended put me in touch with hundreds of people who had the same idea, to freely help one another. Ideas, praise, celebration and inspiring stories flowed so freely, I experienced some of my most cherished moments.

Are you reaching out to help others or are you attempting to hold them back from success? When I started to get my doctorate, people (often other women) asked me, "Who do you think you are? Who will raise your kids, take care of your family?" It made me work harder to prove that I could do it, to show my daughters what they could do in life and to provide a good role model. It's time to stop trying to hold other women back. It's time to encourage one another and support success for everyone. This is how we can increase the momentum so that women seeking and achieving leadership truly becomes a worldwide movement for positive change.

*Reprinted with permission. All Rights Reserved. Originally published July 1, 2016. <http://www.drnnancyoreilly.com/momentum-increasing-for-women-leaders/>. Nancy D. O'Reilly, PsyD. is an author of *Leading Women: 20 Influential Women Share Their Secrets to Leadership, Business, and Life*. As a clinical psychologist and motivational speaker, O'Reilly helps women create satisfying, purposeful lives that benefit themselves, their families, and their communities. She is the founder of Women Connect4Good, Inc.*



Have you met Leslie Danks Burke? She's a member of NYS Women, Inc. Southern Finger Lakes Chapter in Watkins Glen, New York. Leslie is originally from Colorado where her parents were farmers. They provided Leslie with a very strong work ethic. Her family also taught her how to listen and how to develop relationships.

Leslie has lived in the Finger Lakes area for the past 12 years. She's a daughter of farmers, an attorney, a wife, and a mother. Her life goals are to support jobs, schools, farms, and small businesses. And she takes great pride in her work.

Leslie graduated from the University of Colorado Boulder with a B.A. concentrating on History and International Affairs. In 2002, she received her law degree from the University of Chicago Law School. She's currently employed at Pinnisi & Anderson law firm in Ithaca, NY, where she also lives with her husband and two lovely daughters.

Leslie serves on Agriculture and Infrastructure Committees for the Southern Tier Regional Economic Development Council. She sits on the Tompkins Cortland Community College Foundation Board. Leslie founded and serves as president of the 14-county Democratic Women of the Southern Tier and Finger Lakes. This young lady also founded and chairs a 10-county Planned Parenthood for the Southern Finger Lakes Action.

This unique lawyer does extensive pro bono practice in civil rights, and has received the Legal Aid Society of New York for outstanding community service award on two occasions.

Although Leslie is a working parent, she has still found time to be extremely active as a public school parent. In February, Southern Finger Lakes Women celebrated Valentine's Day at the Marmalade Cat Bed and Breakfast. Leslie and her daughter attended. She provided background information for our group. You could just sense her high integrity and honesty. The interaction between Leslie and her daughter illustrated her strong desire to make the world a better place for the next generation of women.



Members of Southern Finger Lakes Women at their February 2016 meeting. Foreground: Mary Ellen Morgan (left), Leslie Danks Burke (right), Leslie's daughter (center).

In May 2016, the Four Conference for Democratic Women of the Southern Tier and Finger Lakes (which Leslie founded) was held at Broome Community College. Leslie participated in the panel that was held, "Women As Leaders and Political Actors." May had been designated by the National Federation of Democratic Women as "Democratic Women's Month". This became a symbol of Eleanor Roosevelt's efforts to promote women to their place in society.

Southern Finger Lakes Women is proud that Leslie Danks Burke has decided to run as a Democrat for New York State Senate in the 58th District. Her tremendous background will make her an excellent candidate.

New York State Women, Inc. members should make a point of meeting Leslie Danks Burke. This is a lady who makes it her mission to help others.

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