

The Handclasp

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

Volume LXXXV Number 2

Founded in 1927

December 2011



Calendar



- Dec 13** **Holiday Party at The Stockade Inn**
5:30pm Networking; 6:00pm Dinner
Music by: Saratoga Sounds, Frank Manning
- Jan 3** **6:00pm Board Meeting**
First Reformed Church
All members welcome.
- Jan 24** **Network to Connect**
“How women’s organizations can help
Not-for-profits to cope in these economic times.”
The Stockade Inn
5:30pm Networking; 6:00pm Dinner
- Feb 7** **6:00pm Board Meeting**
First Reformed Church
All members welcome
- Feb 28** **Monthly Meeting at The Stockade Inn**
5:30pm Networking; 6:00pm Dinner
Stress Management & Personality Definition
Lisa Jordan—The Right Fit Coaching/Life Coach
- Mar 6** **6:00pm Board Meeting**
First Reformed Church
All members welcome
- Mar 24** **Youth Leadership—SCCC**
New name: **The Reality Store – Real Life, Real Choices**
- Mar 27** **Monthly Meeting at The Stockade Inn**
5:30pm Networking; 6:00pm Dinner
Business Etiquette—Alan Stern

What Do Blue Holiday Lights Mean?

Stringing lights on trees and homes is a widely followed tradition observed by millions of people worldwide. Red and green are probably the most popular choice for holiday lights, followed by classic white. However, blue lights have been making a comeback in popularity in recent years.

The history of holiday lights

The tradition of stringing holiday lights is one that finds its origins in the celebration of Yule. Yule started in Germany in the Fourth century, when people celebrated the winter solstice and shorter days by burning a Yule log that was supposed to offer "welcome light on dark days" and "beckon back the sun, while warding off evil spirits." Christian churches adopted this tradition; over the centuries, the Yule tradition transformed to stringing lights onto a tree.

Spirit of the season

One common belief is that red represents passion, green represents vitality, yellow represents brilliance, white represents purity and blue represents a generosity of spirit.

Blue lights for Hanukkah

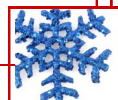
Hanukkah is the Jewish holiday that is celebrated around the same time as Christmas. Many Jewish families decorate a "Hanukkah bush" as part of their celebration. Obviously, Jewish families would not wish to decorate with colors or symbols that are predominantly associated with the Christian religion. Blue and white are traditionally colors associated with Hanukkah celebrations, so it makes sense that blue lights would be used in decorating for the holiday.

Mourning

Historically, blue lights also have been used by families who are in mourning during the Holiday Season. Blue serves as a more somber color to decorate with.

Honoring the dead and supporting our troops

Along the same lines, blue lights have been used more recently to show support and honor for fallen police officers, firefighters and members of the Armed Services. They are also used to signify that a household supports and remembers troops who are abroad during the holiday season.



PRESIDENT'S MESSAGE



Greetings:

Hi everyone. I know you are all busy with this beautiful season that is upon us. It is a time for family, friends and co-workers to appreciate each other for all we do for each other. This is my favorite time of year.

We had such a busy and successful year. I would like to let you all know how much I appreciate each and every one of the members who contributed their time and donations to our causes. We had so much fun at the Frugal Repast; and raised quite a bit of money. I know everyone enjoyed the evening.

Now it is time to start the second half of our year. This will be another busy time for us. In January we have the Network to connect, chaired by Elena Alvarez and Stephanie Schechter. In March we will hold our Youth Leadership Program chaired by co-chairs Kim Bellizzi and Miriam Cajuste. This program will require our entire club to participate. Kim and Miriam will be sending out more information soon. We also have our Schenectady BPW 85th Anniversary Celebration, co-chaired by Bonnie Keller and myself. We will be sending out requests to join our committee because this too is a club effort. We have the Event booked at the River Stone Manor on May 11th, 2012. Please mark this date on your calendars.

Our club is still growing. We have two new members, and I know there are more to follow. We grow because we are doing programs that attract interested parties. We will be distributing Brochures with information about our club and membership. Thanks to all of you who bring in new members.

I am looking forward to the Christmas Party at the Stockade Inn on December 13th, 2011. Yvonne Matthews has a splendid evening planned. Please invite your spouse, significant other, or bring a friend. We will be served a sit down dinner with a choice of Prime Rib or Chicken Parm. We will be entertained by Frank Manning, the piano player that played at the Fashion Show. He is very talented and will keep you entertained for the evening. Please let Carolyn Sabol know if you are bringing a guest.

I would like to wish you and your families a very Merry Christmas, Happy Hanukkah, and Happy Kwanza.

Looking forward to seeing you all on December 13th.

Regards,

Jane Osterhout

Jane Osterhout
President



Birthdays

December

2 Yvonne Matthews
5 Terrie Loudermilk

January

11 Bonnie Keller

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

Where: The Stockade Inn
When: Tuesday, December 13th, 2011

5:30 – Networking
6:00 – Dinner Meeting – Reservations required

Holiday Party

Music by: Saratoga Sounds, Frank Manning

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

Please R.S.V.P. By: Friday, December 9th, 2011 to Susan Daly at 428-8830 or Carolyn Sabol at 887-5851 or Email Carolyn at cwsabol@hotmail.com.

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

Tips and Tidbits

Advertisers Wanted

Ads for the HandClasp run from September–June each year. Members have first chance on ads for the new year.

Ads are 2 in. x 3.75 in Business Card size - \$30 annually/ Double ads 2 in. x 7.50 in. size - \$50 annually

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

Cyndie Powell
c/o Raymond James Financial Services
1476 Balltown Road
Niskayuna, NY 12309

(this year since we are already 1/3 of the way through the newsletter fiscal year, we are discounting our fee to; \$20 and double to \$35 !!

Please get your ad to Cyndie so that it can run as soon as possible.)

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John & Carolyn Sabol
(518) 356-2828

From the Board

Programs, Bonnie Keller, Chair

Schenectady Business & Professional Women's Club

Program Listing for 2012

- January 24, 2012 **Network to Connect**
(Elena Alvarez)
- February 28, 2012 **Stress management & Personality Definition**
(Lisa Jordan)
- March 28, 2012 **Business Etiquette** (Alan Stern)
- April 24, 2012 **Identity Theft** (Christina Meier)
- May 23, 2012 **Officer & New Member Inductions**
- June 27, 2012 **Scholarship Awards Banquet**

Membership, Bonnie Keller & Aldona Vaitulis

As of December 6th, 2011 we have 43 members. All dues are current with the exception of one that was due Nov 1st.

We are planning a membership campaign and will present the details at the next business meeting in January. In addition, we will also be holding a new member induction ceremony in May.

Network to Connect 3 —Elena Alvarez

(Jan. 24, 2012) -Stephanie, Miriam, and Elena have been working to have a letter ready for e-mailing and uploading to our website no later than next week.

The idea of **Network to Connect 3** is to invite all of the local women's organizations and a number of not-for-profits. The main goal will be to figure out how women's organizations can help not-for-profit organizations to cope under the current financial climate. Can we help with money, with professional advice, attend their events, bring donations, etc.?? More information will be available as further planning and implementation has been completed.



New Members

Terrie Loudermilk

1607 Carrie St, Schenectady, NY 12308

Tel: 518-631-0616

Bus. Phone: 396-9836

Employment: First National Bank of Scotia
Teller/Customer Service

1476 Balltown Rd, Niskayuna, NY 12309

Wk: (518) 370-7245

Email: loudermilk@gmail.com

Hobbies: bowling

Birthday: December 5th

Member Spotlight

Yvonne Matthews

Realtor, Purdy Realty(14 yrs. total Realty Exp)

Teacher—English as a second language

Adult Education



BPW member since 2010

Yvonne was born in Sharon, Connecticut and after college moved to Phoenix, Arizona to work in the Aerospace field for Honeywell. At this time Yvonne also became a realtor.

Yvonne has been married to a wonderful man for 26 years. He encouraged her to go back to school to become an elementary teacher, where she graduated Magna Cum Laude. In 1993 Yvonne's husband was transferred to GE in Schenectady and Yvonne decided to remain in Connecticut teaching and selling Real Estate, and to be closer to her Mom after her dad passed away, and they saw each other on the weekends.

This worked for a while, but God had another plan for Yvonne. One day on her way home from work, a neighbor called to tell Yvonne to drive home slowly, her house was on fire. She lost everything including a cat that had adopted Yvonne in Arizona 16 years earlier. At this point she moved to upstate NY to be with her husband and deal with the loss of her home. A month later she went through a breast cancer scare, but thankfully it turned out to be benign.

With all of the problems in her life, Yvonne knew she had to get her mind off of her problems. It was then that she decided to become a literacy volunteer and then went on to get her Master's Degree at the College of St. Rose. She taught school and became a NYS ELA Scorer. For the past 8 years she has been teaching adult education for the Schenectady School District. She has had students from over 22 different countries. One of the highlights of Yvonne's volunteer work was meeting a student that came from Thailand who worked very hard to become a citizen, to vote, and last year she received her GED. This student's desire was overwhelming and Yvonne nominated her for Student of the Year. It was a very proud moment when she won! Senator Hugh Farley and Jim Tedisco met with Yvonne and the student and gave her a special day at the capitol last spring.

Last year, Yvonne became an associate broker for Purdy Realty in Burnt Hills. She specializes in working with seniors and Horse and waterfront properties. She loves her 2 careers and likes to keep busy. Her classroom is filled with many pictures of the students' works and dreams. She is fulfilled by helping her real estate clients realize their hopes and dreams too!

**The Right Fit**
Coaching

(518) 356-9162

lisa@therightfitcoaching.com

www.therightfitcoaching.com

Lisa Jordan
LIFE COACH

1777 Amsterdam Avenue
Rotterdam, NY 12303

CWS Bookkeeping

CAROLYN SABOL

2275 Ennis Road

(cell) 495-2825

Pattersonville, NY 12137 (H) 518-887-5851

cwsabol@hotmail.com

Women in Need, Jean Weed, Chair

I am once again chairing the Women In Need Committee and would love to have others on the committee. There are so many ways we can help the women and children in our area. The book drive we had last June for the children involved in the park program sponsored by Schenectady Inner City Ministry was extremely successful and I want to thank everyone who helped in this effort.

Every year we collect gifts at our Holiday Party to donate to the residents of the YWCA, Domestic Violence Shelter, City Mission, or Bethesda House. I am in the process of checking out their needs and will advise you of same in the near future. It's always safe, though, to assume they need clothing, hygiene products, and toys for kids. These would be **new, unwrapped** items.

I have been forwarding emails I receive from Habitat for Humanity so that you will be aware of the opportunities to help there. If members are interested, I would be happy to set up a "workday" for BPW. Irene Wickham and I worked on a Women's Build a few years ago laying sod. It was a dirty job, but also fun and great to be a part of the project. Please contact me if you would like to be on the committee or have any questions. My phone number is 882-1840 or email Hubbs45@nycap.rr.com. Thanks, Jean Weed.

Fashion Show /Cyndie Powell—Chair

The Fashion Show was a great success. Thank you to all of our members and their family members and friends who helped to raise money for our Scholarship Fund.

We received 196 guests which is our largest crowd yet!!

There was also a very nice article in the Daily Gazette about the Show. It is very nice to have some positive publicity surrounding our club and this event.

We are still settling some of the finances but at this point believe that we will have somewhere between \$8,000.00 and \$9,000.00 for our scholarship fund!

We are in the process of planning the next Fashion Show. It is scheduled for Sunday, November 18th, 2012 at The Glen Sanders Mansion Please be sure to mark this date on your calendars. (this is the Sunday before Thanksgiving) It is very important that we have all of our members participating. The show seems to get bigger each year, and all hands are needed and appreciated to stay organized and keep our guests happy and wanting to attend year after year.

If you would like to serve on this year's Fashion Show Committee please let Cyndie know.

You can email her at cyndie@nycap.rr.com or call her at (518)370-7249.

*Save the Date:
Fashion Show
Sunday,
Nov 18th, 2012 at
The Glen Sanders
Mansion.*



Did you know.....

We are affiliated with BPW Foundation. They work hard to support women in the workplace and military women returning from active duty.

As a club, we pay an annual fee of \$10 to be able to use the BPW name and logo.

To find out more about how foundation helps to support working women visit their website at:

www.bpwfoundation.org

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Financial Executive

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cynthia.powell@raymondjames.com
Tel: 518-370-7249 Fax: 518-370-7248

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SCHENECTADY BPW

Jane Osterhout

**2010-2011
President Schenectady BPW**

923 Wright Avenue
Schenectady, New York 12309
518-393-0452
eosterhout1@nycap.rr.com



If there is anything that you would like to see on the Website, that isn't currently there, please let Cyndie know. You can contact her by email at:

cyndie@nycap.rr.com
or by phone at 518-370-7249.

If you have any items that you would like included in the Handclasp, please get your information to Cyndie by the 1st Wednesday of each month.

Cyndie can be reached on 518-370-7249 or by email at cyndie@nycap.com



Among our Members

Christina W. Meier has opened her own Law Firm. She is very excited to offer her services to clients in the capital region. Her new contact information is:

Meier Law Firm, PLLC
Christina W. Meier, Esq.
One Marcus Boulevard, Suite 200
Albany, New York 12205
Tel. [518-689-0323 ext. 315](tel:518-689-0323)
Fax [518-689-0329](tel:518-689-0329)

Congratulations and Best Wishes in your new firm !!

Schenectady BPW member **Lisa Jordan** will be introducing her new workshop *Three Keys to Healthy Relationships* for the first time this January. On the heels of the holidays where we are generally able to spend more time with friends and family, and on the brink of a new year where business owners are looking forward for opportunities to build their business relationships, this workshop couldn't be more timely.

In this informative and upbeat workshop you will learn:

- The three core components to healthy relationships.
- Simple steps to implement them: at home and professionally.
- How to match the best of your problem solving style with others'.

Join Lisa on Saturday January 7th, 2012 from 8:30 to noon at the First Unitarian Society of Schenectady, 1221 Wendell Avenue. The introductory cost is \$30 per person, \$25 each if you bring a friend! Coffee & light refreshments and handouts will be provided.

Please register at: www.therightfitcoaching.com/Upcoming_Events or send contact information and check made out to The Right Fit Coaching, 1777 Amsterdam Ave, Rotterdam, NY 12303. If you have any questions, call Lisa 356-9162

** Sign up for the *Discovering the Right Fit for You* monthly newsletter on my website and receive inspiring yet practical articles and the latest new class and workshop postings.

Country Wine & Spirits will be celebrating our 5th Anniversary (can you believe it?) with a wine and food pairing dinner at SCCC on Thursday, February 2, 2012. A prepaid reservation of \$75.00 per couple will hold a spot for you. For more information, call John or Carolyn at 356-2828.

Carolyn Sabol is now taking orders for her 'Killer Cheeseballs'. She only makes them for the Holidays and never gives out her recipe. \$20 for a 10oz cheeseball which is about the size of a large softball. We were treated to the cheeseballs at the past BPW Board meeting. Yum, Yum!
Email Carolyn if you'd like to order one: cwsabol@hotmail.com

How much is your house worth?

(518) 461-0771

Call me!

Yvonne S. Matthews
Associate Broker



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Name _____

Home Address _____

City _____ State _____ Zip _____

Telephone _____ Birthday (month/day) _____

Employed at _____

Business Address _____

City _____ State _____ Zip _____

Job Title _____

Business Phone _____

Email address _____

Hobbies & Interests _____

For more information, please contact our membership chairs:

Aldona Vaitulis at (518) 355-4923

Or Bonnie Keller at (518) 381-4512

Or email Bonnie at: bkeller@nbtbank.com

Dues \$72.00 per year

Please make checks payable to: Schenectady BPW

C/o Tammy Krisher, Treasurer

P.O. Box 2311

Scotia, NY 12302



Signature _____

Business and Professionals Women's Club

Benefits of Membership

Active BPW members come together each month for regular meetings and special programs. Members network professionally, share contacts and career strategies, and work on women's issues of importance. Members participate in BPW at all levels and are welcome to volunteer in any capacity that is convenient for them.

www.schenectadybpw.org