

The Handclasp

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

Volume LXXXIV Number 7

Founded in 1927

March 2011



Calendar

- March 9** "Waiting for Superman," film sponsored by AAUW and LWV 7:00 pm at First Reformed Church, Schenectady
- March 14** **Working Group on Girls** meeting at YWCA, 3:30pm
- March 17** **St. Patrick's Day Luncheon** at the Vet's Club. (See inside for info.)
- March 22** **Monthly Meeting** at The Stockade Inn Women's History Month program. "Our History is our Strength," Michele Paludi 5:30pm Networking; 6:00pm Dinner
- March 26** **District IV Meeting.** Schenectady BPW hosting. (See inside for info.)
- April 5** **6:00 pm Board Meeting** at Vet's Club All members welcome
- April 11** **Equal Pay Day** – the day in which women earn as much as a man doing the same job
- April 16, 20, 27** **Career Development Seminars** 6:00 – 8:00pm at First Reformed Church, across from The Stockade Inn, Schenectady
- April 23** **Take our Daughters/Sons to Work Day** Call 1-800-676-7780 for more information.
- April 26** **Monthly Meeting** at The Stockade Inn Election of officers; Guest Speaker's topic: "First Responders." 5:30pm Networking; 6:00pm Dinner
- May 3** **6:00 pm Board Meeting** at Vet's Club All members welcome
- May 24** **Monthly Meeting** at The Stockade Inn
- June 3 – 5** **NYS Women, Inc. Annual Conference,** Albany, NY. District IV is host district. so there will be work for all of us.



Where Have All the Manners Gone?

Where have all the manners and common courtesies gone? They seem to be relics of the past, along with 8-track tapes, Betamax and the Edsel.

What can each of us do to restore these classic hallmarks of society?

Professor P.M. Fori, of Johns Hopkins University, created 25 rules of considerate conduct that reflect how we ought to treat each other. These simple rules can help us to connect effectively with others at home, work and in our favorite organizations. He offered examples of how to walk the talk to make our encounters with others more pleasant, sociable and meaningful.

The rules seem deceptively simple but are powerful when consistently practiced.

Why not try them and see?

Here are a few to get you started:

Pay attention
Think the best
Listen
Be inclusive
Speak kindly



PRESIDENT'S MESSAGE



Greetings Schenectady BPW Members:

It is my pleasure to again welcome all of our new members to Schenectady BPW. I am so delighted with the growth of our club. We seem to have a new horizon ahead of us. With the new members and veteran members we seem to have such excitement brewing in everything we do. Thank you so much to all of you for the new life you have all created for our club.

By now I know you are all excited about the Women's History Month Presentation being presented by Dr. Michele Paludi (our member) and her Committee. I know Michele, Cay Raycroft and Judy Schultz have all been working diligently on this program to present to our members and guests. I hope all of you will be in attendance. There will be a Panel Discussion on Women's History, displays of women's history memorabilia, and also one very historical display." Wait until you see what it is". It is amazing!!!.

I would like to thank Michele and her committee for their commitment to Women's History Month. Also thanks to Kim Bellizzi our programmer and 1st VP, for having Michele do this program. Kudos to you all.

The next important program Kim has put together for us is "Emergency Management", what to do in case of a disaster. This program is to help educate everyone on Risk Reduction, Response, and Recovery plans that Schenectady County and New York State have in place. Please put this date on your calendar, Tuesday April 26, 2010. You would not want to miss this very informative program. We will have further information on the panel and what exactly will be discussed. We will also have our officer elections when the program concludes. We will not have a Business Meeting that evening, but we do have to hold our election of officers for 2011-2012. If there are any pressing items, please let me know, so that we can discuss them at the Board meeting on April 5, 2011 at the Schenectady Vets Club, 718 Union Street, at 6:00 PM. This is the best way to let your voices be heard. We welcome all members to the Board Meeting.

We held our first Fashion Show meeting last evening. It was a very productive and interesting meeting. The committee had some great new ideas and suggestions which will help us to have another successful event. If you were unable to make it to this meeting, the next meeting is May 19, 2011 at my home 923 Wright Avenue at 5:30 PM. Come join us and we always have pizza, salad and dessert, because we know most of you will be coming directly from work. Many thanks to Cyndie Powell for Chairing this event. It is a big responsibility, and she seems to make this a bigger success story year after year.

Please do not forget our District Meeting on March 26, 2011. You all have received the information by e-mail. It will be held at Briar Creek Golf Course on Saturday, March 26, 2011. The meeting starts at 9:00 AM. Cost is \$25.00. This meeting is affiliated with NYS Women's INC, which is the other organization that we belong to. This will be very educational for our new members and also for our Veteran Members who have not attended a District Meeting. Please let me know by March 18, 2011 if you plan on attending, and what your menu choice will be. This information is on our Website also. eosterhout1@nycap.rr.com. Please refer to our website for any new information and forms you may need. Cyndie Powell keeps us well informed and up to date on the website

I would like to take this moment to reflect on all of the disasters that are going on around the world, and in our country. We are very fortunate that we have **not** been part of these disasters. Please take a moment of silence for all of these unfortunate people. We may not have the best economy right now, but we do have our health and freedom. We have our Freedom thanks to our great Armed Forces who have fought to give us our freedom, and some have paid the ultimate sacrifice for our freedom. We will be indebted to them forever. "God Bless America"

Best Regards,

Jane Osterhout

Jane Osterhout
President



Birthdays

March

- 1 Donna Ancombe
- 7 Susan Daly
- 11 Anneke Bull
- 12 Lisa Jordan
- 12 Barbara Tremante
- 24 Barbara Howansky

April

- 15 Margie Wickerham
- 16 Dixie Aniolek
- 22 Jean Sharkey
- 26 Elena Alvarez
- 27 Bertha Berman
- 28 Janet Calise

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

Where: The Stockade Inn
When: Tuesday, March 22, 2011

5:30 – Networking
6:00 – Dinner Meeting – Reservations required
Cost: \$28 for guests; \$25 for members
6:30 – Celebration of Women's History Month
7:30 – Induction of New Members and Business Meeting

Program Panelists: AAUW, Jennie Pennington
BPW, Jane Osterhout
Girls, Inc., Gail Wilson-Giarratano
LWV, Joanne Tobiesen
YWCA, Dot Valachovic

The stories of women's and girls' organizations in Schenectady County are integral to the heritage of this County. We will learn about these organizations' tenacity and creativity as we gain strength from their experiences to help us with the future of our organizations.

Please R.S.V.P. By: Friday, March 18, 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

Reservations.

Remember, all members of Schenectady BPW have a reservation for every dinner meeting. If you are unable to attend any meeting, it is your responsibility to call Susan Daly at (518) 428-8830 or Carolyn Sabol at (518) 887-5851, or Email Carolyn at cwsabol@hotmail.com

We are responsible working adults and must take responsibility for our own reservation. Bills will be sent to any member who does not cancel, and does not attend. We are billed for each dinner that we reserve.

Cancellations are due the Friday before the monthly meeting, which is held on the 4th Tuesday of each month. Our hospitality committee does a great job keeping track of the reservations. Please communicate with them, they are more than willing to accommodate if you have a special situation. Thank you.

Membership Renewals

Renewal of membership is due on the anniversary of the date you joined Schenectady BPW. You will receive a reminder the month before your dues should be paid and you will be dropped by NYSWomen, Inc. a month after payment was due.

We have three members whose dues should have been paid in the last quarter of 2010 and another seven members are due the first quarter of 2011.

Send your check for \$72 to our Treasurer, Jean Weed at 7120 Pinewood Trail, Galway, NY 12074.

You can access the **Handclasp** on our website.

Go to: www.schectadybpw.org

The Handclasp will be located under the “Resources” tab.

Cyndie Powell will also be emailing the Handclasp to members and other interested parties when it is ready for publication.

Membership—Bonnie Keller & Aldona Viatulis

Membership committee reports that we now have 46 members; with a number who need to pay dues for the 2011-12 year. Six new members were inducted into membership February 22 and another group will be inducted into membership March 22. At the February induction, each new member received a packet of materials, including a history, our Membership Roster, Bylaws and other items. New members to add to your directory are:

Tammy Krishner

6 Yorkshire Court, Scotia, NY 12302

Tel: (518) 669-9468;

Email: tammy@acalculatedsolution.com

Birthdate: 10/22

Employed: A Calculated Solution

P.O. Box 2311, Scotia, NY 12302

Job Title: Owner – Quickbooks Bookkeeping & Consulting

Bus. Phone: (518) 669-5162

Hobbies: x-stitch, special needs advocacy, running, reading, especially mysteries

Heather Peterson

324 Closson Road, Glenville, NY 12302

Tel: (518) 377-3779

Email: heather@watsonpeterson.com

Birthdate: 10/02

Employed: Watson, Peterson & Co., CPA's

158 LaFayette St., Schenectady, NY 12305

CPA – Partner

Bus. Phone: (518) 372-9518

Hobbies and Interests: music, games, cooking

Susan Rice

1693 Ridge Road, Glenville, NY 12302

Tel: (518) 393-4973

Email: srice@esm-ny.com

Birthday: 2/17

Employed: ESM Ferdie

40 British American Blvd. Latham, NY 12110

Job Title: Office Manager

Bus. Phone: (518) 783-8844, ext. 4126

Hobbies: cooking, volunteering, "Fashion," enjoy life

Donna Thomas

18 N. Church St., Schenectady, NY 12305

Tel: (631) 790-5310

Email: Paint it chic@yahoo.com, committees

Birthday: 7/

Employed: Vintage Chic Furniture

1609 Union St., Schenectady, NY 12309

Job Title: owner

Bus. Phone: (518) 280-6955

Hobbies: interior design, antiques

Programs, Kim Bellizzi

Thanks to Val Iacovangelo for the effective resources on **Senior Care**. Both verbal and written material on this important subject should be in everyone's file. Thank you.

March 22, 2011, Michele Paludi will facilitate a panel, "**Our History is Our Strength.**"

Panelists: Jane Osterhout, BPW, Gail Wilson-Giarratano, Girls, Inc., Dot Valachovic, IYWCA, Jennie Pennington, AAUW, Joanne Tobiessen, LWV.

The stories of women's and girls' organizations in Schenectady County are integral to the heritage of this County. We will learn about these organizations' tenacity and creativity as we gain strength from their experiences to help us with the future of our organizations.

At this meeting, we will have a photographic display of famous women throughout our heritage.

Nominating Committee will present the Slate of Officers for 2011-2012.

April 26 – First Responders Seminar. What to do in the case of an actual emergency, where to go, what plans are in place currently, and what we can do as citizens to help in the case of an actual emergency. The discussion will cover local plans as well as what the state can do and when the state becomes involved once the emergency has occurred.

Speakers include: **Joanne Cocozzoli**, Assistant Director/ Bioterrorism Preparedness, **John Nuzback**, Emergency Response Office's Fire/EMS Coordinator of Schenectady, & **General F. Sheppard**, Brigadier General, USA, NYS Division of Homeland Security and emergency Services.

May 24 Party of Gold – Jane Osterhout

We have scheduled a Party of Gold Fundraiser to be held May 24. Our members, their family and friends collect old gold and silver jewelry. At the sale, the gold and silver content will be assessed and an offer made and paid. Gold is now selling for \$1369 per ounce, so it is time to take that one earring or broken bracelet and bring them to our May 24 meeting. You will make money, and "Party of Gold" will also pay a percentage to our club as a fundraiser. Spread the word, bring a friend. All are welcome.

2010 – 2011 Schenectady BPW Board Members and Directors

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

Directors: Susan Daly
Sister Stella Dillon
Marie Johnson

Immediate Past President: Elena Alvarez, PhD.

District IV will meet March 26 and reservations are due to Jane Osterhout by March 18. The meeting will be at the Briar Creek Golf Course on Pangborn Road, Duanesburg, NY. Schenectady BPW is hosting this meeting.

Amy Kellogg will preside and our guest speaker will be Michele Paludi. Neale Steiniger, IPSP, will be our State Rep and Amy and Neale will bring back a report from NYSWomen, Inc. Winter Board meeting.

Luncheon choices are:

Grilled Chicken Cesar Salad, Chef Salad, Turkey Sandwich w/French Fries or Macaroni Salad & Pickle Cost is \$25, which includes Continental Breakfast and luncheon. 9:00am registration and Continental Breakfast. The meeting will begin at 9:30am. We are invited to bring an unwrapped gift for the Silent Auction.

State Conference – June 3 – 5 will be hosted by District IV and will be held in Albany, NY. The State Committee will roll out the results of their work for NYSWomen, Inc. We will all have the opportunity to reshape our state organization and how it will affect us.

Fashion Show /Cyndie Powell—Chair

We have booked The Glen Sanders Mansion for our Annual Fashion Show and Woman of the Year Celebration for Sunday, November 6th, 2011.

We held our first fashion show meeting on Thursday, March 10th, at Jane's house. It was so nice to see some new faces and there was an air of excitement in the room. The committee is on their way to planning this year's fundraiser. We will keep you posted of our progress once decisions are made.

The next meeting for the Fashion Show Committee will be held on Thursday, May 19th, at 5:30 pm at Jane's house. Thank you to Jane for your wonderful hospitality.

If you would like to serve on the Fashion Show Committee, please let Cyndie know. You can email her at cyndie@nycap.rr.com



*Save the Date:
Fashion Show
Sunday,
Nov 6th, 2011 at
The Glen Sanders
Mansion.*



From the Board

Monthly meetings of the Board are held on the first Tuesday of every month. The officers, committee chairs, and elected members-at-large meet at the Vet's Club, 218 Union St., Schenectady. Parking in back and enter through back door (of the bar). All members are invited to any board meeting.

Committee Reports

Nominating, Susan Daly, Chair

The Nominating Committee will report its Slate of Officers for 2011-12 at the March meeting. There will be an opportunity for nominations from the floor. Please get the Agreement to Serve from anyone you wish to nominate.

Scholarships, Elena Alvarez, Chair

This is the season where we focus on the women who will receive the results of our fund raising throughout the year. Description of scholarships and applications are on our Website at

www.schenectadybpw.org.

High school scholarships for graduates June 2011 and entering a two- or four-year college for the 2011-12 year, or a career, trade, or technical field awards \$1000.

Catherine H. Raycroft scholarship for women who are returning for undergraduate or graduate education. Award up to \$2000.

For further information, contact Elena at (518) 377-3662.

Career Development Seminar

April 13, 20, 27 three seminars will be offered.

1. What is your type? Develop your understanding in dealing with others.
2. Successful negotiating; getting to "Yes."
3. Putting your best self forward.

A fourth Individual coaching session will be made available to participants at cost of \$25 for a half-hour personal session.

Cost \$75 to the above three sessions with "early bird" savings of \$20. Individual session request is available.

Registration and details are on the Schenectady BPW Website, www.Schenectadybpw.org.

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

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

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

Cay can be reached on 518-372-2521 or by email at drcaycroft@aol.com

Among our Members

-Past President, **Dixie Aniolek**, will be at the Vet's Club community luncheon, St. Patrick's Day, March 17 from 11:30am – 3:30 pm. For \$6 you will have a ham or corned beef sandwich, choice of salads – potato, German potato, macaroni, cole slaw – and choice of desserts. Bring a gang from your work site and enjoy a great experience. Take-out will be available. Irish Coffee is also available at the bar!

-**Yvonne Matthews**, area realtor also teaches English as a Second Language to adult students for the Schenectady City School District. Yvonne has had students from Korea, China, Thailand, Dominican Republic, Sudan, Burkina El Faso, Ecuador, Chile, Puerto Rico, Yemen, India, Iran, Iraq, Afghanistan, Vietnam, Brazil, Poland, Turkey, Russia, Peru, Mexico, and many other countries. Of course there are several different languages too: Korean, Chinese, Arabic, Spanish, Turkish Farsi, Portuguese, Tai, Vietnamese, and Pushtu.

One of Yvonne's students from Thailand studied English in her class and is now working on her GED. She became a citizen this past June and voted for the first time this past November.

Yvonne nominated her for student of the year through NYACCE (New York Association for Continuing Community Education). NNACCE "Student of the Year."

Legislative Awards Event Committee informed Yvonne that her nominee, Orachorn Thongnak Meyer has been selected as an Outstanding Adult Student Award Recipient for 2011. On Wednesday, March 9, she traveled to downtown Albany to the Legislative Office Building where she met her Senator and Assembly person. Yvonne is very proud of her student's achievements in such a short time in the United States.

- **Michele Paludi, Jane Osterhout, Sister Stella and Miriam Cajuste** have been busy collecting resolutions from City Council, County Board, NYS Assembly and Senate for honoring National Women's History Month celebrations.

- Recently, **Country Wine and Spirits** celebrated their 4th anniversary with a great wine-tasting day. **John and Carolyn Sabol's** store is on 680 Mariaville Road. Visit them when you go to District IV meeting March 26.

- **Melissa O'Reilly** has started a new company called, "Shush Shoes." It is a home party plan business with reps who sell beautiful designer shoes only at home parties! Melissa says it is a wonderful feeling to be the proud owner of a business that is going to benefit and bring pleasure to so many women. A quick explanation is that Shush Shoes has several different styles: flats, wedges, sandals, pumps, and boots. Most sizes available 5 ½ – 11. Hostesses earn a minimum of 2 free pairs of shoes just for hosting any party totaling \$300 +.
www.facebook/shushshoes and our website will be live very soon.

Sympathy is extended to **Dixie**, Ted and family on the death of Ted's brother, John on February 19. He leaves a wife and children.

-**Bertha Berman**, we are thinking of you as you settle into your new "digs." We'll welcome you back when you are able to return. We miss you. You can call Bertha at 377-7710.

In the Community

- League of Women Voters celebrated its 91st Birthday on February 14, 2011. LWV works daily to make sure that we have an active citizenry that participates in our democracy...and they request our support.

Handclasp Advertising Supporters

SCHENECTADY BPW

Jane Osterhout

**2010-2011
President Schenectady BPW**

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



CIOFFI • SLEZAK • WILDGRUBE P.C.
ATTORNEYS AND COUNSELORS AT LAW

Providing legal services
to individuals, their families
and businesses.

CRISTINE CIOFFI
DEBORAH A. SLEZAK
MICHELLE H. WILDGRUBE

PAMELA L. PERRY
ANN SHARPE, OF COUNSEL

2310 NOTT STREET EAST, NISKAYUNA, NY 12309-4303
PHONE: (518) 377-6700 • FAX: (518) 377-6110

SAFE. SOUND. SECURE.SM



800.NBT.BANK www.nbtbank.com

Member FDIC

**Get Real
With
Lisa & Susan
Real Conversations**



Real People ♦ Real Lives ♦ Real Issues
Airing Saturday Mornings @ 10:00 AM
MY 4 Albany WNYA

realconversations@hotmail.com

Join Co hosts: Lisa Giruzzi and Susan Beaudoin as they
have Real Conversations about what's important to you!

CWS Bookkeeping

CAROLYN SABOL

2275 Ennis Road (cell) 495-2825
Pattersonville, NY 12137 (H) 518-887-5851

cwsabol@hotmail.com

HOW SMART WOMEN MANAGE THEIR MONEY
THEY DON'T

You have enough demands
on your time without worrying
about your financial plan.
It's especially wise to have
an advisor who not only
understands the intricacies
of investing in today's
marketplace, but who also
listens – helping you know
your options and giving your
investments the attention they
deserve. Call today.

Cynthia Voelker Powell
Financial Executive

RAYMOND JAMES
FINANCIAL SERVICES, INC.
Member FINRA/SIPC

1476 Balltown Road
Niskayuna, NY 12309

Tel: (518) 370-7249

Located at:
First National Bank of Scotia
Niskayuna Office

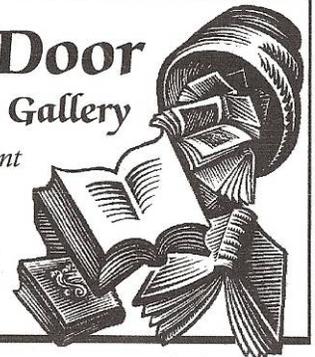
Securities are offered through Raymond James Financial Services, Inc., member FINRA/SIPC,
an independent broker/dealer, and are not insured by FDIC, NCUA or any other financial institution
insurance; are not deposits or obligations of the financial institution; are not guaranteed by the
financial institution; and are subject to risks, including the possible loss of principal.

**The Open Door
Bookstore & Gift Gallery**

*A Locally-Owned Independent
Bookstore Since 1971*

128 JAY STREET • SCHENECTADY
(518) 346-2719

www.opendoor-bookstore.com



CAREFULLY CHOSEN WINE AND SPIRITS

**Country
Wine & Spirits**

680 Mariaville Road • Schenectady, NY 12306
(2 minutes from Rotterdam Square Mall)
www.countrywineandspirits.com

John & Carolyn Sabol
(518) 356-2828

You're invited to join BPW:

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) 895-2364 or (518)993-4799

Or email Bonnie at: bkeller@nbtbank.com

Dues \$72.00 per year

Please make checks payable to: Schenectady BPW

C/o Jean Weed, Treasurer

7120 Pinewood Trail

Galway, NY 12074



Signature _____

Business and Professionals Women's Club

Benefits of Membership

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

www.schenectadybpw.org