

NIKE

NEW YORK STATE women, INC.



NIKE

The official publication of
New York State Women, Inc.

VOL. 64 ■ ISSUE 3 ■ APR/MAY 2015

Our Mission

To build powerful women
personally, professionally,
and politically.

Our Vision

To make a difference
in the lives of
working women.

**Join us at the annual conference for:
Connections • Networking • Resources
Advocacy • Inspiration • Friendship**



6th Annual Conference

MAY 29, 30 & 31

**Millennium Hotel Buffalo
Cheektowaga, NY**

Dated Material — Deliver Promptly

The Conference Issue:

- New York State political advocacy toolkit.....6**
- Conference highlights and speakers.....11**
- 2015/2015 Slate of candidates.....12**

NYS Women, Inc. The State of the State



Stop sitting on the sidelines

by Colleen Ostiguy
NYS Women, Inc. President, 2014/15

Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another.
- Erma Bombeck

During my term as president of New York State Women Inc., I have asked our members, who are all volunteers, to help continue the mission of building powerful women personally, professionally, and politically. Oftentimes the tasks that I have asked our members to perform in order to achieve my presidential goals and to further the organization have taken time away from professional and personal activities. During and after work, phone calls were made, emails were exchanged, meetings were held, and unreimbursed monies were spent in order to make this organization great. And this list is only the tip of the iceberg. Now at the end of my presidency I ask myself, how are volunteer organizations still in existence?

The history of volunteering and volunteer organizations started in the early 1800's. In 1851, the first American-based YMCA was founded in Boston. In 1879, Eliza Shirley held the first meeting in America of the Salvation Army in Philadelphia. In 1881, Clara Barton founded the American Red Cross in Washington, D.C. All the aforementioned organizations are still in existence today with the help of volunteers. The Bureau of Labor Statistics (<http://www.bls.gov/news.release/volun.nr0.htm>) determined that between September 2013 and September 2014, 25.3 percent or 62.8 million Americans volunteered through or for an organization. Women volunteered more than men (28.3 percent to 22 percent) and continued to do so at a higher rate than did men across all age groups, educational levels, and other major demographic characteristics. Some other interesting statistics:

- 35- to 44-year-olds were most likely to volunteer (29.8 percent).
- Married persons volunteered at a higher rate (30.0 percent) than did those who had never married (20.2 percent) and those with other marital statuses (21.1 percent).
- 27.5 percent of employed persons volunteered. Among the employed, part-time workers were more likely than full-time workers to have participated in volunteer activities 31.7 percent, compared with 26.5 percent.

After reading through the Bureau of Labor Statistics facts and figures, I found two very important statistics. One, volunteers spent a median of **50 hours** on volunteer activities!! Two, volunteers got involved in a particular organization **because they were asked by someone in the organization to join!!**

These figures are not meant to bore you or make you want to take a class on statistical analysis. They are here to illustrate an important point: volunteer organizations cannot survive without you. You are the individuals who need to spend time on NYS Women, Inc. activities and ask others to join the organization. Over the past year, we have developed ideas for a number of different projects. It is, however, hard to make these ideas come to fruition without more help. If you have not been actively involved in the organization, I encourage you to reconnect with your chapter or region and see what can be done. Any task that you can help benefits the whole organization.

It has been a pleasure serving as your president. I thank the executive committee, standing/special/sub committee chairs and region directors for all of their hard work. In the year ahead, I look forward to working with incoming president Renee Cerullo to continue making this organization great.

NEW YORK STATE
women, INC. 

Calendar of Events

2015

20th of each month: *Communicator* deadline

May

29-31 Annual Conference
Millennium Hotel • Buffalo, NY

Check online: www.nyswomeninc.org

June

15 *NIKE* deadline

September

2 Women's Day at the State Fair
Syracuse, NY

October

16-18 Fall Board Meeting
DoubleTree Hotel • Syracuse, NY

2016

April

9 Spring Board Meeting
Griffiss Institute, 725 Daedalian Drive
Rome, NY

NEW YORK STATE
women, INC.

Our Mission

To build powerful women
personally, professionally,
and politically.

Our Vision

To make a difference in the
lives of working women.

Image this page: © Clipart.com

NIKE Submissions

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

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NIKE is a quarterly informational magazine for New York State Women, Inc. members and other professional women. Published 4 times per year (September, January, 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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NIKE (ISSN 0271-8391, USPS 390-600) is published quarterly in September, January, March/April and May by New York State Women, Inc. (formerly Business and Professional Women of New York State, Inc), 295 Weimar Street, Buffalo, NY 14206-3209. Subscriptions are a benefit of membership in New York State Women, Inc. Periodical postage is paid in Buffalo, NY and additional mailing offices.
POSTMASTER: Please send address changes to *NIKE* Editor, 295 Weimar Street, Buffalo, NY 14206-3209. RETURN POSTAGE ACCOUNT at Buffalo, NY Main Post Office 14240.

**NIKE Volume 64, Issue 3
April/May 2015**

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Advertising Page Rates

Back Cover

1 issue: \$600 • 4 issues: \$2,000

Inside Front Cover

1 issue: \$400 • 4 issues: \$1,400

Full Page

1 issue: \$300 • 4 issues: \$1,000

Half Page

1 issue: \$150 • 4 issues: \$500

Quarter Page

1 issue: \$75 • 4 issues: \$250

Eighth Page

1 issue: \$37.50 • 4 issues: \$125

From the Editor



YOU are the role model for NYS Women, Inc.

[I think it's entirely appropriate to reprint a portion of former NIKE Editor Linda Przepasniak's message on the occasion of NYS Women, Inc.'s very first annual conference in 2010, after our move away from Business and Professional Women. In it, Linda likens our newly-minted organization to an infant's first year of life...]

If we continue with her analogy, this marks the sixth birthday the organization. We've seen our "progeny" go through quite a lot over these years, but as we mature NYS Women, Inc. can truly – through the efforts of our members – build powerful women personally, professionally, and politically.

-Katharine Smith, NIKE Editor]

"The first year of an infant's life is one of challenge and change. Those initial twelve months are filled with trials and tribulations for both the baby and its parents. Days are overflowing with expectations and excitement. From the moment of birth, parents watch as their offspring struggle to learn and grow...two steps forward, one step back; a smile, a tear; a laugh and a tantrum. It takes determination and courage for a baby to get through its first year and it takes determination and courage for the parents to fulfill their responsibilities as nurturers and caregivers. But the job doesn't end after twelve months. Parents continue to make a commitment to their children, teaching and encouraging them to become productive and responsible adults. It takes time and money, but most of all love, especially love, during those times when hardships hit home.

New York State Women, Inc. is celebrating its "first" birthday and it's not without struggles and challenges. Like parents, we need to nurture and care for our "infant," and it's the love for our legacy and what we stand for that will carry us forward to produce a productive and responsible organization. We need to be role models. We need to make the tough decisions and to intervene when necessary. But we also need to let go and let our organization develop its own personality and future. We can honor our BPW legacy, but it's time to let our baby take its first steps. Let's trust in ourselves that we will take more steps forward and fewer steps backward."

-Linda Przepasniak

Next NIKE Deadline

The deadline for the July issue is May 15, 2015. When emailing your submission type *NIKE* in the subject line, and send to the attention of Katharine Smith, *NIKE* editor at PR@NYSWomeninc.org. 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.

Crystal Eastman

Women Who Helped Build the Empire State

by JoAnne Krolak

Crystal Eastman was born June 25, 1881, in Marlborough, Mass. Crystal was the third of four children. In 1883, the Eastman family moved to Canandaigua, NY. In 1889, Crystal's mother was ordained a minister in the Congregational Church. Her father was already a minister in that faith and both parents became assistant ministers at the Park Church in Elmira, NY, where Thomas K. Beecher served. In 1900, after the death of Rev. Beecher, the Eastmans became pastors at the Park Church.

Crystal entered Vassar College in 1899, where she studied German, history, economics and was active in a variety of campus organizations. After graduation from Vassar in 1903, she attended Columbia University, where a year later, she earned a Master's degree in sociology. Crystal had an arrangement with her brother, Max, whereby she would return to Elmira and teach while Max completed his education. For the next two years, she taught English and history in Elmira high schools. Then Crystal went to New York City, where she enrolled in the New York University College of Law. She would major in labor law and graduate second in her class.

In 1907, Crystal went to work for Paul Kellogg at Charities and the Commons magazine, where she investigated labor conditions for the Russell Sage Foundation Pittsburgh Survey and did a sociological investigation of industrial accidents. In 1909, Crystal went to serve as the Executive Secretary on the New York State Employer's Liability Commission. It was here that she drafted the nation's first worker's compensation law, and would go on to publish "Work Accidents and the Law."

In 1910, Crystal married Wallace Benedict and moved to Milwaukee, Wisconsin, where Benedict worked as an insurance agent and Crystal looked for work as an attorney. At this time, Crystal was also recruited by members of the Wisconsin women's suffrage movement. The Wisconsin campaign for women's suffrage ended in defeat. The Benedict marriage foundered and three years after they wed, Crystal and Benedict divorced. Crystal returned to New York.



In 1913, Crystal became investigating attorney for the U.S. Commission on Industrial Relations and also continued her work on behalf of occupational safety and health. She also joined with Alice Paul, Lucy Burns and others to form the Congressional Union, which would become the National Woman's Party. This group organized demonstrations and picketing of the White House. Many of the women were arrested for obstructing traffic and had to spend time in jail. When the 19th Amendment was passed, Crystal and several others authored the Equal Rights

Amendment. She had concerns about protective legislation for women, feeling that this would only lead to discrimination against women. Nevertheless, Crystal believed that the importance of the ERA could be measured by the opposition to the amendment. She also thought the struggle for the ERA was a "fight worth fighting."

In addition to her interest in women's issues, Crystal helped establish the American Union Against Militarism, which organization lobbied against American involvement in World War I. She worked with Carrie Chapman Catt to organize the meeting which led to the formation of the Woman's Peace Party of New York. When the United States entered the war in 1917, Crystal became part of the group which organized the National Civil Liberties Bureau. Later, the NCLB would become the American Civil Liberties Union.

In 1916, Crystal had married again – this time to Walter Fuller, a British poet, and like Crystal, an anti-war activist. She had maintained her association with socialist/radical causes and thus found herself blacklisted during the Red Scare of 1919-1920. As a result, Crystal and her husband left the United States and went to London where Crystal was employed at a series of newspapers and worked in the British women's suffrage movement. Walter Fuller died of a stroke in 1927, and shortly afterwards, Crystal returned to New York City. Ten months later, Crystal herself died of nephritis. Crystal's obituary read that she was "...a symbol of what the free woman might be."

Effective Advocacy When Contacting Your State Legislator

by Amy Kellogg



Amy Kellogg gave a terrific presentation on effective political advocacy at the spring board in April 2015 at the Griffiss Institute in Rome. Here are the highlights; and take special notice of the dates the legislature is in session. Advocating for an issue when your legislator isn't in Albany, isn't a good use of your time!

What is effective advocacy?

To be an effective advocate:

- You must understand the process
- Know who your state legislator is
- Know your issue
- Know what you are asking for

Understand the process.

There are three parts to the legislative process.

- The Legislative Branch
- How a Bill Becomes a Law
- Taking Action

• The Legislative Branch

The New York State Legislature

- Two-house legislature
- 213 members in Senate and Assembly
- All legislators serve 2-year terms (both assemblymen and senators)

The Assembly

- 150 members
- Currently, Democrats control with a 104-44 majority with one vacancy and one Independent
- The leader of the Assembly is the Speaker of the Assembly Carl Heastie from the Bronx

The Senate

- 63 members
- Currently, Republicans have the majority with 33 members, including one Democrat that works with them
- They have a governing agreement with five breakaway Democrats who belong to the Independent Democratic Conference
- The leader of the Senate is the Senate Majority Leader Dean Skelos from Long Island

How the legislative process works

- Session begins in January with the Governor's State of the State Address.
- The Legislative cycle runs for two years and contains two sessions.
- The Governor must submit a proposed Budget by the end of January.
- The budget is due by April 1. The budget must be done every year.
- Once the Budget is complete then non-money issues addressed until adjournment.
- Session traditionally concludes by the end of June with special session later in the year if there is urgent business.

How a bill becomes a law

12 steps for a bill to become a law in New York State

1. The Idea
2. Sponsorship
3. Bill Drafting
4. Introduction
5. Committee Actions
6. Revision
7. Assembly Ways & Means and Senate Finance
8. Rules Committee
9. Floor Vote
10. The Governor
11. Veto
12. A Bill Becomes a Law

Key points

There is a low success rate for bills passing both houses.

- During the last two year legislative session, the **Assembly introduced 10,190 bills** and the **Senate introduced 7,939 bills**
- In order for a bill to become law in New York, the bill must pass the Senate and the Assembly in the exact same version. If even one word is different, the bill cannot become law.
- Only **658 bills passed both houses** of the Legislature this year:
 - 1,143 bills passed just the Assembly
 - 1,460 bills passed just the Senate

Know who your state legislator is.

At the State level you are represented by:

- A Senator and an assemblyperson



By the Numbers

The New York State Legislature is a **two**-house legislature with **213** members in Senate and Assembly, all of whom serve **2**-year terms.

The Assembly has **150** members; Democrats control with **104-44** majority. The Senate has **63** members; Republicans have the majority with **33** members.

During the last **two**-year legislative session, the Assembly introduced **10,190** bills and the Senate introduced **7,939** bills

For a bill to become law in New York, the bill must pass the Senate and the Assembly in the exact same version.

If even **one** word is different, the bill cannot become law.

1,143 bills passed just the Assembly
1,460 bills passed just the Senate

Only **658** bills passed both houses of the Legislature this year.

- If you don't know who your Senator is, you can find out by going to www.nysenate.gov; you can find out who your Assemblyperson is at www.assembly.state.ny.us
- On both of these websites, there is a spot where you enter certain information and it will tell you your local legislators
- Know what party your state legislator belongs to
- Senate controlled by the Republican Party
- Assembly controlled by the Democratic Party

Know your issue.

Before contacting your state legislator, you need to know your issue.

- Know why it is important to you
- Know what you want to happen
- Know if there is already legislation
- Know the status of that legislation
- Know who supports the issue
- Know who opposes the issue

Know what you are asking for.

Most importantly, before contacting your state legislator, know what you are asking for:

- Do you want them to introduce legislation?
- Do you want them to support legislation?
- Do you want them to co-sponsor a bill?
- Do you want them to vote a particular way?
- Do you want them to oppose a bill?

Now that you understand the process and what you are asking for, what is the best way to contact your state legislators?

Letter, call or meeting?

Determine how strongly you feel about the issue.

- Personal letters are the best

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I just love your shoes!

by Claire Knowles



There is a children's book, *My Shoes Take Me Everywhere I Want to Go* (by Marianne Richmond) that has caught my attention. I was in the grocery

store check-out line and was contemplating what to speak about at a presentation to a professional gathering of women. And there it was . . . the idea emerged!

The story-line of this delightful book is told from the perspective of a child. She shares that her mother had told her that she essentially was born without any clothes. In fact, all the parts of her were bare – her head, her feet, even her toes. But that condition changed very quickly because now she has shoes that take her everywhere – every where she wants to go! She has dancing shoes, tennis shoes, and sandals for the beach. She has shoes for school. She has running shoes and princess shoes, flip-flops and party shoes. Her shoes provide her journey after journey; and all she has to do is don her favorite pair of shoes and they take her everywhere – everywhere she wants to go!

Let's transcend this story (from the little girl in each of you) to the multi-dimensional adult career woman! Let's peek at the many shoes that are in your life closet that take you everywhere you want to go.

- Are your shoes carrying you to the places you want and need to go?
- To the milestone places along your intended life path?
- To the places that nurture your personal growth and development?

Every pair of shoes that you don has some “me essence” in them. They represent you in many ways and they participate fully in your journey. They carry you everywhere you want to go. And you are the “manager” of your life shoe closet! Are you nurturing that “me essence”? Are some of your “me-shoes” taken for granted? Neglected or taking a back seat to other priorities? Have you forgotten how powerful and beautiful you are in all the dimensions of your life – in all the shoes that you wear?

Your shoes are dedicated to the art of your well-being – professionally, personally, recreationally, and spiritually. They reflect your personal “being” in all aspects of your life. Here's to celebrating the “me essence” in all of your shoes wherever they are carrying you and to celebrating the “me shoes” that grace your entire life closet.

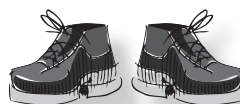
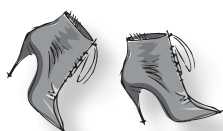
As the manager of your life's shoe closet, here are some pertinent questions:

- Have you been neglecting some shoes in your life closet lately?
- Are there some that you are wearing out? Or, others you just haven't found time to don?
- When was the last time you had your sneakers on and took a good walk – because you needed it for life balance?
- When was the last time you took the time to walk the beach in your sandals? Or, maybe in bare feet?
- When was the last time you spent the whole day in your slippers – because you needed that?
- When was the last time you had on your dancing shoes? Or, your Mary Janes?
- Have you taken inventory lately of all the shoes that adorn the full spectrum of your life? How are you caring for their well-being?
- What shoes are you choosing to carry you to where you want to go next? Where is that?

The next time you open your life shoe closet to choose the right pair of shoes, you just might hear, “Hey, pick me, pick me – wear me today!” Because your “me-shoes” want to take you wherever it is that you want to go. If you are really, really listening to the inner teacher in you, you'll know that those shoes that are crying out, “Hey, pick me, pick me – wear me today!” are likely the ones that will also take you to where you need to go.

Postscript: My “me-shoes” carried me to the Bata Shoe Museum in Toronto, Canada where I visited three floors of shoe exhibits and experienced a rich culturally

Continued on page 16



Chapter & Region News

Buffalo Niagara – Region 8

- submitted by Katharine Smith

The Buffalo Niagara Chapter has partnered with WKBW-TV, the Western New York ABC affiliate, to showcase successful local women who have given back to the Buffalo Niagara community through volunteer service. “Women In Leadership” honorees are women business owners, professionals, or working women who have exhibited leadership, enterprise, and excellence in their business or profession and give back to the community. The goal of the program is to recognize women who have succeeded both in the business and charitable arenas and help inspire others to follow in their path.

Each month throughout the year a woman business owner or working woman is profiled on WKBW-TV Eye-witness News and also featured on AM Buffalo.

Women in Leadership honorees to-date in 2015 include Bernice Radle, co-owner of Buffalo Development; Gaetana Schueckler, co-owner of The Treehouse Toy Store; and Tamara B. Owen, president & CEO of Olmsted Center for Sight.

Richmond County – Region 2

- submitted by Neale Steiniger, co-chair Women in History

The Richmond County Chapter sponsored a Women in History Essay Contest to celebrate Women’s History Month.



In the photo: co-chair Gale Cohen presenting award to Kaitlyn Nellis surrounded by co-chair Neale Steiniger, Kaitlyn’s

parents, her teacher, and PS/IS 48 parent coordinator.

The 7th grade of PS/IS48 was invited to submit essays about women in history and the lessons learned from them. Three RC members, Gale Cohen (co-chair of the event) Marilyn Iengo (RC Chapter President) and Linda Klayman evaluated the 66 entries and awarded first prize to Kaitlyn Nellis who described Deborah Sampson’s extraordinary efforts to enlist, and her accomplishments as, a continental soldier. She fought in the American Revolution as Robert Shurtleff until she was wounded and her identity discovered.

The member contest was won by Chris Delisa. Chris, the founder of Staten Island’s Resource Center for the military, presented an essay on two women who made an impact on her life: Athena, who chose to settle predicaments with wisdom, inspiration and strategy and Joan of Arc who believed that God protected her and gave her the strength to protect the country she loved.

Our March meeting featured the two authors who read their essays and was attended by (members, or course)

and Kaitlyn’s parents, her teacher and the school’s parent coordinator.

Southern Finger Lakes Women – Region 7

- submitted by JoAnne Krolak

Southern Finger Lakes Women set April 26, 2015 as the date for its annual chicken barbecue, which raises money for the scholarship fund. Dinners will be served at the Montour Falls Moose Lodge in Montour Falls, NY.

In February 2015, the chapter observed the 75th anniversary of its founding with a dinner at the Marmalade Cat Bed & Breakfast in Watkins Glen, NY. The chapter was chartered on February 26, 1940, under the name Watkins Glen Business and Professional Women. The name was changed to Southern Finger Lakes Women in 2009. In addition at the February meeting, the chapter recognized Mildred Denson for her 58 years of continuous



membership. Shown in the photo (l. to r.) are Gloria Hutchings, SFLW Membership Chair; Mildred Denson; and Mary Ellen Morgan, SFLW President.

Members participated in a recent Region 7 fundraiser by selling \$119 worth of maple syrup and maple products. Members also participated the Youth Leadership Experience, sponsored by Region, which was held on March 7th at the Watkins Glen Harbor Hotel in Watkins Glen, NY.

St. Lawrence County Chapter – Region 5

- submitted by Sue Bellor



The St. Lawrence County Chapter hosted community educator, Nancy Vosbrink, Hospice and Palliative Care of St. Lawrence County on March 12th at the Italian Affair Restaurant. Nancy (shown fourth from left in photo above) provided a very informative review of several programs offered: the home support program, the home buddy system, palliative care (comfort care) with chronic conditions, bereavement, the cancer support group, and other specialized programs with Hospice.

Anyone interested in joining the St. Lawrence County Chapter should contact Patricia McGrath at 315-769-5997 or President Sue Bellor at 315-769-6146.

Send Region and Chapter News to:

Katharine Smith at PR@nyswomeninc.org

6th Annual Conference

Call to Annual Conference

CALL TO: Annual State Conference
DATE: May 29th - May 31st 2015
LOCATION: Millennium Hotel Buffalo, Buffalo 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 Annual Meeting of New York State Women, Inc. will be held from Friday, May 29th through Sunday, May 31st, 2015 at the Millennium Hotel Buffalo in Buffalo NY. A group of NYS Women Inc. members will be helping with registration.

The first business session will begin at 8:15 p.m. on Friday, May 29th, 2015. All members in good standing will be eligible to vote at this session.

Conference is the time for all members to interact and ratify the actions of the board over the course of the year. Conference is also when members will elect their new State officers and celebrate their elections with the installation dinner on Saturday night.

All members will be asked to review and vote on the proposed 2015-2016 budget, the proposed 2015-2016 Advocacy and Legislative Platform and proposed State Bylaws amendments. These items will be available on the website in the Conference section as well as in the Conference program book.

There will be two workshops at Conference. The first workshop will focus on handling stress and will be presented by Nancy Weil. The second workshop will focus on accelerating your networking and will be presented by Althea Luehrsen. There will also be one workshop from CDO.

All members of New York State Women, Inc. are encouraged to attend and participate. See you in Buffalo!

Respectfully submitted,
Colleen Ostiguy, President
NYS Women, Inc.



Schedule

TENTATIVE

Friday, May 29, 2015

3:30 p.m. – 6:00 p.m.	Conference Registration
1:00 p.m. – 3:00 p.m.	Pre-Conference Executive Committee Meeting
4:00 p.m. – 5:00 p.m.	Pre-Conference Board of Director's Meeting
5:00 p.m. – 5:30 p.m.	Break
5:30 p.m. – 7:00 p.m.	Dinner and Cash Bar
7:15 p.m. – 8:00 p.m.	Hearing (Bylaws, Budget, Advocacy)
8:15 p.m. – 9:30 p.m.	First Business Session Bylaws, Candidate Forum

Saturday, May 30, 2015

7:30 a.m. – 9:00 a.m.	Breakfast
8:00 a.m. – 10:00 a.m.	Conference Registration
9:00 a.m. – 10:00 a.m.	Seminar: "All Stressed Out & Ready to Blow" - Nancy Weil
10:00 a.m. – 10:15 p.m.	Break
10:15 a.m. – 11:15 p.m.	Second Business Session
11:15 a.m. – 12:00 p.m.	RD/ARD Meeting <i>(outgoing and incoming RDs and ARDs)</i>
11:15 a.m. – 12:00 p.m.	Visit Vendors
12:00 p.m. – 12:30 p.m.	Elections – Polls open at noon
12:45 p.m. – 2:15 p.m.	Awards Luncheon
2:30 p.m. – 3:30 p.m.	Third Business Session
3:45 p.m. – 5:00 p.m.	Keynote: "Accelerate Your Networking" - Althea Luehrsen
5:00 p.m. – 6:00 p.m.	Break
6:00 p.m. – 7:00 p.m.	Cocktail Reception
7:00 p.m. – 9:00 p.m.	Installation Banquet
9:30 p.m. – 10:30 p.m.	2015-16 President and New Officer Reception

Sunday, May 31, 2015

7:30 a.m. – 9:00 a.m.	Breakfast
8:30 a.m. – 9:15 a.m.	CDO Workshop
9:45 a.m. – 11:00 a.m.	Fourth Business Session Memorial Service

Post Conference Board Meeting

2015/2016 board members (executive committee, immediate past state president, region directors, and standing committee chairs) will meet immediately after the close of the Fourth Business Session.

Vendor Hours

Saturday, May 30, 2015 • 8:00 a.m. – 4:00 p.m.

Changes to the schedule will be announced at the start of the First Business Session.

Conference Highlights

Welcome to Conference!

Region 8 and Region Director Ruth Ann Rocque are pleased to invite you to the 6th Annual Conference of NYS Women, Inc., which will be held **May 29, 30, & 31 2015**, at the **Millennium Hotel Buffalo**, 2040 Walden Avenue, Cheektowaga, NY 14225.

The annual conference is an important milestone in our organization's journey. Learn about accomplishments for this year and goals for next year. You'll become revitalized; when you return to your chapter, plan on accomplishing great things!

Take this opportunity to see your organization in action:

- Become informed, stimulated, energized, and ready to be part of NYS Women, Inc.
- Take part in our inspiring seminars designed to help in your personal and professional development.

Region 8 invites you to explore all that the Niagara Frontier offers.

- Love shopping? Visit Walden Galleria, Western New York's premier mall, located next to the hotel.
- Want to try your luck? World-class casino action is a short 20 minute drive away in Buffalo and Niagara Falls.
- International travel? Canadian flavor is a short ride across a friendly border (be sure to bring your passport or NYS enhanced drivers license).
- Are you a foodie? Enjoy Buffalo wings in their birthplace: The Anchor Bar or visit the Niagara Wine trail.

Registration Information

You have a variety of conference pricing options.

Registration fee: \$40 postmarked before April 29, 2015

Late registration: \$55

On-site registration: \$75

Meals: Friday night "Taste of Buffalo" buffet dinner/\$30

Saturday "Italian" buffet lunch/\$25

Saturday night dinner/\$50

** Breakfast included for attendees staying in hotel.*

Conference registration and hotel reservation forms can be found online at www.nyswomeninc.org.

Hotel reservations can be made at 800-323-3331 or www.millenniumhotels.com/buffalo and use code 1505nyswom; deadline is April 29th at 5pm. Reservations must be guaranteed and paid by credit card.

Hotel rates:

"Superior Guestroom" 2 queen beds

- Single/double rate per night \$146 + taxes = \$166.08
- Triple rate per night \$157 + taxes = \$178.59
- Quad rate per night \$168 + taxes = \$191.20

"Courtyard Guestroom" 2 queen beds

- Single/double rate per night \$156 + taxes = \$177.45
- Triple rate per night \$167 + taxes = \$189.96
- Quad rate per night \$178 + taxes = \$202.48

** Members choosing triple or quad room will share queen bed; hotel does not have rollaway beds.*

Cancellations up to 24 hrs. prior to arrival date; check-in 4pm; check-out 11am.

Workshops



Accelerate Your Networking

Althea Luehrsen, CEO of **Leadership Buffalo**, will share dynamic networking tips and techniques and discuss the importance of connections in today's business world. After Althea's presentation, there will be time for attendees to

implement these networking techniques as they meet with each other.

Prior to her appointment to Leadership Buffalo, Althea was with the University at Buffalo where she held positions as executive director of UB's Center for Entrepreneurial Leadership and assistant VP for Corporate and Foundation Relations.



All Stressed Out and Ready Blow

Are you stressed? Stretched too thin between home life and work? Maxed out? It doesn't have to be that way. Imagine a meaningful and lasting solution to stress. No matter what life brings your way, you can learn simple tools to feel better now. So grab a drinking straw, blow some bubbles, and get ready to look at life in an entirely new way.

Through her company, **The Laugh Academy**, **Nancy Weil** teaches simple tools to enhance lives. She is the author of *If Stress Doesn't Kill You, Your Family Might*.

Slate of Candidates 2015/2016

As the president-elect, Renee Cerullo, from the Buffalo Niagara Chapter, will automatically assume the office of state president at the May annual conference. Further, the 2015-16 NYS Women, Inc. nominating committee is pleased to present the following slate for state election at the May 29-31, 2015 conference in Buffalo. The nominees are all qualified to serve for state office from 2015-2016.

-Ramona L. Gallagher, nominating committee chair



Renee Cerullo
Incoming President 2015/16

Renee Cerullo was born and raised in Buffalo. She received her BS in Computer Information Systems from Buffalo State College and her MA in Informatics from the University of Buffalo. She is a 2014 graduate of the University of Buffalo Center for Entrepreneurial Leadership (CEL). She had worked for UB for 10 years before starting her company, RLComputing (www.RLComputing.com), in 2000 to help companies grow their business with technology. Renee has been an adjunct professor at University at Buffalo, Niagara University, and Bryant & Stratton. She travels to community colleges all over the U.S. and Canada as a Web/IT consultant.

She is a founder and president of the non-profit Ed Tech of WNY (www.EDTECHWNY.org) which facilitates the educational and mentoring efforts of schools and other nonprofit organizations by providing them with computer hardware and technical services. She currently is the incoming president of NYS Women, Inc. and was the president of the NYS Women, Inc. Buffalo Niagara Chapter for two years. She is on the Amherst Chamber of Commerce's Business Resource Council and also has been very

Continued on next page



Theresa Lynne Fazzolari
Candidate for President Elect

An experienced leader, Theresa Fazzolari has served in numerous state, region, and local chapters positions, including first and second vice president at the state level, region director from 2006-08 and 2010-12, chair of the Nominating committee from 2012-13. She has also been chapter president of both the Richmond County and Bay Ridge chapters and involved with many committees. Professionally, she is a certified senior physician assistant (RPAC) at the Lutheran Medical Center in Brooklyn, NY. She is a member of the medical team in the pediatric department and her responsibilities include using her technical skills to provide patients (newborns through age 18) with a healthier lifestyle. She has been involved with the Staten Island Swimming and Diving Association for more than 30 years. As an involved church member, she serves on several committees, is the chair of the staff pastor parish relations committee and a certified lay servant. She enjoys travel, especially cruising (more than 46 cruises!), is an avid New York Yankees fan and loves listening to music, especially Bon Jovi. The ever-bullient Theresa is devoted to her three goddaughters: Natalie, Ryann and Alexandra.



Linda Przespasniak
Candidate for 1st Vice President

A member for 25 years, Linda has served the former Business & Professional Women of NYS and NYS Women, Inc. in a variety of positions, including state president in 2004-2005. She served previously as NYS president-elect, first and second vice president and recording secretary. She is retired from the City of Buffalo Office of Strategic Planning and holds a B.S. degree in Psychology from Empire State College. Currently she freelances in coaching and consulting. She is president of Career Development, Inc., an affiliate non-profit of NYS Women, Inc. and treasurer of the Buffalo BPW Investment Club. In her local chapter Buffalo Niagara, and in Region VIII, Linda has been active holding various board and committee positions, including two terms as chapter president and region director and is now chair of the BNC Personal and Professional Development committee. Linda lives in the city of Buffalo, enjoys photography, reading and traveling with her husband, Walter.

Slate of Candidates 2015/2016



Debra Carlin
Candidate for Secretary

Debra joined the Norwich BPW in 1989 and has served in various capacities at the chapter, region and state levels. She credits the support from BPW members and now NYS Women, Inc. members for encouraging her participation. Debra believes the organization is a great sisterhood of sharing; with an understanding of the issues facing working women. Her membership has helped her achieve a new level of self confidence and provided her with special friends, mentors and supporters. She has worked at the Chenango County ARC since 1977 and is currently the vice president of administration and finance. The agency serves approximately 300 developmentally challenged individuals throughout Chenango County by providing services which include a sheltered workshop, residential services, day rehabilitation programs, dental services and social work and nutritional guidance. Debra is also a member of the Financial Managers of Eastern and Central New York and serves as secretary.



Mary A. Stelley
Candidate for Treasurer

Mary currently serves as president of Lakeshore Chapter, NYS Women, Inc., joining the former Gowanda Business & Professional Women of NYS in 1980. At the state level she served as the 1995-96 BPW/NYS treasurer and held officer positions until she was elected the 1999-2000 state president. Other state positions held include: finance chair – 2007-08 and 2010-12, NIKE business manager 2002-2003 and winter board chair-2004. Additionally, she has served as treasurer, assistant district director and director for District VIII from 1989-95 (15 local chapters) and president, vice president and treasurer of the Gowanda BPW, NYS. She was treasurer of the Lakeshore Chapter from 2011-13.

Mary is currently the CEO/manager of the Gowanda Area Federal Credit Union with \$17,000,000.00 in assets, treasurer of the board of directors and a Notary Public. She also served in the political realm as Councilman, Town of Collins. She worked as a stenographer for the Federal Bureau of Investigation from 1961-67, working in both the Washington, D.C. and Buffalo offices. In 1991 Mary was recognized as the 1991 Gowanda BPW Woman of the Year and also received the 1997 Spirit of Gowanda Service Award from the

Gowanda Area Chamber of Commerce.

She has held leadership roles for many years in her community: Gowanda Women of the Moose, Friends of the Collins Public Library, St. Joseph's Altar and Rosary Society and the Gowanda PTA. Mary also served as a member of the Buffalo Council, NYS Credit Union League, Society of FBI Alumni national treasurer and five years on the Gowanda Central School District budget committee. She currently serves on the board of directors of the NY Grace LeGendre Endowment Fund, Inc. and as secretary/treasurer for the Gowanda Area Chamber of Commerce.

Mary feels strongly that it is important to give back to her community and in the importance of volunteerism. NYS Women, Inc. has enriched her life through lasting friendships, educational workshops and showing her the importance of encouraging women to run for political office. Making the world a better place for women has always been important to her.

Mary also believes her family is most important, and she loves spending time with her husband, Bob, children Lisa and Michael, and their three grandchildren: Dylan, Kyle and Alayna.v

Renee Cerullo, continued from previous page

involved in the Crohn's and Colitis Foundation WNY Chapter and the Buffalo Niagara Chapter of the National Association of Women Business Owners (NAWBO).

Renee received the 2013 infoTech Niagara BETA Award - Women in Technology, 2012 Athena Award nominee, 2011 Women in Leadership Awardee, 2010 SBA Home-Based

Business Champion of the Year for the Buffalo District and NYS/Region II, 2008 YWCA Emerging Leader Awardee, and a 2006 Business First 40 under 40 award winner.

New York State Women, Inc. Programs

NY Grace LeGendre Endowment Fund 2015 Fellowship Awards

by Mary Ellen Morgan, Fellowship Selection Committee

The NY Grace LeGendre Endowment Fund, Inc. is pleased to announce its 2015 Fellowship Awardees:

Raquel Soto Lara is completing her Master's Degree in Social Work at Fordham University. Raquel believes that "in becoming a social worker signifies the opportunity to further the ideals of a just and compassionate world by assisting individuals and communities to achieve their maximum potential and well-being." She has done her field work at NEW (Nontraditional Employment for Women).

Maura Elizabeth Tyrrell is pursuing a PhD in Evolution, Ecology and Behavior at State University of New York, University at Buffalo. She will be working on her dissertation research on male social relationships in wild crested macaques, a critical endangered monkey species in Indonesia. Maura hopes that this dissertation will impact the fields of anthropology and behavioral ecology.

The recipients are tremendous academic students and each woman will receive a \$3000 Fellowship. They will be honored at a luncheon on Saturday, May 2, 2015 at the Holiday Inn Express in Albany, NY.

Since June 1989, the NY Grace LeGendre Endowment Fund, Inc. a 501(c)(3) corporation has awarded 146 fellowships, ranging from \$1000 to \$1500 each, to women enrolled in graduate study at New York State colleges and universities.

The fellowship selection committee selected two awardees from 28 finalists. There was a wide range of graduate programs, colleges and universities in this year's competition. The selection team was excited to see such a diverse tremendous assortment of candidates.

If interested, tax deductible contributions can be made payable and sent to: NY Grace LeGendre Endowment Fund, Inc. 124 Gateway Drive, Staten Island, New York 10304-4441. For more information on applying for further fellowships contact Ramona Gallagher at MMistymo@aol.com or call 716-882-7639. Check out the website at www.gracelegendre.org.



Realty Store™ Program offered at NYS Women, Inc. Spring Board



Realty Store participants: Thomas Proctor High School students with NYS Women, Inc. volunteers.

Ten high school students from the Thomas R. Proctor High School in Utica participated in the Realty Store program when NYS Women, Inc. held its spring board meeting at Griffiss Institute on Saturday, April 18th.

NYS Women, Inc. members volunteered to help the young women navigate through the program's life skills section: everything from housing, food, clothing, and transportation to "unexpected" issues such as unplanned pregnancy or a medical emergency.

During a skit enacting the do's and don'ts of a job interview, Linda Przespasniak and Sue Mager gave the students an eye-opening view of the interview process.

Program Chair Helen Rico reported that, in a first-ever moment for her, one of the girls asked for her card, so she could follow up with Helen on career advice.

Gratifying indeed to have influenced these young women's career paths!



Student at the "Life Unexpected" booth.

Sue Mager (l) on how NOT to dress or behave during mock job interview with Linda Przespasniak.



Girls participate at "Banking" booth.



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To build powerful women
personally, professionally,
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Our Vision
To make a difference
in the lives
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The Buffalo Niagara Chapter
is proud to support



Renee Cerullo
for
President



Linda Przespasniak
for
1st Vice President

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Effective Advocacy When Contacting Your State Legislator

Continued from page 7

- If you are sending a form letter, you usually won't get a response or you will get a form letter back
- A call is effective if you are well briefed and prepared
- With a call, you will most likely talk to a staff person
- Meetings are effective if you are very passionate and want to convey that passion to your legislator

Meeting at your legislator's district office vs. in Albany.

Are you a constituent?

If yes, a district meeting is often most effective.

- A large lobby day in Albany can be effective on a large issue, but you can get lost in the shuffle.

How to schedule a meeting.

Once you decide if you want to do an in person meeting or if you want to do a call, you need to schedule the meeting.

- Be clear that you are a constituent.
- Be clear on where you want to meet – call the right office.
- When scheduling the meeting know who will be attending and what you want to talk about.

Prepare for the meeting.

Review your issue

- Outline what you are asking for
- Determine if there will be leave behind material
- Know who will be the lead speaker
- Know that you might meet with staff
- Especially if the meeting is in Albany or you do a call
- Don't be difficult if you are meeting with staff instead of the elected official (the staff person often is more knowledgeable about the issue than the legislator AND that person serves as gatekeeper to their boss: if you're rude to them, they have no incentive to connect you with the legislator.)

Your legislator might disagree with you!

- Don't get angry
- Don't be intimidated
- Don't get off track on your issue

Doing the meeting.

- Be patient. Be prompt. And, be flexible.
- Introduce yourself and the others at the meeting
- Tell them why you are there

- Explain why the issue is important to you
- Tell them what you would like them to do
- Leave material supporting your issue

After the meeting.

- Send a thank you letter
- Answer any questions that may have arisen
- Follow up periodically

Amy Kellogg is NYS Women, Inc. immediate past state president and a partner at Harter Secrest & Emery, LLP in Albany. She has been a government affairs attorney and has been since 2001. Amy represent clients before the New York State Legislature.

As a lobbyist she ensures compliance with New York Lobby Law, New York Campaign Finance Law and New York Election Law. She also ensures compliance with local lobby laws for her clients.

Lobbyists collect time sensitive information; work with leadership; host and attend social and business events; and build relationships with key law makers.



I just love your shoes!

Continued from page 8

and historically-significant walk through time. I viewed shoes women have worn through the centuries and through various regions of the world – from the shoes for women with bound feet in China to the effect of the French baroque period on the high-heeled shoes we wear today. I feel I'm really privileged to be living in the world today and to be not only the manager of my own life, but also of my own shoe closet. I expect that you

feel the same. Oh, by the way – I just love your shoes!

Claire Knowles, a member of the Buffalo Niagara Chapter of NYS Women, Inc., is a two-time Amazon best-selling author, 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). www.ClaireKKnowles.com.

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NIKE All Stars

The 2014-2015 *NIKE* All Star Campaign is in full swing and thank you to our loyal supporters who have already sent their listings in.

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

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

Make check payable to:
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Mail form and check(s) to: Connie Smith, *NIKE* Business Manager, 979 Meier Drive, Derby, NY 14047
E-mail: NIKEmgr@NYSWomeninc.org.

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

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YOUR tax deductible gift can make a difference! The NY Grace LeGenre Endowment Fund awards fellowships to women enrolled for graduate degrees at colleges and universities across New York State. Let's continue this very special program. These young women will be grateful for your compassion as well as your financial support.

Send YOUR tax deductible gift today to: Neale Steiniger, NY GLEF Fundraising Chair, 124 Gateway Dr., Staten Island, NY 10304-4441. Please make your check payable to NY GLEF and let us know if this donation is in honor of, or in memory of, someone special to you.

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For more information:

Connie Smith, *NIKE* Business Manager

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