



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

VOL. 73 ■ ISSUE 4 ■ JUNE 2024



Our Mission

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

Our Vision

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

NYS WOMEN, INC. WHERE DO WE GO FROM HERE?



Are YOU a member of NYS Women, Inc. yet?
Time to check us out at nyswomeninc.org

Dated Material – Deliver Promptly



Are you ready? The time is now!

-Janet Carey, NYS Women, Inc. President, 2023/2024

Are you ready? The time is now!
Yes, the NYS Women, Inc. Annual
Conference is just almost here!

I hope this *NIKE* issue finds you registered with room reservations and great expectations of the June 7-9 weekend ahead! You will not be disappointed!

As has been the case with all our previous conferences, the conference planning committee from Greater Binghamton and Region 6 has been hard at work for months to create an unforgettable conference! They will be rolling out the red carpet at the Holiday Inn to all members, speakers, guests, and vendors attending. As you read through this issue, you will discover all that awaits! Expect high energy and excitement as events unfold. Opportunities abound! Here is a short synopsis of what to expect:

Friday afternoon, registration will be from 4:00 – 6:30. Friday evening, we will have our first business meeting – the 2024-2025 slate of candidates for office will be presented, any nominations from the floor taken and officer candidate speeches follow. Our Personal and Professional Development competition will be held then as well. The evening will continue with a mixer giving all attendees an opportunity to catch up with friends from across the state, make new friends, network, and have fun!

Saturday morning, registration opens at 7:30 and continues until 9:00 AM. Breakfast snacks will be served in the first floor Carousel room beginning at 9:00 AM and our official welcoming ceremony with Michelle Berry will be here as well. Our second business session follows, after which attendees have a break to visit and shop with our many vendors. Attendees have a choice of workshops with Michelle Miller and Linda Young to attend – please see the presenter details in this issue. Officer elections will take place after that and

there will be a little more designated vendor time.

Our Conference Luncheon will be in the Carousel room. Our featured keynote speaker is Aaron Denman from PWSC. Her topic is entitled, “Overcoming Abuse in the Workplace and Becoming a Positive Source for Change.”

Immediate Past President Jacquie Shellman and her Awards Committee will be presenting this year’s Local Chapter Awards for – Women in Business Event, Special Event, and President’s Award. Did your chapter win?

The afternoon workshops include speakers Michelle Berry and Danny Ceballos. Following another short break and vendor stop, the third annual business session takes place and election results will be announced.

After a short break, two important groups we work with, the Career Development Opportunities (CDO) and the Grace LeGendre Endowment Fund will make presentations. This is a great opportunity to learn more about these two very important groups and what they do.

Then it’s off to prepare for the evening in the Carousel room! Our march of recognition for our outgoing EC, Region Directors and local chapter presidents will be followed by our incoming officers’ march and their installation. After dinner, we will be treated to a much-anticipated comedy show.

A Sunday breakfast buffet will be served in the carousel room followed by a celebration of life for those members we have lost this year.

Carrie Vee will have a live Q&A and yes – there will be raffle baskets and prizes!

The Post Conference Board Meeting convenes after the conference.

So, ARE YOU READY? I am and I look forward to seeing you there!

Your president,
Janet Carey

2024

MONTHLY
15 Communicator deadline

SEPT
15 NIKE submissions deadline

JUNE
7-9 Annual Conference
Binghamton NY

We connect
and build
women
personally,
professionally
and politically.

NEW YORK STATE
women, INC.

NIKE Submissions

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

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

NIKE is a quarterly informational magazine for New York State Women, Inc. members and other professional women. Published 4 times per year (September, December, June, and May). Circulation: approximately 350. Payment must accompany all advertisement requests. NIKE reserves the right to refuse to publish any advertisement.

© New York State Women, Inc.

Table of Contents

In This Issue

State of the State: Janet Carey...2

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

Features

Cover Story: NYS Women, Inc. – Where do we go from here?.....5

Feature: CDO awards two educational grants – Ramona Gallagher.....9

Feature: On my honor – volunteerism – Alysia Dearing.....12

Feature: How did Nike become associated with NYS Women, Inc.? – Katharine Smith.....12

NYS Women, Inc.

Call to Conference.....6

Conference Hotel Reservation.....6

Conference Registration.....7

Things to do in Binghamton.....7

Candidates 2024/2025.....8

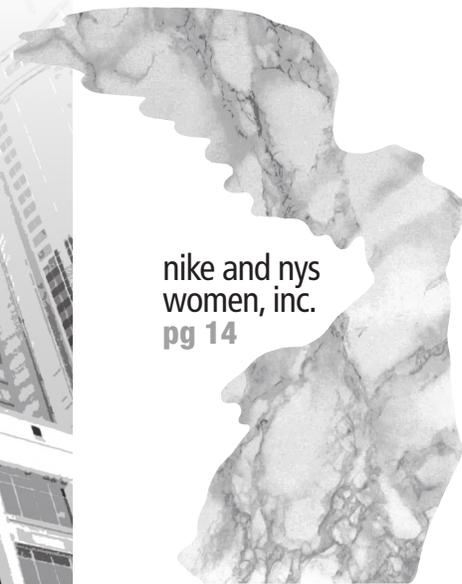
Chapter News

Professional and Business Women of Rome.....10

Staten Island.....10

All Stars

NIKE All Stars.....11



nike and nys
women, inc.
pg 14

nys women, inc. – where
do we go from here?
pg 5

NIKE (ISSN 0271-8391, USPS 390-600) is published quarterly in September, December, June, and May by New York State Women, Inc., 173 Audubon Drive, Snyder NY 14226. Subscriptions are a benefit of membership in New York State Women, Inc. Periodical postage is paid in Buffalo, NY and additional mailing offices.

POSTMASTER: Please send address changes to NIKE Editor, 29 Falmouth Lane, Williamsville NY 14221. RETURN POSTAGE ACCOUNT at Buffalo, NY Main Post Office 14240.



**NIKE Volume 73, Issue 4
June 2024**

New York State Women, Inc.
President
Janet Carey
president@nyswomeninc.org

NIKE Editor, Joyce DeLong
joycedelong55@yahoo.com

Associate Editor, Katharine Smith
White Rabbit Design
173 Audubon Drive, Snyder, NY 14226
PR@nyswomeninc.org

Production, Jen Gattie
Allegra Marketing, Print, Mail
3959 Union Road, Buffalo, NY 14225
jen@allegracheektowaga.com

Business Manager, Sue Mager
3406 McKinley Parkway, Apt C-11
Blasdell, NY 14219
NIKEmgr@nyswomeninc.org

NIKE Advisory Board
Joyce DeLong, Editor
Katharine Smith, Associate Editor
Sue Mager, Business Manager
Janet Carey, President, ex officio
Robin Bridson, Treasurer, ex officio

Contribution Rates
Platinum Patrons: \$75.00 and over
Golden Givers: \$50.00 – \$74.00
Silver Supporters: \$25.00 – \$49.00.
Bronze Boosters: \$5.00 – \$24.00

*Please write checks to NYS Women, Inc.
and footnote to "NIKE" Allstars, Ad, Gift*

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

At the crossroads...

I'VE BEEN A MEMBER OF NYS WOMEN, INC. for more than 40 years now! I joined the BPW/Amherst club in 1983 when my husband and I started our printing business; it gave me the opportunity to network and create new business connections in the community. Over the years I've joined other groups –Rotary Club of Buffalo, the National Association of Women Business Owners, and Leadership Buffalo – to name a few! They also helped me on my business path but since my retirement last year I've gradually withdrawn from them all – with the exception of the Buffalo Niagara Chapter of NYS Women, Inc. THIS organization has come to mean so much more to me than a way to make business contacts: I've formed lifelong friendships, discovered nonprofit organizations helping women and children in our community, and made service a significant part of my life.



BNC's "Women Helping Women" partnership with area nonprofits that focus on helping women and families has become a source of pride for our chapter. And our "Women in Leadership" program has recognized numerous unsung heroines who make a difference in Western New York.

I've come to realize women *need* NYS Women, Inc. and that *I need* NYS Women, Inc. I do think our organization should be front and center in supplying resources for women and girls. As a reminder of just that function, our article on page 12, "On my honor – volunteerism" by Alydia Dearing, is a good example of what our organization has done for young women throughout the years. Originally published in *NIKE* in 2005, the young author describes making a difference in her community through her volunteer efforts and her pride as the first Indiana Girl Scout to earn the BPW Leadership Patch.

And yes, we celebrate New York State women: take the time to learn about Virginia Allen, a longtime member of the Staten Island Chapter who heroically worked as a nurse treating tuberculosis patients before there were antibiotics or vaccines to combat the disease (page 10).

Yes, we are at a crossroads and we need to decide what direction NYS Women, Inc. will take going forward, since together, *we connect and build women personally, professionally and politically.* 🇺🇸

-Joyce DeLong

SEPTEMBER 2024 ISSUE DEADLINE: JULY 15, 2024. Add *NIKE* in your email subject line and send to the attention of Joyce DeLong, *NIKE* editor or Katharine Smith, associate editor at PR@NYSWomeninc.org. Previously published material must be accompanied by a letter from the publisher with permission to republish and credit line to be included with the article.



NYS WOMEN, INC. WHERE DO WE GO FROM HERE?

- by Katharine Smith
NIKE associate editor

"Would you tell me, please, which way I ought to go from here?"

"That depends a good deal on where you want to get to," said the Cat.

"I don't much care where –" said Alice.

"Then it doesn't matter which way you go," said the Cat.

"– so long as I get SOMEWHERE," Alice added as an explanation.

"Oh, you're sure to do that," said the Cat, "if you only walk long enough."

-Alice's Adventures in Wonderland

NYS Women, Inc.'s annual conference in Binghamton is upon us and major decisions will be made on "where we will go from here." Just like Alice in *Alice's Adventures in Wonderland*, will our 100-plus-year-old organization go to a nonspecific "SOMEWHERE" or will we choose a distinct path for our future? After all, it does matter greatly to our members which way we go.

In the May 2007 issue of *NIKE*, the late Cay Raycroft, former editor, laid out in succinct terms how delayed decisions and not embracing the future can make for starkly unfortunate outcomes:

. . . We must be able to adapt to survive, to respond to changes well enough so that we move in concert with them rather than being

Continued on page 13

New York State Women, Inc. Conference 2024

Call to Conference

CALL TO: 15th Annual Conference

DATE: June 7-9, 2024

LOCATION: Holiday Inn
Binghamton, 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 15th Annual Conference of New York State Women, Inc. will be held Friday, June 7 – Sunday, June 9, 2024 at the Holiday Inn, Binghamton, NY. Members are encouraged to register online <https://www.nyswomeninc.org/Conference> by Saturday, June 1, 2024.

Advance registration due by Sunday, May 12, 2024.

The business session will begin on Friday, June 9, 2023 at 6:00 PM. The weekend schedule will include a Region Directors/Assistant Region Directors/Chapter President meeting, workshops, election of state officers, installation banquet, Saturday vendors, and comedy show. All members who are in good standing and present are eligible to vote.

Board reports will NOT be verbal. All board reports should be sent to the website <https://www.nyswomeninc.org/Members/Program-Book-Report> by Wednesday, May 30th. If you cannot handle the form, you must email your report to Robin Bridson RLB8963@gmail.com by Wednesday, May 30th. Please let her know that you will be emailing your report. Executive Committee, Standing Committee Chairs and Region Directors are required to submit reports. Reports should be a brief list of goals and accomplishments for the year to date.

A celebration of life memorial service will be held on Sunday. Please submit information by Sunday, May 12th. You will find the paper form and online form online at the conference site.

The agenda and workshop information will appear on the website and in future editions of the Communicator.

Looking forward to seeing everyone again and meeting in Binghamton!

*Respectfully submitted,
Janet Carey, President
New York State Women, Inc.*

Hotel Reservation

HOLIDAY INN, BINGHAMTON, NY
2-8 Hawley Street • Binghamton, NY 13901

Cut-off for Group Rate of \$139 is May 8, 2024

To register for the hotel:

ONLINE:

<https://www.ihg.com/holidayinn/hotels/us/en/binghamton/bgmar/hoteldetail>

Click Book Now.

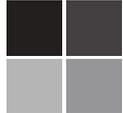
Enter: Check-In, Check-Out Date, Rooms and Guests, then Rate Preference (use drop down to find Group Rate, then enter NYW. Click Search.

The rate will be \$139 per night plus taxes and fees.

IF BOOKING BY PHONE:

1-888-HOLIDAY (1-888-465-4329). Tell them the hotel and use code Group Rate. Code: NYW.

Hotel Information: Check in: 4:00 PM • Check out: 11:00 AM

NEW YORK STATE
women, INC. 

Our Mission

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

Our Vision

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

New York State Women, Inc. Conference 2024

2024 Annual Conference Registration Form

Please note that it is preferred that registration should be submitted online:
<https://www.nyswomeninc.org/Conference>.

When you register online you either pay by credit card or opt to mail a check
prior to the deadline. .

Advance Registration Deadline: May 12, 2024

Registration Deadline: June 1, 2024

Registration and payment must be received by June 1, 2024

NAME _____ CHAPTER _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

E-MAIL _____

Dietary Requirements: (check all that apply and specify your needs)

Diabetic Gluten free Allergic to _____

Vegetarian Other _____

Registration Fees for ALL Attendees

**REGISTRATION FEE INCLUDES REGISTRATION,
MEALS, AND ENTERTAINMENT**

Advance Registration **\$140** due by May 12, 2024 \$ _____

Late Registration **\$155** if received after May 12, 2024 \$ _____

On Site Registration **\$180** upon arrival

**Meals included: Friday night snacks, Saturday
breakfast, lunch, and dinner, and Sunday breakfast.**

*Amazing rate! There will also be a comedy show Saturday night
included with your registration!*

TOTAL AMOUNT ENCLOSED \$ _____

Name Tag Information: (Check all that apply)

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

If not registering online, send completed form and payment to: (checks
payable to New York State Women, Inc. and note in Memo area "Annual
Conference" and date) to Robin Bridson, 162 W Genesee St, #7, Chittenango,
NY 13037; 315-794-3003; RLB8963@gmail.com

Places to go and things to do in Binghamton NY

Do Your Thing in Bing

Looking for a fun getaway? Greater Binghamton has plenty of activities no matter what you're into, whenever you want.

Maybe you're looking for a taste of the night life: great dishes at downtown restaurants, craft beverages at the bar or a ballgame under the lights. Perhaps you prefer your adventure in the daylight... we've got plenty of opportunities for you to explore outdoor parks or even a botanical garden.

Arts and culture abound at numerous museums, theaters and galleries in Greater Binghamton, where rich history forms the foundation for your next getaway. Visit historic sites like the Bundy Museum of History and Art, take in a Tri-Cities Opera show or experience the First Friday Art Walks through Artists Row. Shop for historic treasures on Antique Row or pick up something new at a boutique downtown, where you might just want to walk among amazing architecture.

Conclude your exploration with a craft beer or take a brew tour that includes Beer Tree Brew Co., Water Street Brewing Co. and The North Brewery. Dig into a dining scene filled with exceptional culinary creations at the funky Lost Dog Café or more refined Remlik's.

Greater Binghamton has time machines. As the "Carousel Capital of the World," our collection of antique merry-go-rounds will surely transport you to yesteryear. Take a step – or spin, rather – back to a simpler time on six of Binghamton's most unique features, which take residence in tri-city parks that are just as beautiful as these lovingly restored, wood-carved relics of recreation.

Did we mention all of these are free? They've actually been that way for more than 80 years thanks to legendary industrialist and philanthropist George F. Johnson of the Endicott Johnson Shoe Co. E-J as it was known established Binghamton and the "Triple Cities" (Endicott and Johnson City are the others) as an industrial powerhouse during the first half of the 20th century. It also set an incredible precedent for employee benefits, these morale-boosting carousels among them. 🎠

Slate of Candidates 2024/2025



ROBIN BRIDSON

Candidate for Election for PRESIDENT

Once New York State Women, Inc. is in your blood, it will always be in your blood. Yes, I want to do it again! I feel so strongly about this organization that even though I have been President-Elect (2017-2019), President (2019-2020), and Immediate Past State President (2020-2022), I want to give back, use my experience, and yes... do it again! We have such a rich history and a great potential to grow! Membership is key. We can't do it without members. We need to grow our membership and also maintain the members that we have. Think of our membership as a garden that we need to care and feed, support, nurture, and help grow! We can't let stupid COVID-19 ruin us or hold us back. We need to embrace technology and help those who need it. We need to offer programming that can reach and appeal to all different audiences. We need to get out in the community and advocate for our causes. We need to educate and elevate women around the state. We need to try new things while still maintaining our history and values. Who's in charge of our success? ALL OF US! Let's go out there and get the job done!

I am a member of the Mohawk Valley Chapter and Central NY Chapter but also try to attend as many meetings as I can around the state. I have held many offices locally, regionally, and for the state. I am part of CDO and GLEF which are two great organizations that NYSWI partners with.

I look forward to meeting as many of you as possible and doing great things! Please reach out to me if I can be of any assistance!

Openings available for the Executive Committee and Standing Committees Chairs and Committee Members! What would you like to do next year? How can you help our great organization grow? Do you have a passion for something? We need you! Please contact Robin Bridson, RLB8963@gmail.com or (315) 794-3003 if just to get more information, have a conversation, and perhaps coffee over Zoom!



PATTI POLLOCK

Candidate for Election for TREASURER

I am seeking the office of Treasurer as I feel that my knowledge of the organization as well as my skills in leadership, finance, and money management can support and help grow NYS Women, Inc.

I have lived in New York my entire life, I grew up in the New Hartford area, relocated to Sullivan County in the 1980s and currently reside in the Norwich area. I earned my Associates in Accounting at Sullivan County Community College with honors. My Bachelor's in Accounting from SUNY Empire State College and my MBA from Walden University with a 4.0 GPA. I have worked in the financial department of various companies for over 30 years.

I am currently finance/billing manager for Bartle's Pharmacy, a tax preparer for Bauer's Tax and Executive Director of Amelia's Voice. At Bartle's I have streamlined billing procedures, focused on new revenue streams and gained over \$20,000 in lost revenues. A new venture for me is forming and becoming director of Amelia's Voice a 501c3 organization to bring awareness to domestic violence.

I always took pride in being a mom but there is nothing greater than being a grandma. My granddaughters are my world. I have been focused on my health and fitness and enjoy walking and recently running in many 5k's. I have completed the Run Chenango Challenge the last two years and looking forward to year 3.

I rejoined NYS Women, Inc. in June 2017. I was the PPD Career Recognition Award winner in 2018. I have served as Finance vice-chair since 2018. I am currently Tri-County Vice President, Region 6 ARD, PPD Standing Chair, Strategic Planning Chair, and Registration Chair.

I look forward to starting the next decade in leadership within NYS Women, Inc.

As of NIKE's publication date the candidate positions for PRESIDENT-ELECT, VICE PRESIDENT, and SECRETARY are still open. This may change by the time of voting at NYS Women, Inc.'s annual conference when it takes place in June in Binghamton NY.

CDO awards two grants for education

- submitted by Ramona Gallagher, NYSCDO, Inc. Grant Committee

In January 2023, the NYSCDO, Inc. Grant Program awarded two New York State women, Heather Sodon and Brooke Vandewalker, a \$500 grant each in recognition of their hard work in pursuing educational goals to improve their livelihoods. Linda Przepasniak, NYSCDO, Inc. President at that time, said “We are pleased to recognize and support these women for their diligence and dedication to attend school and special programs to further develop and enhance their knowledge and skills.”



Heather Sodon from Binghamton, NY, is an Employee Benefit Consultant at Insurance Offices of America. She has over two decades of successful experience integrating and introducing benefit packages to companies of all sizes and industries, including working with a business owner starting a company, to assisting CFO's with a unionized labor force. She has worked in several roles in the insurance business to create benefit packages employees appreciate and use. Additionally,

she has worked with all the national carriers for medical and ancillary plans. She has gained a strong knowledge of employment trends and best practices to better prepare her clients for the future as the Affordable Care Act continuously changes. Heather is also committed to community service, serves as the Region 6 President for NYS Women, Inc. and also volunteers her time for events with the United Way and the Chamber of Commerce.



Brooke Vandewalker, from Nedrow, NY, is an Onondaga, eel clan and resides on the Onondaga Nation. She is the mother of three children. She was a language student/teacher for the language department for seven years then became the supervisor of the program for three years. She is currently enrolled in Onondaga Community College seeking a degree in education. Her ultimate goal is to become a certified elementary and special education teacher while working

Continued on page 13



You're making your dreams come true. **Now what?**

Your family's growing. Your business is thriving. You're planning your retirement. Whatever milestone you're working toward, we're here to help you get there and plan for what's next.

Call 716-276-2454 to get started.

NICOLE ROGERS

Financial Planner
100 College Parkway
Suite 220
Williamsville, NY 14221
nicole.rogers@prudential.com

PLAN INVEST INSURE RETIRE



Prudential, the Prudential logo, and the Rock symbol are service marks of Prudential Financial, Inc. and its related entities, registered in many jurisdictions worldwide.
1068474-00001-00 EXP: 09/16/2024

Chapter News

Professional and Business Women of Rome – Region 5

- submitted by Beth Jones, president

The Rome members met on November 15, 2023 at the Delta Lake Inn.

Guest speakers were Della Pray and Kim Smith who are both employed by KABARI Wellness Institute.

Owner of the Institute, Dr. Kingsley Kabari, offers chiropractic care, maximum fitness, massage, advanced muscle kinetics, a wellness kitchen, food nutrition, and much more. Kim and Della offered a tour through the facility.

Della was our 2023 *Yellow Rose of Challenge Award* recipient. Pictured: (front row) Jim Ayala, Ella Alsheimer; (back) Beth Jones, Della Pray, Sara Ayala, and Kim Smith.

The Staten Island Chapter – Region 2

I'd like to tell you something about Virginia Allen, a member of the Staten Island Chapter since 1992.

She was born in Pittsburgh in 1931; her family later moved to Detroit. However, the most important transition she made her move to New York State in 1947 as part of the "Great Migration." Inspired by her aunt, Edna Sutton Ballard, who began nursing in the 1930s at Sea View Hospital, she came to Staten Island to study and train as a nursing assistant. She continued her education and graduated from Central School for Practical Nurses and then went on to work at Sea View, too.

Sea View Hospital opened in 1913 for the purpose of isolating and treating tuberculosis patients. TB was surging and with no antibiotics or vaccines to combat it, there was a great need for nursing care; this contagious disease killed 5.6 million people in the U.S.. The hospital was located in the remote borough of Staten Island, ideal with its low population density, trees, grass, and fresh air. This was the only treatment available for TB patients at this time.

Facing a nursing shortage driven by the overwhelming need for care and the departure of White nurses who feared contagion, Sea View began to recruit nurses from historically Black training schools.

Eventually nurses from all over the U.S. and Caribbean answered the call to work in these troubled wards. Their motivation was complex. Many wanted to practice their profession but racial segregation kept Black graduate nurses from working in their home states. At the time, the situation in the New York City wasn't much better – there were only four municipal hospitals that hired Black nurses, two of which were dedicated to tuberculosis care. While New York City's hospitals came with the risk of contagion, they did offer a career, decent wages, and a middle class life.

Like most of the nursing staff, Virginia lived on the campus in a nurses' residence. Accommodations were a bed, chest, chair, and a small sink. The nurses gathered

together in the communal rumpus room; here they talked, sang, and planned – moving the cause of equality. When confronted with a "Reserved for Whites" sign in the dining room, they brought their situation to the New York Amsterdam News. This prompted then-NYC Major Fiorello LaGuardia to have the discriminatory signs removed.

When you talk to Virginia, she speaks of her time at Sea View with positivity. She spent most of her ten years caring for patients in the Childrens Pavilion. Along side other nurses, "The Black Angels," she risked her life to care for incurable TB patients. These Black nurses risked contagion while they strove for equality.

In 1951, a clinical trial for the cure was begun at the hospital. The nurses administered and monitored the responses of the patients who were given the experimental drug, Isoniazid which was the first successful treatment for TB. The sickest patients participated in the trial and the nurses were in very close proximity with them. They collected sputum, monitored vital signs and symptoms, and completed detailed reports of the effects of the drug on the disease process. Frontline care of the patients was heroically performed by the nurses courageous enough to work there.

With the coming of the cure, Sea View was transitioned to a long term care facility in the 1960s. After leaving Sea View in 1957, Virginia went on to work as a private duty nurse, a surgical nurse, and in labor relations with Local 1199 AFL-CIO. She retired from Staten Island University Hospital in 1995.

Virginia currently lives on the campus of Sea View in the former nurses' residence building which are now apartments. She continues her work as a community leader: She was recognized as a Staten Island Advance Woman of Achievement; has served as President of the North Shore Staten Island section of the National Council of Negro Women, and was a charter member. She is a member of the Lambda Chapter of Lambda Kappa Mu Sorority, the Harriet Tubman Purple Hat Society, the Schomburg Center for Research in Black Culture, the New York Urban League, and Sandy Ground Historical Society.

Virginia Has been a tireless ambassador for the history of "The Black Angels" participating in numerous initiatives to commemorate their legacy.

Her story, as well as the story of the other nurses, was told by Maria Smilios in the book *The Black Angels: The Untold Story of the Nurses Who Helped Cure Tuberculosis*, published in September 2023.

The Staten Island Museum recently opened an exhibition, Taking Care: The Black Angels of Sea View Hospital, highlighting the contribution of these nurses, including Virginia, who was a consultant on the exhibition's development. Co-curated by Gabriella Leone, also Staten Island Chapter member, it honors the legacy of the Sea View nursing staff.



NIKE All Stars

The 2023-2023 *NIKE* All Star Campaign is in full swing and thank you to our loyal supporters who have already sent their listings in.

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

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

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

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

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

<p>Platinum Patrons Buffalo Niagara Chapter (BNC) Pat Ferguson Sue Mager Region 8 NYS Women, Inc.</p> <p>Golden Givers Chadwick Bay Chapter Ramona Gallagher Greater Binghamton Chapter</p> <p>Silver Supporters 716 Chapter Susan Bellor Tara Bazilian Chang Debby Finegan Kathy Kondratuk</p>	<p>Mary Ellen Morgan Linda Przepasniak Helen Rico Dr. Sandra Corrie Stynn</p> <p>Past State Presidents Bronze Boosters: Barbara Lynn Ziegler 1995-96 Elsie Dedrik 1997-98 Lucille Argenzia 1998-99 Mary Stelley 1999-2000 Viola McKaig 2000-01 Maria Hernandez 2001-02 Linda Przepasniak 2004-05 Helen Rico 2005-06 Linda Winston 2006-07 Neale Steiniger 2008-09</p>	<p>Mary Ellen Morgan 2009-11 Susan Mager 2012-13 Renee Cerullo 2015-16 Theresa Fazzolari 2016-17 Debra Carlin 2017-19 Robin Bridson 2019-20 Jacquie Shellman 2020-22 Elizabeth Drislane</p> <p>Bronze Boosters 1st Choice Roofers Robin Allen Anon @ BNC Becky Brubaker Ella Alsheimer Jim Ayala Sara Ayala</p>	<p>Kathy Capra Malia Glover Kathy Haddad Beth Jones Danelle Kaplan Nate Kelsey MCM Realty Region VI Heather Sodon Jaimie Stasio Heather Sullivan Susquehanna Chapter Patricia Walsh JoAnne West</p>
--	--	--	---

NIKE Submissions

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

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

NIKE is a quarterly informational magazine for New York State Women, Inc. members and other professional women. Published 4 times per year (September, December, June, and May). Circulation: approximately 350. Payment must accompany all advertisement requests. *NIKE* reserves the right to refuse to publish any advertisement.

© New York State Women, Inc.

NIKE ADVERTISING PAGE RATES

Outside Back Cover	1 issue: \$600	4 issues: \$2000
Inside Front Cover	1 issue: \$400	4 issues: \$1400
Full Page	1 issue: \$300	4 issues: \$1000
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

How to submit your ad.

Email (in PDF format) to:
ksmith@whiterabbitdesign.com.

How to pay for your ad.

Make check payable to NYS Women, Inc. (memo: *NIKE* ad) and mail to:
Sue Mager, *NIKE* Business Mgr,
3406 McKinley Pkwy, Apt C-11,
Blasdell NY 14219

NIKE ad sizes

<p>Half Page 6.65" wide x 4.75" tall</p>	
<p>Quarter Page 3.25" wide 4.75" tall</p>	<p>8th Page 3.25" wide 2.25" tall</p>

On my honor – volunteerism

by Alysia Dearing

[This article, which we originally published in the December 2005 issue of NIKE, was based on a speech made to the BPW/NYS 2005 Fall Board by Alysia Dearing, the first Indiana Girl Scout to earn the BPW Leadership Patch.

Why does this matter? Volunteerism is the heart of NYS Women, Inc. Without volunteers putting in their efforts each and every day, we wouldn't exist.]

Just a few questions; how many of you are Girl Scouts? How many of you know the Promise of Girl Scouts?

“On my honor, I will try, to serve God, and my country, to help people at all times. . .”

That's what volunteering is – helping people at all times. Not because you get paid for it, but because you want to. I chose to help people through working with the American Red Cross in my county. I have been volunteering with them since I was six years old.

Volunteering is not about doing something you don't want to do – it is doing something you enjoy – but for someone else.

You have heard about the hurricanes in the Southern States. The American Red Cross launched an appeal for volunteers. It is the largest appeal in history – they are asking for 40,000 new volunteers. Now, where do you think these people are coming from? They are from all walks of life; some are doctors, some hold political offices, some are just normal people on the street. But there is a place for everyone. Yes, there is a place for all of us, too. I enjoy working with disasters, because you meet a lot of interesting people. I met our state National Guard when they helped clean up after a tornado. I stayed in the high school where the American Red Cross sheltered the people displaced from the storm. I helped serve meals and snacks during different tornadoes. But the most fun I ever had was knowing that I am making a difference in what I do with them.

The neat thing about volunteering is there is a place for you. Find an organization, church, or group that would like some extra hands. Everyone look at your hands – now look at your neighbors hands – everyone has the ability to do something for others, whether you have hands or whether you don't, we can all help others.

Now say these words with me: “On my honor, I will try, to serve God, and my country, to help people, at all times. . .” That is the reason I am here today – to make a difference with my words and my actions. I am nothing special, just a junior in high school from Indiana, but if you take nothing [else] with you [today] – just remember one thing: God made all of us to help others

not to serve ourselves.

Thank you for allowing me to join you in this beautiful State. My journey has taken many turns. What started out as earning a Girl Scout patch has ended up making friends. I would like to tell you about the journey while explaining an-often-thought of “bad” word called networking.

From my perspective, networking is nothing more than a spider making a web.

You may laugh, but here is what happens. This process starts out with just one small creature, the spider. Along his journey he must attach himself to many different objects before he makes his web. This is where networking comes in. We must do something or go somewhere to meet people, just like the spider that must attach himself.

As the spider carefully forms his web, jumping from object to object, his network of meeting objects begins. With each object he meets he makes another row of webbing until there are many different lines, in many different directions. When the web is complete his goal is just beginning – because he needs food. We all know the food chain – food goes in the web – the spider eats.

This story is no different from networking. We all build something around us. It may be people or stuff. In my journey to be here, Allison Gunselman and I worked on the Business and Professional Women's Leadership Patch for Girl Scouts. This patch started here in 1996. Nine years later, we are the first in the state of Indiana to earn this award. It had taken 10 months to complete. When making plans to earn this award, we looked at the 11 requirements, one consisted of writing a letter to an elected official on an important issue. We discussed [it] with our Girl Scout Leaders. . . and decided anyone can write a letter – we wanted to meet them. With that agreement made, we met numerous times with the first woman elected as Indiana Lieutenant Governor, Becky Skillman. We also met with Indiana Senator Richard Young, and Senator Lindel Hume, U.S. Congressman Mike Sodrel, Superior Court Judge Elaine Brown, Indiana House of Representative Russ Stilwell, Mayor Gail Kemp of Huntingburg, and Mayor Bill Schmitt of Jasper. How was it possible to meet them? It is the same way I got to speak to you – we asked.

Not unlike the spider whose web must be rebuilt every time it is broken, we are similar creatures. Often

Continued on the next page



Continued from previous page

we see the stumbling block in our path, rather than just a different path to take. Sometimes meeting people is our goal. I work with the American Red Cross; as we have watched in the Southern States a disaster can strike at any time. I have been a volunteer for 10 years. I have seen the destruction of five tornadoes, the fury of many structure fires, and the damaging effects from river flooding. It didn't matter to the Red Cross if I was "just a child," the belief stands like a beacon to those in need: Help can't wait for others to decide to help. The Red Cross has been there since the Civil War and they will be there today. Some of the people I met through the Red Cross have helped me achieve the goal of being here tonight. . .

Networking to obtain a goal – it is just as simple as meeting new faces in new places. Our goal started out just to earn a patch; little did we realize the impact of the outcome. We have never worked harder for one patch than we did for this one. But it has been the most rewarding experience.

In our 16 years, Allison and I have held many titles: daughter, friend, volunteer, and student. But none of these titles do we cherish more than Business and Professional Women. Thank you! 🐾

CDO awards two grants

Continued from page 9



**NYS CAREER
DEVELOPMENT
OPPORTUNITIES**

with native children. She hopes to incorporate the Onondaga language in her lessons and curriculum.

The NYSCDO, Inc. is a 501(c)(3) program developed to assist New York State women who are starting, advancing, or changing careers due to unemployment, underemployment, lifestyle changes, or other circumstances which have affected their business, earning capabilities or job stability. Plan now, if you, or a woman you know – friend, relative, colleague, NYS Women, Inc. member – are interested in applying for a grant, access the NYS Women, Inc. website at www.nyswomeninc.org. Then, click on the heading of Programs for details on eligibility requirements and application instructions.

Or, contact Ramona Gallagher at MMistymo@aol.com for information. If you are interested in supporting this effort monetarily, consider joining the CDO organization as a member – dues are \$25 per year. Donations are always welcome and checks may be made payable to NYSCDO, Inc. and mailed to Sara Ayala, Treasurer, at NYSCDO, Inc., P.O. Box 133, Roe, NY 13442-0133. Such donations are tax deductible. 🐾

NYS Women, Inc. Where do we go from here?

Continued from page 5

overwhelmed by them.

A recent case in point for big industry is the Ford Motor Company's posting of its largest corporate loss in the company's history in a recent quarter. Why? Adaptability. They couldn't respond quickly enough to the change in the market from SUVs to more economic cars when gas prices started creeping and then leaping up. They had gambled that the American market would continue its penchant for bigger, roomier cars, and they threw caution to the wind, all but ending their research and development of hybrid cars that Toyota now has the corner of the market on. And Toyota also continues to manufacture the Highlander, an SUV of a size that would make Ford proud. Toyota diversified, and it paid off. Ford didn't, and they're in deep.

Big box stores encroaching upon our rural landscape highlight the importance of adaptability as well. Some small businesses have suffered as Ford has, closing up shop within months of the big boxes opening. Other rural entrepreneurs have responded by developing niche markets and strong followings with local clientele and return customers from far and wide. Many have survived not by trying to compete with the big box store, but by accentuating how they are in a different league, whether they do that through better customer service or by marketing specialty items that are the antithesis of big box, including hand-made or one-of-a-kind purchases.

BPW's decline in membership and in the activities of much of our leadership at national, state, district, and local levels indicates that we have been too slow in making changes.

Changing roles of women in our economy, the increased education of women, the use of technology and the changing values of women and men in the workplace need to guide us into the future. Step up to the plate, BPW. Catch up on our changing world. Respect our diversity and let's find OUR niche.

BNC member Claire Knowles, in her article in the June 2021 issue of *NIKE*, said this about the pandemic:

"The opportunity going forward is for us to influence systems and structures to provide more advantages and equity for women – and for people to support each other in the process of empowering and enabling women to improve their conditions and create fulfillment. Are you willing to be a catalyst for this within your circle of influence?"

That has been NYS Women, Inc.'s purpose for more than 100 years. Words to ponder as we seek the answer this June to the question "Where does NYS Women, Inc. go from here?" 🐾



How did Nike become associated with NYS Women, Inc.?

by Katharine Smith

Recently a “newish” member – her words – emailed us at NIKE and asked, “Please enlighten me. What does the NIKE acronym stand for? Is it even an acronym at all?”

She added, “When I googled NIKE (because not knowing what the name of an organization that I belong to stands for will bug me until I figure it out), I only found associations with the active wear brand.”

Sometimes we “well established” (NOT OLD!) members forget that newbies don’t always know the history behind NYS Women, Inc. Well, here goes!

The image of the goddess Nike has been intertwined with NYS Women, Inc. since 1920, when our organization’s national precursor, National Federation of Business and Professional Women’s Clubs, Inc. (BPW/USA) created an emblem for the organization that would symbolize “the emergence of women into the business and professional world with unlimited possibilities for growth.”

They chose a number of symbolic images in the design. A torch “of leadership lighting the way to a more perfect civilization;” the “winged wand of Mercury. . . a symbol of harmony, ushering in a new day of unlimited opportunity and possibility for all;” a “scroll of achievement on which are recorded the aims, the faith and the knowledge of womanhood;” the “ship of commerce, which typifies the entrance of women into business;” and “last, NIKE of Samothrace, the winged Goddess of Victory, glorious expression of forward movement, given to the world by classic Greek art, epitomizes the steady progress which our Federation must have in accomplishing its objective of advancing women’s place in the world.”

Nike depicts individual strength, freedom and triumph, which our organization must have in order to face the storms of prejudice and limitations. [This statue of] Nike, representative of the prow of a ship, facing the waves with courage and victory, leads us forward united in purpose with loyalty and . . . follow her leadership toward opportunity and accomplishment.”

In Greek mythology and ancient religion, Nike is the goddess who personifies victory in any field including art, music, war, and athletics. She’s often portrayed in Greek art as “Winged Victory” in the motion of flight.

Greek literature describes Nike as both an attribute and attendant to the gods Zeus and Athena. Nike gained this honored role beside Zeus during the Titanomachy where she was one of the first gods to offer her allegiance to Zeus. At Athens, Nike became a servant to Athena as well as an attribute of her due to the prominent status Athena held in her patron city. The fusion of the two goddesses at Athens has contributed to the ambiguity surrounding Nike’s origins. It is unclear whether she originated from a character trait of the Greek goddess Athena or has always existed as an independent deity.

Nike alone is often depicted in Greek art winged and carrying a symbol of victory, such as a laurel wreath or a palm frond. Statues of her attempt to evoke a sense of flight. In the Archaic period of ancient Greek sculpture Nike often appears in a “kneeling run” pose with her head turned to the side to look at the viewer as her body swiftly rushes forward. University of Chicago Director of Ancient Greek Art and Architecture Richard Neer believes this posture with the running stance, wings, and flowing garments was meant to evoke the swift speed of the goddess.

It’s not just NYS Women, Inc. which recognizes the poetry of power of the Greek statue, Nike of Samothrace, represents. The first FIFA World Cup trophy, commissioned in 1930, was based on the statue. In addition to the ubiquitous “swoosh” of sports apparel company, Nike, the deity is represented elsewhere in modern days. Nike has been depicted on the Olympic Medal over the years, and her representation would encircle names of Olympic medalists. Since 1945, the goddess has also been used by the U.S. Anti Aircraft Missile System.

And, as you can see, she is proudly incorporated into our own NIKE magazine masthead. Our depiction is based on the the Winged Victory of Samothrace, a white marble statue originally found on the island of Samothrace in Greece (see images on the right). This 18-foot tall monument has been displayed at the Louvre Museum in Paris since 1884. It depicts Nike alighting on the bow of a warship; the statue of the goddess alone measures nine feet. 

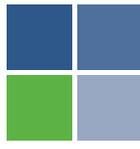


Nike alone was winged. She sometimes appears carrying a palm branch, wreath, or Hermes' staff as the messenger of victory. Nike is also portrayed erecting a trophy or, frequently, hovering with outspread wings over the victor in a competition, for her functions referred to success not only in war but in all undertakings. Indeed, Nike gradually came to be recognized as a sort of mediator of success between gods and men.



We connect and build women personally, professionally and politically.

NEW YORK STATE
women, INC.



www.NYSWomenInc.org

#BuildPowerfulWomen

JOIN A CHAPTER IN
NEW YORK STATE:
WE'D LOVE TO SEE
YOU!

NYC area /Long Island

Richmond County Chapter
Staten Island Chapter

Hudson Valley/Catskills

Capital Region
Women's Network
Professional Women of
Sullivan County
Westchester Chapter

Central New York

Central NY Chapter
Professional Business
Women of Rome
Mohawk Valley Chapter

Central Southern Tier

Susquehanna Chapter
Greater Binghamton Chapter
Walton Chapter
Tri-County Chapter

Finger Lakes

Lake to Lake Women
Professional Women of
the Finger Lakes
Steuben County Women
Yates County Women

Western New York

Buffalo Niagara Chapter
716 Chapter (Clarence area)
Chadwick Bay Chapter

NETWORKING.
RESOURCES.
CONNECTIONS.
FRIENDSHIP.
ADVOCACY.
INSPIRATION.

Empowering women to use their voices to create positive change.