



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

VOL. 68 ■ ISSUE 3 ■ MARCH/APRIL 2019

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.



# 1919-2019

BUSINESS AND  
PROFESSIONAL WOMEN  
OF NEW YORK STATE

**100<sup>th</sup>**  
**anniversary**  
NEW YORK STATE  
women, INC. 

Dated Material — Deliver Promptly



**Celebrating Women's History Month  
and Centennial of NYS Women, Inc.**



# Follow the Path to the Betterment of Women

from Debra Carlin  
NYS Women, Inc. President, 2018/2019

This year marks the 100th anniversary of the NYS Federation of Business and Professional Women's Clubs now known as NYS Women, Inc.

The purpose of the federation was to unite organizations of business and professional women in order to have a better knowledge and understanding of their conditions and needs in different sections of the state; to secure more equitable treatment and just recognition for women in business and the professions; and to gather and distribute information relative to vocational opportunities and to bring about a greater solidarity of feeling among women throughout the state.

NYS Women, Inc. strives to achieve its goals through state legislation and through the programs that are offered at the state, region, and local levels throughout New York State. We continually advocate in our respective communities and offer programs of study and action directly related to the woman in business. In addition we also work on building better workplaces through our focus on equal and fair pay issues, flexible hours and parental leave, and policies for improved child and elder care.

Education and mentoring has always held an important place in the organization's work. Through regular meetings, NYS Women, Inc. has recognized the political, professional and personal achievements of young professional women and

offered programs to provide education and guidance. We bring women's issues to the attention of important governmental figures, help provide proper business attire for those who would otherwise not be able to afford business clothes, among so many other projects. Personal, Professional and Political programs provide young business women and high school aged girls with valuable chances to network, and are designed to make them aware of available career opportunities and assists in transitioning military women into civilian life.

So let us celebrate all that we do, continue to provide useful programs and support women.

The NYS Women, Inc. annual conference will be held June 7-9, 2019 at the del Lago Resort and Casino in Waterloo, NY. This is a great opportunity for members to meet, network, learn and socialize. So let us all make plans to attend the conference this year to welcome new members and bring in the newly elected officers. (Registration forms are on page 6-7.)

As always, remember our mission is to build powerful women personally, professionally and politically while making a difference in the lives of all working women. As a group, working together, there is much we can accomplish.

Stay happy and safe,  
Debra Carlin  
President, NYS Women, Inc.

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



# 2019

MONTHLY

15

Communicator deadline

MAR

15

NIKE submissions deadline

MAR

30

2019 Spring Board Meeting  
@American Legion Post #1376  
New Hartford, NY  
Register: [nyswomeninc.org](http://nyswomeninc.org)

APR

1919 to 2019

Anniversary of the 1919 formation of the **New York State Federation of Business and Professional Women's Clubs**

APR

2

**Equal Pay Day**  
Symbolizes how far into the year 2019 a woman must work to earn what a man earned in 2018.

JUN

7-9

**Annual Conference**  
del Lago Resort and Casino  
Waterloo, NY

AUG

28

**Women's Day at the NYS Fair**  
NYS Fairgrounds • Syracuse, NY 13209  
Details/registration forms available July  
Questions? [PatFerguson@aol.com](mailto:PatFerguson@aol.com)  
[Cheryl.Lavin@Agriculture.ny.gov](mailto:Cheryl.Lavin@Agriculture.ny.gov)

## 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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[www.nyswomeninc.org](http://www.nyswomeninc.org)

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# 100<sup>th</sup> anniversary

NEW YORK STATE  
**women, INC.**

## 1919-2019

BUSINESS AND  
PROFESSIONAL WOMEN  
OF NEW YORK STATE

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## From the Editor

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**March/April 2019**

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1 issue: \$75 • 4 issues: \$250  
**Eighth Page**  
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**“We cannot have changes by mere wishful thinking. Change is the result of forces which we must deliberately control.”**

**- LENA MADESIN PHILLIPS, FOUNDER of BPW**



CHANGE. YOU’LL SEE A RECURRING THEME in this issue of *NIKE*. It’s appropriate to talk about the vast – at times cataclysmic – changes that have occurred in women’s lives, especially since this is March, when we celebrate Women’s History Month, and, on March 8th, International Women’s Day.

Associate Editor Katharine Smith brings us a 100-year timeline: the voices of women, first in quotes from members of our precursor, New York State Federation of Business and Professional Women’s Clubs, then right up to the current day, with New York State Women, Inc. (see the next page).

She also has created a poster compiled of the wise words of outstanding women throughout history. These American women have achieved greatness in a wide range of fields, from politics to sports, and beyond (pages 10-11).

In celebration of Women’s History Month, Claire Knowles has updated her article, *In the Shadow of the Greats*, page 12. We also offer the political advocacy of our own Lake to Lake Chapter and its members’ participation in the Women’s March 2019 at Seneca Falls, NY.

And don’t forget our annual conference will take place June 7th to 9th at the del Lago Resort in Waterloo, NY. (See forms and conference info on pages 6-7.) Take this opportunity to create change and shape our future!

Your actions NOW will help change the lives of women. As Lena Madesin Phillips said, *“Change may come through revolution, but also through orderly planning, consciously and determinedly carried out.”*

In 2019, NYS Women, Inc. continues to build powerful women personally, professionally, and politically.

**-Joyce DeLong**

**NIKE MAY 2019 ISSUE DEADLINE: MARCH 15, 2019.** Please type *NIKE* in your email subject line and send to the attention of Joyce DeLong, *NIKE* 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.



*[Editor's note: Each issue of NIKE in 2019 will feature some aspect of NYS Women, Inc.'s 100th anniversary.*

*For this March/April issue – celebrating Women's History Month – we hear from some past leaders in their own words.]*

# Celebrating 100 years of building powerful Women 1919-2019

by Katharine Smith

## NYS Women, Inc. brings about change.

The first observance of **National Business Women's Week** was April 15-22, 1928, when National Business and Professional Women's Federation President **Lena Madesin Phillips** gave a nationally-broadcast speech emphasizing the purpose of the week was "to focus public attention upon a better business woman for a better business world." -1928

"One of the greatest problems involving the economic process of progress of employed women is the difficulty of obtaining and retaining a position after the age of 40."  
- **BPW/NYS annual conference -1931**

"Cooperation among all people cannot remain a dream, but something that must become actuality if our civilization is to survive. We cannot afford to wait long in this changing and changed world. It is now – not in the next century or even in the next generation, but now – that we and the men and women of all nations, must recognize that no man live unto himself no country can live unto itself." - **Dr. Lena Madesin Phillips, founder BPW, 1931**

"Next year we should concern ourselves with our responsibility toward others: Public school education faces a crisis (2,000 rural schools in 24 states closed for lack of funds). We must stir ourselves and protest a program that is neither just nor true economy. . . Organize vocational conferences for high school children. . . Study the social implications for the economic problems in our communities with special reference to women workers. . .

Study ways and means to give more than lip service to 'Equal Pay for Equal Work'? . . Organize study groups to consider the relation of the United States to World Peace."

- **Kathyn Starbuck, president, BPW/NYS -1934**

"The State should concentrate on two major problems:

A vocational guidance counselor in every high school to help secure adequate training for young girls to prepare them for the world of today

Conduct an aggressive campaign against discrimination toward women in the business and professional world."

- **Kathyn Starbuck, president, BPW/NYS -1935**

"Be it resolved that we pay tribute to the memory of Amelia Earhart [BPW/NYS member] for her courage, her spirit of adventure, her loyalty to high ideals, and her advancement of the cause of women." - **BPW/NYS annual conference -1938**

"A special statewide program [should be held] during **Business Women's Week** to bring about a unity of purpose and greater influence in local communities."

- **Esther Corwin, program chair -1940**

"[We]. . . pledge to the women of the future that we will hold open for them the door of opportunity through which we have entered in order that they, too, may know the joy of sharing the responsibilities of the nation and working for the betterment of mankind." - **1944 excerpted dedication from Business and Professional Women's Club of New York State "Twenty-five Years of Progress, 1919-1944"**

National statistics gathered by BPW/USA revealed that while 51% of members supported dependents, only 8%

*Continued on page 15*

# New York State Women, Inc.

## Annual Conference • June 7-9, 2019 • Waterloo, NY

### CALL TO Annual Conference

CALL TO: 10th Annual Conference  
DATE: June 7-9, 2019  
LOCATION: del Lago Resort, Waterloo, NY  
TO: Executive Committee, Members of Board of Directors and all members of New York State Women, Inc.

NOTICE is hereby given that the 10th Annual Conference of New York State Women, Inc. will be held from Friday, June 7 through Sunday, June 9, 2019 at the del Lago Resort in Waterloo, NY.

The schedule will include a Region Directors/Assistant Region Directors meeting and a Board of Directors meeting, workshops, a tour of the Women's Hall of Fame and the annual awards ceremony.

All members in good standing will be eligible to vote and are invited and encouraged to attend this conference.

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

I look forward to seeing everyone there!

*Respectfully submitted,  
President Debra Carlin, NYS Women, Inc.*

### Nearby Attractions

There's lots to do nearby: **Waterloo Premium Outlets**, for shopping, **Cayuga-Seneca Canal** (Seneca Falls), **Finger Lakes Candy Emporium** (Waterloo), **The Artist's Lounge**, a gallery in Seneca Falls, plus numerous wineries, breweries, parks, and restaurants dotted around Lake Cayuga and Lake Seneca.

Experience a taste of life on a 19th-century estate when you visit **Rose Hill Mansion**, a National Historic Landmark in Geneva. Once a working farm, the house and surrounding grounds are open seasonally for guided tours. Built in 1839, the elegant Greek Revival house was the center of a busy and productive farm by mid-century.

NYS Women, Inc. has planned a tour of the **Women's Rights National Historical Park** which tells the story of the first Women's Rights Convention held in Seneca Falls, NY on July 19-20, 1848. Other attractions to enjoy in Seneca Falls include **A Wonderful Life Museum** (dedicated to the Frank Capra movie starring Jimmy Stewart and "Clarence" an angel) and **Elizabeth Cady Stanton Home**, a key part of Women's Rights Historical Park. Discover how she helped change the world.

*For updates and more info: [nyswomeninc.org](http://nyswomeninc.org)*



Pictured above and at right: del Lago's conference rooms; bottom: connecting hallways in conference area.



All photos:  
<https://dellagoresort.com/>



### del Lago Resort & Casino

The **del Lago Resort & Casino** is a 4-star hotel with seven restaurants, a full-service spa, and casino. Free WiFi in public areas and free self parking are also provided. Additionally, a nightclub, four bars/lounges, and a health club are onsite. There is a business center and conference rooms as well.

All 205 rooms feature thoughtful touches like bathrobes and slippers, along with conveniences such as refrigerators and coffee makers. Free WiFi and 24-hour room service are standard, as are flat-screen TVs with satellite channels.



Pictured left: Two views of del Lago's lobby; bottom: entrance to hotel's spa.

All photos:  
<https://dellagoresort.com/>



# New York State Women, Inc.

## Annual Conference • June 7-9, 2019 • Waterloo, NY

### MEETING Registration

JUNE 7-9, 2019  
del Lago Resort & Casino, 1133 NY-414,  
Waterloo, NY 13165

Please note that registration can also be submitted online by visiting NYSWOMENINC.ORG and going to the Calendar. When you register online you either pay by credit card or opt to mail a check prior to the deadline.

#### Advance Registration Deadline: May 8, 2019

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 Patti Pollock, PO Box 30, Mt. Upton, NY  
13809; Phone: 607-316-6003; Email: pjplock63@gmail.com

NAME

ADDRESS

CITY

STATE

ZIP

CHAPTER

PHONE:

E-MAIL

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

#### Registration Fees for All Attendees

- ☐ Advance Registration **\$40** due by May 8, 2019 \$ \_\_\_\_\_  
☐ Late Registration **\$55** if received after May 8, 2019  
☐ On Site Registration **\$75** upon arrival

#### Individual Meals: Meals MUST be paid with registration.

Meals NOT listed below are on your own.

- ☐ Saturday lunch \$35 \$ \_\_\_\_\_  
☐ Saturday dinner \$55 \$ \_\_\_\_\_  
☐ Friday tour at Women's Hall of Fame at 3:30 PM \$4 \$ \_\_\_\_\_

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

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

- |   |   |
|---|---|
| <input type="checkbox"/> State Officer                    | <input type="checkbox"/> Incoming Region Director # _____ |
| <input type="checkbox"/> State Parliamentarian            | <input type="checkbox"/> Incoming Asst Region Dir # _____ |
| <input type="checkbox"/> Immediate Past State President   | <input type="checkbox"/> Outgoing Chapter President       |
| <input type="checkbox"/> Past State President             | <input type="checkbox"/> Incoming Chapter President       |
| <input type="checkbox"/> Standing Committee Chair         | <input type="checkbox"/> Career Recognition Competitor    |
| <input type="checkbox"/> Standing Committee Vice Chair    | <input type="checkbox"/> New Careerist Competitor         |
| <input type="checkbox"/> Special/Sub Committee Chair      | <input type="checkbox"/> Pers & Prof Dev Competitor       |
| <input type="checkbox"/> Special/Sub Committee Vice Chair | <input type="checkbox"/> Member                           |
| <input type="checkbox"/> Outgoing Region Director # _____ | <input type="checkbox"/> First Timer                      |
| <input type="checkbox"/> Outgoing Asst Region Dir # _____ | <input type="checkbox"/> Guest                            |

### HOTEL Registration

JUNE 7-9, 2019  
del Lago Resort & Casino, 1133 NY-414,  
Waterloo, NY 13165  
Phone: 315-946-1777; Reference: NY Women  
Annual State Conference.

#### Reservation Deadline: May 8, 2019

NAME

ADDRESS

CITY

STATE

ZIP

E-MAIL

ARRIVAL DATE

DEPARTURE DATE

ROOMING WITH

(Please have person reserving the room specify who they  
will be sharing room with – to avoid double bookings.)

#### Room Rate

**June 7, 2019: \$199 + tax = \$231.69** (with tax & resort fee)

**June 8, 2019: \$250 + tax = \$288.30** (with tax & resort fee)

**Reservations received after the reservation deadline are  
subject to availability and will be charged at regular, hotel rate.  
No refunds for early departure – cannot guarantee  
room type or room location.**

**Cancellations may be make up to 24 hours prior to arrival date.**

**Check-in: 4:00 p.m. on day of arrival;  
check-out: 11:00 a.m. on day of departure**

#### DEPOSIT PAYMENT

All reservations must be guaranteed by advance deposit of one  
night's stay or credit card. Check payable to del Lago Resort

Credit Card #

Name as it appears on the card

Type

Exp Date

Card Holder Signature

# Chapter and Region News

## Buffalo Niagara Chapter – Region 8

- submitted by Katharine Smith, past president

From its inception in 1919, New York State Women, Inc. has been an advocate for women. Originally formed as Business and Professional Women of NYS, the organization was created in April 1919 by strong-minded women seeking to improve conditions for working and professional women across both New York State and the country.

The Buffalo Niagara Chapter celebrated **Women's History Month** at the Twentieth Century Club in downtown Buffalo, founded in 1894, and considered one of the oldest private women's clubs in the country. BNC commemorated the milestones it has made and considered the challenges women still face.

Keynote speaker **Dr. Lori Quigley**, VP for academic affairs and chief academic officer at Medaille College, discussed the role women have played as change makers. Her presentation talked about challenges facing women in our diverse nation and actions to keep us moving toward a common goal.

Dr. Quigley serves on the boards of the YWCA of Erie County and Health Sciences Charter School in Buffalo. In 2004, she received a U.S. Presidential appointment to the National Advisory Council on Indian Education, serving as chairperson until 2010. Dr. Quigley grew up on the Allegany territory of the Seneca Nation of Indians and is a member of the wolf clan.

In January BNC member **JoAnne Sundell**, owner of Dark Forest Chocolate Makers, Inc., was honored with an award from the Good Food Foundation in San Francisco. JoAnne is heartily supported by BNC members (who just love chocolate!).



## Greater Binghamton Chapter – Region 6

submitted by Vikki Collazo

In December 2018, **Greater Binghamton** sponsored a "paint night" at Uncorked Creations in downtown Binghamton for young women (ages 13 to 16) from the Sarah Dorm at the **Children's Home**. The girls started with a light dinner, with individual settings and vintage



tea cups, and then picked up their paintbrushes to paint their versions of a snowman. Homemade cookies



and ornament painting rounded out the evening. The mastermind behind this idea was member **Heather Sodon**; it was supported by chapter members who donated their time and created gifts bags loaded with goodies which were given to each of the girls. What a great night!!

The **Children's Home** is a multi-service child welfare agency dedicated to the safety, permanency, and well being of children, their families, and the community. What was once a typical orphanage has grown to one of the most well respected and outstanding child care institutions in New York State.

## Rome Professional and Business Women Chapter – Region 5

- submitted by Beth Jones, president

The 2019 scholarship check for \$258 was presented to **Beth Jones, president, Rome Professional and Business Women**, during the Congressional Breakfast Forum held at the Lake Delta Inn. A packed room of more than 250 people attended the event, sponsored by the Rome Chamber of Commerce. The check was the result when the chapter teamed up with the Rome Chamber during the Congressional Candidate Breakfast Forum held October 2018.

Rome Professional and Business Women has already committed to the Rome College Foundation for 2019.



Another \$500 check will be presented to the recipient who is selected for the chapter.

Pictured: left, US Congressman Anthony Brindisi, D-22; Beth Jones, chapter president;

right, Thomas Rahn, government affairs chairman, Rome Chamber of Commerce.

## St. Lawrence County – Region 4

submitted by Sue Bellor, vice president

The **St. Lawrence County Chapter** hosted speaker **Cosette Witty-Lewis, PA-C**, (pictured at the right) at their recent February luncheon.

Cosette provided a very informative presentation and discussion on the top health care issues along with tips for better health. She enlightened members on the benefits of both physical and nutritional exercise in several ways. She also educated members about substance abuse, alcohol, mental health and other areas of concern. If you are interested in joining this chapter of empowered women, please call President Eowyn Hewey at 315-212-2642, Vice President



*Continued on the next page*





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Sue Bellor at 315-769-6146 or Communications Chair Pat McGrath at 315-769-5997.

The chapter's next meeting is March 14, 5:00 PM at Pizza Hut with speaker Audrey Marshall, behavior analyst.

### **Staten Island – Region 2**

*submitted by Rosemarie Dressler*

As a tribute to Women's History month, and as thousands of schools and communities come together to celebrate the extraordinary efforts of women whose contributions changed our lives, the Staten Island Chapter, will draw together women from nearly every corner of their borough to their special program, **"Women in History: Celebrating the Journey."**

"It's been 30 years since Congress designated the month as Women's History Month," said Margaret Antonello. "The Staten Island chapter of New York State Women is pleased to host an event that joins together representatives from scores of local organizations who focus on issues im-

portant to women."

The Women in History: Celebrating the Journey ceremony and dinner on Tuesday, March 19, 2019, 6:30 p.m. in LiGreci's Staaten, 697 Forest Avenue, Staten Island.

"Representatives will participate in a 'parade' of participating organizations, and present contributions and history, share stories of courageous women who have made a difference, and display information," said Virginia Allen, program co-chair.

New York was in 1917 one of the first states in the country to pass legislation granting women the right to vote – a right known as woman suffrage. "We expect present the contributions their group has made to enhance the status of women in their communities," added Robyn Zappola, co-chair. "We expect that some representatives will be in period costumes and hats."

The chapter will also host a best hat contest.

Dinner cost is \$35. For more information please contact: Allenvirginia7894@yahoo.com.

Please note: Due to print deadlines, some events listed in Region and Chapter News may have already taken place.

## **Women's Rights National Historical Park** submitted by Sue Mager

The Women's Rights National Historical Park is offering a lecture series, *Resolutions Revisited*. The Declaration of Sentiments, written for the 1848 Seneca Falls First Women's Rights Convention, declares a list of grievances similar to those of the Declaration of Independence. Dr. Melinda Grube will discuss what progress has

been made through grass-roots reform and national legislation since 1848.

All presentations begin at 2:00 PM in the Guntzel Theater at the Visitor Center, Women's Rights National Historical Park, 136 Fall St., Seneca Falls.

Remaining 2019 lectures include March 30: *Education and Work*; and

April 27: *Religion and Morality*.

Melinda Grube, PhD, a descendant of a Seneca Falls abolitionist family, is an adjunct lecturer of history at Cayuga Community College and has portrayed Elizabeth Cady Stanton for educational programs, lectures, and events in Seneca Falls and New York State for more than a decade.

## Poster: Women's Words



So people are talking about revolution. What a revolution it would be to have a woman president.

**-Madeleine Albright, first female U.S. Secretary of State**

If they don't give you a seat at the table, bring a folding chair.

**-Shirley Chisholm, first black female U.S. Congresswoman**

We see all around the world where women's rights are denied, where governments don't believe in educating their girls. There are 800 million people in the world who are illiterate and 75% of them are women and girls.

**-Laura Bush, educator, U.S. First Lady, 2001 – 2009.**

We hold these truths to be self-evident: that all men and women are created equal.

**-Elizabeth Cady Stanton, suffragist, activist, abolitionist**

Do what you feel in your heart to be right - for you'll be criticized anyway. You'll be damned if you do, and damned if you don't.

**-Eleanor Roosevelt, diplomat, U.S. First Lady, 1933 – 1945**

No matter what, you give everybody a fair shake, and when somebody needs a hand, you offer yours.

**-Michelle Obama, attorney, U.S. First Lady, 2009 – 2017**

I have often been asked whether I am a woman or an athlete. The question is absurd. Men are not asked that. I am an athlete. I am a woman.

**-Billie Jean King, former World No. 1 professional tennis player**

I am a big believer that eventually everything comes back to you. You get back what you give out.

**-Nancy Reagan, U.S. First Lady, 1981 – 1989**

Fight for the things that you care about, but do it in a way that will lead others to join you.

**-Ruth Bader Ginsburg, second female justice, U.S. Supreme Court**



It is not where you start out in life that counts the most, it is how you choose to face it.

**-Angelina Jolie, actress, filmmaker, humanitarian**

Challenges are gifts that force us to search for a new center of gravity. Don't fight them. Just find a new way to stand.

**-Oprah Winfrey, media executive, actress, talk show host, television producer, philanthropist**

When you are feeling bad, do one thing a day to make your heart dance. It could be a simple thing like looking up at the sky.

**-Yoko Ono, artist, singer, songwriter, peace activist**

The most effective way to do it, is to DO it.

**-Amelia Earhart, member of BPW/NYS, first female aviator to fly solo across Atlantic Ocean**

Taking the time to read to children is not only a worthwhile investment but also a wonderful experience. I have visited 119 schools in Maine, and these visits are among the most rewarding experiences in my career in public service.

**-Susan Collins, U.S. Senator from Maine**

A wise woman wishes to be no one's enemy; a wise woman refuses to be anyone's victim.

**-Maya Angelou, poet, singer, author, civil rights activist**

God's time is always near. He set the North Star in the heavens; He gave me the strength in my limbs; He meant I should be free.

**-Harriet Tubman, ex-slave, Underground Railroad conductor**

There never will be complete equality until women themselves help to make laws and elect lawmakers.

**-Susan B. Anthony, suffragist, activist, abolitionist**

If the society today allows wrongs to go unchallenged, the impression is created that those wrongs have the approval of the majority.

**-Barbara Jordan, lawyer, first black female U.S. Congresswoman elected from the South**

### Women are Rising!

One year ago, I penned the article you see within these pages, titled "In the Shadow of the Greats." It was an acclaimed piece highlighting three New York State Women – pioneers and teachers for all of us – women of passion, conviction and action.

It included a *call to action* as New York State women, as members of our chapters, as leaders in our organizations and our communities.

As we celebrate Women's History Month this article is worth revisiting. Why?

Because that "call to action" is compelling – our work continues to eliminate racism, advance the status of women, and stand for causes like social justice, political prowess, equality, fairness, safety and security, rights and responsibilities.

The last 12 months show that across our country, *Women are Rising!* They are more engaged, energized and resolute than ever. Issues that have long been ignored are finally coming to the surface, and women are beginning to speak up and use their voices and influence to demand real change. CNN recently reported that there is a fire burning within women.

We are living in a watershed moment in our history, one we can broaden and deepen. More than ever, the work of NYS Women, Inc. must keep kindling that flame – and we do that by following *In the Shadow of the Greats* and *Rising to our Call to Action*.

- **Claire Knowles**

(For more "Women Who Are Rising" turn to page 14.)

# In the Shadow of the Greats

by Claire Knowles

Imagine these three New York State women, Susan B. Anthony, Elizabeth Cady Stanton, and Eleanor Roosevelt, greeting you at your next New York State Women, Inc. meeting. Yes, there they are – ready to engage in a panel discussion with you and your chapter – everyone is to speak – about women today!

Knowing what they stood for, what do you think that they will ask you?

Susan B. Anthony (1820-1906) **stood** for women's rights, women's suffrage and abolitionism. She was visibly removed from the stage – for speaking her truth; she was jailed. When she first began campaigning for women's rights, Susan B. Anthony was harshly ridiculed and accused of trying to destroy the institution of marriage. She never wavered in her activist role for women's rights.

**"I declare to you that woman must not depend upon the protection of man, but must be taught to protect herself, and there I take my stand."**

- **Susan B. Anthony**

Elizabeth Cady Stanton (1815-1902) **stood** firmly for women's rights and women's suffrage. She also was an outspoken supporter for the 19th century temperance movement. Her *Declaration of Sentiments*, presented at the Seneca Falls Convention held in 1848 in Seneca Falls, NY, is often credited with initiating the first organized women's rights and women's suffrage movements in the United States.

Her power was in her pen – she was a prolific writer – and was publicly





criticized in the newspapers of the time for the positions she espoused. Although she enjoyed motherhood and assumed primary responsibility for rearing her seven children, she was quick to share in her letters about the difficulties of balancing domestic and public life – especially in a prejudiced society.

**“The best protection any woman can have... is courage.”**

**- Elizabeth Cady Stanton**

Eleanor Roosevelt (1884-1906), American politician, diplomat, and activist, **stood** firmly for human rights. She was the First Chair of the Presidential Commission on the Status of Women, and the First Chair of the United Nations Commission on Human Rights. She was an outspoken advocate for women, as a speaker, writer, and columnist. Her list of “firsts” could fill this page, including being First Lady of the United States (married to Franklin D. Roosevelt). She held 348 press conferences over the span of her husband’s 12-year presidency. Eleanor Roosevelt’s gift to us was in the *strength of living her convictions* – facing down prejudice and societal bias – despite a continual and pointed barrage of public and private criticism about her physical looks and of her social and political activism.

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

**- Eleanor Roosevelt**

So here YOU are – seated in the midst of these great women. Three questions are posed:

1. For what do you stand?
2. What is the strength of your convictions?
3. What risks are you willing to take to propel the stance you believe in and stand for?

**So, just what is your response?  
ARE YOU READY TO STAND TALL?**

The mission of NYS Women, Inc. is to “build powerful women personally, professionally and politically.” We do that through advocacy (making a difference in the lives of New York women of every age and demographic, now, and into the future), through legislative, educational, and service advocacy. We also reach out and support each other within our own chapters and communities – nurturing the seeds of friendship.

We continue to stand on the shoulders of the greats, and strive to make them proud. Collectively, we can do this through NYS Women, Inc. The haunting questions above, however, compel us

*Continued on page 14*

Photos this page, top to bottom: Susan B. Anthony, full-length portrait, seated, facing left. Taylor, S. A., photographer. Circa: between 1880 and 1906. [www.loc.gov/pictures/item/97500105/](http://www.loc.gov/pictures/item/97500105/) Drawing of Elizabeth Cady Stanton, art located at the Frederick Douglass home in Washington, D.C. [www.loc.gov/pictures/item/2011634954/](http://www.loc.gov/pictures/item/2011634954/) Eleanor Roosevelt, head-and-shoulders photo portrait. Circa: 1945. [www.loc.gov/pictures/item/93503451/](http://www.loc.gov/pictures/item/93503451/)

# In the Shadow of the Greats

Continued from page 13

to seek personal introspection first. Then, to muster our individual courage, individual strength, standing up – unwaveringly – for the personal convictions we each hold.

We know our work continues: Eliminating racism, advancing the status of women, standing for causes like social justice, political prowess, equality, fairness, safety and security, rights and responsibilities.

Onward! While we each may stand for different causes, with varying degrees of passion, still we are collectively

orchestrated in forward progress. Time moves on. The beat goes on. So do we.

*Claire Knowles is a 2-time Amazon best-selling author, including the book, “Can You See Them Now? Elephants in our Midst.” She is a speaker and business leadership consultant, helping leaders and their teams become the most effective they can be at accomplishing their goals (together). She is a member of the Buffalo Niagara Chapter. Contact her at 716-622-7753 or [www.ClaireEKnowles.com](http://www.ClaireEKnowles.com).*



Photo: Source: Library of Congress. Eleanor Roosevelt. Circa: 1939. [www.loc.gov](http://www.loc.gov)

## Sidebar: Political Development

### Lake to Lake Women Participate in the Women's March 2019

submitted by Sue Ellen Balluff, treasurer  
Lake to Lake Women

The Lake to Lake Women Chapter of NYS Women, Inc. participated in the Women's March in Seneca Falls on January 19, 2019. Members of the organizing committee included chapter members Adrienne Emmo, Leah Nituala, and Diana Smith.

Members were also involved with the first Women's March held at Seneca Falls in 2017 and have continued to be instrumental in organizing the now annual event. Seneca Falls hosted 10,000 marchers in 2017 and it grew to 15,000 in 2018. Due to the extreme cold and weather conditions 2019 saw 1,200 turn out for the March.

Lake to Lake Women Chapter member Diana Smith was also a speaker at this year's event.



Above: Adrienne Emmo, Leah Nituala, and Judy Pipher. Below: Lake to Lake members with the chapter's sign. Left: Diana Smith speaking in Seneca Falls, NY.



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## NYS Women, Inc. brings about change.

had an annual income of \$5,000 (\$46,000 in today's dollars). "This is a discouraging picture of the economic status of women in our country. These facts should give us renewed incentive to concentrate . . . on the major objective for which the Federation was founded, namely, the advancement of the status of women." - **Marguerite Fisher, outgoing president BPW/NYS -1954**

It was resolved for our organization to "promote the participation of business and professional women in community and governmental activities at all levels."  
 - **BPW/NYS annual conference -1963**

"**Pride in the Past – 1919 Promise in the Future – 1969**" was the theme for BPW/NYS's 50th anniversary in **1969**.

A precursor to our current mission commemorated National Business Women's Week, held **October 12-27, 1973**, it emphasized the "**concerns of all working women – economic – social – political.**"

In **1974** the legislative platform was a four-point "program on child care, credit for women, human rights, and reproduction and its control." A further resolution was made, the "**need to assure the admission of women into the United States naval, air force, and military academies**" (submitted by Helen M. Olsen, chair).

Despite BPW's efforts, in **1976** ERA failed to pass in NYS, and **state president, Helen Carmody** said, "We lost the fight for ratification of the Equal Rights Amendment to our State Constitution, but we definitely haven't given up the fight for equal rights for women, and we will, of course, continue to emphasize the principle of *women helping women.*"

BPW/NYS policies included support of measures "to make the Social Security system equitable; recognition of women's worth in the labor market." - **BPW/NYS annual conference -1980**

From voter education forums, working in candidate campaigns, fundraising for candidates, and registering women to vote, **1992 proved to be the "Year of the Woman,"** electing a record four women to the U.S. Senate and an unprecedented 24 women to the House. And that was the year BPW created a program to "**Build Woman Power: Politically, Professionally, Personally.**"

In **1994**, we celebrated the 75th anniversary of Business and Professional Women/NYS with a commemorative book. Its dedication included the organization's national mission statement: "**BPW/USA promotes full participation, equity, and economic self-**

*Continued on page 18*





## NIKE All Stars

The 2018-2019 *NIKE* All Star Campaign is in full swing and thank you to our loyal supporters who have already sent their listings in.

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

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

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*Continued from page 15*

### **sufficiency for women.**

"Embracing new frontiers reminded me BPW has been a leader throughout history since 1919."

**- Linda Winston, past president BPW/NYS, Sept 2006 NIKE**

"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."

**- Cay Raycroft, former NIKE editor, May 2007 NIKE**

"Change in life is inevitable. We come into the world a dependent infant and gradually develop into independent, productive, adults. Along with change comes new learnings through education, experience and association with like-minded friends and in risking our own conception with those who may disagree with us. BPW has been the "safe place" for working women to test ideas and to risk discussing change."

**- Cay Raycroft, former NIKE editor, Dec 2007 NIKE**

"Members are the lifeblood of our organization and each member possesses a unique talent adding value to our mission and vision of advocating for working women."

**- Linda Przepasniak, former NIKE editor, Sept 2008 NIKE**

BPW/USA merged with its national foundation in **July 2009**. State organizations had the option to continue an affiliation with the BPW Foundation, dissolve, or break out on their own. **New York State Women, Inc. emerged to "build powerful women personally, professionally and politically" and "make a difference in the lives of working women."**

"The dynamics of change empow-

er us to build upon our legacy and reinvent ourselves to meet the requirements of working women in the 21st century. Whoever, or whatever we will be, our voices are needed now more than ever. Nothing could be more important."

**- Linda Przepasniak, former NIKE editor, May 2009**

"Change invites us and challenges us to accept new opportunities. After ninety years, our beloved BPW of New York State now evolves and garners new life as New York State Women, Inc. The members have spoken and we now embark on a new opportunity and a new challenge to mold and shape our organization to address and support the needs of women in New York State.

It is an awesome undertaking... exciting and scary. It will take hard work and dedication by all of us who believe in the collaborative power of women to effect positive change in the workplace, in our communities and in our government. Where we go in the future depends on what we do today.

We are women who live and work in New York State, the birthplace of the women's movement. Therefore, we are obligated to pick up the torch and carry it on the next leg of our journey.

We have some adjusting to do and it will take time. Let us envision excellence and be inspired to launch new ideas, take some risks, enjoy some successes and learn from some



failures. We invite you to use this magazine as a vehicle to launch and share those ideas, to inform and educate and, most of all, to support each other as New York State Women, Inc. unfolds and develops. It's now up to us!

**- Linda Przepasniak, former NIKE editor, Sept 2009 NIKE**

"NYS Women, Inc. can be a very powerful tool to help each woman connect and succeed. Our diversity provides a wealth of information in all businesses and professions." **- Mary Ellen Morgan, past president, NYS Women, Inc., May 2011 NIKE**

"Increase your willingness to educate younger girls and women to the challenges that women face in today's world. Let them know about personal, career and political choices. Invite them to meetings so they can ask questions and network with your members. Invite mothers and daughters to a fun night of information sharing. This is how we change lives. This is what we are committed to do." **- Pat Hendrickson, past president, NYS Women, Inc., Sept 2011 NIKE**

"What can I say about BPW/NYS Women, Inc.? Belonging to such a vital organization broadened my experience in working with groups and committees, in planning, in organizing. But above all, it gave me a whole range of friendships across the state and the entire U.S. (even internationally because I also joined BPW International along the way).

The basic point of a women's organization is to promote women's issues, support women in professional and personal lives, and take to heart the Collect that truly demonstrates what BPW/NYS Women, Inc. is all about."

**- Cay Raycroft, former NIKE editor, March 2013 NIKE**

"It is my hope that each of you finds your membership in NYS

Women, Inc. to be valuable and important. The only way to truly change and grow is to ensure that all current members are engaged and love being a member. This passion will translate to potential new members and inspire them to also join. I hope you will embrace change and choose growth with me!" - **Amy Kellogg, past president NYS Women, Inc., Sept 2013 NIKE**

"Our individual stories were those of inspiration and networking, mentorship and leadership, political action and advocacy. Most telling though, was the theme of friendship that ran through our words like a bright light. New York State Women, Inc. could be seen as a tremendous influence on each of us." - **Katharine Smith, former NIKE editor, Sept 2014 NIKE**

"Friendship. This has to have been the most important facet of my journey with NYS Women, Inc. I am in such awe of the fantastic women that make up our great organization. We come from all walks of life and pursue some of the most amazing careers. We're scientists, morticians, lawyers, business owners, entrepreneurs, professors, bankers, researchers, and everyone in between. We are humble – and formidable – we dance, we sing, and we reach for the stars." - **Helen Rico, past president BPW/NYS, Sept 2014 NIKE**

"Several years ago I stepped from the known to the unknown when I joined the Richmond County Chapter. I found myself surrounded by the most incredible women and was welcomed by all members with open arms. I am truly blessed to have joined this wonderful organization. My goal is, and always will be, to help empower women in any way that I can." - **Gale Cohen, Sept 2014 NIKE**

"We are willing to give our time, money and energy and we are passionate about making a difference in the lives of women. We, collectively, want to leave a lasting impression for the betterment of women and girls and since we still don't have equal pay, our mission is not done.

Finally, leadership is within each of us. When you are called to lead. . . what will you do?"

- **Helen Rico, past president BPW/NYS, Sept 2015 NIKE**

"What attracted [me] to become a member of NYS Women, Inc.? At an outdoor pavilion, with tables set up one after another, were three women who stood out among all the organizations. They were not only smiling, but also genuine and kind. As a Life Balance and Wellness Communicator who teaches the importance of living a balanced life mentally, physically, and spiritually, it was the spiritual element of connectedness that I witnessed that day which captivated my attention."

- **Ala Ladd, past president, Greater Binghamton Chapter, March 2017 NIKE**

"So join the journey and follow the path that will

strengthen women in their work life and their professional life while helping those that are in need of our support. May this be a year of growth and new ideas . . ."

- **Debra Carlin, president, NYS Women, Inc. 2017/2019, Sept 2017**

"I joined to meet people and improve my leadership skills. I stayed because of the friendships, the sharing of knowledge, and the profound growth I am seeing in myself as a woman and a leader. I'm going to keep staying because I feel I can help make a difference in the organization and in the lives of current and future members."

- **Robin Bridson, president-elect, 2018/2019 NYS Women, Inc. Sept 2018 NIKE**

"I have grown in so many ways. Through my experiences with other NYS Women, Inc. members, I can now to do the same for others. This is truly a life experience of women helping women."

- **Margherita Clemento, parliamentarian 2018/2019 NYS Women, Inc., Sept 2018 NIKE**

"I stay in this organization because I believe in the need for women to come together, to inspire one another, to support one another and to learn from each other. I stay in this organization because women's voices need to be heard more now than ever and I know that NYS Women, Inc. can – and does – represent our collective voice.

I believe we can make a difference."

- **Linda Przepasniak, Buffalo Niagara Chapter, Sept 2018 NIKE**

"This organization offers so many opportunities for all of us." - **Neale Steiniger, Richmond County Chapter, Sept 2018 NIKE**

"My leadership skills were developed without my even realizing that I was receiving them. Speakers challenged me to return home with a new window of ideas. Sitting at any meeting, I immediately become acquainted with women from a cross section of occupations. Women were always helping women to achieve higher goals. And knowledge is power . . ." - **Mary Ellen Morgan, past president NYS Women, Inc., Sept 2018 NIKE**

**Continuing its century legacy of advocacy – today in 2019 – New York State Women, Inc. makes a difference for all women.**

*Katharine Smith is a past president of the Buffalo Niagara Chapter and current associate NIKE editor. Owner of White Rabbit Design, a branding and creative agency, she's incurably curious! Contact her at 716-839-3696 or hello@whiterabbitdesign.com.*







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