



buffalo niagara chapter

November Meeting

Wednesday, Nov 4, 2015

Program: "Laughter in the Face of Tears"

Nancy Weil

Protocol Restaurant

6676 Transit Road
Williamsville, NY 14221

Menu: Turkey, Haddock, or Eggplant

Cost: \$30 per member
\$35 per non-member

**Non members are required to pre-pay

RSVP by Friday 10/30

PLEASE NOTE:

Checks payable to
"NYS Women Inc., BNC"

PLEASE NOTE:

Everyone is welcome to attend two of our events as a guest. This does not include the December or June fundraisers. After the second regular meeting you attend, we will ask you to join our organization. There are **NO** refunds for any events and if you do not show after registering you will be billed. The events are always on unless the Protocol is closed.

How to Register

Register online at:

www.bncwomeninc.org

or contact:

Kathy Cerullo at 675-6075 or
kathyc3112000@gmail.com

Registration Deadline: Oct 30, 2015



President's Message

Pauline Hoffmann

Hello, BNC Members,

Several of us attended our October NYS Women, Inc. conference in Syracuse and I have to admit that I left feeling energized! It is empowering when you have a roomful of powerful, professional women working toward a common aim – making a difference for working women, personally, professionally and politically.

We had several conversations about how we may increase our membership and encourage greater participation at local and state meetings and conferences. Many of the conversations came around to the same initial question – why did you join NYS Women, Inc.?

Do you have your elevator speech ready should someone ask you?

I joined NYS Women, Inc. because I was looking for networking opportunities. I wanted to meet and interact with other like-minded women. The mission of NYS Women, Inc. also resonated strongly with me.

Why do I stay? I found everything I was looking for and more. Since I've joined, I've made many friends. I've also made business contacts and found partners to help me grow my hobby business. I am involved in planning for the organization and have helped to put on several excellent monthly programs. NYS Women, Inc. has also allowed me to use skills I don't necessarily use at work each day but that I need to continue to hone. I have also taken on leadership roles that allowed me to participate in a better way. I have encouraged friends and colleagues to join me in our chapter.

What do you say to women who could participate in NYS Women, Inc.? Do you encourage them to join us for a meeting or two and then become members? Do you tell them why you are a member and why it's so important for them to join you? Each of us has our reasons for joining and staying. There are women in our community who are looking for exactly what we've found.

Our chapter gets stronger with our active members. Consider joining us for a meeting or joining us for upcoming state conferences. We are strong women and we want to empower one another. In this season of Thanksgiving, we have much to be thankful for.

Happy Thanksgiving to everyone. Stay safe and warm. ■

NOV PROGRAM

LAUGHTER IN THE FACE OF TEARS

Nancy Weil



While grief is expressed in different ways for every person, having some tools to help you get through a difficult time can help ease the pain. Therapeutic laughter not only reduces stress, but helps balance the emotions by boosting the immune system and giving you permission to laugh and feel joy, even for a moment. Our speaker, Nancy Weil, has conducted research into how humor can be used as a coping tool. This program will help you understand why "when you feel the least like laughing is when you need to the most."

"Laughter is the tonic, the relief, the surcease of pain." ~Charlie Chaplin

Nancy Weil is known for her energetic, entertaining and content rich programs. She serves as director of Bereavement Support for the Catholic Diocese Cemeteries, and is certified as a Funeral Celebrant, Grief Management Specialist, and Laughter Leader. She is the founder of The Laugh Academy and the author of, *If Stress Doesn't Kill You, Your Family Might*.

This program is sponsored by Catholic Cemeteries.

NOVEMBER \$ MONEY MINUTE \$

– Amy Jo Lauber

“Money is neither my god nor my devil. It is a form of energy that tends to make us more of who we already are, whether it’s greedy or loving.”

– Dan Millman

It’s fun to think about winning the lottery and dreadful to think about being bankrupt. If you give yourself time to think about these two opposite ends of the financial spectrum, what immediately comes to mind? How would your financial circumstances affect your relationships? How would your priorities change? How would your values change? These insights are important elements in creating a financial plan that will reflect who you truly are.

NYS Women, Inc.

Buffalo Niagara Chapter BALANCE SHEET As of October 13, 2015

ASSETS	
Current Assets	
Checking/Savings	
Checking - Scholarship Restrict	2,765.10
Citizens Checking	10,705.79
Total Checking/Savings	13,470.89
Other Current Assets	
Room Deposit	200.00
Undeposited Funds	400.00
Total Other Current Assets	600.00
Total Current Assets	14,070.89
TOTAL ASSETS	14,070.89
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Accounts Payable	126.59
Total Accounts Payable	126.59
Other Current Liabilities	
Accrued Expenses	500.00
Due To Member - Reimbursement	-500.00
Total Other Current Liabilities	0.00
Total Current Liabilities	126.59
Total Liabilities	126.59
Equity	
Net Assets	9,816.06
Retained Earnings	4,551.22
Temporarily Rest. Net Assets	1,393.13
Net Income	-1,816.11
Total Equity	13,944.30
TOTAL LIABILITIES & EQUITY	14,070.89

NYS Women, Inc.

Buffalo Niagara Chapter PROFIT & LOSS Through October 13, 2015

	Sep 1 - Oct 13, 15
Ordinary Income/Expense	
Income	
Excess Dinner Income	-162.43
Woman Business Showcase	-511.85
Total Income	-674.28
Expense	
Bank Service Charges	3.00
Dues and Fees	
Region VIII Dues	198.00
State Dues	90.00
Total Dues and Fees	288.00
Insurance	126.00
Memorial	50.00
Newline Printing	106.96
Postage and Delivery	4.40
Program	114.19
Roster	227.41
Woman Business Showcase Exp	1,166.10
Total Expense	2,086.06

NYSW, Inc. 2015-2016 Officers

Executive Board

President	Pauline Hoffmann
Pres-Elect	Katharine Smith
Secretary	Nancy Rizzo
Treasurer	Kathleen Garvey

Standing Committees

Communications	Katharine Smith
	Joyce DeLong
Finance	Nancy Guiffrida
Personal/Professional	Sue Mager
Development	
Advocacy	Linda Przepasniak
Membership	Renee Cerullo
ByLaws	Sue Fayle

Special Committees

Audit 2014-2015	Joyce DeLong
	Sue Mager
	Ramona Gallagher
Nominating	Fran Vaughan
Women In Leadership	Kimberly DeSimone

Women in Leadership

HONOREE OF THE MONTH



Photo: ©The Buffalo News

NATALIE BROWN

OWNER, PROJECT 308 GALLERY

Natalie started renovating her North Tonawanda gallery space in May 2012, while she was studying art history and museum studies during graduate school at UB. Project 308 Gallery opened on August 16th 2012 and she hasn't looked back since. The gallery hosts more than 40 exhibitions and events per year including an annual art festival each summer through the efforts of Natalie and her volunteers.

She's also currently a board member at the Carnegie Art Center.

Natalie says the gallery is a very personal place for her, "As I put in a lot of heart and soul into fixing it up. My family and friends are always helping me and supporting the overall mission of the gallery which makes it special as well."

Natalie is proud of the gallery, "I love that the gallery is a place for the public to come and view art. It's a space where student artists can learn how to put on a show, or a more

recognized artist can take advantage of the large gallery space at low cost." Their annual art festival on Oliver Street features more than 50 artists. The festival usually brings in a few hundred people to the neighborhood to celebrate local artists and musicians. She also hosts exhibitions by college art students; their shows are usually their first exposure to working in a gallery. Natalie adds, "I'd like to think that the gallery is part of the Oliver Street revitalization process which is currently underway [in North Tonawanda]."

In addition to the gallery, Natalie works full time as a paralegal at Legal Services for the Elderly, Disabled or Disadvantaged of WNY, a non-for-profit law agency. She serves on the artist advisory committee at the North Tonawanda Carnegie Art Center, was honored as a 2013 Woman of Distinction by the Tonawanda News, and served on the 2015 New York State Council on the Arts grant panel.

The Buffalo Niagara Chapter of NYS Women, Inc. (BNC) is proud to partner with WKBW-TV to showcase successful local women who have given back to the Western New York community. "Women In Leadership" honorees are established women business owners or professional/working women who have exhibited leadership, enterprise, and excellence in their business or profession and give back to the Western New York or greater community. The goal of the program is to recognize women who have succeeded both in the business and charitable arenas and help inspire others to follow in their path.

Each month throughout the year a woman business owner or working woman will be profiled on WKBW-TV Eyewitness News and will be featured on AM Buffalo. Each June BNC and WKBW-TV will recognize all our honorees at an annual event.

CRITERIA

Established woman business owner or working/professional woman who:
Exhibits leadership, enterprise, and excellence in their business; Gives back to Western New York or greater community with volunteer service

<http://bncwomeninc.org/WIL>





RL COMPUTING
Web Design • IT Services • Branding

*"Helping to make technology
an asset for your business."*

716.656.8958
email: info@RLComputing.com

www.RLComputing.com

WEB DESIGN
LAYOUT



**Claire Knowles
Lights On!**

Especially for Women

Presentations
Coaching
Consulting
Facilitations
Retreats

538 Riverwalk Drive
Youngstown, NY 14174

Ph. 716-622-7753
Fax 716-478-7574
www.lightsonworkshop.com



**TRINITY
TOWER
APARTMENTS**
for Senior Living

Susan M. Fayle
Executive Director

716-882-4348
Fax 716-882-3610
e-mail neverfayle@aol.com



Trinity Tower Of Buffalo, Inc.
33 Linwood Avenue
Buffalo, New York 14209-2228



Velma T. Szczesny
First Vice President - Investment Officer

Wells Fargo Advisors, LLC
6700 Main Street
Williamsville, NY 14221
Tel 716 810-5051
Fax 716 626-4300
Toll Free 877 822-0950
velma.szczesny@wfaadvisors.com


Member FINRA/SIPC


INSTY-PRINTS®

MARKETING / PRINT / MAIL

Joyce DeLong
Owner

3959 Union Road
Cheektowaga, NY 14225
P 716.634.5966
F 716.634.0841
JDinsty@roadrunner.com
www.InstyPrintsCheektowaga.com

MEMBER

ALLEGRA
NETWORK



fmv
TAX PROFESSIONALS

Fran Vaughan ceo
716.537.2066 • fmvtax.com
fran@fmvtax.com

Tax preparation for Individuals,
Businesses and Charitable Organizations



LAUBER
FINANCIAL PLANNING

Amy Jo Lauber, CFP®

3976 Seneca Street, West Seneca, NY 14224
716.430.1634 ajlauber@lauberfinancialplanning.com
www.lauberfinancialplanning.com
Read my blog at <http://amyjolauber.wordpress.com/>

Live Inspired, Financially Empowered