

February Meeting

Wednesday
February 5, 2014

Program: "Stress Happens!"

Speaker: Nancy Weil
Owner, The Laugh Academy

Place: Protocol
6766 Transit Road
Williamsville, NY 14221

Menu: Chicken Marsala
Salmon
Tri-color pasta

Cost: \$30 per member
\$35 per guest

PLEASE NOTE:

Checks payable to
"NYS Women Inc., BNC"



President's Message Kathy Jackson

As we start a new year and pass the half-way mark in this administration, I thought this would be a good time to look back and see what we have accomplished so far - a "State of the Union" as it were.

During the summer we had a meeting of the past board members and the current board, along with the current and former committee chairs, and brain-stormed and planned for the year ahead.

If you recall, in September our guest

speaker was Karen Stanley-Fleming of the Michigan Street African-American Heritage Corridor. She gave us a fascinating look at the history of our rich and vibrant African-American neighborhoods.

October's Women's Business Showcase was a great success and if you missed it you missed the opportunity to meet some very creative and successful women business owners, to purchase some of their unique products, and to network with other interesting and successful women. Thank you Sue Mager and

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February Program "Stress Happens!" Nancy Weil, Owner The Laugh Academy



Oh, no, the dress I want to wear for my big presentation has stains on it! The kids forgot to give me their permission slips for their field trip - and the trip's today!! On my drive into work I hit every red light AND half the lanes are closed with construction cones!!! Arrrrrrggggggghhhhhhh!!!!

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

Through her company, The Laugh Academy, Nancy Weil teaches simple tools to enhance lives. She also serves as Director of Bereavement Support at Mount Calvary Cemetery and the Catholic Diocese Cemeteries. She is the author of *If Stress Doesn't Kill You, Your Family Might*.

How to Register

Register on-line at:
www.bncwomeninc.org

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

Registration Deadline:
January 31, 2014

cont'd from page 1.

Diane Butkowski for chairing.

November's program afforded you the opportunity to meet Joan Graci, a very dynamic speaker and successful entrepreneur who shared her success story and offered us some valuable insight and advice so that we can each move closer to our very own definition of success.

December was our annual Holiday Social and Auction, and as always, everyone came through with donations and buying, and the event was a great success. Thank you to the entire membership, and especially Stephanie Bottomley for chairing the event.

Our programs for the balance of the year will be just as informative and entertaining, and my heartfelt thanks goes out to Fran Vaughan, our program chair and president-elect, who has worked very hard to make this happen. And I do wish to thank all the other members of the board and the committee chairs who are so supportive and creative, and who truly recognize the value of this organization and continue to work so hard to make it successful.

In addition to our great programs, we have passed the budget, we're working on amending the bylaws, we've increased our membership, and collected items for Haven House as a community service project. Thanks to AmyJo Lauber and her committees, we have an active Facebook page (thanks Marilyn Miller) and publicity in several print media. Thanks to Renee Cerullo we have a terrific website, and thanks to Cathy Cerullo, our registration process is seamless. Katharine Smith and Joyce DeLong make sure we have a top notch newsletter every month. Ramona Gallagher is responsible for our membership, Jill Johnson makes sure the bills are paid, Linda Przepasniak keeps us informed about the State activities, and Nancy Rizzo makes sure it is all written down for our records.

To paraphrase that former mayor of New York who walked around the town asking the citizens "How am I doing?", I invite and welcome your comments and suggestions, and ask on behalf of the leadership team, "How are we doing?"

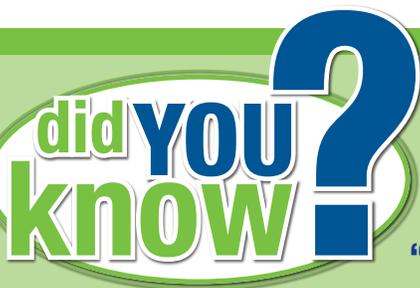


FEBRUARY \$ MONEY MINUTE \$

– Amy Jo Lauber

There are a few things couples continuously argue about and money is typically on that list. Arguments about money are really arguments about values; and while you may share similar values as your spouse or beloved, they may not be exactly the same and that scares us – especially if we've committed to the relationship – because we may feel stuck.

Try applying a loving attitude to your finances and financial decisions and see how they change. Be gentle, loving, understanding and forgiving with your spouse and create a space where s/he can do the same. Set aside a date night specifically for financial discussions so you can talk calmly (you're unlikely to fight in a restaurant) and be sure listen to each other.



Upper and lower case letters are named "upper" and "lower" because in the time when all original print had to be set in individual letters, the "upper case" letters were stored in the case on top of the case that stored the smaller, "lower case" letters.

The 57 on Heinz ketchup bottle represents the varieties of pickle the company once had.

There are no clocks in Las Vegas gambling casinos.

The Buffalo Niagara Chapter of NYS Women, Inc.

fosters the success of women in the workforce throughout Western New York; offering career advancement resources, work/life strategies, leadership development, and personal and professional connections.

Spotlight



Stephanie Bottomley

Profession: Senior Accountant at Lumsden & McCormick, LLP

I'm a Senior Accountant at Lumsden & McCormick, LLP, where I have worked in the Audit department since graduating from SUNY Geneseo in 2008. I primarily work with human service and health care institutions as well as nonprofit organizations. I love being able to help my clients in various facets of the engagement – from the audit to their informational returns to cost reports. It's also nice running into them outside of the professional setting, while out at dinner or a hockey game, and being able to catch up on a personal level as well.

BNC has been a great experience thus far. As someone who hasn't gotten my feet wet too much in building my own business, it's been inspiring to see what so many women in the area have been able to accomplish! It's also nice not being treated as the "newbie" off the bat, but being welcome as one of the group.

Why I am part of BNC...

“ I joined BNC because I really like being able to connect with many professional women who care passionately about their community. It is a great group of women who have a great variety of expertise. ”

– Fran Vaughan, FMV Tax Professionals

NYSW Inc Buffalo Niagara Chapter Minutes from Meeting 12/4/13

Approval of Minutes in Newsline and Motion to Accept – Accepted as Published.

Officer's Reports:

Approval of Treasurer's Report and Motion to Accept – Accepted as Published.

President's Report – Kathryn Jackson

Our Mission Statement was presented by Kathryn Jackson. Kathryn welcomed everyone to our annual holiday fundraiser.

Committee Reports:

Personal/Professional Development/Program – Fran Vaughan reported that December 4, 2013 will be our Annual Holiday Social & Auction Event (formerly known as Trash & Treasures), and emails are forthcoming. There is no January 2014 meeting. February 5, 2014 is Nancy

Weil, March 5, 2014 is Ooo La La Boutique Truck Vendor, April 2, 2014 is our Political Advocacy Panel, May 7, 2014 is open, and June 4, 2014 is the Annual Fundraiser.

Membership – Ramona Gallagher again offered the Membership Directory to anyone who missed the last meeting where they were also handed out.

By-Laws – Jill Johnson stated that her and her Committee are in the process of revising the By-Laws.

Unfinished Business: Kathryn Jackson reported again that 2014 is our 80th Anniversary. We are looking for volunteers to organize a special event, possibly in September as a kick-off to our year. Please see Kathryn Jackson.

Announcements: Stephanie Bottomley introduced the

Haven House representative (this evenings toiletries, etc. collection). Marilyn Cote-Miller invited everyone to the annual combined NAWBO/ABWA Holiday Dinner on Thursday December 12 at The Westwood Country Club. Entertainment by Jazz Singer Mari McNeil. NAWBO's collection is for YWCA Domestic Violence and ABWA is a hats/mittens/gloves/scarves collection. Amy Jo Lauber thanked the membership for her scholarship monies to attend People To People's Financial Planning Delegation in India. Kathryn Jackson invited everyone to our next Board Meeting on January 15, 2014 at 5:30 at the Cyclorama Building in Buffalo. There is no January 2014 monthly dinner meeting.

Next Meeting Wednesday February 5, 2014 at The Protocol

Meeting Adjourned: 8:00 p.m.

NYS Business Women, Inc.

Buffalo Niagara Chapter BALANCE SHEET As of December 31, 2013

Assets		
Cash:		
Cash - Checking		\$ 11,271.91
Cash - Scholarship		2,095.78
Total Cash		<u>13,367.69</u>
Prepaid Expenses:		
Speaker deposit		400.00
Room deposit		200.00
Total Prepaid Expenses		<u>600.00</u>
Total Assets		\$ 13,967.69
Net Assets		
Unrestricted		11,871.91
Temporarily restricted - scholarship and other		2,095.78
Total Net Assets		\$ 13,967.69

NYS Business Women, Inc.

Buffalo Niagara Chapter PROFIT & LOSS As of December 31, 2013

	Budget	YTD	Difference over/(under)
Income			
Dues revenue	\$ 4,250.00	\$ 700.00	\$ (3,550.00)
Dinner income	600.00	152.27	(447.73)
Business Women Expo income	-	1,077.67	1,077.67
Annual fundraiser	1,000.00	436.76	(563.24)
Newsline and website ads	300.00	350.00	50.00
Interest income	25.00	-	(25.00)
Total Income	<u>\$ 6,175.00</u>	<u>\$ 2,716.70</u>	<u>\$ (3,458.30)</u>
Expense			
Bank service charges	\$ 50.00	\$ 18.00	\$ (32.00)
Business Women Expo expense	-	711.59	711.59
President's gift	50.00	-	(50.00)
Website/domain names	400.00	-	(400.00)
Community service	50.00	-	(50.00)
Conferences and meetings	500.00	-	(500.00)
Dues			
Region VIII dues	156.00	-	(156.00)
State dues	1,820.00	-	(1,820.00)
Insurance	120.00	126.00	6.00
Membership supplies	200.00	-	(200.00)
Miscellaneous	225.00	-	(225.00)
Newsline printing	1,100.00	449.68	(650.32)
Postage	200.00	171.60	(28.40)
Program	930.00	436.28	(493.72)
Roster	210.00	208.80	(1.20)
State president's gift	10.00	-	(10.00)
Treasurer's bond and insurance	100.00	100.00	-
Refund of prior year expenses {a}	-	(120.00)	(120.00)
Total Expense	<u>\$ 6,121.00</u>	<u>\$ 2,101.95</u>	<u>\$ (4,019.05)</u>
Net Income	54.00	614.75	
Transfer of restricted funds to NYS			
Women, Inc. {b}	-	(100.00)	
Scholarship distributions	-	(1,110.00)	
Change in Net Assets	<u>\$ 54.00</u>	<u>\$ (595.25)</u>	

{a} 2012-13 Insurance previous accrued; NYS Women Inc. not charging chapters for 2012-13 insurance.

{b} Previously restricted funds transferred to NYS Women, Inc. per Board Resolution.



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