

## **INDIVIDUAL PROJECT/PROGRAM/EVENT**

### **Elizabeth Cady Stanton (ECS) Women's Symposium**

**Category:** Our program covers many areas: Women, Community, Education, Diversity, Cultural

#### **Part I:**

Other Groups Involved: Elizabeth Cady Stanton Women's Consortium, Soroptomist International, Elizabeth Cady Stanton Hometown Association, Fulton County Chapter NYS Women, Inc., Girl Scouts of Northeastern New York, Women Democrats of Fulton County, Women's Republican Club of Fulton County, YWCA of the Adirondack Foothills and Women Faculty of Fulton-Montgomery Community College.

#### **Part II:**

##### 1) How the Project Addressed AAUW's Mission:

Two members saw the need to create a "local" 1-day event that would deal with the issues of women, community, education, diversity & cultural. The 1<sup>st</sup> Symposium was named in honor of Elizabeth Cady Stanton, a native of Johnstown, whose focus was in these areas.

##### 2) Branch Goals:

- Provide workshops/networking opportunities for women and girls in our area.
- Workshop tracks - cultural, health & wellness, educational, financial, governmental and professional development.
- Scholarships are presented to women who normally would not be able to attend.

##### 3) Action Steps:

- Committee chairs for finance, public relations, scholarships, program, graphics, registration, facilities/catering, website and fundraising.
- Obtained corporate sponsors to help cover speaker expenses.
- Evaluation forms helped with planning, providing feedback for our speakers and getting suggestions on future topics/themes.

##### 4) Community Visibility Steps:

- Public exposure through articles, PSAs and photo submissions to local media outlets.
- Symposium/AAUW can be seen in the area newspapers at least once a month from start of planning.
- Symposium web information draws public to AGJ-AAUW ([www.agjaauw.org/ECSsymposium.html](http://www.agjaauw.org/ECSsymposium.html)).

5) Measurable Impact on Community:

- HS & college students attended because of AAUW's members & communications
- Enabled women to learn new things, to interact with women of diversity & cultures; scholarships enable those of low income to benefit.

6) Lessons Learned for Future Programs:

- To revise distribution of scholarships for better utilization.
- Free child care was dropped because it was more costly than utilized.

# ABOUT THE SYMPOSIUM

WHEN WOMEN GET TOGETHER  
WONDERFUL THINGS HAPPEN!

In 1848, the Declaration of Sentiments was presented at Seneca Falls, New York. Its author, Elizabeth Cady Stanton, modeled it after the Declaration of Independence to throw into sharp relief the failure of a nation founded on the principles of democracy and equality to live up to its ideals, and to challenge that nation to give women all the rights and responsibilities they were entitled to.

160 years have passed since that first Women's Rights Convention. Thanks to the dreams, leadership, persistence, and hard work of women such as Elizabeth Stanton, we have had far more opportunities in all areas of our lives than our mothers and grandmothers. But, Stanton's wish for our "immediate admission to all the rights and privileges which belong to [us] as citizens of these United States" has not been fully realized.

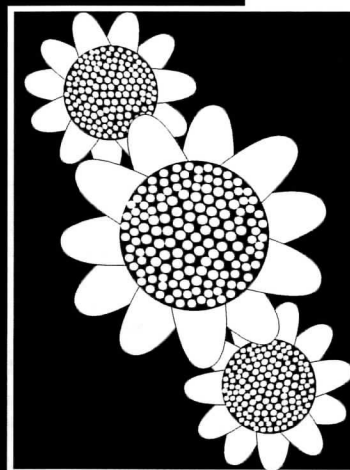
The Elizabeth Cady Stanton Women's Symposium was first held four years ago in Johnstown to continue the work of that city's most famous daughter. An outcome of the 2006 Symposium was the creation of the Elizabeth Cady Stanton Women's Consortium by the Amsterdam-Johnstown-Gloversville branch of the American Association of University of Women (AAUW), the Fulton County Chapter NYS Women Inc, Soroptimist International of Fulton County, the YWCA Adirondack Foothills, the Women Democrats, the Women's Republican Club of Fulton County, NENY Girl Scouts, and women faculty of Fulton-Montgomery Community College (FMCC).

Today, the Consortium welcomes you to the third Elizabeth Cady Stanton Women's Symposium to meet for a day of workshops, talks, and socializing. By sharing our knowledge and experiences as well as developing social and professional networks, we continue along with Stanton and others made possible for us to do. We're thrilled you can join us. As Elizabeth Cady Stanton, Susan B. Anthony, and others have shown, wonderful things happen when women get together.

Presented by:

Elizabeth Cady Stanton  
Women's Consortium

# ELIZABETH CADY STANTON



# WOMEN'S SYMPOSIUM

Funded by:  
NBT Bank  
Key Bank

SATURDAY, MARCH 20, 2010  
10:00 AM - 4:00 PM  
HFM BOCES

# KEYNOTE

Robin Gerber, author of “Leadership the Eleanor Roosevelt Way” will be the keynote speaker for the March 20th Elizabeth Cady Stanton Women’s Symposium. Gerber will incorporate inspiring stories from the life of Eleanor Roosevelt to help conference attendees discover what they are most passionate about, how to live a life of optimism and how to take risks. Gerber will describe the sad, lonely and traumatic childhood of Eleanor Roosevelt which led her to become a person of compassion and conviction.

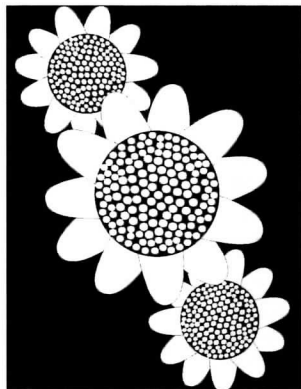
According to Gerber, rather than retreat in the face of difficulties, Eleanor Roosevelt learned to face her fears. Rather than cower or retreat, she became a person of action. Gerber’s storytelling will move you to laughter and tears, and leave you motivated to “do the thing you think you cannot do,” as Eleanor would say.

According to her website [www.robingerber.com](http://www.robingerber.com) Gerber combines the latest research on leadership development and effectiveness with stories and examples from admired leaders to provide inspirational insights into core concepts of leadership to help others find new understanding of their own potential, and the motivation to act with passion and commitment.

# SCHEDULE OF EVENTS

8:00 - 9:00AM	Registration / Refreshments
9:15 - 9:30AM	Opening / Welcome
9:30 - 10:15AM	SESSION A
10:30 - 11:15AM	SESSION B
11:30 - 1:15PM	Lunch / Vendor displays
1:30 - 2:15PM	Keynote Address
	<b>Robin Gerber</b> <i>Leadership the Eleanor Roosevelt Way</i>
2:30 - 3:15PM	SESSION C
3:30 - 4:00PM	Closing / Evaluations

For further information, visit our website:  
<http://agjaauw/ECSsymposium.html>



# ELIZABETH CADY STANTON WOMEN'S SYMPOSIUM

# REGISTRATION

To register, fill out the following form and mail it with payment to:

Laurie Freeman  
 FMCC  
 C207J  
 2805 State Highway 67  
 Johnstown, NY 12095

Cost: \$30 per person

Registration fee includes all sessions, continental breakfast, lunch, and refreshments throughout the day.

For EACH session, indicate your first, second and third choice by writing 1, 2 and 3 in each column's boxes. Space is limited.

SESSION A	SESSION B	SESSION C
9:30 - 10:15AM	10:30 - 11:15 AM	2:30 - 3:15 PM
The Benefits & Importance of Being a Localvore	Getting Wild with Infusions	Creating a Garden Sanctuary: Green Spaces to Nurture and Restore Us
M.A.G.I.C. of Leadership	Leadership Techniques – 7 steps	“Where do You Fit in the Talent Pipeline: Preparing for the Jobs of Today and the Future.”
Tea – For the Health of It!	Zumba	Falun Gong
Central Entry Point to Long Term Care Services in Fulton County	Self Defense for Busy Women	Internet Social Networking and its Professional Applications
The “Family” Business (Tree Climbing 101) (Genealogy)	Victorian Secrets	Women Patriots

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State, Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Telephone: \_\_\_\_\_

TOTAL ENCLOSED: \_\_\_\_\_

**REGISTRATION DUE : MARCH 5<sup>TH</sup>**  
 (PAYMENT REQUIRED WITH REGISTRATION)

PRE-REGISTRATION IS REQUIRED FOR ALL SYMPOSIUM EVENTS

SPACE IS LIMITED.

**Please make checks payable to: ECSWC**

# SESSION DESCRIPTIONS

**The Benefits & Importance of Being a Locavore** - Jamie Risedorph will discuss the positive effects that eating locally grown produce has on our health, the environment, the economy and our community. The twelve key points that contribute to these effects and define what being a “locavore” is will be covered in detail.

**Getting Wild with Infusions** - Come join in the fun as we take the mystery and confusion out of herbal infusions! Explore a wide variety of herbs that promote healthful living and become familiar with some of the wild herbs that are readily available. You will learn how to properly process herbs and make scrumptious vinaigrettes, butters, teas and extracts from herbs that you can find in the wild. Learn proper earth-friendly harvesting techniques from Donna Dyer.

**Creating a Garden Sanctuary: Green Spaces to Nurture and Restore Us** - Just in time for spring gardening. Crystal Stewart will share tips and techniques on how to create our own beautiful edible landscape within just inches of our back doors. Learn to incorporate food plants into your flower garden, and how to make beautiful vegetable gardens for the front or back yard.

**The M.A.G.I.C. of Leadership** - Cynthia Aikman, a renowned business development specialist, will speak on her experiences of establishing and growing businesses through Mission, Attitude, Grin, Inter-dependence and Confident – the M.A.G.I.C. of Leadership.

**Leadership Techniques** - Successful leadership is not only motivation and inspiring team members, but it is also the ability to guide organizations to accomplish objectives. Ingrid Schuster Tighe will teach homemakers & working women to utilize “LDRSHIP”, a 7-step model, to lead teams to successfully reach their goals.

**“Where do You Fit in the Talent Pipeline: Preparing for the Jobs of Today and the Future.”** - Looking for direction on where jobs will be in the future? Gail Breen will provide information on the impact of Tech Valley to our area and how your skills can fit in.

**Tea – For the Health of It** - Donnalynn Milford, a longtime tea lover, shares her knowledge of tea and the benefits of the many teas available from SensibiliTeas in Glens Falls.

**Zumba** - Working out can be healthy, rewarding and beneficial. The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Join Patti Brown for a fun session!

**Falun Gong** - Leejun Taylor will share her knowledge and practices of Falun Gong. Session will include Principles & Exercises/Meditation; The Brutal Persecution of Falun Gong in China and Why Is the Chinese Government Against Falun Gong. This is an information workshop.

**Central Entry Point to Long Term Care Services in Fulton County** - Do you have questions about long term care for a love one? Connie Avery & Ryan Trzaskowski will provide information to answer most questions and provide you with the “how to” to this multifaceted field care.

**Self Defense for Busy Women** - Bonnie Streeter, owner & instructor of the American Zen Do Kai Martial Arts Studio, will instruct on how to protect yourself as you go about your every day tasks.

**Social Networking and its Professional Applications** - Carla Bengle, a Library Media Specialist and Digital Learning Specialist, will take you through an exploration of the professional uses for various social networking sites such as Twitter, Facebook and MySpace. Participants will see examples of how these sites can and are being used by schools, organizations and businesses presently and their possible future implementations.

**The “Family” Business (Tree Climbing 101)** - Harriet Rasmussen Grady will share her knowledge and expertise on beginning research on your family’s geneology.

**Victoria Secrets** - Sue McLane will talk and demonstrate lingerie secrets of famous women of years past.

**Women Patriots** - “Women Patriots,” by Melinda Grube, is a look at how suffragists and other female human rights advocates in the United States demanded their right to demand that the nation make good on its promise of freedom to all citizens. The focus is how women have defied the imperialist and dominating tone of patriotic rhetoric in the past and have insisted on the right to define patriotism for themselves for the betterment of the nation.



# Symposium to offer range of workshops for women

JOHNSTOWN - Registration has begun for the third biennial Elizabeth Cady Stanton Women's Symposium.

The day/long conference for women will be held from 8 a.m. to 4 p.m. March 20 at the Hamilton-Fulton-Montgomery Board of Cooperative Educational Services Career and Tech Center on Route 67.

Those participating will have the chance to attend three of 15 workshops covering a variety of topics. Organizers described the workshops in a news release, as follows:

- "The Benefits and Importance of Being a Locavore," pre-

sented by Jamie Risedorff, will cover the positive effects of eating locally grown produce on people's health, the environment, the economy and the community.

• "Getting Wild with Infusions," presented by Donna Dyer, will explore herbs that promote healthful living as well as how to process wild herbs into vinegrettes, butters and teas.

• "Creating a Garden Sanctuary: Green Spaces to Nurture and Restore Us," presented by Crystal Stewart, will offer techniques on how to incorporate food plants into a flower garden.

• In "The MAGIC of Leadership," business development specialist Cynthia Aikman, will discuss establishing and growing businesses through the concepts "Mission, Attitude, Grin, Interdependence and Confidence."

• In "Leadership Techniques," Laurie Freeman will motivate and inspire homemakers and working women to successfully reach their goals.

• In "Where Do You Fit in the Talent Pipeline: Preparing for the Jobs of Today and the Future," Gail Breen will provide information on the effects of Tech Valley on our area and how individuals' skills can fit in.

• "Zumba," led by Patti Brown, will be a fitness program that fuses Latin rhythms with easy-to-follow moves.

• Leejun Taylor will share her knowledge and the practices of Falun Gong, a Chinese exercise and meditation form. Information about the Chinese government's stance against Falun Gong will be included in this informational workshop.

• In "Central Entry Point to Long Term Care Services in Fulton County," Connie Avery and Ryan Trzaskowski will provide information regarding this multifaceted field of care.

• "Self Defense for Busy Women" will be taught by Bonnie Streeter of the American Zen Do Kai Martial Arts Studio.

• In "Social Networking and its



Two founding Chairs/AAUW Members  
Laurie Freeman + Ellice Fosmire

Members of the Elizabeth Cady Stanton Women's Symposium Planning Committee look over materials for the March 20 event. From left are Ellice Fosmire, symposium Vendor Committee chairwoman; Laurie Freeman, Registration Committee chairwoman; and Linda Hammond, symposium chairwoman.

Photo submitted

The symposium's keynote speaker will be Robin Gerber author of "Leadership the Eleanor Roosevelt Way."

In addition, vendors will be on hand with products for women.

Preregistration is required to attend the symposium. The \$30 fee, which covers the cost of a light breakfast and lunch, must accompany the registration form. The deadline for registering is March 5. Early registration is suggested because space is limited.

Registration brochures are now available at the Fulton County Regional Chamber of Commerce & Industry in Gloversville, the Montgomery County Chamber of Commerce in Fonda and the libraries in Amsterdam, Canajoharie, Fonda, Gloversville and Johnstown.

The event is being organized by the Elizabeth Cady Stanton Women's Consortium, which is composed of area women's groups including the Amsterdam-Gloversville-Johnstown branch of the American Association of University Women, the Fulton County Chapter of NYS Women Inc., Soroptimist International of Fulton County, the YWCA of the Adirondack Foothills, the Women Democrats, the Women's Republican Club of Fulton County, NENY Girl Scouts, women faculty of Fulton-Montgomery Community College and the Elizabeth Cady Stanton Hometown Association.

For more information, call ECS Women's Consortium President Helen Martin at 762-7638 or Linda Hammond, ECS Women's Symposium chairwoman, at 725-2804.

The next consortium meeting will be at 5:30 p.m. Feb. 15 at the Johnstown Public Library.

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TAKE OUT & DELIVERY ONLY

# Scholarships available for Women's Symposium

**JOHNSTOWN** - In order to enable more women to attend the March 20 Elizabeth Cady Stanton Women's Symposium, scholarships are being made available to area women of all ages, from college students to senior citizens. Patricia Galea, scholarship chairwoman for the Elizabeth Cady Stanton Women's Symposium, announced the scholarships will cover the \$30 registration fee for a limited number of women to attend the conference, which will take place from 8 a.m. to 4 p.m. March 20 at the HFM BOCES facility on Route 67.

The registration deadline for the event will be March 5.

Contributions for scholarships were solicited from women representing various career areas, as follows:

- Women in Education: given by Kathy Dougherty, superintendent of the Northville Central School District; and Terry Conaway, assistant professor and student adviser at Fulton-Montgomery Community College.
- Women in Medicine: given by Dr. Edith H. Pryce.
- Women in Law: given by Polly Hoyer, Fulton County judge; Susan Palmer-Johnson, Johnstown city attorney; and Louise K. Sira, Fulton County district attorney.
- Women in Accounting: given by

Charlene Ellingwood, certified public accountant.

- Women in Real Estate: given by Virginia M. Mackey, real estate broker.
- Women in the Trades: given by the women of JAG Manufacturing.
- Women in Banking: given by Diana Maring of M&T Bank.
- Women in the Arts: given in memory of Margaret Ann Swartout, artist.
- Women in Nursing: given by Lynn Ficili, nurse practitioner.
- Women in Politics: given by Sarah Slingerland, mayor of Johnstown.
- Women in the Community: given by five community volunteers.
- Women in Forensic Science: given

by Margaret Luck, Fulton County coroner.

- Women in Business: given by Diane Perrella, owner of the Adirondack Emporium.
- Two scholarships will be awarded by directors at each of the following eight organizations: The Family Counseling Center, the Fulton County YWCA, Centro Civico, the Johnstown and Gloversville senior citizens centers, and the Project LIFT, BRIDGE and TRIO programs at Fulton-Montgomery Community College.

Those attending the daylong event will have the opportunity to participate in three of 15 workshops in the areas of

women's leadership, women's history, "going green," "pampering yourself" and "preparing for the future."

Keynote speaker Robin Gerber, author of "Leadership the Eleanor Roosevelt Way," will discuss the life of Eleanor Roosevelt.

In addition, vendors will display unique products and services provided by women for women. A light breakfast and lunch will be served.

Those receiving the scholarships must fill out registration forms with their workshop choices and submit them by the March 5 deadline.

For additional information, call Helen Martin at 762-7638.

## United Way slates annual awards event

**AMSTERDAM** - One area resident and a team of community volunteers will be honored March 3 at the annual dinner of the United Way of Montgomery County.

The Delores Knutsen Award is presented to a volunteer, employee or board member of a United Way-supported agency who has provided exemplary service to the United Way of Montgomery County.

This year's award will go to a team from the Target Distribution Center in the town of Florida. Among those honored will be Joe Faul, Georgina Car-

nership with the Office for the Aging.

The Jeanie R. So Community Award is given to recognize a person or people whose selfless dedication, leadership skills, adaptability, enthusiasm and vigor have contributed to the betterment of the United Way of Montgomery County and the community.

The 2010 recipient is Joseph Altieri, creator/producer/host of the Wake Up to the Vibe morning radio show on WCSS AM 1490. He has contributed and volunteered for the betterment of the community for more than

Curtain up



## Area news in brief

### 'Buffalo' auditions scheduled at CLT

**JOHNSTOWN** - The Colonial Little Theatre will have auditions for Ken Ludwig's comedy "Moon over Buffalo" at 7 p.m. March 29 and March 30. The theater is at 1 Colonial Court, just off South Perry Street.

The play has roles for four men and four women.

The production dates will be June 4, 5 and 6 and 11, 12 and 13.

For more information, e-mail director Cheryl Charbonneau at