

SESSION DESCRIPTIONS Cont....

Luncheon Program: A Conversation with Coline Jenkins, the Great-Great Granddaughter of Elizabeth Cady Stanton Conducted by Stanton biographer Penny Coleman

Session B Choices

"Johnstown's Radical Daughter": An interview with Elizabeth Cady Stanton

Dr Melinda Grube will bring Elizabeth to life as she reminisces about her childhood and girlhood in the Cady home and how these early memories shaped later years of activism.

A longtime interpreter of regional women's rights and suffrage history, Melinda frequently performs in costume.

Rx for Better Health—Get Outdoors!

Outdoor activity has tremendous physical and mental health benefits. Becoming an Outdoors-Woman (BOW) Program teaches outdoor skills to women so they can safely and confidently enjoy the outdoors. Learn how the BOW Program can help you improve your health with Kelly Stang.

You Won't Feel a Thing: Acupuncture.

Learn from acupuncturist Jennifer Voorhees about the history of acupuncture, a comparison of how it's used in China versus the United States, what a typical acupuncture session is like and what it can treat.

ABOUT THE SYMPOSIUM

WHEN WOMEN GET TOGETHER
WONDERFUL THINGS HAPPEN

Session C Choices

A Glorious Woman: on "Getting to Know" Elizabeth Cady Stanton

How does an author go about "getting to know" a character, in particular the author of a biography of a dead person? Penny Coleman explores that question and reveal her strategies in an interactive workshop.

The author of several biographies, her most recent book is *Elizabeth Cady Stanton and Susan B. Anthony: a Friendship that Changed the World*.

For the Dance Within You...Let's Dance

Everyone has a dancer inside her...sometimes, though, she needs a little coaxing to show herself. Come learn a step or two. Set your dancer free and let this be the year you say "yes" to dance.

Carol Mattioni is the owner of Carol's Cameos/Studio 184

Color: Then and Now

Sherry Wieszchowski, President of SW Salon in Johnstown, will explore how color was used when makeup was first introduced. Three, five, ten and twenty minute demos will show participants how to use color to conceal, highlight, contour, accentuate and minimize features.

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.

More than 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 Cady 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 nine 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. Presently the members are the Amsterdam-Johnstown-Gloversville branch of the American Association of University Women (AAUW), Scroptomist International of Fulton County, Elizabeth Cady Stanton Hometown Association, the Women Democrats, the Women's Republican Club of Fulton County, Girl Scouts of Northeastern NY, the Eclectic Society, Women Faculty of Fulton-Montgomery Community College (FMCC), and the General Federation of Women's Clubs Century Club.

Today, the Consortium welcomes you to the fifth 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 the path Stanton and others made possible for us to walk. We're thrilled you can join us. As Elizabeth Cady Stanton, Susan B. Anthony, and other have shown, wonderful things happen when women get together.

Elizabeth Cady Stanton
Women's Consortium
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Johnstown, NY 12095

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E-mail: Lizdedares@gmail.com



Women's Symposium

Major Sponsors:

Berkshire Bank

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Nathan Littauer Hospital**

NBT Bank

March 21, 2015

8:30 am - 3:30 pm

HFM BOCES

**1755 State Hwy 67
Johnstown, NY**

OUR HISTORY IS OUR STRENGTH

Our symposium's theme is "Our History is Our Strength." Longer morning sessions take a then and now approach to topics that we believe were important: to women of Elizabeth Cady Stanton's day and remain relevant to women of the 21st century.

SESSION A

Women on the Page. An excerpt from a documentary on the life of the author Louisa May Alcott will set the stage with a picture of the 19th century woman writer. Then three 21st century authors will share their experiences with researching, writing, and getting published today.

Greta Nettleton on her work *The Quack's Daughter: A True Story About the Private Life of a Victorian College Girl* published in May 2014. What Right did a woman have to a career in the 19th century? How many rights of any kind did she have? Greta will use the case of women physicians in the west as a jumping off point for a discussion of her research and writing.

Heidi Sprouse on writing romances about ordinary men who become extraordinary through their actions and the women who love them. Hers are small town love stories that could happen anywhere.

Ruth Holland Scott on her memoir *The Circles God Draws* which describes her remarkable journey from a segregated school to leadership of the Rochester NY City Council.

From Corsets to Spanx™. Sue McLane, the Victorian Lady, will demonstrate the ways late 19th century clothing constrained women and dictated a certain body ideal. Video excerpts from the documentary *Killing Me Softly* will set the stage for a discussion of how modern marketing still promotes unreasonable body images.

Midwifery: The Second Oldest Profession. Through discussion & film excerpts from *A Midwife's Tale* participants will learn about the history of midwifery as one of the oldest female professions in the U.S. Julie Tesi, a currently practicing midwife in Fulton Co, will discuss the profession today and answer questions.

SCHEDULE OF EVENTS

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|-------------|--|
| 8:30—9:00 | Registration / Continental Breakfast |
| 9:00—9:25 | Opening / Welcome |
| 9:25—11:30 | SESSION A |
| 11:15-12:40 | Lunch / Vendor displays Program with Coline Jenkins & Penny Coleman |
| 12:45—1:45 | SESSION B |
| 2:00—3:00 | SESSION C |
| 3:00—3:30 | Closing / Collect evaluations |

ELIZABETH CADY

WOMEN'S
SYMPOSIUM

REGISTRATION

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

Laurie Kozakiewicz
PO Box 760
Caroga Lake, NY 12032

Cost: **\$35 per person**
\$15 student rate
\$40 late registration

REGISTRATION DUE:
March 6, 2015

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

| SESSION A | SESSION B | SESSION C |
|---|---|---|
| 9:30 – 11:00 AM | 12:45 – 1:45 PM | 2:00 – 3:00 PM |
| Women on the Page with Greta Nettleton, Heidi Sprouse, & Ruth Holland Scott | "Johnstown's Radical Daughter" an interview w/ Elizabeth Cady Stanton | A Glorious Woman" on getting to know Elizabeth Cady Stanton |
| From Corsets to Spanx™ | Rx for Better Health— Get Outdoors | For the Dancer Within You |
| Midwifery: the Second Oldest Profession | You Wan't feel a Thing: Acupuncture | Color: Then & Now |

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Please make checks payable to: ECSWC

PRE-REGISTRATION IS REQUIRED FOR
ALL
SYMPOSIUM EVENTS

SPACE IS LIMITED.