



## buffalo niagara chapter

### October Meeting

Wednesday, Oct 5, 2016

**Program:** Wellness for Working Women  
Carrie Callahan

**Menu:** Grilled Salmon  
Chicken Picatta  
Eggplant Roulade

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

*\*\*Non members are required to pre-pay  
RSVP by Friday 9/30*

**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](http://www.bncwomeninc.org)

**or contact:**

Kathy Cerullo at 675-6075 or  
[kathycerullo@RLComputing.com](mailto:kathycerullo@RLComputing.com)

**Registration Deadline:** Sept 30, 2016



#### President's Message

### Katharine Smith

Networking. Resources. Advocacy. Connections. Inspiration. Friendship.

This time of year, we all seem to get busier: summer's long languid days and torrid temperatures segue into cooler days, longer nights, kids waiting for the school bus... Plus lots and lots of business meetings, doctor appointments, school shopping, and all the other myriad "jobs" we as women carry out.

Our October 5th speaker, Carrie Callahan, is going to help us handle some of the stress with "Wellness for Busy Women." Carrie is the mom of three, a marketing professional, and a photographer. And for years, she found it overwhelming. What changed? First her mindset. Then, her approach to food and fitness. Simple changes that began to transform her body and fuel every other aspect of her life. Come hear her story and let her share how those simple, healthy changes can make a difference for you!

This month we honor Linda Pellegrino, host of AM Buffalo as our Woman in Leadership! Linda has been an integral part of the program since its inception and we want to thank Linda for all she's done. Her interviews have allowed our WIL honorees to tell their stories. Her grace, warmth, and skill have helped hesitant women through difficult interviews and given our unsung heroines exposure throughout Western New York. We're so pleased that Linda Pellegrino is our Woman in Leadership for September.

And, did you know? The Buffalo Niagara Chapter of NYS Women, Inc. – the former Business and Professional Women/ Buffalo – is one of the area's oldest organizations for working women. Since its inception in 1934, the group has fostered the success of women in the workforce across Western New York.

In January 1934 a Buffalo Courier-Express article described the first meeting of the Business and Professional Women's Club of Buffalo – at what is now Statler City – with almost 100 in attendance. The article quoted Kathryn Starbuck, president of BPW/ NYS, who said, "Women are studying for themselves" ways for the group to help advance young women in the workforce.

And it has – the Buffalo Niagara Chapter has followed through with a network for women's empowerment: professional programs, advocacy, and opportunities for growth. Our advocacy efforts have included pay equity and economic self-sufficiency for all working women. We offer leadership development for young women as well as career advancement resources and networking opportunities.

Reach out to a woman YOU think could benefit from BNC and what we have to offer. Invite her to one of our meetings: I think she'll be glad you did! ■

### Wellness for Working Women

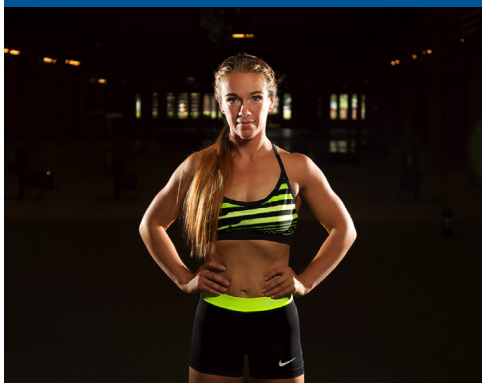
#### CARRIE CALLAHAN

Like so many women, Carrie Callahan wears many hats: mom of 3, marketing professional, and photographer. And for years, she found it overwhelming.

What changed? First her mindset. Then, her approach to food and fitness. Simple changes that began to transform her body and fuel every other aspect of her life.

Come hear her story and let her share how those simple, healthy changes can make a difference for you!

Carrie is a multi-faceted, goal-oriented Marketing Manager with over a decade of diverse experience in product development, project management, formal presentations, data/ market analysis and using creativity in cross-functional team environments. Superb knowledge of brand management coupled with outstanding analytics and interpersonal skills and an innate ability to encourage and motivate others has led to a reputation as passionate team leader that does so by example, guiding others to succeed and achieve goals and objectives. ■



# Financial Reports

## NYS Women, Inc.

### Buffalo Niagara Chapter BALANCE SHEET

As of September 29, 2016

ASSETS	
Current Assets	
Checking/Savings	
Checking - Scholarship Restrict	4,518.10
Citizens Checking	7,460.60
Total Checking/Savings	11,978.70
Accounts Receivable	
Accounts Receivable	30.00
Total Accounts Receivable	30.00
Other Current Assets	
Room Deposit	200.00
Undeposited Funds	400.00
Total Other Current Assets	600.00
Total Current Assets	12,608.70
Other Assets	
Fundraiser Receivable	-470.00
Total Other Assets	-470.00
<b>TOTAL ASSETS</b>	<b>12,138.70</b>
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Accounts Payable	
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	-22.67
Temporarily Rest. Net Assets	1,893.13
Net Income	325.59
Total Equity	12,012.11
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>12,138.70</b>

## NYS Women, Inc.

### Buffalo Niagara Chapter PROFIT & LOSS

Through September 29, 2016

Ordinary Income/Expense	
Income	
Dinner Income	615.00
Dues Revenue	1,100.00
Total Income	1,715.00
Expense	
Bank Service Charges	6.00
BNC website/domain name	52.60
Dinner Fee	936.68
Insurance	126.00
Newslines Printing	116.96
Post Office Box	106.00
Postage and Delivery	4.40
Speaker's gifts	40.77
Total Expense	1,389.41
Net Ordinary Income	325.59
Net Income	325.59

## SEPTEMBER \$ MONEY MINUTE \$

– Amy Jo Lauber

*“The real measure of your wealth is how much you'd be worth if you lost all your money.”*

– Anonymous

*The pursuit of money causes most people to be overcome with fear; fear they don't or won't have enough, fear they've been cheated, fear they're being underpaid (sometimes this, unfortunately, is true).*

*Focus your energy on being a good steward of your money and an advocate for yourself, but be honest, trustworthy and forthright always. Your true worth and value cannot be calculated in the material world.*

# Women in Leadership

## HONOREE OF THE MONTH



### LINDA PELLEGRINO

AM BUFFALO HOST, WKBW-TV

Linda Pellegrino has been the host of AM Buffalo weekdays at 10:00 AM for over 20 years, conducting thousands of live interviews with personalities ranging from the biggest Hollywood stars to British royalty. In addition, Linda contributes feature stories to the program. Previously she was a popular reporter and weathercaster for Eyewitness News. For her outstanding work, Linda has been nominated twice for New York State Emmy awards. Also a busy voice-over talent, Linda is heard locally and internationally on many radio and television commercials. Prior to joining Channel 7, Linda was a popular radio host on WHAM 1180am radio in Rochester, WBEN radio 930, and on Oldies 104 fm.

Linda is a graduate of Rockland Community College, SUNY Brockport and completed some graduate studies at Mississippi State College. Western New York has been her home for over 30 years with her husband Bob. Their son, Brett is a recent graduate of the University of Pittsburgh and will attend grad school locally.

Linda continues to inspire her viewers after a diagnosis of breast cancer and thyroid cancer in 2012. Linda shared her story and her recovery which included conversations with doctors, chemotherapy treatment and hair loss. After thyroid surgery left her with a permanently paralyzed vocal cord, Linda chronicled this surgery and recovery as well.

Outside the station, Linda leads a very busy life in the community. Among her many charitable interests, Linda has served as honorary chairperson for the physically and emotionally handicapped at Buffalo's Heritage Centers. She personally worked with the late Dave Thomas on the "Adopting Hope" campaign with Wendy's restaurants. She served on the board of directors with the "Hunter's Hope" foundation. She is a strong proponent of animal adoption from the Buffalo Animal Shelter. In 2013, Linda was inducted into the Buffalo Broadcasting Hall of Fame. She aspires to be a positive role model for all women, reminding them to be proactive for their own good health. ■

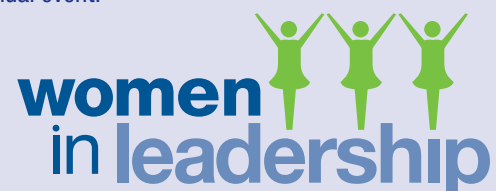
The Buffalo Niagara Chapter of NYS Women, Inc. (BNC) is proud to partner with WKBW-TV to showcase successful local women who have given back to the Western New York community. "Women In Leadership" honorees are established women business owners or professional/working women who have exhibited leadership, 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>



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Joyce DeLong  
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3959 Union Road  
Cheektowaga, NY 14225  
P 716.634.5966  
F 716.634.0841  
[JDinsty@roadrunner.com](mailto:JDinsty@roadrunner.com)  
[www.InstyPrintsCheektowaga.com](http://www.InstyPrintsCheektowaga.com)



**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](mailto:velma.szczesny@wfaadvisors.com)

Member FINRA/SIPC



**Fran Vaughan** CEO  
716.537.2066 • [fmvtax.com](http://fmvtax.com)  
[fran@fmvtax.com](mailto:fran@fmvtax.com)

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