



► 32 volunteers support tax assistance

Thank you to the 32 Women's Fund supporters who helped with the Volunteer Income Tax Assistance (VITA) program, streamlining the intake process and providing children's activities. (Pictured are volunteers in Schenectady, with coordinator Marion Porterfield.) The program provides free tax services for low-income families, and The Women's Fund's support helped make two sites successful, allowing 173 tax returns to be filed.

► Have you reserved your seat for the Trailblazers Luncheon May 20?

Don't miss The Women's Fund's signature event, where we will recognize the 2009 Trailblazers (meet them on page 5) and grant recipients. Come for an afternoon of inspiring stories and a celebration of women and girls! Reply to invitations (mailed April 1), or register at www.womensfundcr.org.

Special thanks to Honorary Co-Chairs Jane Golub and Susan Haigh Hought.



issue highlights

The Founding Five Hundred P.3

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Meet the 2009 Trailblazers P.5

Fall Bullying Program P.6

With Mother's Day just around the corner, we focus this newsletter on the important mother-daughter relationship. We hope you enjoy these timely articles and invite you to consider the many ways we offer to honor a special woman in your life through The Women's Fund.

First Lady highlights domestic violence programs

Tour includes visit to Equinox, a Women's Fund-supported shelter

New York First Lady **Michelle Paige Paterson** recently toured the Equinox Domestic Violence Shelter in Albany, highlighting the need for such programs — including those funded by The Women's Fund — to break the cycle of abuse in families.

"We were excited to have the First Lady visit, and to learn that she has served as a domestic violence volunteer herself," said **Mary Seeley**, Executive Director of Equinox and a Founding Five Hundred Member of The Women's Fund. "Domestic violence isn't a problem that can be solved easily, and we appreciate bringing such attention to the issue."

During the visit, Mary introduced the First Lady to a mother and daughter who had been sheltered by Equinox 14 years ago. The daughter is now grown up and working as a Case Manager at Equinox in its Transitional Living Program for Youth. Both women remembered the shelter as a safe haven in which they received support from staff to help them transition to a safe and loving home of their own. "We greatly appreciate The Women's

"Domestic violence isn't a problem that can be solved easily, and we appreciate bringing such attention to the issue."

--Mary Seeley,

Equinox Executive Director

Fund for helping our women and girls have a brighter future," said Mary.

The Women's Fund of the Capital Region is also a champion of domestic violence programs, and has funded several in the past three years, including the development of "Career Development for Underemployed Women" a partnership between Albany Community Action Partnership and Equinox,

● continued on page 2



Walk with The Women's Fund on Saturday, May 30

Join other Women's Fund supporters for a day of fun, walking, and raising awareness and funds for The Women's Fund!

On Saturday, May 30, a Women's Fund team will participate in the Freihofer's Community Walk. Participants are asked to collect sponsors, or can make a personal donation if they prefer. To participate, contact Megan Allen at mallen@unitedwaygcr.org or 456-2200, ext. 126.

"Fresh Start" donations accepted May 20

As part of the May 20 **Third Annual Trailblazers Luncheon**, The Women's Fund will again collect toiletries to help women and children served by domestic violence shelters.

The Fresh Start Project will benefit shelters in the five counties served by The Women's Fund. Items needed (new only, please; hotel and store sample sizes are welcome) include:

- shampoo
- soap
- toothpaste

If you cannot attend May 20 but want to contribute, contact Megan Allen at mallen@unitedwaygcr.org or 456-2200, ext. 126.

Can we tell your group a story?

The Women's Fund is always looking for groups of women to talk to. Recently Steering Member and Events Committee Chair **Alicia Lasch** (center) attended Story Sunday at The Glen Sanders Mansion, a storytelling dinner series for adults now in its tenth season, where she introduced the audience to The Women's Fund. Storytellers **Mary Murphy** (right) and Founding Five Hundred Member **Kate Dudding** (left) then entertained the audience with stories celebrating women.



If you know of a group of women who should hear about The Women's Fund, please contact Alicia Lasch at 446-9638. Thank you also to Kate and Mary for donating their Story Sunday fees and to attendees who chose to donate to The Women's Fund.

The Perfect Mother's Day gift — for you or another special woman

Looking for that perfect Mother's Day gift for Mom or another special woman in your life? Or a suggestion to others who wish to give you a gift? Celebrate with a donation to The Women's Fund of the Capital Region! *(Note, please let your honoree know of your gift, as acknowledgements will arrive after May 10. For donations of \$500 or more, the recipient will join the Founding Five Hundred and receive a sterling silver pin handcrafted by Michael Dunn.)*

Or, why not treat your Mom with a ticket to the Third Annual Trailblazers Luncheon on May 20?

To donate, fill out the form on page 4 or call 446-9638. To purchase luncheon tickets, visit www.womensfundcr.org or call 446-9638.

continued from page 1

designed to help low-income women and domestic violence victims become self-supporting.

Studies have found that in families experiencing domestic violence, children are more likely to also be abused and that daughters are more likely to be victims of sexual abuse. Witnessing abuse also increases the likelihood of violent behavior in the future, particularly for boys. The shelter, safety planning, legal advocacy and counseling that domestic violence programs provide make a positive difference not only in the victim's life, but in her

children's future as well.

The Women's Fund is proud to have also funded these programs to help break the intergenerational cycle of abuse: Project Hope and Power, a collaboration of Domestic violence and Rape Crisis Services of Saratoga and Soroptomists International of Saratoga County; and Project S.S.A.F.E., a partnership of Unity House, The Literacy Volunteers of Rensselaer, and Capital Communications Federal Credit Union. To find out more, click on "Grants" at www.womensfundcr.org.



Increased donations to The Women's Fund

Thank you Women's Fund supporters! Despite a down economy, The Women's Fund's 2008 winter mailing resulted in 20% more donations than a year ago. The number of Founding Five Hundred members has also grown, to 224 members.

"We are extremely grateful to everyone who continues to generously support The Women's Fund," said Women's Fund Chair **Susan Haigh Houpt**. "Such continued support will allow The Fund to help the women and girls who are hurting even more now."

Founding Five Hundred

Thank you to the 224 donors listed below, who have given a Founder's gift (as of March 30).

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See next page for additional 2008-2009 donations

Thank You Donors

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I would like information about volunteering.

This donation is a Mother's Day gift. Please send a letter acknowledging this gift to recipient:*

Name _____

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*Please let your recipient know you have chosen to honor them, as official acknowledgements will arrive after May 10.

Method of Payment

- My check is enclosed. (Make payment to The Women's Fund of the Capital Region)
 Please bill me.

Credit Card: Visa MasterCard

Note: The charge will appear on your statement as "The Community Foundation for the Greater Capital Region"

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Mail this form to:

The Women's Fund of the Capital Region, Six Tower Place, Albany, NY 12203
 OR, donate online at www.womensfundcr.org

Moms and daughters learn and grow together

Women's Fund grant funds mini-series of workshops

What do rock climbing and making peanut butter and jelly sandwiches have in common?

Those are just two of the activities girls and their mothers or guardians completed as part of a multi-workshop project funded by The Women's Fund of the Capital Region.

The workshops, titled "Bond Strengthening Between Girls and Their Mothers," is a collaborative project of Girls Incorporated of the Greater Capital Region, Bank of America, and the Sage Colleges.

The collaborating partners believe the mother (guardian)/daughter relationship is important for girls' healthy development because these adults are influential role models for their daughters. Girls learning together with their mother or guardian increases the impact of learning, reinforces the skills and knowledge gained, and strengthens their relationships.

Participants said they enjoyed the workshops. One busy mother of three said she doesn't get much one-on-one time with her daughter during "daily living," and truly appreciated the bonding time the workshops afforded them.

The project included three workshops: "Money Talks," "Reaching Together" and "Adventure." Each free workshop, which lasted about five hours, was open to adult/



Above, a mother/daughter team practice communication skills at one of the workshops by verbally telling the other how to make a peanut butter and jelly sandwich... and have some fun in the process.

daughter teams from Albany, Rensselaer, Schenectady, and Saratoga counties.

Money Talks! is a financial literacy workshop, designed to enhance communication and listening skills between girls and their mothers/guardians. Topics included saving, investing, and goal setting.

Reaching Together focused on the challenges and opportunities for girls growing into young womanhood. The workshop emphasized the skills needed to make good decisions about their lives and the external resources available to them. The workshop also helped girls dismantle negative thinking patterns about themselves and their futures.

Adventure sought to assist girls and their mothers/guardians to strengthen their leadership skills, build confidence, improve their goal setting and problem solving capabilities, and enhance their creativity and teamwork skills. The workshop included group activities — including rock climbing — designed to build mutual trust and strengthen the bond between each member of the two-member teams.

Meet the 2009 Trailblazers

On May 20, The Women's Fund will honor the 2009 Trailblazers as part of the **Third Annual Trailblazers Luncheon** at the Wolferts Roost Country Club. More details will be shared about this year's honorees in the fall newsletter, but here is brief information about our three honorees, honored for their leadership in philanthropy, contributions to issues affecting women and girls, long-standing commitment and involvement in the community, and for being role models for women and girls:

Shirley Ann Jackson, Ph.D.

President, Rensselaer Polytechnic Institute

Dr. Shirley Ann Jackson has led an exemplary career, holding leadership positions in government, industry, research, and academe, with a research and policy focus that includes energy security and the national capacity for innovation. An active member of many boards and recipient of the prestigious National Science Board's Vannevar Bush Award, she has cleared the way not only for women of color, but for all women who aspire to great achievement.

Jan Smith

Manager of Public Affairs, GE Energy

Jan Smith joined General Electric in 1985 and has advanced with an outstanding career in human resources, communications, and public affairs. An active volunteer and community leader, she has played an important role in many Capital Region organizations and received many awards for her accomplishments and contributions to the private and nonprofit sectors. Jan serves as an example to women and girls in our community and beyond.

Lorraine Power Tharp, Esq.

Posthumous Award

Community leader and attorney Lorraine Power Tharp was well known for her volunteer leadership of many arts, health, and equine-related organizations, as well as her years of service to the New York State Bar Association, including serving as president. She was a partner in the McNamee Lochner Titus and Williams law firm, where she was the first female associate. At the time of her death, she was a partner in the firm of Whiteman Osterman & Hanna LLP, in Albany and was the Chair of the firm's real estate practice group. Lorraine passed away at the age of 60 and is greatly missed by family, friends, colleagues and community members.

Read more about these impressive women and order your tickets at www.womensfundcr.org. Or call 446-9638 to reserve your spot by May 13.

- Susan Haigh Houpt, *Chair*
- Ellie Alexander
- Karen L. Bilowith
- Lorraine D'Aleo
- E. Kristen Frederick
- Denise Harlow
- Nancy E. Hoffman
- Alicia Lasch
- Ruth Mahoney
- Katherine D. Pelham
- Cindy Phillippe
- Mary E. Stokes

The Women's Fund is a collaboration of United Way of the Greater Capital Region and The Community Foundation for the Greater Capital Region.

SAVE THE DATE: Women's Fund to host NY Times best-selling author and girls' bullying expert October 6

The Women's Fund will host **Rachel Simmons**, author of the best-selling *Odd Girl Out: The Hidden Culture of Aggression in Girls* (2003) and internationally-known speaker on the subject of girls' bullying on Tuesday, October 6.



Rachel Simmons

Rachel's second book on the topic, *Odd Girl Speaks Out: Girls Write about Bullies, Cliques, Popularity, and Jealousy* was published in 2004, and her latest work, *The Curse of the Good Girl: Raising Authentic Girls with Courage and Confidence*, is scheduled for publication in late summer 2009.

The day will include three events:

- Morning session for high school students of the Capital Region's three girls' schools: the Academy of the Holy Names, The Albany Academies and Emma Willard School.
- Afternoon program with educators, counselors and those preparing to become teachers, hosted by New York State United Teachers (NYSUT).
- Evening keynote presentation, open to the public, geared toward middle and high school girls and their parents at the Troy Savings Bank Music Hall.

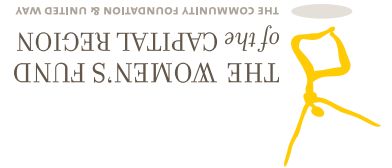
Details and ticket information will be announced in late summer.

*Interested in sponsoring Rachel's visit?
Contact Alicia Lasch at 446-9638 for details.*

To learn more: www.womensfundcr.org • (518) 446-9638



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