

## Save the date: Tuesday, June 3

Please join us on Tuesday, June 3 for our annual Moving Mountains Awards luncheon at the Desmond as we announce the 2008 grant awards and celebrate the achievements of our three Trailblazing Women of 2008: **Sr. Constance Casey, snjm, Jane Golub, and Candace King Weir.** We hope you can join us! *You will be mailed an invitation to this event.* ●

## The Women's Fund and Saratoga Arts Council Partner in Presenting Trips to China and Tuscany

The Saratoga County Arts Council invites members of The Women's Fund and their friends to join them for two exciting travel opportunities. *May 26-June 6, 2008*, travel to China, an ancient land, resplendent in cultural, art, and natural treasures. *October 12-20*, create your own "Under the Tuscan Sun Experience" with a journey entitled "Tuscan Hilltops: Villas, Gardens and Art." For any travelers signed up through The Women's Fund, a contribution will be made to The Women's Fund of the Capital Region. For additional information, email [Edventures@lightlink.com](mailto:Edventures@lightlink.com), call 607-387-3322 or write to Edventures, P.O. Box 99, Trumansburg, NY 14886. ●

## Get involved with The Women's Fund!

There are many ways for you to help make a difference in the lives of women and girls in our communities:

- Become a volunteer
- Join a committee
- Become a Founding 500 Member (see page 2)
- Host a small gathering of your friends and colleagues to help spread the word about The Women's Fund

*A member of the Steering Committee can provide a short presentation about the Fund and answer any questions.*

If you are interested in getting involved, please contact Amy Clinton at [AClinton@unitedwaygcr.org](mailto:AClinton@unitedwaygcr.org) or 456-2200 ext. 122. ●

## LUNAFEST Benefitting The Women's Fund

LUNAFEST is a national film festival that began in 2001 that features short films by, for, or about women. The Festival is coming to the Capital Region this Spring at Siena College's Key Auditorium, with all proceeds benefiting The Women's Fund and the Breast Cancer Fund. The screening will be Friday, May 9 at 7 pm. Tickets are \$35 each. For more information, call Siena's Info Desk at 783-4242. *Special thanks to The Bowman Center for Women at Siena College and The Women's Alliance of Merrill Lynch for hosting this spectacular event!* ●



Winter/Spring 2008  
Community Update

## Changing Lives through the Women's Fund

Many of us take for granted that we will be safe and secure in our homes, and that our family relationships will be nurturing and supportive. For women in abusive relationships, however, safety and security are not a "given." Instead, these women struggle to maintain control of the most basic needs: personal safety, the safety of their children, and access to financial resources to support themselves and their families. Sadly, restricting access to financial resources is one of the most commonly used abuse methods; women without financial resources lack the tools to escape violent relationships.

In response to this concern, The Women's Fund of the Capital Region (WFCR) awarded one of its first grants to **Project Hope and Power**--an innovative eight-week training and mentoring program designed to give domestic violence survivors the skills they need to become financially secure and independent. The project was launched by **Domestic Violence and Rape Crisis (DVRC) Services of Saratoga County.** The program is provided through a unique and successful collaboration with **Soroptimist International of Saratoga County (SISC)** and with the support of a \$15,000 grant from the WFCR in 2007.

Fifteen domestic violence survivors have participated in the program each time it has been offered, and many more survivors have already signed up for future programs, according to **Maggie Fronk, DVRC executive director.** The WFCR grant enabled them to provide very modest attendance and completion stipends to program participants as well as follow-up counseling. **Megan Taylor, housing and employment specialist at DVRC,** runs Project Hope and Power and provides case management and counseling assistance to participants. *(Continued on page 3)*



Soroptimists Pat Edwards (L) and Barbara Cummings

## A Gift from the Heart

We often think about what our legacy will be--what we will have accomplished and how we will be remembered. For many women, the idea of "making a difference" is vitally important--we hope that our life's work will make the world a better place for those that follow us. For **Mary Lou Lamb**, a long-time community volunteer, the need to "give back" and make a difference is central to her life. Consequently, when she was planning her will, it was natural for her to consider planned giving as a way to support her life-long passion for education -- and The Women's Fund was a natural fit for her generosity. From her early career as a Spanish teacher through her current work with school and church outreach groups Mrs. Lamb has always supported women's and girls' education and advancement.

As a young woman, Mrs. Lamb earned two master's degrees and completed the studies for a doctorate in education. This led to a 33 year career as a teacher and guidance counselor, a career she still pursues as a mentor for a Troy High School student through Capital Region's Sponsor-A-Scholar program. She also spent those years as an unofficial partner with her veterinarian husband, Dr. Robert Lamb, whose practice was located in their home. She assisted with surgeries, cleaned cages, and opened their home to animals in need of temporary shelter. Now a widow and in retirement, Mrs. Lamb uses her bilingual skills with Apostalo Hispano, an outreach group through her church in Crescent. *(Continued on page 3)*

Help us keep in contact... and keep our expenses down.  
Check out our website and join our electronic mailing list at [www.womensfundcr.org](http://www.womensfundcr.org).



## Founding Five Hundred Thank You to our Major Donors

### Summit Society

A gift of \$10,000 or higher  
Deborah Ryan

### High Peaks Partners

A gift between \$1,000 and \$4,999  
Dr. Shirley Ann Jackson  
Kaleel Jamison Consulting Group  
Deborah Y. Kopp  
Norma Meacham  
A.C. Riley  
Amy Welsh

### The Founding Five Hundred

A gift of \$500  
A & E Consulting  
Ellin D. Alexander  
Megan Allen  
Sheila A. Ambrose  
Jennifer Amstutz  
Mary L. Anderson  
Laurie J. Bacheldor  
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YMCA of Schenectady  
Jane S. Zacek  
Karen Zalewski-Wildzunas  
Kathy Schofield Zdeb

### Special Gifts

E. Kristen Frederick and Bill Bortis in honor of their daughter, Stephanie Bortis  
Nancy E. Hoffman in honor of her mother, Catherine W. Hoffman  
Lucy Larner in honor of her mother, Shirley Larner  
Mary Seeley in memory of her mother, Eleanor Seeley  
Janet D. Vine in memory of her mother, Dora M. Vine  
Junior League of Albany, Inc. - In honor of its sustaining member, E. Kristen Frederick

### Matching Gifts

Bank of America  
GE Foundation  
Key Foundation

## SEPHORA event a Success!

The hottest ticket in town last November 15 was the pre-opening benefit for The Women's Fund of the Capital Region at Sephora in Colonie Center. A sell-out (with nearly 600 guests coming through the doors in three hours), this special evening of beauty for a great cause is still generating "I should've been there" buzz. A cool \$24,000 was raised---thanks to the generosity of supporters of The Women's Fund and Sephora's donation of ten percent of sales during the evening, plus a surprise bonus of another ten percent from opening-day sales. The Women's Fund raised many *new* friends that evening as well from fashionistas to the "just curious." They included professionals and moms at home...past, present and future executives...students in high school and beyond. The Women's Fund united women for not only an evening of fun, but also allowed attendees to put their money toward something they all believe in. Our deepest thanks to all who made the event a smashing success and to our friends at Sephora and Colonie Center. Please visit them and show your appreciation for helping us enhance the lives of women and girls in the Capital Region. ●



## A Gift from the Heart (continued from page 1)

As a volunteer, Mrs. Lamb's priority was to those who needed financial support and shelter. For more than 18 years, she has helped prepare meals for guests of Bethany House, a day shelter for the homeless in Troy. Currently the president of the board, Mrs. Lamb now guides a group of 5-7 women who have economic and physical challenges. Besides providing the basics of food and clothing, Mrs. Lamb is teaching one young woman to read while helping another earn her GED at Hudson Valley Community College.

"Education is the only legal way out of poverty," Mrs. Lamb believes. So, when her lawyer, **James Prout**, suggested including The Women's Fund in her will, Mrs. Lamb immediately agreed. She knew of The Women's Fund's mission of economic stability for women and girls, and also knew that the grants awarded would support education through local programs. This mission fit with her lifelong passion for offering young women the tools they need to work their way out of poverty.

"If other women who were planning their estates were aware that planned giving was an option, I believe more would be willing to contribute," said Mrs. Lamb. She also encourages other women with the financial means to look at this as a way of reaching out. "Giving back is easy to do, and as a volunteer I value the caring and respect I've received from people over the years. This was just the next step." ●



Mary Lou Lamb at her home

## Giving Back to the Women's Fund through a Planned Gift

Women in our nation have a strong history of leaving legacies that affect future generations. With a little planning now, the difference we can all make will be profound. The Women's Philanthropy Institute suggests the following:

1) Ask yourself: "What two or three things mean the most to me?" 2) Then ask: "What values do I want to pass on to the next generation?" 3) And lastly ask: "Who can help me pass those values down?"

Please consider The Women's Fund of the Capital Region in your estate planning. For more information on how to do this, contact Kristen Frederick, President/CEO of the Community Foundation for the Capital Region – the endowment-building arm of The Women's Fund – directly at (518) 446-9638. ●

## Changing Lives through The Women's Fund (continued from page 1)

The two-hour class is conducted weekly with free child care provided for program participants. Members of SISC serve as volunteer facilitators for each class, and SISC also provides two child-caretakers each week to make it possible for participants to attend. The SISC facilitators also serve as powerful role models for class participants.

Project Hope and Power focuses on topics directly related to financial issues, such as financial management, establishing credit, and increasing personal financial assets. They also focus on related issues including accessing affordable housing options, establishing goals for increased independence, and upgrading job skills to advance professionally. Many participants have told Megan and Maggie that completing Project Hope and Power has changed their lives.

"Women are transformed by Project Hope and Power," said **SISC member Pamela Polacsek**. "We are so thankful to The Women's Fund for their support of our work. It is a great comfort and blessing to know that others share our commitment to supporting these women." ●

As of March 1, 2008, there are 175 Founding Five hundred. Five members are not listed as they wish to remain anonymous.  
\*deceased

## YES, I want to contribute to The Women's Fund!

### Become a member of the Founding Five Hundred!\*

Individual or Non-Profit Organizations  \$500

Associations or Businesses  \$1,000

Please list name(s) as desired on Founders roster:

*Founding 500 members receive a sterling silver pin by jewelry designer Michael Dunn.*

\_\_\_\_\_  
name (please print)

\_\_\_\_\_  
address

\_\_\_\_\_  
telephone

\_\_\_\_\_  
e-mail

I prefer to remain anonymous.

If this box is not checked, donors names will be published in The Women's Funds materials and on the web site.

\*For more information on matching gifts to The Women's Fund, please call 456-2200.

Other amount:  \$250  \$100  \$\_\_\_\_\_

I would like more information about volunteering.

### Method of payment:

My check is enclosed. (Please make payable to The Women's Fund of the Capital Region.)

Please bill me.

I will pay by credit card: (circle one):

\_\_\_\_\_  
Visa, Mastercard, American Express, Discover

Signature \_\_\_\_\_

Name on card \_\_\_\_\_

Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_

Mail this form to:  
**The Women's Fund of the Capital Region**  
**PO Box 13865, Albany, NY 12212**