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founder helps women
connect, collaborate
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Americans navigate
their new country

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Melanie Randolph

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Andie Tancredi

A community of hardworking women leading with love and purpose

At WBOC (Women Business Opportunities Connection) our mission is to support and advance the success of all women in business- employees, entrepreneurs, and side-hustlers. It's a great place to meet new people, and in 2024 we are celebrating and supporting our members through networking, workshops, panel discussions and engaging speakers on the theme of Transformation.

We value the whole person, so you'll often hear us say at meetings, "All of you is welcome - the success and the mess." It's a message we all need to hear. Frequently we only want to show off what is working well. We feel shame and want to hide anything less than perfect. The cold hard truth is that perfectionism is a tool of oppression - it separates us from helpful resources and each other.

In 2024, we are committed to building a strong community of women at WBOC. And we are calling back all of the OG's and inviting in newbies. We support our members as they strive toward their goals and navigate life's obstacles. We are determined to keep pace with them even if (and especially when) it means we have to change how we serve. We are intentionally fostering deeper connections between members and showcasing their talents and passions. And we are saying no to some things we used to do. We can't do it all and we're not even going to try. We have amazing strategic partners that are great at what they do so we are finding new ways to collaborate with them so we don't duplicate effort. As a volunteer organization, this really matters because no one has time to waste.

Women suffer from burnout more than men. Even when we have demanding jobs, high profile careers and thriving businesses, women carry more responsibility at home with childcare and household chores than our male partners and counterparts. Being this busy means we often get stuck in routines that maximize efficiency on tasks but actually isolate us from community and disconnect us from our authentic selves. We don't have the time to make sure we are aligned to our personal vision and mission. Many of us may not even know what ours are because we are "SHOULDING" on ourselves. We accept external expectations from family and society as what we should be doing and make how well we do them the source of our self-worth. When we do this without verifying that they are what we truly want for ourselves we are setting ourselves up for exhaustion and burnout.

One of the best ways to avoid burnout is to establish fierce loving boundaries and to cultivate habits that put our values into action in meaningful ways. As a coach and facilitator one of the first things I focus on with my clients is replenishment. When our needs are met and we don't chronically come last on our own priority list, we're able to give to others from a place of overflow instead of depleting ourselves. Everyone wins in this scenario - women have more energy and fulfillment and the people they do life with at home and work feel the love instead of frustration and obligation.

WBOC is a great place for women to learn, replenish themselves and connect with other women on the journey. We've been going strong for over 30 years in the greater Syracuse area, and are always welcoming new members and volunteers. We are thrilled to celebrate women and our impact on the economy and community through what we do, how we do it and purely for who we are. We would love to get to know you! We meet the first Wednesday of each month from 4:30 - 6:30 p.m. and many of us stay later to keep connecting over a meal. Visit www.wboconnection.org for more information.

Andie Tancredi, VP and Program Director of WBOC, is also a coach and wise woman in training. With more than 50 years on this planet, she's created a toolkit tested through her own experience in life, love, and work to get you the results you deserve, via her company Thrive with 4C (www.thrive4c.com)

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PAST EVENTS

CNY Women's Summit

In March, the CNY Women's Network held its largest annual event, the CNY Women's Summit, in order to connect, inspire and celebrate the accomplishments of women in Central New York. This year's event featured a community panel of women business leaders and a series of fireside chats, as well as opportunities for networking and the opportunity for women business owners to show off their products and services. The mission is to "inspire women to confidently lead with purpose, resilience and innovation."

Photography by Amelia Beamish





PAST EVENTS

WBOC hosts transformation event

In early March, WBOC continued its series of events on transformation with Transforming Ourselves: From Faux to Real Self-Care. On April 3, WBOC and *Syracuse Woman Magazine* will host a launch party and networking event at the Collegian Hotel & Suites, celebrating women in business from throughout Central New York.

Photos by Sarah Heppell Photography





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CNY Rotary taps B'ville's Martin as first president

Janelle Davis



According to cnyrotary.org, CNY Rotary unites, educates, and inspires people in our communities to take action and create lasting change.

Lizzy Martin, CNY Rotary President Elect, elaborates, “CNY Rotary is the entity that provides training and support to all the local Rotary Clubs in its region.” Rotary Clubs consist of volunteers who come together as a team. They help the clubs get proper training for their leaders, help find new members and retain current ones, and provide fundraising while executing impactful community service, among other duties.

“It’s a great way to serve our communities while making new friends and having fun,” Martin said. “We also learn new skills that we can transfer into our personal and professional lives.” Volunteers take pride in upholding the values of Rotary, which consist of integrity, honesty, and fairness.

Martin joined Baldwinsville Rotary 15 years ago as a third-generation Rotarian. She is following in the footsteps of both her dad and granddad who were both past district governors, or according to Martin, presidents as it is called now.

“My granddad encouraged me to join Rotary. One of my clients at the time had Baldwinsville Rotary on her email signature. I asked her if I could visit her Rotary club in Baldwinsville, and I never left,” Martin shared.

Rotary Clubs are all over the world. There are over 36,000 clubs. To put it in perspective, Martin said, that’s nearly as many clubs as McDonald’s restaurants in the world. The CNY Rotary region spans

all over the center of the state, including the Finger Lakes, Mohawk Valley, and the Capital Region. Within those regions, there are three districts containing over 100 clubs.

On July 1, 2024, the three districts are merging. After the merge, CNY Rotary will include 3,000 members and more than 100 clubs. The average district has around 25 members and 60 clubs.

Martin has been preparing to take office in July as president of CNY Rotary for two years. She will be the first-ever President of this newly formed CNY Rotary District. As part of her training, she has attended various training events, including some in Toronto, which bring together Rotary leaders from across Canada and the Northeast United States. There is a larger training event called The International Assembly. She explains, “It’s held in Orlando where 535 regional presidents from the whole world come together for training.”

Most president-elects become leaders of one existing district. Martin’s transition is a little different as she will oversee three. She is using this merger as an opportunity to restructure their leadership team. “It can be challenging to encourage volunteers to take certain action when they aren’t clear of their role and duties, so we want to make sure our leadership is fully defined across the board.”

CNY Rotary has committees in multiple departments to address membership, their foundation giving service, youth programs, and the various events they hold for training and social time.

As a younger president, Rotary is optimistic that Martin will breathe new life into the organization and help increase membership. “Membership, or any volunteer position, these days is very challenging,

whether it's the PTA, a religious organization, or an organization like Rotary," she said. "We empower our clubs and provide tools so they can be flexible and be appealing to members of their community to attend."

Martin was 25 years old when she joined Rotary. Most members are a little older. Even today, at 40, Martin is the youngest person in her club. Joining Rotary when she did, provided her with valuable skills she could transfer into her professional life. "I learned how to be a leader and how to speak in public. I was able to also practice project management and member recruitment," she said. "All of the skills I learned helped me in my work life."

As president of CNY Rotary, Martin will be the face of local Rotary leadership, representing Rotary International for the CNY region. She will visit clubs and provide inspiration and guidance. The support she will offer will address any issues or challenges within the specific clubs and make sure Rotary is promoting its successes.

Continuity is present in Rotary's leadership as Martin oversees past and future presidents on the board. As a group, we make the decisions regarding training and resources for the clubs. "It is important that people feel a connection to us," she explained.

Martin has some personal goals she is looking forward to achieving in July. "I want to show our community that Rotary includes people of all ages who benefit both personally and professionally from being in the organization," she said. She hopes to show younger people that Rotary is a place where, with the support of members, you can safely hone your skills, provide service to others, and grow as a human being.

"Rotary is one of those things where you get out of it what you put in. You can be a member without having it take over your life, but you can also jump right in. Either way, you will reap all of its benefits." *SWM*

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Helping deaf new Americans navigate their new country

Lorna Oppedisano



Monu Chhetri is the founder and CEO of Deaf New Americans Advocacy Inc., an organization dedicated to creating a safe space for Deaf New Americans to develop education, leadership and life skills. Syracuse Woman Magazine's Lorna Oppedisano recently caught up with her to help share the story of this unique and important organization.

SWM: Let's start with your journey. You lived in a Nepal refugee camp for 19 years. Looking back, did that experience influence what you're doing now?

MC: Yes, my experience in the camp influenced the work I am doing now. I know oppression, rejection and isolation. We lived under many barriers and restrictions. I went through tremendous challenges every day just to survive. We didn't have electricity or running water. As deaf refugees, we didn't have access to education. The layers of oppression were countless. I understand what Deaf refugees experience. As an insider and because of our shared personal experience, I know what services to provide that will meet their needs.

SWM: What was your impression of the Syracuse community when you arrived in 2011?

MC: I had no image or idea of what to expect, of what the outside world would look like. I arrived in January, when the trees were bald and the white stuff on the ground looked like a sprayed-on decoration for the Christmas season. At our first stop, I had boiled chicken, which was tasteless. I wept thinking this was the kind of food I would be eating in America. Once I arrived in Syracuse, I realized the white stuff was freezing cold! When I finally ate with family there, I had delicious Nepali food and was so relieved.

SWM: Could you share about connecting with others and founding the Deaf New American Community?

MC: I didn't realize how much development and technology I had missed living in a refugee camp in the wilderness of the forest area. When I arrived here in the states, I was isolated. I stayed in the house, as there were layers of barriers for me to overcome, including the language and culture. I didn't meet other Deaf people – refugees or American Deaf – for six months. I didn't know how to navigate anything as a Deaf person here.

In the Northside neighborhood, I realized there were quite a few people from different countries and started to look for Deaf people. I found them mostly isolated and facing communication barriers, kept at home by family who feared for their safety. We held weekly gatherings in my home. It was a safe space, a "Deaf space" with language that was shared so we could talk about our experiences and interact with each other. We started from "the street" and, over a 10-year period, became a nonprofit advocacy organization. Here we are in Syracuse as the Deaf New Americans Advocacy, Inc., the first Deaf-run organization of its kind.

SWM: Were there any unexpected challenges in founding the Deaf New Americans Advocacy?

MC: Our biggest challenge has always been funding – navigating the system, trying to access support through farm grant applications, which typically have complex written procedures, and finding sustainable funds through donors. The Deaf New Americans Advocacy is primarily a volunteer organization. We welcome support from anyone, anywhere, any time!

Continued on page 18

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Helping New Deaf Americans from page 16

SWM: How does Deaf New Americans Advocacy carry out its mission and vision?

MC: Culturally diverse backgrounds are highly valued within our team, ensuring that our programs are culturally sensitive and relevant to our community's history and experiences. This inclusivity is at the heart of our organization. We are committed to furthering our mission with a team who represent the diverse tapestry of the community we serve. We believe "Nothing about us without us," which means anything we do for our community has the needs of its people at the center.

SWM: Can you share a bit about the farm, Asha Laaya?

MC: We have a sense of belonging to the land. As the first farm run by Deaf New Americans, Asha Laaya (Farm of Hope) is where we thrive. In yet another socially, culturally and linguistically accessible environment, we bring Deaf New Americans out to work as independent farmers. It is a wonderful way to educate the families. We have hearing children of Deaf adults and other children born to Deaf parents and can focus on their needs, as well.

We grow crops using traditional farming methods, which help the often-traumatized Deaf New Americans to feel safe and have their culture supported. It's very expensive to buy traditional foods in this area, so to grow their own is a wonderful avenue for them to feel supported. As the larger community comes to believe more in us, it is our hope they will buy our produce and sustain our work.

SWM: Looking at your website, you offer a number of different programs. Could you expand a bit on the Women's Safe Space program?

MC: This program creates a safe space for Deaf New American women and runs during the winter and early spring, while waiting for the

growing season to begin. On Tuesdays, we meet at the Deaf New Americans Advocacy center and have conversation while sewing and making crafts. On Thursdays, we meet to socialize and plan for the upcoming Asha Laaya.

SWM: Does the Deaf New Americans Advocacy expand beyond the Syracuse community?

MC: The Deaf New Americans Advocacy serves the Syracuse community and is a model of Deaf New American leadership regionally and nationally. Our vision for a bright future is the organization thriving as it serves Deaf New Americans and their families. We will continue to grow in safe spaces that are inclusive, equitable and accessible.

SWM: How do you see Deaf New Americans Advocacy growing/evolving in the future?

MC: We want to have a solid funding stream that will enable us to pay full-time staff and continue to include technology for the running of Asha Laaya. We hope to generate enough funds to allow us to continue the critical services we provide as advocates for the Deaf New American community.

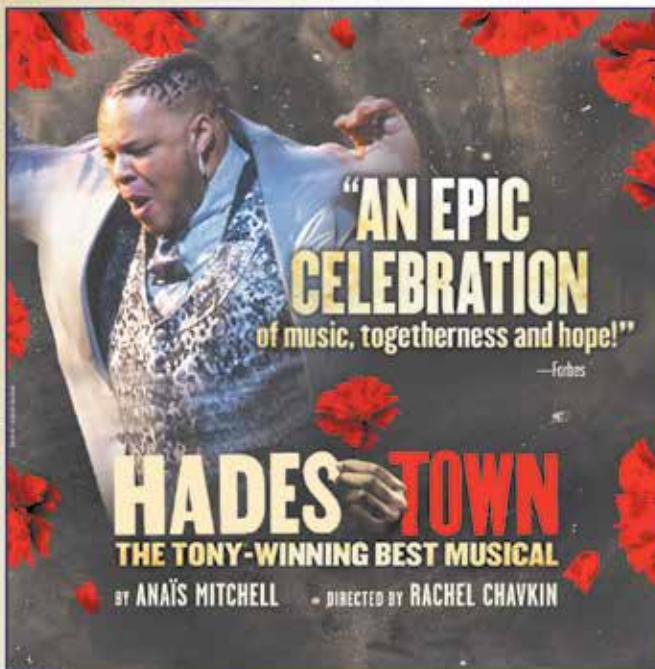
SWM: How can anyone reading this article support Deaf New Americans Advocacy Inc.?

MC: Anyone is welcome any time to donate financial support and/or time. You can buy our produce from the regional market. Check out our website for more information and to donate: www.deafnewamerican.org. And remember, our motto is: "Nothing About Us Without Us."

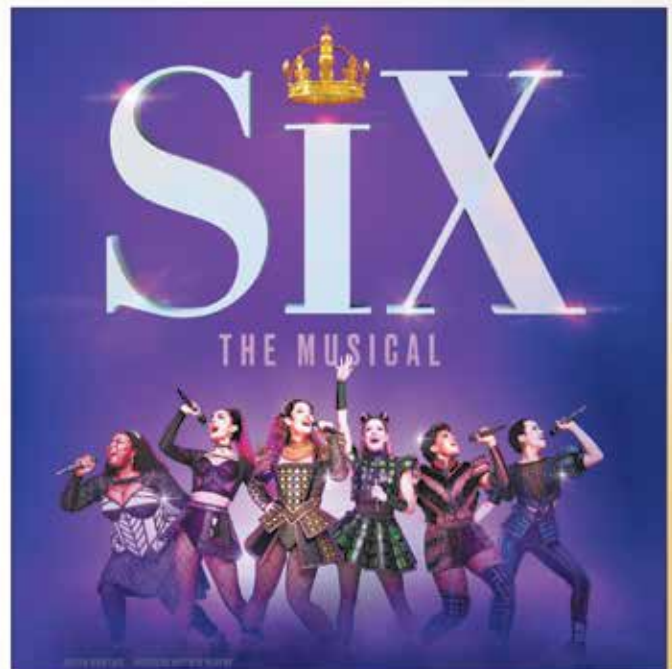
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MELANIE RANDOLPH



Photo by Alice G. Patterson



Human connection in interior design

Alyssa Dearborn

With a background in marketing and design from years spent in corporate America, Melanie Randolph translated her skills to fit into the world of interior design. As the owner of Your Window to the World, a certified New York State Woman Business Enterprise in Baldwinsville, she offers affordable custom window treatments, shadings, blinds, and a variety of design inspirations.

"I think as a businesswoman, my biggest thing is that I think our products are great," she said. "We do residential, we do custom design, all of that. But we really, really try to stress our customer service. And I think it all goes back to...how you treat other people."

She credits her business-mindedness and design skills to her background in marketing. After graduating from Miami University (Ohio), Melanie spent several years in sales, marketing and business development for large corporations, including Wegmans, Fay's Drugs, Kinney Drugs and Revlon. But after she got married and wanted to start a family, it was time to back out of the corporate world so she could reduce her work travel and spend more time with her kids.

The career in interior design "just dropped into my lap," she said. One day, she was in the paint store and ran into a designer for model homes. They started to work together, with Melanie focused on the window treatments. "I did that for a few years, and I did it on my own too, but more on a hobby basis, something to kind of dabble in at home."

In 2015, however, Your Window to the World, LLC went from being something to dabble in to a design business that was part of one of the most highly-anticipated renewal projects in Central New York when Melanie was given the opportunity to work on the revitalization of the historic Hotel Syracuse.

"I met Ed Riley," she said about the project. "He was doing the Hotel Syracuse and I ended up working with Ed on designing and fabricating window treatments in the grand ballroom, the Persian terrace, the bar, anything that was historic, older windows. We wanted to bring it back to the look of that time. So that was kind of a great project and that project launched my hobby into, 'wow, this is really a business'. And it's growing every year. It keeps growing."

One of the highlights of being owner of Your Window to the World is how that position allows Melanie to be more a part of people's lives – both in her personal life and in the wider community.

"It allowed me to get back and do other things at the same time," she said about how working for herself provided valuable flexibility. "So I could still take my kids on these trips and volunteer at their school and I could still help out with aging family in the area. And it allowed me to also start getting involved with the Chamber of Commerce that we have in Baldwinsville. And right now I'm the vice president of our Baldwinsville Chamber. And it allowed me to get involved with the WBOC and different things like that."

This special connection she has with people extends to her customers, which she calls the most rewarding part of her work. Even though most of her focus is on the window treatments and design ideas she can provide, she enjoys getting to know her clients and seeing how their lives progress.

Getting to know them also gives her insight into how she can help them. She recalls an older client she had had for years was looking to downsize. They contacted her simply to talk about how the things they wanted to bring with them would fit in a smaller residence. Melanie went over and taped off the floor so when the movers arrived they would know where to put everything.

"I really like being able to give back to people, even if it's not the total focus... I love our community. I love Syracuse, especially Baldwinsville. And I think we have so much to offer and that we all have our own individual talents that when we give to someone else, we always get back two-fold," she said. "Like, going to one of these clients, I can feel full when I come home, whether I sell something or not. There are so many good people out there."

One of the ways that Melanie likes to get involved with the community is through the WBOC, where she sees opportunities to both network and mentor newer businesswomen.

"I have made some great connections with the WBOC and just have learned a lot, too," she said about the organization. "From going to the seminars and good opportunities, to giving sponsorships when you can, and walking with other ladies on that journey of entrepreneurship, on our careers. I just had another person who called me with a younger person who was starting off and I knew it was a cold call. I really couldn't do as much, but I knew I could give her some wisdom. I feel like when I came in years ago, I got that wisdom too. So I can talk to her on the phone, I can support her, kind of lead her along. So I think it's really the community of women that's so great. You don't find that everywhere."

Melanie likes to use her position to connect with others and be a force for good in her community of fellow businesswomen. When asked about advice she had for others looking to go into business, she emphasized the need to connect, network, and encourage.

"We all have something and some type of skill that we can give and share with the world... You have to find your passion. And if there's not a niche for it, a lot of times you can create that niche," she said. "But you only do that through interacting with other women and getting involved with networking. And I would say believe in yourself. One of my favorite things I have is a mug and the phrase is, like, 'she believed she could, so she did.' And I think that's a lot of it too. We need other women in our lives, whether they're in business or in volunteer organizations, because we need to encourage each other." SWM

Birch Wealth Management celebrates upcoming anniversary



After spending over 17 years in corporate America, Iris Buczkowski launched Birch Wealth Management in 2019 and is looking forward to their upcoming 5-year anniversary. Birch Wealth Management is a full service, independent Registered Investment Advisor serving clients all throughout Upstate New York, mostly Oneida, Madison, and Onondaga counties, as well as nationwide. Birch Wealth Management was founded on the premise that everyone, no matter their stage of life, deserves a financial plan.

Birch Wealth Management focuses on three areas of expertise: planning for individuals, planning for business, and special needs planning. Clients are unique in their needs, goals, and financial situations. At Birch Wealth Management, our guidance on investing is personal, empathetic, and created specifically for you. We take the time to listen and understand what matters most to you before helping you develop and manage your investment strategy with full transparency.

Our philosophy and goals will allow you to do what you love and ensure your financial plan is getting you where you want to be, whether one year from now, ten years from now, or 50 years from now. We want to help you be financially independent and have the quality of life you deserve.

“I have built my career on understanding my clients, their family lives, and their unique goals. The key is to deliver a plan for them that is fluid, flexible, and will provide guidance for the long-term and to future generations. I work hard to earn their trust within a very intimate part of their lives and their respect for the guidance I provide, which is both an honor and a privilege,” says Buczkowski. “I will not be the financial advisor who tells you that you cannot spend your money. We all work too hard, and nothing in this life is guaranteed.

I will give you prudent and proper advice on spending and saving, but I recognize that a life well-lived is a life that is actually lived. We can help you live your life AND accomplish your goals. It is meant to be a joint venture, not a choice between the two.”

For more information about Birch Wealth Management visit their website at birchwealth.com or contact Iris at iris@birchwealth.com. Birch Wealth Management is a SEC-registered investment advisor. The term “registered” does not imply a certain skill level or training. “Registered” means the firm has filed the necessary documentation to maintain registration as an investment advisor with the Securities and Exchange Commission.

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ALEX CANAVAN

**CNY Women's
Network founder
helps women
connect, collaborate
and thrive**

Norah Machia

"Some of the popular topics have been sales, negotiating skills, public speaking, financing and investing and stress management. The network is a valuable resource that also provides a community for women who lead and live in Central New York."

—Alex Canavan



Photo by Alice G. Patterson

ALEX CANAVAN



At age 26, Alex Canavan has already established a growing network of businesswomen throughout Central New York who want to connect, collaborate and thrive. She has accomplished this by offering numerous professional and personal growth opportunities through the CNY Women's Network.

"The goal is to help local women get inspired, find resources and get connected," said Alex, who founded the organization nearly two years ago. The CNY Women's Network recently launched a membership community called "The Collective by CNYWN" to "bring even more connection, purpose and growth to women's lives," she added.

"We're offering social, professional, wellness and creative events," Alex said. Since its inception, the network has been growing its professional development workshops and networking events to offer female entrepreneurs an opportunity to collaborate with each other and be "surrounded by women with similar values and aspirations," she added.

In March, the CNY Women's Network sponsored the annual "CNY Women's Summit" at the Oncenter in downtown Syracuse, drawing more than 230 participants. Because of the summit's continued success, Alex said, next year's annual event may be expanded into an entire weekend.

“The Collective by CNYWN” is a new monthly membership program that will offer first access and discounts on all member-only events, monthly Zoom calls with guest speakers and break-out sessions, free admission to the online “Women-in-Biz” directory, along with virtual and in-person co-working opportunities.

“The network has become a great asset for women to use for their businesses,” Alex said. “It’s also given them the opportunity to find one or two people for their inner circles.”

Her own entry into the business world started while she was a student at Liverpool High School. It was there she was hired by other students to help with their prom makeup. At the same time, she developed a passion for dance.

“I was always the make-up girl or the dance girl,” Alex said. “When I finished high school, I decided I wanted to pursue something that mattered to me.” After graduating in 2016, Alex enrolled in the bachelor of fine arts dance program at the University at Buffalo, but left college during her first year. “It just didn’t work out for me at the time,” she said.

Alex decided instead to pursue her passion as a makeup artist and was hired by MAC Cosmetics as a product specialist to work at Macy’s Department Store at the Destiny USA Mall in Syracuse. The cosmetics company provided her with additional training through its education and development program. Eventually, she decided to start her own freelance makeup artist business, “Glam by Al.”

“It became my new passion,” she said. “I wanted to build something of my own.” The majority of her work has been for wedding parties and clients attending special events. To help finance her new business venture, Alex also took a job bartending at night. Within a short amount of time, she found herself juggling all three jobs at once.

Alex was already stressed when the COVID-19 pandemic hit in 2020. Suddenly, her makeup artist and bartending skills were no longer in demand as businesses temporarily shut down. When things started looking bleak, Alex decided to pursue an entirely new career path.

In January 2021, she enrolled at Onondaga Community College to major in business administration. Several months later, she was hired as a marketing and recruiting assistant at Equitable Advisors, a financial services company, while completing her degree program.

When she was employed at Equitable, Alex was asked by a manager to develop a way for the company to highlight International Women’s Day. The timing was perfect, because Alex was also seeking a meaningful way to connect with other women in business.

She organized the first CNY Women’s Summit, a one-day event to offer professional development and networking opportunities for women throughout the region. More than 165 people attended the inaugural event, and this past March marked the third CNY Women’s Summit, which has always been scheduled on International Women’s Day.

The annual event includes panel discussions and fireside chats with a variety of female leaders and entrepreneurs. It offers “exceptional social experiences, thought-provoking discussions, engaging breakout sessions and post-event networking opportunities.” Some women have even gone into business together after meeting at the annual summit, Alex said.

From that one event, Alex developed the CNY Women’s Network. “I was dealing with my life transitioning and changing, and I was asking myself, ‘Who are my people?’” she said. “I wanted to build my career, and I was looking for other women to inspire me.”

Alex knew from firsthand experience that starting a business can be a rather lonely experience for many female entrepreneurs. “I realized that I was not the only one who felt that way,” she said.

The CNY Women’s Network expanded as more women requested year-round professional and personal development programming. Some of the popular topics have been sales, negotiating skills, public speaking, financing and investing and stress management. The network is a valuable resource that also provides “a community for women who lead and live in Central New York,” Alex said.

In addition to the annual women’s summit and year-round programming, Alex also started the Cultivate Podcast through the CNY Women’s Network. The podcast features interviews with a variety of entrepreneurs, executives and leaders in the Syracuse community.

Some of the monthly events sponsored by the CNY Women’s Network include a Happy Hour Meetup at the Press Room Pub, 220 Herald Place; Women in Business Coffee Meetup at the Soul Society Juice Bar and Café, 230 West Genesee St.; and a Transformative Breakthrough and Restorative Yoga Experience at the Vyana Yoga & Polari Tea, 131 West Seneca St., Manlius.

The organization’s website contains a variety of articles written in-house that promote health and wellness, as well as features of female entrepreneurs and leaders in Central New York. The network also promotes events and services offered by other women-owned businesses.

For example, the website has information about organizations such as “Safe Space CNY,” which provides mental health education and support to individuals through a diverse peer-to-peer network.

Activities such as the “Silent Book Club” are also promoted. This activity, hosted by the Golden Bee Bookshop in Liverpool, features one hour of silent reading followed by 30 minutes of optional socializing in a relaxed, cozy setting.

The CNY Women’s Network “is a great asset for women to use not only for their businesses, but also for themselves,” Alex said.

For more information: www.cnywomensnetwork.com

“The network has become a great asset for women to use for their businesses. It’s also given them the opportunity to find one or two people for their inner circles.”—Alex Canavan



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Savoring the comforts of cheese

Chef Eric Rose

As winter bids adieu and the arrival of spring whispers promises of renewal, there's no better time to indulge in the comforting embrace of cheese-laden delights. In Central New York, where the chill of March lingers and family gatherings beckon warmth, few culinary pleasures rival the simple yet sublime satisfaction of grilled cheese sandwiches, creamy macaroni and cheese, and hearty cheese-based soups. So, let's embark on a journey to elevate these beloved classics to new heights, embracing the rich history and diverse flavors of cheese along the way.

The rich tapestry of cheese: A brief history

Cheese, with its origins dating back thousands of years, holds a cherished place in culinary traditions across the globe. From the ancient civilizations of Mesopotamia and Egypt to the artisan cheesemakers of medieval Europe, the art of cheese-making has evolved into a diverse tapestry of flavors, textures, and techniques. In Central New York, renowned for its dairy farms and rich agricultural heritage, cheese-making flourishes as a cherished craft. From the creamy richness of cheddar to the tangy allure of blue cheese, local artisans continue to honor tradition while embracing innovation, producing cheeses that captivate palates near and far.

The allure of Grilled Cheese: *Crafting the ultimate sandwich*

A timeless favorite cherished by children and adults alike, the grilled cheese sandwich epitomizes comfort food at its finest. But elevating this humble classic requires more than just bread and cheese — it demands attention to detail and a touch of culinary finesse.

Start with quality ingredients: hearty artisan bread, preferably sourdough or a rustic Italian loaf, and a medley of cheeses, such as sharp cheddar, creamy Gruyère, and perhaps a hint of smoky gouda. For a touch of sophistication, consider adding thinly sliced apples or caramelized onions to lend depth of flavor.

To achieve grilled cheese perfection, employ the dual powers of butter and patience. Generously butter the outer slices of bread, ensuring each corner is coated for a golden, crispy finish.



Heat a cast-iron skillet over medium-low heat and gently place the assembled sandwich, allowing it to slowly toast to a glorious golden brown. Flip carefully, allowing the cheese to melt into a molten symphony of flavor. Serve piping hot and watch as smiles bloom with every bite.

Embracing creamy indulgence: *Perfecting Mac and Cheese*

Macaroni and cheese, with its creamy decadence and nostalgic charm, holds a cherished place in the hearts of many. Yet, achieving the perfect balance of cheese, sauce, and pasta requires finesse and a willingness to explore beyond the confines of the familiar blue box. Begin with al dente pasta, choosing shapes that cradle the sauce and hold pockets of cheesy goodness. While classic elbow macaroni reigns supreme, don't hesitate to experiment with cavatappi, fusilli, or orecchiette for added texture and visual appeal.

For the sauce, embrace the trinity of cheese: sharp cheddar for depth of flavor, creamy Monterey Jack for smoothness, and a hint of Parmesan for a subtle umami kick. Melt butter in a saucepan, whisk in flour to form a roux, and slowly incorporate warm milk to create a velvety béchamel. Add grated cheeses in stages, stirring gently until each batch melts into luxurious harmony.

Combine the sauce with cooked pasta, ensuring every noodle is enrobed in creamy decadence. For an added flourish, consider topping with a breadcrumb crust or crispy bacon bits before baking to golden perfection. Serve bubbling hot, eliciting sighs of contentment from all who partake.

Savoring the simplicity of soup: *Featuring Classic French Onion*

As March lingers with its crisp evenings, there's solace to be found in the warmth of a hearty soup. Among the classics, none commands attention quite like French onion soup—a timeless favorite that marries the sweet richness of caramelized onions with the savory depth of beef broth, all crowned with a decadent blanket of melted cheese.

To craft this culinary masterpiece, patience is key. Begin by thinly slicing sweet onions and gently sautéing them in butter until they surrender to a golden caramel hue, releasing their natural sweetness. Deglaze the pan with a splash of dry white wine, allowing the flavors to meld into a fragrant symphony.

Add beef broth, preferably homemade for added richness, and a bouquet garni of fresh herbs — thyme, bay leaf, and a hint of parsley — to infuse the soup with aromatic complexity. Simmer gently, allowing the flavors to meld and deepen into a soul-soothing elixir.

To serve, ladle the soup into oven-safe crocks, topping each with a slice of crusty baguette and a generous mound of grated Gruyère or Emmental cheese. Place under the broiler until the cheese bubbles and turns golden brown, forming a tantalizing crust that beckons with every spoonful. Serve piping hot, savoring the marriage of flavors and textures that make French onion soup a perennial favorite.

As we bid farewell to winter and embrace the promise of spring, let's revel in the timeless comforts of cheese-laden delights. From the humble grilled cheese sandwich to the decadent

indulgence of macaroni and cheese, and the soul-soothing warmth of classic soups, there's no shortage of ways to savor the rich tapestry of cheese. So, gather your loved ones, fire up the stove, and embark on a culinary journey that celebrates the simple joys of good food and great company. *SWM*

Ultimate Grilled Cheese Sandwich

INGREDIENTS

4 slices of hearty artisan bread
¾ cup shredded sharp Cheddar cheese
¾ cup shredded Gruyère cheese
½ cup shredded smoked Gouda cheese
1 ripe pear or apple sliced thin
4 pieces of cooked crispy bacon
Butter for spreading

INSTRUCTIONS

1. Heat a skillet over medium-low heat.
2. Butter one side of each slice of bread.
3. Place a slice of bread, butter-side down, in the skillet.
4. Layer cheeses evenly on the bread, add sliced fruit and bacon then top with another slice of bread, butter-side up.
5. Cook until the bottom bread is golden brown and the cheese is melted, then flip and cook the other side.
6. Repeat with the remaining slices of bread and cheese.
7. Serve hot and enjoy!

Perfect Mac and Cheese

INGREDIENTS

1 lb elbow macaroni
4 cups shredded sharp Cheddar cheese
2 cups shredded Monterey Jack cheese
½ cup grated Parmesan cheese
¼ cup butter
¼ cup all-purpose flour
4 cups milk
Dash of Cholula hot sauce
Salt and pepper to taste
2 cups Lays Wavy chips

INSTRUCTIONS

1. Cook the macaroni according to package instructions, then drain and set aside.
2. In a large saucepan, melt the butter over medium heat.
3. Stir in the flour to form a roux, then gradually whisk in the milk until smooth.
4. Cook until the sauce thickens, then remove from heat.
5. Stir in the shredded cheeses until melted and smooth.
6. Season with hot sauce, salt and pepper to taste.
7. Add the cooked macaroni to the cheese sauce and stir until well coated. Top with crushed potato chips.
8. Transfer to a baking dish and bake at 350°F for 25-30 minutes, or until bubbly and golden on top.
9. Serve hot and enjoy!



Classic French Onion Soup

INGREDIENTS

4 large sweet onions, thinly sliced
¼ cup butter
¼ cup dry white wine or sherry
8 cups beef broth
1 bouquet garni (thyme, bay leaf, parsley)
Salt and pepper to taste
Baguette slices
Gruyère or Emmental cheese, grated

INSTRUCTIONS

1. In a large pot, melt the butter over medium heat.
2. Add the sliced onions and cook until golden and caramelized, about 30 minutes.
3. Deglaze the pan with white wine, scraping up any browned bits from the bottom.
4. Add the beef broth and bouquet garni, then bring to a simmer.
5. Cook for 20-30 minutes, then season with salt and pepper to taste.
6. Preheat the broiler.
7. Ladle the soup into oven-safe crocks and top each with a slice of baguette and a generous amount of grated cheese.
8. Place under the broiler until the cheese is melted and bubbly, about 2-3 minutes.
9. Serve hot and enjoy!





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KELLI DIAMOND



From career to creative, finding the courage to transition

Janelle Davis

Is it worth risking your full-time job to pursue your passion? For Kelly Diemond, owner of Metal Morphosis Jewelry Studio, it was the best career move she has made.

In 2018, Diemond opened her studio after leaving her full-time job at Exceptional Family Resources. As assistant executive director, Diemond was in line to take over for her boss who was ready to retire, but she didn't want to continue on that job path. After 19 years, she was seeking a creative career path, so she started exploring things that may interest her. She started teaching painting classes for kids. After that, along with her neighbor, she made wine glass charms, which transitioned into jewelry making. "I started taking classes wherever I could to get better," she explained.

Diemond is living proof that you can learn anything that interests you. "I'm primarily self-taught. I don't have a degree in fine arts or metals," she said. Diemond participated in the adult education program at Munson Williams. She also took classes in Rochester and Philadelphia, filling in the gaps with online courses. "There are so many educational resources out there," she said.

Diemond didn't abruptly leave her secure position. She was smart about it. She transitioned out of her full-time job in stages. "I went from full-time to part-time. I stayed part-time for a couple of years before I quit and went full-time in my jewelry business. So I did it carefully and planned it out," she explained.

While still working, Diemond started teaching jewelry-making and business classes for the West Genesee Adult Education program. She nurtured her talent and started selling her work at craft shows. That led to a following and the opportunity to sell her jewelry from a store. "I was doing all of this on the side while still working a very busy full-time job," Diemond said.

Of course, making such a transition doesn't come without some sort of trepidation. Diemond had a young daughter at home at the time. She shares that it was scary to think about leaving a secure paycheck and health insurance to venture out on her own.

"Resigning was one of the most terrifying things I've ever done," Diemond said. "I set financial goals for myself for when I could safely branch off, so that gave me some courage," she said. "At first, my husband was also a little nervous because of the financial part. But he's always been very supportive."

Metal Morphosis is a teaching school unlike any in the area. People attend classes to learn metalsmithing and how to make jewelry from scratch with torches and hammers. When Diemond opened Metal Morphosis she started with minimal tools and equipment. She had one soldering station and one table. As time passed, she grew.

"My students started giving me ideas of things that they'd like me to teach. That's how I grew. One was a spinner ring class which we started almost from the beginning," she shared.

After over six years in business, Diemond has employees. Maggie is her studio assistant who teaches various beginner classes, and Camille, who is both her social media specialist and permanent jewelry welder.

Today, Metal Morphosis offers a broad variety of classes. There is a class called Date Night which is one price for two people. "Currently, we are making hammer silver rings. Students can stamp messages inside them. Couples will often make the rings for each other or use them for their wedding bands," Diemond said. "It's a fun night out."

Open studio hours are available for people to safely use the equipment. "I have a regular group who come in every Monday who have stuck with me through my whole transition to the new studio," Diemond said. Anyone can come into the studio for open studio time. "It's a group of people who get together. The first ten minutes is show and tell where they share what they are working on and how you can make it."

Diemond started her studio because she wanted to gather people together in a creative community. The fact that she has been able to make a living from it is a bonus, she said. Her biggest reward is to help people feel more comfortable. "People can be nervous at first when they've never used a 2000-degree torch. They're afraid they're going to melt the silver," she said. "It helps to have someone there guiding them rather than trying to watch a tutorial on YouTube."

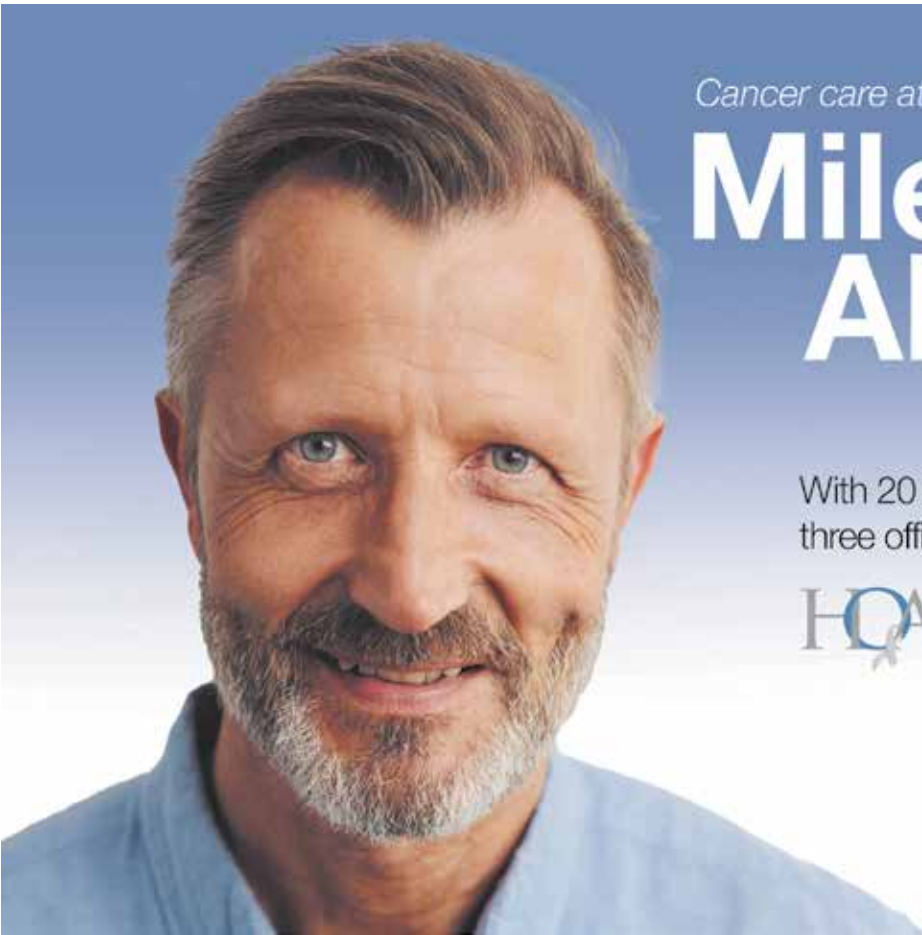
She explained that at the beginning of a class, everyone is nervous and doesn't know what to expect. By the end of the class, everyone is friends and realizes it wasn't as hard as they thought it was going to be. Most of the classes at Metal Morphosis are for beginners, but they do have intermediate classes. Diemond explained that a lot of the people who come in have never made jewelry before.

The next step for Metal Morphosis' growth is taking her courses online. Diemond just launched an online class called Set Up Your Home Studio. "A lot of times students come to a class inquiring how they can make jewelry at home. When they try to order supplies and figure out how everything works, it's very overwhelming," she said. "We have about 30 people enrolled so far. I just launched it in February, so I'm very happy that people are loving it."

Diemond is also interested in continuing to help people on the business side of things. She will offer coaching services for people interested in starting a creative business. She says that courage is the hardest part, and she wants to help people find it.

"I have the best of both worlds. I make a living and I get to do what I love." When asked what advice she could give to those with the desire to follow their passion, she said, "Start small and start putting your art out there. Put it on Facebook and see what kind of reactions you get." SWM






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KRISTIN LIM



Producing ‘Underwear for the Soul’

Alyssa Dearborn

Everyone has the experience of needing to be reminded of their own worth. In our busy, overwhelming world, our inner dialogue can be filled with noisy negativity and self-doubt. Kristin Lim, the owner and founder of Sage Bottoms, has made it a mission to help others change their inner dialogue with the help of unique and comfortable intimates. Kristin started using her own unique designs over a year ago and has noticed how much of a difference her designs impact her daily life.

“One of the first pairs I made were an ‘I got this’ pair.” she said about her early designs, “It can seem trite, but it can also become kind of a mantra. When you’re faced with a difficult day or something you’re uncertain about, maybe you’re fearful. I got this. I’m good. I can do this. And those are the kinds of things that we need to be reminded of every day, multiple times a day.”

Kristin’s underwear products are made of a soft, eco-friendly blend of bamboo, organic cotton, and spandex. They come in a variety of colors, but what makes them stand out the most is the variety of phrases and words pressed onto each pair. Each word is added with intention in Central New York and include words like “Amazing,” “Bold,” “Creative,” “Brave,” and “Perfectly Imperfect.” You even have the option to purchase themed bundles, including the Unicorn set that includes the very fitting word “Magical.”

“I would say our best sellers are ‘Love,’ ‘Grateful,’ ‘Strong.’ I feel like those are my top,” she said when asked about her most loved products. “I put ‘For the Soul’ attached to them because I really do feel like these underwear are for our souls. They are for growing our self-love and our self esteem.”

The idea of curating personal intimate products that encourage self-love and positive mindsets is at the root of Kristin’s business. It was a way to connect with herself and others with love.

“I can’t tell you really how it came to me, I just thought, ‘how about putting words on underwear?’ I embroidered them and then I was like, ‘I kind of like this.’ I think it’s just a way of expressing, for myself, in an intimate way,” she said about the beginnings of her product line. “It wasn’t like everyone could see them. I was kind of like a private conversation, and I liked that. I like that the message was just for myself. That’s how it kind of started. I was looking for a way to upgrade my internal conversations. So introducing words that were healing and nurturing and introducing those on a daily basis. I thought, ‘what do we do every day?’ We put on underwear.”


The idea of having words or phrases on underwear is fun and reminiscent of the days-of-the-week underwear that many people had in childhood. But just like how a pair of panties once reminded us what day it was, Sage Bottoms can remind us to believe in ourselves or remember our worth.

“I think it gives people an opportunity once a day to tune into how their feeling, like, ‘what do I need to do today?’, ‘what am I looking for?’, ‘where am I at?’. So there’s that. And I find most people can give confidence to other people. It’s really easy to say to your girlfriend ‘you are wonderful’, ‘you’re amazing’, ‘you’re brilliant’, ‘I’m impressed by you’. And very rarely do we say those words to ourselves,” she said. “I guess for me, it’s underwear, once a day you look in your drawer. It’s words for yourself that is constant and uplifting and loving and nourishing. I think it makes a difference because, over time, these words sink in and they change us. They change how we look at ourselves.”

Kristin sells her designs online and at pop-ups around Central New York. But when asked about her hopes for the future of Sage Bottoms, she emphasized goals beyond simply making a profit. “Well, of course I hope everyone owns a pair because we all need at least one good word, right? Maybe my hope is that people find Sage Bottoms and that they use them. Not only are they really comfortable underwear – they are super comfortable – they’re also a tool for self-love.” SWM


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From Tinker Toys to entrepreneurial orthodontics

THE INSPIRATIONAL JOURNEY OF DR. LAUREN VITKUS

August Lindsey



Standing in front of her newest orthodontics office on Taft Road in Liverpool, NY, Dr. Lauren Vitkus is immediately striking not only for her youth, but for her smile – the result of braces starting at the age of 12. “I’ve been there,” she reflects. “I know the feelings of initial apprehension mixed with the excitement of getting a new smile – I can relate to that range of emotions, and I let my patients know it!”

You would swear she was your new best friend, enthusiastic cheerleader and trusted advisor all rolled up into one – and to her patients, she is. Still in her 30s, Dr. Lauren’s passion for her profession is undeniable – in an amazingly short period of time she has built her orthodontic practice into four state-of-the-art offices.

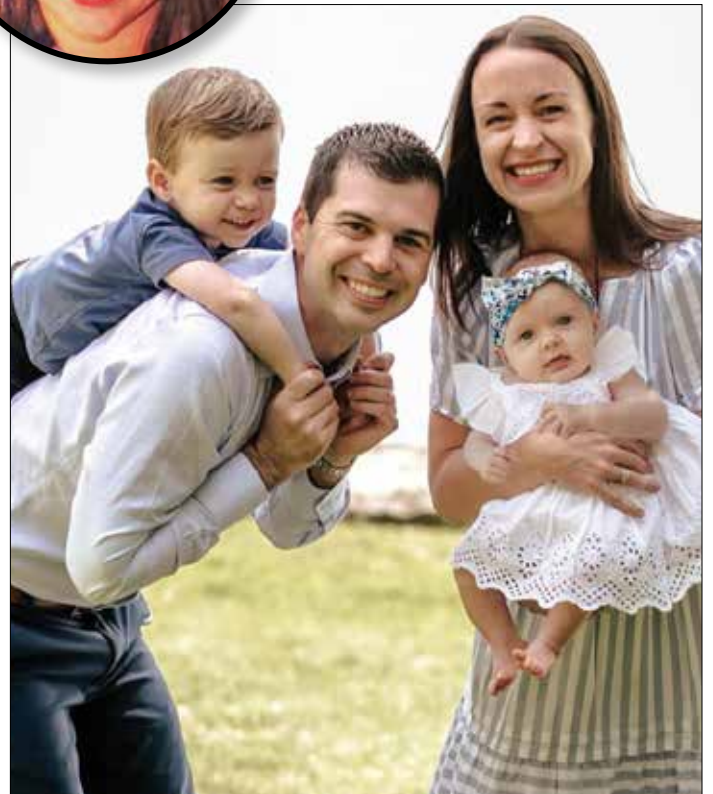
In 2016, following dental school and her orthodontic residency, Dr. Lauren opened her first office -

Vitkus Orthodontics in Geneva, NY - and grew it into one of the most respected and outstanding practices in the Finger Lakes area.

In 2020, while the rest of the medical world was reeling from the restrictions of the COVID epidemic, Dr. Lauren jumped at an opportunity to join the practice of Franklin Square Orthodontics, headed by one of Upstate New York’s leading Invisalign experts, Dr. Michael Meharg of Syracuse. Dr. Meharg



Dr. Lauren Vitkus, shown with her "happy faces with braces" gallery of patients, Lauren at 12 years old during her braces journey (left), and with her husband Dr. Tim Calnon, son Patrick and daughter Molly (bottom)





hoped to retire in a few years if he could find a qualified replacement who embodied the same level of skill and care he provided for his patients. In 2022, Dr. Meharg officially passed the day-to-day operation of his practice to Dr. Lauren, as he entered retirement full time.

Concurrently, Dr. William Raineri - a prominent and beloved orthodontist practicing in Baldwinsville and Liverpool, NY - decided after 40 years of service to ease into retirement if he could find a worthy successor to uphold his uncompromising quality of patient care. Enter Dr. Lauren, who began working at his offices part time to see if their treatment styles aligned. After a time co-managing, in 2023 it became official and Dr. Lauren took over the full-time role.

To unite the offices, Dr. Lauren decided to officially brand all the practices under one name - Sirius Orthodontics. The name choice is inspired by Sirius, the brightest star in the night sky, eclipsing even the North Star. Like the twinkling of Sirius, a transformed smile lights up a person's face, illuminating their entire presence. "The first time a patient sees themselves in the mirror after having their braces or Invisalign removed, they are literally beaming at their new look."

"This significant boost in confidence is coupled with a sense of pride in themselves for having completed treatment," states Dr. Lauren. "They're a new star in their world! We symbolize this on our new logo with the individual starburst graphic in the upper right corner."

Dr. Lauren was a star in her own right from an early age. Her parents - James and Suzanne Vitkus of Skaneateles - recognized her interest in how things were put together and, when she was just a toddler, bought her a Tinker Toys set for her to indulge her curiosity.

"I remember building these complicated contraptions," she says. The fine motor skills and attention to detail to ensure pieces fit together properly foreshadowed her future skills as an orthodontist.

Young Lauren's consuming interest in science and math led her in elementary school to successfully compete in national competitions such as Odyssey of the Mind, sponsored by the ICS (the Institute for Competitive Sciences) and to carry this love into high school where the sanctuary of laboratory work with deep science and math continued to capture her interest. Her parents, both nurses, and her dad's brother, "Uncle Bob" - a prominent Syracuse-based oral surgeon - all encouraged her studies.

The close-knit Vitkus family were also outdoor and sports enthusiasts. "I'm the oldest of three girls - we were always outside. I tried probably every sport there is, but finally latched on to soccer and lacrosse in high school," explains Dr. Lauren. "It was in high school lacrosse that I learned how to balance several activities successfully.

"I credit my lacrosse coach, Bridget Marquardt, with teaching me how hard work can achieve your goals. In 2005, my senior year, our team won its first state championship for the school."

Coach Marquardt is still a powerhouse at Skaneateles High School, having led the school to 13 sectional, 11 regional and four state championships.

Recruited to play lacrosse by Brown University, Dr. Lauren captained the Brown Women's lacrosse team and was awarded All-Ivy League and All-American Honors. Most are surprised to learn that she graduated with a Bachelor of Science degree in Civil Engineering. "My senior year at Brown I decided to add pre-med courses, which I felt passionate about. I then elected to shadow day-to-day at some local dentistry practices and fell in love. Wow, I had found my profession! I thrived in an environment with direct interaction with people, as opposed to the more solitary profession of engineering," explained Dr. Vitkus. "Instead, engineering smiles is the perfect blend for me!"

After graduation from Brown, Dr. Lauren attended dental school at the University at Buffalo School of Dental Medicine, where she served as Buffalo Student Association president. She graduated top of her class and was inducted into the Omicron Kappa Upsilon Honor Society, a national dental honor society whose members are elected from the top 20 percent of their graduating class. It was here, during her first month at school, that she met her future husband, Dr. Tim

Calnon (although it would be years before they finally tied the knot).

Following dental school, Dr. Vitkus completed an orthodontic residency at the Eastman Institute for Oral Health in Rochester, NY, while concurrently receiving her master's degree in dental science from the University of Rochester School of Medicine and Dentistry.

From there, she opened her first orthodontic practice in Geneva laying the framework for what would grow to be Sirius Orthodontics. "I never imagined in 2016, when opening my first office, that we would be where we are today," Dr. Vitkus shared. "Our goal from the very beginning has been to offer high quality treatment in a friendly, comfortable environment, which is something I'm proud to say we do. Our growth has allowed us to continue to invest into our team and our practice to provide the highest level of care to patients across the Central New York region. To be back living and working in this area, serving my hometown communities, is a dream come true!"

Dr. Vitkus and her husband Dr. Tim Calnon are proud parents of their son Patrick (4 in June) and daughter Molly (1) and spend time together traveling, exploring the outdoors, cooking and visiting grand-parents who live nearby. *SWM*

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For more information, visit SiriusOrthodontics.com

Appointed president of CNY Collaborative Family Law Professionals' board



Rosemary Lepiane

Bousquet Holstein PLLC has announced Rosemary Lepiane's appointment to president of the board of directors for CNY Collaborative Family Law Professionals. Lepiane is a member of Bousquet Holstein PLLC where she focuses her practice on matrimonial and family law. Lepiane brings almost two decades of experience working with families in their personal matters. She joined the CNY Collaborative Group in 2019 and served as vice president of the

board from 2021 to 2023.

"This organization holds extraordinary value to this community," said Lepiane. "I am honored and excited to take on this new role." CNY Collaborative Family Law Professionals, Inc. is a non-profit organization committed to offering families alternative, out-of-court solutions for divorce or separation, recognized as a more positive method for family stability and the welfare of children.

Named director of human resources at Crouse



Rebecca Houde

Crouse Health has announced that Rebecca Houde has been appointed director of human resources.

Houde most recently served as chief human resources officer for Helio Health (formerly Syracuse Behavioral Healthcare). Prior to that she was human resources director for SBH and also served in various HR roles for Empire Vision Centers in Syracuse.

In her new role at Crouse she will oversee all HR functions, including strategic direction, planning coordination, workforce development, talent acquisition and management, compensation and benefits and leadership and staff development. A Syracuse native, she holds a master's degree in business administration from State University of New York at Oswego.

GiGi's Playhouse volunteer honored with 25,000 grant



Heather Mulye

Syracuse resident Heather Mulye, investment operations coordinator at Northwestern Mutual – Syracuse, has been named a 2024 Most Exceptional Community Service Award winner, receiving a \$25,000 grant for GiGi's Playhouse. This year, 16 financial advisors and representatives were recognized by Northwestern Mutual for their transformational impact on the communities they serve, totaling \$295,000 in grants to nonprofits nationwide.

"At Northwestern Mutual we believe in putting people first. This value is highlighted through our dedicated financial advisors who are not only building better tomorrows for their clients, but also for their communities," said Steve Radke, president of the Northwestern Mutual Foundation.

GiGi's Playhouse is committed to changing how the world views Down syndrome by educating the public and empowering individuals and families affected by it. By providing free programs focused on education, therapy and career development, GiGi's Playhouse is supporting families and encouraging acceptance for all. As a volunteer, Mulye often leads activities like GiGiFIT classes and serves as a parent advocate on the board of managers. She also acts as a resource for families and was the lead chair for its 5K run event this past year, helping to raise \$48,000.

"After my daughter was diagnosed with Down syndrome, I searched for local resources and found the incredible community at GiGi's Playhouse," said Mulye. "This organization is driven solely by donations and with the Syracuse location growing in popularity, it's clear that more classes and spaces are needed. Northwestern Mutual's grant from its Community Service Awards program will help make this expansion possible."

Deadline for Junior League scholarship application is April 26

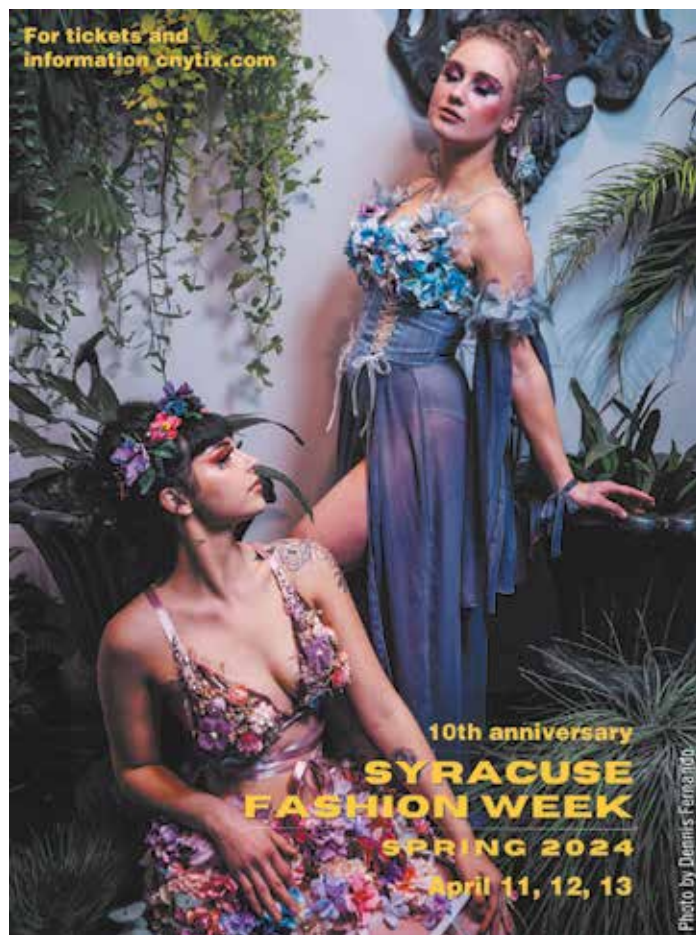


The Junior League of Syracuse Inc., a nonprofit organization of women committed to improving the community, is accepting applications for their 100 Year Annual Scholarship. This scholarship was established on the Junior League's 100th anniversary in 2020 to empower women in the Syracuse community by awarding one \$2,000 scholarship. It is intended to further the applicant's

identified career, education, professional development and/or volunteerism goals or ambitions.

Applications for the scholarship are open now and must be submitted by no later than Friday, April 26. Applicants must be women and/or individuals that identify as women, must be 16+ years of age and must reside in Onondaga, Madison, Cortland, Cayuga or Oswego County. For a full list of all applicant criteria, please visit: [jlsyracuse.org/100-year-anniversary-scholarship](https://www.jlsyracuse.org/100-year-anniversary-scholarship).

Interested applicants can apply for the scholarship online or can download a printable version of the application to fill out and mail directly to the Junior League of Syracuse. The recipient winner of the scholarship will be invited to attend the Junior League of Syracuse Annual Dinner on June 11 at 6 p.m.



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UPCOMING EVENTS

Thursday, April 4 to Sunday, April 7

Cirque du Soleil: Corteo

What: The clown Mauro envisions that his own burial will take place amid a carnival atmosphere and be attended by tender angels. The show contrasts the grand with the intimate, the silly with the tragic, and the beauty of perfection with the appeal of imperfection.

Where: The OnCenter, 411 Montgomery St, Syracuse, NY 13202

Info: www.cirquedusoleil.com/corteo



Thursday, April 11 to Saturday, April 13

Syracuse Fashion Week

What: Syracuse Fashion Week is back with its Spring 2024 shows: Local Love, The Underground Show, and the SFW Gala. Celebrate 10 years of SFW and check out the incredible work of local artists and vendors. Proceeds from this event will benefit the Food Bank's vital work in our neighborhoods.

Info: For more information and tickets, visit SyracuseFashionWeek.com



Friday, April 5 and Saturday, April 6

Emergence at the Everson

What: Join the Everson for Emergence, an electrifying dance performance curated under the guidance of Interim Artistic Director Jayson Douglas. As we delve into the theme of rebirth and transformation, Emergence showcases the ascent of something fresh and compelling.

Where: The Everson Museum of Art, 401 Harrison St, Syracuse, NY 13202

Info: everson.org



Saturday, April 13

The British Are Coming!

What: The Syracuse Chamber Orchestra's annual spring concert. The theme is "The British Are Coming!" and will feature all British composers to include Purcell, Holst, Vaughan Williams, Elgar, Parry, and Warlock.

Where: The West Genesee High School auditorium, 5201 W. Genesee St., Camillus, NY 13031

When: 7:30 p.m.

Info: sites.google.com/view/syracusechamberorchestra/events



Saturday, April 6 and Sunday, April 7

CNY Ballet Premieres In Swan Lake Act II & Bolero

What: Experience the grandeur of Tchaikovsky's masterpiece, Swan Lake Act II, alongside new choreography for Ravel's dizzying Boléro performed by the dancers that captured the nation's attention this winter, now appearing in their highly anticipated debut as Central New York Ballet.

Where: The OnCenter Carrier Theater, 411 Montgomery St, Syracuse, NY 13202

Info: cnyballet.com



Sunday, April 14

Zoo Run Run

What: Annual 5K zoo run! Walk or run – all levels are welcome. The event even features a Fun Run for ages 7 and younger.

Where: Rosamond Gifford Zoo, 1 Conservation Pl, Syracuse, NY 13204

When: Times vary, beginning at 7 a.m.

Info: p2p.onecause.com/zoorunrun2024?t=1710527646



Monday, April 8

Solar Eclipse Festival

What: Because Syracuse falls in the path of totality, we will experience complete darkness for about one minute beginning around 3:23 PM. This is an opportunity to come together as we celebrate community, and educate people of all ages about astronomy and space science. The next total eclipse in New York State will not take place until 2079.

When: Noon to 4 p.m.

Where: The MOST, 500 S Franklin St, Syracuse, NY 13202

Info: www.most.org/solareclipse2024



Wednesday, April 24

St. Camillus Hiring Event

What: Skilled nursing and short-term rehab is holding a hiring event for a variety of positions, including nursing, dining services, maintenance, environmental services and more.

Where: St. Camillus, 813 Fay Rd, Syracuse, NY 13219

When: 2 to 6 p.m.



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